

**THE ROLE OF FAMILY SUPPORT IN THE REHABILITATION OF PRISONERS
AT REMAND PRISONS KAMPALA, LUZIRA**

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Declaration

I, Nakimbugwe Rebecca, declare that this dissertation titled 'The Role of Family Support in the Rehabilitation of Prisoners at Kampala Remand Prison, Luzira: A Qualitative Study' is my original work and has not been submitted to any institution for any academic award. All sources used or quoted have been duly acknowledged.

Signed: H. Nakimbugwe

Date: 15th / 04 / 2026

Approval

This dissertation has been submitted for examination with my approval as the university supervisor.

Supervisor: Mr Kabanda Martin

Signature:.....

Date:..... 14th/4/2026

Dedication

This work is dedicated to my family for their unwavering support and encouragement throughout my academic journey.

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I wish to express my sincere gratitude to my supervisor, Mr Kabanda Martin, for his professional guidance and support throughout this research. I also extend my appreciation to the Uganda Prisons Service and the administration of Remand Prison Kampala for granting me permission to conduct this study. Special thanks go to the inmates and their family members who participated in this research and shared their experiences. May God bless you all.

Abstract

This qualitative study aimed to investigate the role of family support in the rehabilitation of prisoners in Uganda's Remand Prison Kampala, Luzira. The study focused on three main objectives: to explore the role of financial support from the family, to examine the role of social support from the family, and to investigate the role of emotional support from the family in the rehabilitation of prisoners. The study was also informed by the theory of social support and the theory of rehabilitation. The qualitative research approach was used as the basis for the study. The study involved 15 prisoners who participated in semi-structured interviews and focus group discussions, as well as 15 prisoners' families who participated in questionnaire administration. Findings showed that financial support from the family contributed to the rehabilitation of prisoners, while the role of social support from the family contributed to the maintenance of prisoners' social identity. The role of emotional support from the family also contributed significantly to the rehabilitation of prisoners. Overall, the findings suggest that family support plays a multidimensional role in shaping prisoner's rehabilitation process.

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Chapter One: Introduction

1.0 Introduction

The rehabilitation of prisoners is a significant aspect of the criminal justice system in different parts of the world. It not only involves the confinement of prisoners but also incorporates aspects of social reintegration and behavioral changes (Uganda Prisons Services, 2025). In the case of Uganda, the prison system has often been challenged by issues of overcrowding. In such a scenario, family support has been found to play a significant role in the rehabilitation of prisoners. Family support plays a critical role in helping prisoners cope with confinement and adjust to life after release. It can also help in the successful reintegration of prisoners into society. Remand Prison Kampala is a major prison in Uganda that houses a large number of prisoners who are awaiting trial. The prisoners in this prison have had to undergo a number of challenges. Family support has been found to act as a positive factor in the rehabilitation of prisoners. It has not only helped in improving the mental health of prisoners but has also helped in maintaining their motivation for behavioral changes (StrongMinds, 2025). Understanding how families support inmates is essential for strengthening rehabilitation efforts in Uganda. The present research focused on understanding the contribution of family support in the rehabilitation of prisoners in the context of Remand Prison Kampala. Understanding the different aspects of the rehabilitation framework of prisoners, the present research highlighted the different aspects of family support in the context of the prison system in Uganda.

1.1 Background of the Study

The rehabilitation of prisoners is a basic goal of correctional systems, where prisoners are rehabilitated to become law-abiding citizens, not just criminals, as was done in the past (UPS, 2024). In Uganda, the Uganda Prisons Service (UPS) has a responsibility to ensure that a rehabilitative system is in place to balance custodial care with social reintegration of prisoners (Parliament Watch Uganda, 2025). Remand Prison Kampala, in Luzira, has a huge number of remand prisoners who await trial. The population and resource constraints were a challenge to rehabilitation (Parliament Watch Uganda, 2025). The prison was overcrowded, with occupancy rates far exceeding the actual capacities. The rehabilitation programs in Ugandan prisons include literacy training, vocational skills, and psychosocial support (Research, 2024). Nevertheless, the programs were hindered by factors such as overcrowding, inadequate staffing, and resource constraints (Grin Research, 2024). The vocational training included craft and industrial skills to ensure the inmates acquired relevant skills to gainfully employ themselves after release, thus reducing the chances of re-engaging in criminal activities (Uganda Prisons Service, 2025). Despite the significance of psychosocial support to the rehabilitation of prisoners, it remained informal and unsystematic. Family support is one of the factors considered to positively influence the rehabilitation outcome of prisoners globally and in Uganda (Prison Reform International, 2015). Prisoners with family support experienced emotional stability, which improved their mental well-being, helped them overcome feelings of loneliness and hopelessness, and encouraged them to change their behavior (Prison Reform International, 2015). Family support is considered important in the rehabilitation outcome of prisoners because it is one aspect of social identity in many African countries, including Uganda (Strong Minds, 2025).

Despite its significance, logistical, financial, and administrative challenges hindered the chances for prisoners to access family support, thus weakening this important rehabilitation factor, especially in Remand Prison Kampala (Ekiyakunzire, 2018). Statistical reports on remand homes and rehabilitation centers by the Ministry of Gender, Labour, and Social Development highlighted issues relating to demographic features and challenges encountered in correctional facilities for both juveniles and adults in Uganda (MGLSD, 2018). The reports highlighted issues relating to incomplete data collection, inconsistent reporting, and challenges in tracking cases, which were similar to those encountered in rehabilitation programs in adult correctional facilities (MGLSD, 2018). There was a research gap in relation to the extent of influence of family support on the rehabilitation of remand prisoners in Kampala, Uganda. Although other studies from other parts of the world supported the positive relationship between family support and reduced levels of recidivism, there was a research gap in Uganda, specifically in relation to Remand Prison Kampala (Prison Reform International, 2015; StrongMinds, 2025). This research filled this gap by seeking to understand family support in relation to its role in the rehabilitation of prisoners in Uganda, with a view to informing policy and practice, which would enable UPS and other stakeholders to incorporate family support in rehabilitation programs effectively (Uganda Prisons Service, 2024). In conclusion, although there were challenges in the rehabilitation process of prisoners in Remand Prison Kampala, family support was identified as a potential tool for mitigating negative conditions in Uganda's correctional facilities, which would ultimately enhance rehabilitation in Uganda's correctional facilities.

1.2 Statement of the Problem

Rehabilitation remained a core component of the Uganda Prisons Service (UPS) mandate, with a goal of rehabilitating prisoners to become productive members of society. However, Kampala Remand Prison continued to face a number of systemic issues, which hindered its rehabilitation programs. One major challenge is overcrowding. For example, in 2025 the prison operated far beyond its intended capacity occupancy rate of over 349% with about 22,569 inmates (Uganda Prisons Service, 2025). The overcrowding negatively impacted the available resources, which were already overstretched, in rehabilitation, healthcare, and personnel (Parliament Watch Uganda, 2025). Another challenge in rehabilitation was the long periods of pre-trial detention, which were common in remand prisons, where 46.3% of prisoners were on remand in 2025, indicating a slow pace in the judicial system in Uganda (Uganda Prisons Service, 2025). This led to a situation where many prisoners were in custody without a conviction, which would have paved a path for rehabilitation, a process which is always formal in nature (Parliament Watch Uganda, 2025). Family support was a critical factor in rehabilitation, which played a critical role in rehabilitating prisoners through emotional, social, and economic support structures (Prison Reform International, 2015; Strong Minds, 2025). Family support was, however, lacking in Uganda, where prisoners were hindered from accessing family support by logistical challenges, such as distance, as well as a lack of support from institutions in this regard (Ekiyankunzira, 2018). These limitations, therefore, restricted the full potential impact of family support systems on the mental well-being and willingness to make positive behavioral changes among the prisoners. This left them in a socially isolated environment and susceptible to negative influences during their period of incarceration (Prison Reform International, 2015). The existing

rehabilitation programs in Remand Prison Kampala, which included vocational and psychosocial support, were challenged by inadequate infrastructure, lack of trained personnel, and absence of an established framework to incorporate family support systems (Grin Research, 2024; Uganda Prisons Service, 2024). This, in essence, made the rehabilitation process fragmented with minimal consideration of holistic rehabilitation strategies that took into account the social aspects, which were essential in the rehabilitation and reintegration of prisoners. The problem, therefore, in this study was the lack of understanding and incorporation of family support systems in the rehabilitation process in Remand Prison Kampala in the midst of the existing challenges. The need to investigate the influence of family support in the rehabilitation process was essential in designing comprehensive rehabilitation strategies that enhanced the welfare of prisoners, which in turn benefited them, their families, and the larger community.

1.3 Objectives of the Study

- i. To explore family financial support in the rehabilitation of prisoners in Kampala Remand Prison, Luzira.
- ii. To examine family social support in the rehabilitation of prisoners in Kampala Remand Prison, Luzira.
- iii. To investigate family emotional support in the rehabilitation of prisoners in Kampala Remand Prison, Luzira.

1.4 Research Questions

- i. How did family financial support contribute to the rehabilitation of prisoners in Remand Prison Kampala, Luzira?

ii. In what ways did family social support contribute to the rehabilitation of prisoners at Remand Prison Kampala, Luzira?

iii. How did family emotional support contribute to the rehabilitation of prisoners at Remand Prison Kampala, Luzira?

1.5 Purpose of the Study

The purpose of conducting this qualitative research was to explore the extent to which family support contributed to the rehabilitation of prisoners at Remand Prison Kampala, Luzira. Rehabilitation was an integral part of the criminal justice system, whose purpose was to reduce recidivism and enhance successful rehabilitation and integration back into society (Smith, 2022). This particular research focused on understanding how different types of family support, such as financial support, social support, and emotional support, contributed to the rehabilitation of prisoners at Remand Prison Kampala, Luzira. This particular research was aimed at understanding how different dimensions of family support, such as financial support, social support, and emotional support, contributed to the rehabilitation of prisoners at Remand Prison Kampala, Luzira. Understanding these different dimensions of family support was aimed at bridging the gap that was evident in previous studies, where researchers did not take into consideration the different dimensions of family support that contribute to the rehabilitation of prisoners. The issue of financial support from families was an important one, where prisoners were able to meet some of their basic needs and also get rehabilitation through education and health facilities within the prison. This particular research was aimed at exploring how financial support contributed to the rehabilitation of prisoners at Remand Prison Kampala, Luzira. The issue of social support was also an important one, where prisoners felt part of society, hence maintaining their social identity. This particular

research was aimed at exploring the extent to which social support contributed to the rehabilitation of prisoners at Remand Prison Kampala, Luzira. The issue of emotional support was also an important one, where prisoners felt hopeful, hence maintaining their mental health, even though they were confined within the prison. The exploration of this issue offered an insight into how prisoners managed to cope with the emotional challenges that came with being confined within a prison. The objectives offered an insight into the different dimensions of family support that contributed to the rehabilitation of prisoners, which was important for designing an effective intervention for social work for the prison scenario in Uganda.

1.6 Scope of the Study

The scope of this study was to explore the role of family support in the rehabilitation of prisoners at Remand Prison Kampala, Luzira. The specific aspects of family support included in this research were financial support, social support, and emotional support. These aspects of family support were included in this research because they offered a holistic understanding of the role of family support in the rehabilitation of prisoners in the specific prison context. Other aspects of support, such as legal support and spiritual support, were not included in this research because they were not the major aspects of family support in the context of this research. The research focused on prisoners in Remand Prison Kamapla, Luzira, who were undergoing some level of family support. The prison context of this research was significant because it offered a central prison in Uganda where rehabilitation of prisoners was actively pursued. Thus, it offered a significant context for understanding the role of family support in the rehabilitation of prisoners in Uganda. Moreover, the prison context of this research offered insights into the role of family support in the rehabilitation of prisoners in Uganda because it focused on prisoners who received some level of

family support. Thus, this research excluded prisoners who did not receive any level of family support. Moreover, the specific context of this research, focusing on the lived experiences of prisoners and their families at this facility, allows for a deep, contextualized understanding of how family support functions within the Uganda prison system.

Thus, rehabilitation remained a core part of the mandate of the Uganda Prisons Service (UPS), with the goal of rehabilitating and reintegrating offenders into productive members of society. However, Kampala Remand Prison was faced with a myriad of systemic problems, including overcrowding, whereby the prison was operating at an occupancy rate of over 349% by August 2025, compared to its maximum allowed capacity, which was 22,569 inmates (Uganda Prisons Service, 2025). In addition, the problem of rehabilitation was also affected by the fact that a large percentage of remand prisoners, who were 46.3% of the total population, were undergoing a lengthy period of detention, a problem attributed to a slow judicial process (Uganda Prisons Service, 2025). This meant that a large population of such offenders was not undergoing rehabilitation, a problem likely to affect a large percentage of remand offenders, who had not been formally convicted and were thus not undergoing rehabilitation programs meant for them (Parliament Watch Uganda, 2025). In this regard, a 50% increase in the mortality rate among prisoners was recorded from July to August 2025, a problem likely to indicate a lack of concern for the welfare of inmates in Ugandan prisons (Uganda Prisons Service, 2025). Family support was universally accepted as an important factor in the facilitation of the rehabilitation and reduction of recidivism through emotional, social, and financial support mechanisms (Prison Reform International, 2015; Strong Minds, 2025). However, the involvement of families with prisoners in Kampala Remand Prison was largely undermined by challenges related to distance, financial, and visitation

restrictions, as well as the lack of support from the institution in the integration and involvement of families (Ekiyankunzira, 2018). The restrictions undermined the potential positive influence that families could have had on the rehabilitation and motivation of the prisoners, and most prisoners remained socially isolated, exposing them to negative influences while in the facility (Prison Reform International, 2015). The rehabilitation programs in the current system, as they are in Remand Prison Kampala, are characterized by challenges related to the lack of infrastructure, trained personnel, and the lack of an integrated system with the family support system (Grin Research, 2024; Uganda Prisons Service, 2024). The rehabilitation process was largely fragmented, with little attention given to the holistic approach to rehabilitation, especially the social aspects that are very important in the rehabilitation and reintegration of offenders back into society. The problem, therefore, was the lack of understanding and integration of the family support system in the rehabilitation system in Remand Prison, despite the challenges that the system was facing, and the need to investigate the influence of family support on the rehabilitation process was very important and imperative, as it could provide valuable insights into the development and implementation of social work strategies and policies aimed at promoting the involvement and engagement of families in the rehabilitation process, with the ultimate goal of promoting the well-being and rehabilitation of the offenders and, in the end, the entire society.

1.7 Justification

This particular study was significant in that it filled a gap in knowledge on the understudied phenomenon of family support in rehabilitating prisoners in Remand Prison Kampala Luzira, Uganda. Family support was recognized worldwide as a critical intervention in rehabilitating prisoners with a reduced rate of recidivism,

but there was a knowledge gap on how family support, in terms of financial, social, and emotional support, contributed to rehabilitating prisoners in Uganda (Johnson & Nkosi, 2023). This particular research was significant in that it was aligned with the social work perspective on rehabilitating individuals, communities, and societies through holistic interventions, which focused on strengthening family support networks for vulnerable populations in society (International Federation of Social Workers, 2021). This particular research was significant in that it contributed to enriching academic knowledge on rehabilitating incarcerated individuals in Uganda, which was a critical phenomenon in contemporary society, especially in a developing country such as Uganda (Mugisha, 2022).

1.8 Significance of the Study

This study had immense value in that it sought to advance knowledge about the role of family support in the rehabilitation of prisoners in Kampala Remand Prison, Luzira. Family support, in terms of financial, social, and emotional support, was widely recognized to have an important role to play in the successful rehabilitation and reintegration of offenders into society (Johnson & Nkosi, 2023). The study was important to the social work discipline in that it highlighted the need to consider culturally sensitive and community-based rehabilitation strategies in correctional institutions in Uganda. Family support and strengthening family ties were in line with global best practices in social work to promote the mental well-being of offenders and reduce recidivism in correctional institutions globally (International Federation of Social Workers, 2021). The study was important in the sense that it provided insights to guide future rehabilitation strategies in correctional institutions in Uganda, which could be informed by family support. The study added to the existing

body of knowledge in the field of social work, which highlighted the role of family support in low-resource contexts, such as Uganda (Mugisha, 2022).

Chapter Two: Literature Review

2.0 Introduction

The rehabilitation of prisoners was an intricate and multidimensional process that not only focused on the social and behavioral needs of the prisoner, but also incorporated some of the most important support mechanisms that the prisoner was exposed to, especially through their families. Of all the forms of family support, financial support was found to be an important foundation in the rehabilitation and successful rehabilitation of prisoners. In Uganda, where social and economic challenges characterized the families, financial support from families to prisoners was an important process that not only catered to the needs of the prisoner while in correctional facilities, but also set the stage for the successful rehabilitation and reintegration into society upon release. The main goal of this research was, therefore, to undertake a review of scholarly studies, organizational studies, and theoretical insights on financial support from families to prisoners in rehabilitation, especially with an emphasis on the Ugandan scenario and other related settings. The main goal was to explore the concept of financial support, its implications on the rehabilitation of prisoners, and its implications on the rehabilitation process, while touching on some of the most important issues, challenges, and insights that formed the basis of the purpose of the research. The process began with an overview of financial support from families to prisoners in the context of socioeconomic challenges in Uganda, as well as an evaluation of scholarly studies on the implications of financial support on the prisoner, especially in the availability of resources, mental well-being, and motivation to participate in the rehabilitation process. Lastly, the review considered scholarly studies on economic support to

prisoners upon release, with a view to reducing recidivism. Through an integration of such knowledge, a comprehensive understanding of financial support from families to prisoners was sought to be established as a fundamental aspect of rehabilitation.

2.1 Family Financial Support in the Rehabilitation of Prisoners

Research showed that financial support from families is a critical factor in addressing the needs of prisoners and their dependents during their time in custody. According to Butler (2018), research in Uganda showed that when a primary caregiver is imprisoned in Uganda, there is a significant effect on family financial condition, leading to poverty and inability to meet some of their dependents' needs in terms of food and educational and health expenses. The families were struggling financially due to their members being imprisoned and thus requested support from the government and NGOs, demonstrating how difficult it is when a family member is imprisoned. The financial challenges posed by a family member being imprisoned may lead to family breakdown (Butler, 2018). This is supported by other research findings that showed how a lack of financial support from families may lead to a prisoner's increased vulnerability during rehabilitation. Prisoners' well-being is a result of financial support from families in covering expenses related to better living standards in prisons, education, and health care services (Anonymous, 2024). The Uganda Prisons Act (2006) and various reports by Uganda Prisons Service highlighted the importance of family visits and financial support in maintaining prisoners' motivation towards rehabilitation (Penal Reform International, 2021). Financial support from families encourages prisoners' engagement in rehabilitation programs and maintaining social relationships crucial for psychological well-being (ASF, 2024). Furthermore, literature highlighted that the financial support provided by families

was not only confined to within the prison walls but had a significant impact, especially in the post-release period, in terms of the successful reintegration of prisoners. It was highlighted in the literature that financial support, backed by families, helped prisoners to access vocational training and business opportunities, which were essential in preventing recidivism (Grin.com, 2024). Without financial support, prisoners were unable to find their place in the community. In brief, the literature supported the fact that family financial support was a key factor in the complex rehabilitation process in Uganda's prison system. Not only did it help in alleviating the prisoners' material difficulties, it also contributed to improving their mental well-being and reintegration into society, thus improving the rehabilitation of the prisoners. This showed the need for in-depth research on family financial support in order to come up with effective social work interventions that would improve the rehabilitation of prisoners in Ugandan correctional institutions.

2.2 Family Social Support in Prisoner Rehabilitation

Family social support was also recognized as a significant factor for the successful rehabilitation of prisoners. Social support includes emotional support, visits, communication, and the maintenance of social identity. The role of social support is significant for the rehabilitation of prisoners (Uganda Prisons Standing Orders, 2017; Penal Reform International, 2021). The Uganda Prison Service also emphasized a new approach to rehabilitation that involves a holistic approach to rehabilitation. In this approach, social support plays an important role (Grin.com, 2024). Researchers have also emphasized that maintaining family relationships is important for the rehabilitation of prisoners. This is particularly important in Uganda because familial relationships are an important source of social capital for prisoners (ASF, 2024). Research conducted on the prison system in Uganda emphasized the

challenges faced by the prison system due to overcrowding and a lack of resources. The significance of social support is also emphasized in these studies (Grin.com, 2024). The role of social support is significant for female prisoners. The social isolation of female prisoners is a major problem because most of them are imprisoned far from their homes. The absence of opportunities for maintaining relationships is a significant problem for female prisoners (ASF, 2024). The absence of social support is also a major problem for prisoners. The absence of social support is a major cause of emotional problems and a high rate of recidivism (Penal Reform International, 2021). The role of social workers and prison officials is significant for maintaining relationships between prisoners and their families (Luzira Women Prison Reports, 2024). Emotional support from the family also served as a buffer against mental health issues experienced by prisoners. This encouraged hope and growth among prisoners (Dissertations.mak.ac.ug, 2024). The maintenance of communication lines with the prisoners through the support of the family during prison visits also encouraged prisoners to actively participate in vocational and educational training programs, thus preparing them for life after prison (Uganda Prisons Service, 2024). In summary, the support systems from the prisoners' families also contributed to the successful reintegration of prisoners who had been released from prison through the elimination of stigma associated with prison life, as well as the acquisition of employment opportunities within the community (StrongMinds.org, 2025). Literature also revealed that not all prisoners experienced effective support from the community. This was due to the socioeconomic class of the prisoners, geographical location, as well as the fragmentation of the prisoners' families (ASF, 2024; Penal Reform International, 2021). Rehabilitation programs aimed at improving the level of social support also benefited from the implementation of inclusive measures such as the proximity of prisons to the

prisoners' families, as well as the right to prison visitation, with the inclusion of the role of social workers in the enhancement of the prisoners' relationships with their families (Uganda Prisons Standing Orders, 2017). The multidimensional approach to support also aligned with the international best practice on the implementation of the Nelson Mandela Rules, which encouraged the promotion of the prisoners' social rights as part of the humane approach to prison life (UNODC, 2021). In conclusion, the role of the family as the primary source of social support was indispensable in the rehabilitation process. This encouraged the prisoners at the Kampala Remand Prison to develop the motivation required for change.

2.3 Family Emotional Support in Prisoner Rehabilitation

Emotional support from family members was an essential factor in promoting the psychological well-being and rehabilitation successes of prisoners. Emotional support entailed showing prisoners understanding, encouragement, and acceptance, which helped to reduce the psychological burden and stigma associated with imprisonment (Mugisha, 2022; Penal Reform International, 2021). Research conducted in Ugandan prisons showed that prisoners who had emotional support from family members had low levels of anxiety, depression, and hopelessness, which were common psychological challenges in prisons and often affected rehabilitation programs (StrongMinds.org, 2024). Empirical studies showed that emotional support from family members helped to cushion prisoners' psychological challenges and encouraged them to participate in rehabilitation programs. The support often came in the form of communication, family visits, and showing love and care, which helped to reaffirm prisoners' social identity and sense of belonging (ASF, 2024). Female prisoners benefited significantly from emotional support, which helped to reduce their psychological challenges, especially because they often experienced

higher levels of psychological risk compared to male prisoners, especially because of separation from children and community roles. The presence of family members encouraged female prisoners to participate in rehabilitation programs, which helped to boost their motivation towards positive behavioral change (Uganda Prisons Standing Orders, 2017). On the contrary, the absence of emotional support from the family showed a strong correlation with an increase in mental health challenges and risks of recidivism. A study showed that emotional deprivation and isolation contributed to an increase in alienation, hopelessness, and aggression among inmates (Penal Reform International, 2021). This further emphasized the significance of rehabilitation strategies that encouraged family engagement and psychosocial counseling for both the prisoners and their families (Uganda Prisons Service, 2024). The role of social workers in the rehabilitation process cannot be overemphasized, especially in reconnecting and healing the emotional bond between the prisoners and their families (StrongMinds.org, 2025). Furthermore, emotional support transcended the prison environment and significantly contributed to the rehabilitation and reintegration of prisoners into society by strengthening the bond between the prisoners and their families, which acted as a protective factor for recidivism (Mugisha, 2022). The significance of emotional support and nurturing the emotional well-being of prisoners by engaging them with their families is supported by international correctional standards and guidelines by the UNODC (2021), which emphasized the importance of emotional nurturing of prisoners for a humane and effective rehabilitation process. The role of emotional support from the family in low-resource settings such as Uganda cannot be overemphasized, especially when the mental health infrastructure is limited. In conclusion, the emotional support from the family is an essential and integral part of the rehabilitation process of the prisoners in Remand Prison Kampala. The role of emotional support is

significant in maintaining the mental health of prisoners and empowering them for an effective rehabilitation process and reintegration into society.

Chapter Three: Methodology

3.0 Introduction

This chapter presented an explanation of the methods that the researcher used to conduct the study. It described the procedures and techniques used in collecting and analyzing the data. The selection of these procedures and techniques was essential in ensuring that the results were reliable and valid. The methodology used in the study was based on understanding the role of family support in rehabilitating prisoners in Remand Prison Kampala, Luzira. The methodology used in the study was qualitative. This was important as it helped in exploring the participants' experiences and perspectives (Creswell, 2014). This chapter also described the design, area of study, population and sample, data collection instruments, data analysis, ethical issues, and challenges.

3.1 Research Design

A qualitative approach was used to explore participants' experiences in depth. This design was important because it helped in exploring the role of family support in rehabilitating prisoners in Remand Prison Kampala, Luzira. Qualitative designs help in understanding the meanings, experiences, and perspectives of the participants (Creswell, 2014).

3.2 Area of Study

The study was conducted in Remand Prison Kampala, which is located in Luzira, a neighborhood in the Nakawa Division of Kampala, Uganda. Luzira is about 10 kilometers southeast of Kampala's central business district. Remand Prison Kampala is one of the major prisons in Uganda and the largest maximum security prison in

Uganda (contributors, 2024). This prison had inmates who were awaiting trial and convicted prisoners. The prison was an important area of study in understanding the role of family support in rehabilitating prisoners.

3.3 Sources of Information

The major sources of information for this particular study were the prisoners in Remand Prison Kampala and their family members. The information was collected through semi-structured interviews, focus group discussions, and questionnaires. From this source, fifteen prisoners were sampled using a purposive sampling method in order to ensure that those who received support from their family members were represented (Guest, 2006). In addition, fifteen family members were identified and interviewed using an interview guide as well so as to determine the type of support they offered to their family members who were in rehabilitation centers.

3.4 Population and Sampling Techniques

The target population in this particular study comprised prisoners in Remand Prison Kampala, Luzira, who were undergoing rehabilitation with their family members supporting them in their rehabilitation process. Family members who offered support in different forms, such as financial, social, and emotional, were also targeted in this particular study. Purposive sampling was used in order to identify those who were in position to provide rich and relevant information on family support (Patton, 2015).

The number of respondents in this particular study was small in order to provide depth rather than breadth, whereby fifteen prisoners and fifteen family members were sampled, whereby data saturation was achieved, that is, no new information was obtained from further respondents.

3.5 Measurement Levels

In this qualitative study, the measurement levels of family support were based on the experiences and perceptions of the participants. Family support was measured on a nominal and ordinal level based on the nature and frequency of support provided by the participants. For instance, financial support was measured based on the level of support provided by the participants. Social and emotional support were measured based on the nature and frequency of interaction between the participants and their families.

Rehabilitation outcomes were measured based on the observations of the participants' responses regarding their engagement in rehabilitation activities, their emotional state of mind, and preparedness for rehabilitation. The qualitative measurement of data based on the participants' narratives helped in measuring the depth and complexity of the nature of family support and rehabilitation outcomes, which are difficult to quantify but essential in understanding the phenomenon (Patton, 2015).

3.7 Procedure/Protocols for Data Collection

The data collection process involved interviewing the participants using semi-structured interviews and focus group discussions for the prisoners and administering questionnaires for the family members. The semi-structured interviews were conducted based on a prepared topic guide for the participants regarding the nature of financial support, social support, emotional support provided by the family members, and the rehabilitation outcomes for the prisoners. The interviews were

conducted in a quiet and private space within the prison for the prisoners. The interviews were also recorded and later transcribed for analysis.

Conducting focus group discussions with prisoners helped gain further insights into the experiences of family support. Questionnaires were also conducted among the members of the family to obtain information regarding their support strategies and challenges without interfering with the visiting hours. The researcher also made notes during data collection to obtain information regarding non-verbal responses. The data collection methods were conducted in an ethical manner to maintain the privacy and rights of the participants.

3.8 Data Collection Instruments and Equipment

The data collection tools mainly included the semi-structured interview and focus group interview guides, as they are relevant to the research aims and objectives of the study on the financial, social, and emotional aspects of family support and the rehabilitation of the prisoners. The semi-structured interview helped the researcher to obtain the required data and information regarding the views and opinions of the participants on the topic of the research, as well as keeping the focus (Kallio, 2016). The guides consisted of open-ended questions and prompts to obtain information regarding the research topic. The researcher also developed questionnaires for the members of the family to obtain information regarding the research topic (Creswell J. W., 2018).

3.9 Quality/Error Control

Several strategies were adopted by the researcher to obtain quality data and maintain error control in data collection and analysis. The semi-structured interview guides were piloted among a small group of individuals similar to the population of

interest (Patton, 2015). The researcher also adopted the method of triangulation by collecting data from different groups of participants, such as prisoners and members of the family (Denzin, 1978). The researcher also conducted member checking by verifying the information provided by the participants during the interview (Lincoln, 1985). The researcher also kept an audit trail of the decisions made during data analysis and coding to maintain transparency (Shenton, 2004).

3.10 Strategy for Data Processing and Analysis

Thematic analysis, as presented by Braun and Clarke (2006), was used for data analysis. The procedure involved six steps: familiarization with the data, generation of codes, searching for themes in the codes, reviewing the themes, defining the themes, and naming the themes. Finally, the report is produced. This strategy helped in identifying patterns and meanings in family support and rehabilitation from the participants' perspective. Inductive coding was used for data analysis, which allowed the data to reveal itself. This strategy helped in letting the themes emerge from the data (Thomas, 2006). Manual codes were used for data analysis.

3.11 Ethical Considerations

The research study has complied with the ethical principles of research involving human subjects. Approval from the Institutional Review Board of Uganda Christian University and the authorities of Remand Prison Kampala has been sought. Participants have been made aware of the objectives of the research, the benefits, and the possible harms before consent has been sought (Israel, 2006). Confidentiality of the data has been ensured by maintaining anonymity of the data. Participants have been made aware of the fact that they can withdraw from the research at any stage without any consequences. Special care has been taken to avoid distressing

the participants. Appropriate referrals have been made in cases of need for emotional support.

3.12 Anticipated Methodological Constraints

The following constraints were anticipated: access to prisoners in the prison could have been restricted due to security arrangements. Participants might not have been willing to open up due to stigma. Language barriers could have been a problem since some of the prisoners could have spoken only dialects. The researcher had to use a mix of languages to communicate effectively (Squires, 2009). Questionnaires for family members helped in avoiding interference in prison visiting hours.

3.13 Budget

The budget for the research included transport costs to and from Remand Prison Kampala. It also included the cost of printing the interview guides and questionnaires.

4.0 Chapter Four: Presentation, Analysis And Interpretation Of Results

4.1 Introduction

This chapter presents the findings of the study on the role of family support in the rehabilitation of prisoners at Remand Prison Kampala, Luzira. The data were collected from 15 male inmates through semi-structured interviews and focus group discussions, and from 15 family members through questionnaires. The study adopted the qualitative method, as it helped the researcher to gain an in-depth understanding and knowledge of the perceptions and experiences of the participants regarding the topic of the research. The thematic analysis, as proposed by Braun and Clarke (2006), was the data analysis method adopted by the researcher, as it consists of six phases, namely familiarization, generating codes, searching for themes, reviewing themes, defining and naming themes, and finally writing the report. The researcher read the interview data and the questionnaire data repeatedly to become familiar with the data. The codes were generated by identifying the significant and relevant data related to the topic of the research, and then the codes were grouped into potential themes, as they are related to the topic and the objectives of the research. The themes developed from the analysis were categorized under the three main research objectives, namely family financial support, family social support, and family emotional support in the rehabilitation of prisoners. Under each research objective, sub-themes were developed, which captured how family support was experienced and affected the rehabilitation of prisoners. The sub-themes under family support in prisoner rehabilitation were material provision and basic needs, engagement in rehabilitation programs, coping mechanisms during support gaps, maintaining family ties through visits and communication, influence on behavior and

attitude, challenges in maintaining ties, emotional encouragement and psychological well-being, hope and motivation for the future, and impact of emotional absence. The presentation of findings in this chapter follows a structured approach, whereby demographic characteristics of respondents are presented first to give a broader perspective on how to understand the participants and their backgrounds. Second, findings under each research objective are presented, and they are directly quoted from the inmates and family members. This approach has been employed to give a deeper and richer perspective on how participants experienced family support and its influence on rehabilitation. Third, a summary of findings presents a synthesis of findings, which captures the essence of what has been developed from the findings. The findings are also interpreted and presented throughout this chapter, and they are linked to the broader perspective and theory on prisoner rehabilitation. The researcher has been keen to present findings in a manner that captures the human aspect and dignity, ensuring that findings are presented in a manner that gives academic and scholarly insight into the phenomenon under study, while also capturing the dignity and humanity of participants.

4.2 Demographic Characteristics of Respondents

This section presents the demographic information concerning the 30 respondents who participated in this research study. The respondents consisted of 15 male inmates in Kampala Remand Prison and 15 family members who provided support to their loved ones while they were in prison. The demographic information concerning the respondents was important in understanding the context concerning the information they provided in this research study concerning family support in rehabilitation.

4.2.1 Demographic characteristics of inmates

Age of Inmates

The ages of the 15 male inmates who took part in this research ranged from 20 to 45 years. Most of the inmates, 8 out of 15, were aged between 25 and 35 years. Four of the inmates were aged between 36 and 45 years, while 3 of the inmates were aged between 20 and 24 years. The ages of the inmates in this research reflect the general prison population in Uganda because most of the prison population consists of young and middle-aged adults. The fact that most of the inmates in this research were in the prime of their working years underscores the impact of prison on not only the inmates but also on their families, who depend on the inmates for support.

Marital Status

Out of the 15 inmates, 8 were married, 3 were separated or divorced, 3 were single, and 1 was in a relationship with a girlfriend. All the married inmates expressed their wives as their source of support. Inmate 1, for instance, said, "My wife is my closest person." Inmate 4, on the other hand, said, "My wife is everything to me." The divorced or separated inmates, such as Inmate 3 and Inmate 11, received less support from their family members, which negatively impacted their lives and rehabilitation prospects in Uganda. Inmate 3, who was divorced, said, "My brother pays the lawyer only. He never gives me money." The single inmates, such as Inmate 15, who were not close to their family members, described their lives as hopeless.

Duration of Stay at Kampala Remand Prison

The duration of stay at Kampala Remand Prison was another factor that was identified as having a potential impact on the lives of inmates in Uganda. The duration of stay ranged from two weeks, which was the duration of stay for Inmate

2, to two years, which was the duration of stay for Inmate 11. The majority of the inmates spent 3 months to 1 year in Kampala Remand Prison before they were referred to a higher court in Uganda. Inmate 3, who spent 1 year and 3 months in the prison, and Inmate 5, who spent 2 years in the prison, were more frustrated with the long duration spent in jail before they were referred to a higher court in Uganda.

Number of Children

Out of these 15 inmates, 11 of them had children. The number of children ranged from one to six. Inmate 11 had six children, and this was a clear example of compounded hardship on a family when the breadwinner is incarcerated. He said, "My wife washes clothes for people. She earns small money. My brothers do not help." When asked why they wanted to change their behaviors, inmates who had children wanted to be there for their upbringing, which was a strong motivation for rehabilitation and change. Inmate 4 said, "I want to be a father to my son. I want to teach him. I want to provide for him."

4.2.2 Demographic Characteristics of Family Members

Relationship to Inmate

The 15 family members who took part in this research through questionnaires had different relationships with the inmates. Most of the family members (7) were the wives of the inmates. The rest were mothers of the inmates (4), sisters (2), a girlfriend, and an aunt. This is because the family members who take part in the support of the inmates are mainly female. Most of the female family members were mothers or wives. The fact that there were no fathers or brothers among the family members who supported the inmates is also significant in the context of the general society, in which women take the major role in the support of family members.

Age of Family Members

The family members' ages ranged from 22 to 68 years. The family members who were the wives of the inmates were in the 22-35 years age group. The mothers and the aunt were in the 45-68 years age group. The fact that the family members, particularly the mothers of the inmates, were old meant that there was a significant level of physical strain in the support of the inmates. Inmate 9's mother and father, who were in their late sixties, walked for three hours each way from Mukono to visit the inmate because they could not afford transport.

Distance from Prison to Home

The distances to be covered to reach Kampala Remand Prison varied, ranging from 5 kilometers to over 140 kilometers. The ones who lived nearer, such as the wives who lived in nearby areas, were able to visit more frequently. The ones who lived far, such as Inmate 5's grandmother who lived in Masaka, 140 kilometers away, were unable to visit at all and relied on phone calls.

Occupation and Economic Status

The occupation of the family members who took part in this research was mainly informal, with low and unpredictable incomes. They included vegetable vendors, charcoal traders, fish traders, salon attendants, cleaners, and secretaries. This economic status was a barrier to them providing economic support to their imprisoned family members. One of them, a wife of an inmate, wrote on her questionnaire: "I sell vegetables in the market. I earn 5,000 shillings on a good day. "Transport to prison is 5,000 shillings round trip. Sometimes I have to choose between seeing my husband and feeding my children." This was a poignant statement from one of the respondents concerning the dilemmas they faced in an attempt to keep a family relationship alive.

4.3 Family Financial Support in the Rehabilitation of Prisoners

The first objective of this study was to investigate family financial support in rehabilitation of prisoners in Kampala Remand Prison, Luzira. The findings revealed that family financial support played a critical role in providing for the needs of prisoners, supporting prisoners in rehabilitation, and supporting the dignity of prisoners while they were in prison. However, the level of family support varied significantly among prisoners, with those who received support doing significantly better than those who received little or no support.

4.3.1 Material Provision and Basic Needs

The most fundamental and substantive form of family financial support was the provision of material goods to cater to the basic needs of prisoners while in custody. This included the provision of raw food, soap, clothing for court sessions, and toiletries. The prisoners were consistent and unanimous in narrating how these basic needs were met while in custody in a hostile environment. Inmate 1, who had spent eight months in custody, narrated how his wife provided for his basic needs while in custody. "My wife brings raw food every two weeks. She buys and brings it. She also brings soap and gives me small money for airtime through the welfare office. I use the airtime to call her. She brings 5,000 shillings for airtime each time she visits. She also buys for me 2 bars of soap and a 2 kilogram container of cooking oil." To Inmate 1, this was not just provision for basic needs but for his humanity while in custody. "Receiving the support makes life bearable. I eat well. I stay clean. I do not depend on handouts from other inmates. I have dignity." In another instance, Inmate 4, who had spent three months in prison, received regular provision for his basic needs through the provision of foodstuffs by his wife. "My wife brings me food every

Thursday. She brings matooke, beans, and sometimes sweet potatoes. She buys soap. She does not give me cash. She buys the items and brings them." Furthermore, he narrated to us the significance and importance of such a gesture. "When I eat the food she brings, it reminds me of home. I share with my ward mates. They respect me because I share. They protect me when there is trouble." Inmate 8, who had spent only four days in prison when he spoke to us, was already enjoying good family financial support. "My wife brings me everything." She brings food, soap, and money for airtime. She visits me every day without failing. She brings me rice, beans, and meat if she can afford it. She brings me 2 bars of soap. She brings me 10,000 shillings worth of airtime for me to make international calls." The situation of Inmate 8 was quite different from those who did not have such support. The questionnaires for the families of the inmates also indicated how important this support was. One of the wives wrote: "I bring food every time I visit. Prison food is not enough. My husband needs to eat well to stay healthy. I also bring him soap because he needs to stay clean. If he is dirty, other inmates will mistreat him." Another mother wrote: "I sell vegetables to buy soap for my son. I cannot give him money because he might misuse it. I prefer to give him things he needs directly." The experiences of the prisoners who did not have much support from their families financially were much more difficult. Inmate 3, who only received financial support from his brother in the form of paying his lawyer, said: "I receive no money. Inside here, I struggle. I share my soap with my friend. I eat only prison food. I have lost weight. My uniforms are torn. I have no blanket. I sleep with my uniforms on to stay warm." Inmate 5, who received little support financially from his elderly grandmother, said: "Most days I lack soap. I lack sugar. I depend on other inmates. It is hard. I wash with water only. My clothes smell." Other inmates avoid me." Inmate 15, who received little upkeep from his brother on an occasional basis but no material support, described his

situation in the prison the most vividly: "I have no soap. I have no extra food. I rely on prison rations. I rely on charity from other inmates. My life is hard. I wash with water only. My clothes are dirty. I smell. Other inmates avoid me. I sit alone. I have no dignity." The above findings clearly illustrate that financial support from the prisoners' families, particularly in the form of material support, significantly impacted the prisoners' physical condition as well as their social status within the prison community. The prisoners who received support from their families enjoyed better health, hygiene, and social relationships than the prisoners who did not receive such support. All these aspects are important for the prisoners' rehabilitation.

4.3.2 Engagement in Rehabilitation Programs

The findings showed that there is an association between the financial support provided by the inmate's family and the inmate's participation in rehabilitation programs. The inmates who received support from their families had the energy and the state of mind to participate in the programs. Inmate 1 stated that the food support from his wife enabled him to participate in the carpentry program: "The support helps me focus. I am not distracted by hunger. I attend the carpentry workshop. I am learning to make chairs. The workshop runs from 9am to 4pm. Without food, I would not have energy to work the whole day. The prison provides lunch but it is not enough. My wife's food gives me strength to complete the training." Inmate 4 stated that the support from his wife enabled him to participate in the tailoring program: "My wife brings raw food. That gives me strength. I attend the tailoring program. I am learning to sew. I want to sew clothes for my son. The tailoring workshop runs from 9am to 9:30 pm." Inmate 7, who received support from his aunt, participated in the brick making program: "My aunt encourages me to join

programs. She sends money for upkeep. I attend the brick making workshop. I am learning a skill. When I get out, I can make bricks. The workshop runs three times a week. I am good at it. The instructor says I have a future in this." The mother of inmate 10 sent money regularly, thus he attended the program regularly. "My mother sends money. I buy necessities. I attend the tailoring program. I am learning. I want to make clothes and sell them. The program runs four days a week. I attend every day. I have made some of the prison uniforms. The instructor says I am improving." The sister of inmate 14 sent money regularly, thus he attended the program regularly. "My sister sends money every month. I buy soap and food like chicken. I attend the tailoring program every day. I am learning well. I want to start a business with my sister when I get out." On the other hand, those who did not have enough money did not participate in the program. Inmate 5 did not have enough money because he did not have soap. "I have nothing. I do not attend programs. I spend my days sleeping. I have no soap. I have no hope. How can I think about the future?" The inmate narrated his painful experience this way: "I once tried to attend the barbering workshop. The instructor sent me away. He said I smelled. He said I needed to wash first. I went back to my ward. I never tried again." Inmate 9, whose elderly parents brought him raw food but no soap, shared this experience: "I have no soap. I cannot attend programs because I feel ashamed. I smell. Other inmates avoid me. I stay alone. Inmate 11, who had his wife struggle to support six children, said: "I have no soap. I have no energy. I do not attend programs. I think only about my children." Inmate 15, who did not receive any material support, said: "I have no money. I have no soap. I do not attend any programs. I sit in my cell all day. I have no future plans." This finding shows that the family financial support is not only about the comfort level, but it is also important to support the rehabilitation programs. It is important to note that the inmates who received support from their

families were actively engaged in learning activities that could help them earn legitimate living after being discharged from the prison, while the ones who did not receive support were hopeless.

4.3.3 Coping Mechanisms During Support Gaps

The results showed that some of the inmates who received support from their families regularly sometimes lacked support because of the inability of the family to provide. The different coping mechanisms that the inmates used during these times were identified by the study. The following are quotes from Inmate 1 on how he coped during the times his wife could not visit: "Sometimes my wife struggles. Transport is expensive. When she cannot come, I borrow from friends. I pay them back when she comes. I also eat less. I have gone two weeks without soap before. I used plain water to wash my clothes. I also skip meals. I sleep more to save energy. Those weeks are hard. I feel weak and hopeless." The following are quotes from Inmate 2 on how he coped during the times when his mother could not send support: "When she is late, I ask another inmate for things. I share with him until my money comes. I also eat less. I skip the extra food and eat only prison rations. I have gone three weeks without milk before. I just drink plain tea." The following are quotes from Inmate 4 on how he coped during the times when his wife could not visit: "My wife always comes. However, sometimes she does not bring much food. When this happens, I eat less food. I also barter food with my labor. I wash uniforms for other inmates, and they give me food or soap in return. I also try to save food. When my wife brings me food, I save it. Dried beans last long, and I store them in my beddings. When times are hard, I have food." Inmate 6, who received support from his wife only once a month, said, "If she misses a month, I suffer. I just eat food from the prison. I lose weight. To cope, I sleep a lot. Sleeping kills hunger. I also drink a lot

of water. Water fills my stomach, and I trick my body. I also help other inmates with their work. I clean their place, and I fetch water for them. They give me food sometimes." Inmate 12, who received support from his girlfriend, who was inconsistent, said, "When she does not come, I cope by doing small jobs for other inmates. I clean their plates, and I fetch water for them. They give me soap or food." But borrowing is dangerous. If you cannot pay back, they over demand you. I have been overly demanded twice." Inmate 15, who received no support, resorted to desperate measures: "I also steal small things. Sugar. Soap. I know it is wrong. But I am desperate." The family members' questionnaire revealed their understanding of their loved ones' situation and their efforts to provide support despite their own difficult circumstances: "I know when I cannot come, my husband suffers. He has no one else. I sacrifice my own meals to save transport money. I must see him." Another mother revealed: "I walk to prison to save bus fare. The money I save, I use to buy soap for my son. He must stay clean." The above findings show that there are significant consequences of gaps in family financial support for prisoners' well-being. The measures taken by prisoners to cope with these gaps ranged from positive measures such as saving and trading labor to negative measures such as borrowing with the risk of violence and stealing. The emotional effects of these support gaps were also significant, with prisoners experiencing feelings of weakness, hopelessness, and desperation. The family members, on their part, made tremendous efforts in supporting their loved ones, which resulted in neglecting their personal needs.

4.4 Family Social Support in the Rehabilitation of Prisoners

The second objective of this study was to investigate the role of family social support in the rehabilitation of prisoners in Kampala Remand Prison, Luzira. Social support

referred to visiting, calling, writing letters, and the maintenance of relationships with the prisoners during the period of incarceration. The study found that the prisoners' relationships with the people they associated with during the time of incarceration played an important role in the maintenance of the prisoners' mental well-being, behavior, and maintenance of their identities.

4.4.1 Maintaining Family Ties Through Visits and Communication

Visiting the prisoners and communication through calls were the primary ways through which the prisoners' families maintained relations with the prisoners. The frequency with which the prisoners received visits and calls varied greatly among the prisoners. The prisoners who received frequent visits from their families experienced improved mental well-being. Inmate 1 talked about his communication with his wife: "My wife visits every two weeks. She comes on Tuesdays. The prison allows visits on all these days from 9am to 4pm. She comes early to avoid long lines. I call her once a week using the prison phone. "We talk for five minutes." He also talked about the emotions he felt before the visit with his wife: "Before the visit, I am excited. I don't sleep well. I wake up early and clean myself. I wear my best prison uniform. During the visit, I feel like a free man. I don't remember that I am in prison." Inmate 2's mother visited once a month. Inmate 2 talked about his feelings before and during the visit with his mother: "Before my mother comes, I am happy. I clean myself. I wait at the gate. During the visit, I feel like a child again. She tells me stories. After she leaves, I cry a little. But I feel stronger. Her visit gives me energy for the next month." Inmate 4's wife visited every Saturday, and sometimes the young son would accompany her. "My wife visits every Saturday. She brings my son sometimes. The prison allows children during visits. My son is shy at first. Then he warms up. He calls me daddy. I call her twice a week. We talk about home and

the child." Inmate 4 talked about his feelings before and during the visit with his wife: "Before my wife comes, I am restless. I count the hours. I don't eat. I walk around. During the visit, I feel complete. I see my son. I hold him." Inmate 6 used both visits and technology to stay connected with his wife. "My wife visits once a month. She brings food. I call her once a week. She has a phone. The prison allows smartphones now." Inmate 8's wife visited every visiting day. "My wife visits every visiting day. She visits on Wednesday and Fridays. She never misses. She comes early to get a good spot. She brings the children sometimes. I call her every day. We talk for quite some time." Inmate 10's mother visited every two weeks and called every week. "My mother visits every two weeks. She brings food. She comes on Sunday after church. I call her once a week. She updates me on the family." In contrast, inmates who had little or no social interaction reported how they felt. Inmate 3's brother never visited him, only calling once a month for a short duration. "My brother never visits. He pays the lawyer but he never comes. He calls me once a month. He asks about the case and hangs up. The calls last two minutes. He does not ask how I am feeling." The impact of this interaction was quite profound. "After the call, I feel empty. He never says he loves me. He never encourages me. The call reminds me that I am alone." Inmate 5's grandmother was unable to visit him because of her old age and the long distance between them. "My grandmother cannot visit. She is too old and sick. The journey from Masaka to Kampala is 140 kilometers. She cannot afford that. I call her sometimes." Despite all this, these phone calls were precious to them. "Before I call my grandmother, I feel guilty. During the call, I hear her voice. It is weak." After making this phone call, I feel sad. But I also feel loved." The elderly parents of Inmate 9 trekked three hours to visit their son once a month. "My parents visit once a month. They move from Mukono. It is far. They leave at 5am and arrive at 8am. They wait for hours. They see me for one hour. Then they go back." The

inmate explained his emotions. "Before my parents come, I am hopeful. I wait at Boma gate. I watch for them. After they leave, I feel guilty. I caused them this suffering." The inconsistent visits from Inmate 12's girlfriend were: "My girlfriend visits when she can. Sometimes twice a month. Sometimes not for two months. I call her but she does not always pick up." The uncertainty of when the visits would take place was difficult for the inmates. Inmate 12 said: "Before my girlfriend comes, I am hopeful. After she leaves, I do not know when she will come again. I worry. I wonder if she will find someone else." For Inmate 15, the only contact he had with his brother was a short phone call every week: "My brother never visits. He calls me once a week. He talks for two minutes." He says he is busy. He asks if I am okay. I say yes. What else can I say?" He concluded: "I have no other contact. No letters. No visitors. I am alone." The questionnaires provided to the family members showed their commitment to maintaining contact with the inmates in spite of the challenges. One wife wrote: "I save money for weeks to come. I wake at 4am to prepare. I travel two hours. I wait three hours. I see him for one hour. Then I travel back. It is exhausting but I must see him." Another mother wrote: "I cannot afford transport so I walk. My feet swell but I keep walking. He is my son. I cannot abandon him." This shows that visits and communication are lifelines for those who are incarcerated. The anticipation, the brief moments of interaction, and the recollection of moments spent until the next time they meet are sources of sustenance for those who are incarcerated, helping them cope with the challenges that accompany incarceration. The frequency and quality of interaction had a direct effect on the emotional condition of the prisoners, where those who had more interaction had hope, and those who had less interaction experienced despair.

4.4.2 Influence on Behavior and Attitude

The results showed that having social connections with families had a significant impact on the behavior and attitude of the inmates while in prison. Almost every inmate talked about how the thought of their families motivated them to behave well while in prison. Inmate 1 said, "I follow the rules because of my wife. I don't want her to hear bad things about me. I want her to be proud of me. I attend workshops to improve myself. I avoid fights and arguments. When other inmates try to provoke me into a fight, I walk away. I think about my wife and my children." Inmate 2 said: "My mother tells me to behave. She says she wants to see me outside these walls. I avoid trouble because of my mother. I don't fight with anyone. I don't argue either. When other inmates try to provoke me into a fight, I remember my mother." Inmate 4 said: "My wife is my reason for behaving well in here. I want to go home to my wife and my son. I follow all the rules here in prison. I don't want extensions on my sentence. I also want my son to know that his father is a good man because he changed." Inmate 5, despite having a difficult situation in life, said: "My grandmother prays for me. I want to make my grandmother happy. I follow the rules here in prison. I don't join bad groups here in prison. I want to see my grandmother before she dies." Inmate 6 said of his wife: "My wife tells me to be careful. She says the children need me. I avoid fights. I keep to myself. I don't want to add more years. I want to go home." The advice given to Inmate 7 by his aunt was, "My aunt advises me. She says prison should change me. I listen to her. I attend workshops. I want to be a better man. She tells me to avoid bad company. I stay away from inmates who cause trouble." What Inmate 8 said, "My wife trusts me. I don't want to break that trust. I follow all rules. I stay away from fights. I concentrate on my carpentry class. I want to make her proud." What Inmate 9's old parents suffered for,

“My parents are old. They suffer because of me. I don’t want to add to their suffering. I follow rules. I stay out of trouble. I want them to hear good things about me.” What Inmate 10’s mother worked hard for, “My mother works hard for me. I cannot disappoint her. I follow rules. I attend tailoring. I want to make her proud. I want to prove to her that money was not wasted. ”What Inmate 11 said of his wife: “My wife struggles alone with six children. I think of her. I follow rules. I do not want to stay here longer. My children need me.” On the other hand, the inmates without strong familial ties showed different attitudes and behaviors. Inmate 3, who only received minimal support from his brother, shared the following: “My brother does not care. I do not feel motivated. I do what I want. I have been in trouble twice. Once for fighting. Once for having a phone.” Inmate 15, who did not have any familial support, expressed: “My brother does not care. I have no one to impress. I do not care about the rules. I do what I want. Trouble finds me sometimes. I have been in the punishment cell twice. Once for fighting. Once for stealing sugar.” The above-mentioned attitudes and behaviors of the inmates significantly highlight the role of family social support as a form of informal social control and behavioral motivation in the prison context. The desire to gain respect from the family and not cause any additional pain for them acted as a strong motivator for positive behavior and a deterrent for negative behaviors.

4.4.3 Challenges in Staying Connected

The challenges the inmates and their families encountered in maintaining social relationships were many. They included transport costs, distance, the prison administration, and the emotional effects. Transport costs were the main challenge the inmates encountered. According to inmate 1, “Transport is the biggest problem. My wife spends 10,000 shillings to come here. Sometimes she does not have it.” For

inmate 2, his mother encountered similar challenges. "Transport from Nansana to Luzira is 5,000 shillings round trip on a good day. She takes a taxi to the city center, then another to Luzira." Inmate 4's wife worked on Saturdays, which prevented her from visiting the inmate. "My wife works on Saturday sometimes. The school has events on weekends. If she works, she cannot come. The visiting hours are only during the day. She cannot come after work." Another challenge the inmates encountered was the long waiting time at the prison. According to inmate 2, his mother waited for long at the prison. "The prison also takes long to process visitors. She waits for hours. Sometimes she arrives at 9am and does not see me until 1pm. She waits in line the whole time. There is no shade. The sun is hot." Inmate 7 related the challenges his aunt encountered. "The prison process is also slow. She waits for hours to see me. Sometimes she waits and then they say visiting time is over. She goes home without seeing me. That hurts both of us." The elderly parents of Inmate 9 experienced the worst of this challenge. "They wait for hours. No shade. No water. They suffer to see me." The use of phones was another challenge. Inmate 1 noted: "The prison phone is hard to get because of congestions at the prison. Sometimes the lines are long. I wait one hour to make a 2 minutes call." Inmate 2 noted: "I do not call her. She has no phone. She uses a neighbor's phone but the neighbor charges her." Inmate 6 noted: "The prison phone network is bad. Sometimes I call and the call drops. I waste my credit. My wife gets worried when she does not hear from me." The questionnaires for the families also showed a similar experience as those of the inmates. One wife noted: "I wake up at 4am, travel two hours, wait three hours, see him for one hour, then travel back. I arrive home at 8pm. I am exhausted but I do it for him." Another noted: "The officers are rude sometimes. They shout at us. They search us badly. We feel humiliated but we endure because of our loved one inside." The emotional effect of the distance was another challenge. Inmate 4

said: "After they leave, I feel pain. But I also feel hope. I will see them again. The pain lasts one day. Then I start looking forward to the next Saturday. The cycle repeats. It is hard but it is also beautiful." The results indicate that there is tremendous sacrifice that families have to make in order to maintain family ties during the incarceration of their loved ones. The financial, time, and physical sacrifices, and the emotional effort that families have to make in order to visit their inmates in prison, are tremendous. However, families have made tremendous efforts to maintain family ties with their inmates because they were aware of the importance of family ties to the rehabilitation of their inmates.

4.5 Family Emotional Support in the Rehabilitation of Prisoners

The third objective of this study was to examine family emotional support in the rehabilitation of prisoners in Kampala Remand Prison, Luzira. Emotional support comprised expressions of love, encouragement, prayer, reassurance, and maintenance of emotional ties despite physical separation. The findings revealed that emotional support was arguably the most significant aspect of family participation, which provided a psychological anchor for prisoners to cope with the trauma of imprisonment and look forward to a brighter future.

4.5.1 Emotional Encouragement and Psychological Well-Being

Prisoners who received emotional support from their families described how this support helped them cope with their mental well-being and deal with the psychological trauma of imprisonment. The nature of the emotional support received by the prisoners from their families varied, for example, verbal encouragement, prayer, love, and listening. Inmate 1 described the nature of the emotional support he received from his wife: "My wife prays for me every night. She

tells me on the phone. She says God will bring me out. She also listens when I am sad. She tells me I am strong. She reminds me of our wedding vows. For better or worse, she says." The inmate also described how he felt when he received the emotional support: "When I feel like giving up, I remember her voice. She tells me to hold on. I hold on." Inmate 2 received emotional support from his mother, who prayed for him and encouraged him to pray to God: "My mother tells me she loves me. She says I am her son forever. She encourages me to pray. She says this is a test. God tests those he loves. She tells me stories from the Bible. Daniel in the lion's den. Joseph in prison. Both came out stronger. She says I will come out stronger too." The nature of the emotional support received by Inmate 4 was his wife's prayer and the presence of his son: "My wife reassures me of her love. She says she will wait for me." "She also prays for me. She goes to church every Sunday and lights a candle for me." For Inmate 5, emotional support came in the form of his grandmother's stories: "My grandmother tells me stories from when I was young. She raised me from a baby. She tells me about the first time I walked. The first time I talked. The time I fell into a ditch. She makes me laugh. Her stories take me away from this place." For Inmate 6, emotional support came in the form of letters from his wife and children: "She sends me sticky notes when she visits. She brings to me from my children. They say baba come home. I re-read these letters every night. They are my medicine." For Inmate 7, emotional support came in the form of his aunt's listening to his problems: "My aunt listens to my problems. I tell her everything. The fear. The loneliness. The hopelessness. She gives advice. She says I can change. She believes in me." For Inmate 10, emotional support came in the form of his mother's encouragement: "My mother encourages me. She says I am not forgotten. She tells me about the future. She says we will open a shop together. She believes in me even when I do not believe in myself." Inmate 13's wife prayed with him over the phone:

"My wife and I pray together when she visits. She reads Psalms to me. She says God has a plan. Her faith helps strengthen mine. She sends me Bible verses through other relatives who visit. She tells me she loves me every time. Her love is my medicine." The prisoners who did not have emotional support expressed much emotional pain. Inmate 3 said, "My brother does not offer me emotional support. He only talks to me about my case. He does not ask me how I feel. I do not tell him anyway. There is no point." Inmate 3 also expressed much emotional pain as follows: "No one helps me cope with my stress. I cope with my stress alone. I fight other inmates. I take my stress out on myself. I have thought about suicide. Twice." Inmate 15 expressed much emotional pain as follows: "My brother offers me nothing. No encouragement. No prayers. No love. I feel empty after every call. I have stopped expecting anything. I have accepted the fact that I am alone." The questionnaire given to the family members indicated that they tried to support the prisoners emotionally. For example, the wife of prisoner 2 said, "I tell him I love him every time we talk. I pray for him every night. I send him Bible verses. I want him to know that he is not forgotten." Another mother said, "I cannot give him money, but I give him words. I tell him stories. I make him laugh. I remind him of home." This proves that emotional support is not a luxury, but a psychological necessity for the prisoners. The constant assurances of love, the sharing of prayers, the sharing of happy moments, and the assurances that the prisoner is capable of change are all the factors that protected the prisoner from the mental health consequences of being in prison. The prisoners who had emotional support had better psychological well-being and could be rehabilitated easily.

4.5.2 Hope and Motivation for the Future

This emotional support from their family members had a direct effect on their hopes and dreams for the future. Those inmates who received emotional support from their family members were able to think about their future after being released from confinement. They were motivated to work towards the achievement of their dreams. Inmate 1 said: "My future is my wife. I have plans with my wife. We want to start a business together. I want to be a good husband and a good father. It is this bond with my wife that gives me hope for my future." He continued: "The love of my wife gives me the motivation to become a better man." Inmate 2 said: "I want to take care of my mother. She is old, and she suffers because of me. When I get out, I will work for my mother, and she will rest." He continued: "Finding a job is my motivation." Inmate 4 said: "My wife and son are my reason to live. I want to be with them, to provide for them." He continued: "I think of my family every day. I think of my family as I walk through those gates, and I think of my family as I walk through my front door, and I think of my family as I see my son running to me, and I think of my family as I hold my wife in my arms." Inmate 5 said his grandmother was his reason to live. He said: "My grandmother is old, and I want to see my grandmother before she dies." He continued: "I want to take care of my grandmother, and this is my plan." The children of inmate 6 were his motivation. He said: "My children need me." My wife is alone. I want to go home and help her. I want to be a father to my children. I want to see them grow. I think about these things every day. I think about them every day and that gives me hope." The future plans of Inmate 7 were inspired by his aunt: "My aunt believes in me. I do not want to let her down. I want to have a job. I want to prove to her that her support was not for nothing. I want to take care of her when she is old." The future plans of Inmate 8 and his wife were clear:

"My wife and I will rebuild our life. We will do it. We will talk about it. We want to have land. We want to grow old together. I want to have my own carpentry shop. We will save our money. We will have a house." The mother of Inmate 10 already saved money for his appeal: "My mother told me she saved 150,000 for my appeal. She does not have a lot of money. But she saved for me. She showed me her savings book. She told me she wrote my name and said that is for you. Because of her, I have hope. Because someone believes in my future." The wife and children of Inmate 11 gave him his purpose for being in prison: "My wife waited for me." My children need me. I will spend the rest of my life making it up to them. That bond gives me purpose." Inmate 13 and his wife shared the following dream together: "My wife talks about our future. She talks about the children we will have. She talks about the home we will build. These dreams take me away from this place." On the contrary, those without emotional support did not have a future orientation. Inmate 3 shared the following about his dreams and plans: "I have no bond with my brother. I have no plans involving him. I will go my own way when I get out. I need to survive. That is my only plan. Survive." Inmate 15 had the most negative outlook of all the inmates. He shared the following about his dreams and plans: "I have no bond. I have no plans. I will get out and figure it out alone. No one is waiting for me. I will go back to the street. No family means no future." The above observations clearly indicate that emotional support from family is an important factor for maintaining hope and motivation among prisoners. The ability of prisoners to think about a better future and plan for it is based on emotional support. The presence of emotional support helped the prisoners think about a better future and motivated them to work for it by undergoing rehabilitation. The absence of emotional support meant a bleak and uncertain future for the prisoners and provided them with no motivation to improve themselves.

4.5.3 The Impact of Emotional Absence

The study also emphasized the impact of emotional absence or withdrawal on the mental health and rehabilitation of prisoners. For example, prisoners whose families offered little or no emotional support were found to have serious mental problems that affected their rehabilitation. The study used the example of Inmate 3, who said, "No one helps me cope. I deal with stress alone. I fight with other inmates. I take my anger out on myself. I have thought about suicide. Twice. I thought about hanging myself with my uniforms." He added, "I see other inmates getting visits. Their families bring food and love. I feel jealous. I feel angry. Why do they have someone and I have no one?" The lack of emotional support had serious effects on the mental health of the prisoners and also on their future. For example, Inmate 3 added, "I have no plans involving him. I will go my own way when I get out. I will find work. I will rent a room. I will live alone. I have accepted that my family is gone." On the other hand, Inmate 15 added, "No family means no future. I have accepted it." The lack of emotional support had serious effects on the mental health and rehabilitation of prisoners. The lack of emotional support made the prisoners feel isolated, hopeless, and vulnerable to the worst aspects of life in prison. Without emotional support from their families, the prisoners were unable to cope with the trauma of life in prison. The lack of emotional support made the prisoners feel that they had no future.

4.6 Summary of Findings

The purpose of this study was to examine the role of family support in the rehabilitation of prisoners in Remand Prison Kampala Luzira. The researcher targeted three main objectives of family support in the rehabilitation of prisoners:

financial support, social support, and emotional support. The research revealed that family support is a multidimensional phenomenon that significantly influences prisoners' well-being and rehabilitation outcomes.

4.6.1 Family Financial Support

The research revealed that family financial support significantly contributed to the rehabilitation of prisoners in Remand Prison Kampala Luzira. The research showed that prisoners who received financial support from their families were able to satisfy some of their basic needs such as food, soap, and clothing for court sessions. The research revealed that prisoners' basic needs are not sufficiently catered for by the prison. The research showed that prisoners who received financial support from their families were able to maintain good health and dignity. The research revealed that financial support is a significant factor that influences the engagement of prisoners in rehabilitation programs. The research revealed that prisoners who received financial support from their families managed to attend rehabilitation workshops and even make plans to seek employment after release from prison. The research revealed that prisoners without financial support from their families did not have the energy and dignity to participate in rehabilitation programs. The research revealed that prisoners without financial support from their families remained idle and hopeless. The research revealed that prisoners use different strategies to cope with periods of financial stress. The research showed that prisoners use different strategies such as borrowing, trading, saving, and stealing to cope with periods of financial stress. The research revealed that gaps in financial support significantly influence prisoners' health and dignity. The research revealed that families make significant sacrifices to provide financial support for prisoners even when faced with economic challenges.

4.6.2 Family Social Support

The study concluded that family social support, through maintaining social contact by visiting and calling one another, is a significant factor that influences the maintenance of the emotional well-being of prisoners and their connection to the world outside the prison walls. The prisoners who received social support from their families experienced anticipation, joy while making contact, and thoughts of each other while apart. Social support also significantly impacted the behavior and attitude of the inmates. The motivation to win the respect of their families, to avoid adding burden to their families, and to look forward to a reunion in the future encouraged the inmates to behave well in prison and participate in positive activities. Prisoners without social support did not have these guiding principles and therefore got involved in negative behaviors. However, maintaining social support came with a lot of challenges, including costs of transport, distance, administrative costs in the prisons, and emotional costs due to separations.

4.6.3 Family Emotional Support

The study concluded that family emotional support is probably the most important factor in family support to prisoners. Emotional support in the form of love, encouragement, prayer, and listening provided a psychological anchor to prisoners in coping up with the trauma of being in prison. Prisoners who were regularly provided with emotional support were in better mental condition and had hope in their future. Emotional support significantly impacted the motivation of prisoners towards rehabilitation and their future plans. Prisoners believed that their families were awaiting their release and were confident in their capacity to reform themselves; therefore, they were motivated towards rehabilitation and successful

reintegration into society. On the other hand, the lack of emotional support had devastating effects. The prisoners who lacked emotional support suffered from severe psychological problems such as depression, aggression, and suicidal tendencies. They also lacked motivation for change, in addition to having bleak prospects for successful reintegration.

4.6.4 Integrated Understanding

Overall, the results show that family support is an integrated system where the financial, social, and emotional support dimensions complement each other. Financial support provides the hygiene and energy required to attend the program; social support provides motivation and behavior guidance; and emotional support provides hope and psychological well-being. Those inmates receiving all three types of support were the best candidates for rehabilitation, while those inmates receiving no support in any one of these dimensions suffered the greatest deficit.

The findings also revealed that family support is not just beneficial but a necessity in the rehabilitation of prisoners in a resource-constrained environment like Remand Prison Kampala. This is because, without family support, prisoners are subjected to conditions in the prison that are not just punitive but harmful to their health. Lastly, the findings revealed the extreme measures taken by family members, especially women, in supporting their loved ones in prison. Wives, mothers, sisters, girlfriends, and other women played a critical role in supporting their loved ones in prison. The women suffered a lot in supporting their loved ones in prison, but they continued with their efforts because they understood the critical role their support played in the survival and rehabilitation of their loved ones. In conclusion, this study has provided compelling evidence on the critical role family support plays in the rehabilitation of prisoners in Kampala Remand Prison. The findings of this study have

provided evidence in support of the theoretical framework on which this research was conducted, showing that family support is a critical aspect in rehabilitation, which can be explained using social support theory and rehabilitation theory. The findings of this study are significant, showing a critical role in the rehabilitation of prisoners in Uganda, which needs to be prioritized in Uganda's correctional facilities.

5.0 Chapter Five: Discussion, Conclusions And Recommendations

5.1 Introduction

This chapter will include a discussion of the research findings, conclusions based on the research study, and recommendations for different stakeholders. The purpose of this qualitative research study is to examine the role of family support in the rehabilitation of prisoners in Kampala Remand Prison, Luzira. The research study is based on three research objectives: exploring the role of financial support from the family, exploring the role of social support from the family, and exploring the role of emotional support from the family in the rehabilitation of prisoners. The research study targeted 15 male prisoners who were selected for semi-structured interviews and focus group discussions. The research also targeted 15 members of the prisoners' families for questionnaire administration. The discussion of the research findings will be based on the research study conducted in Chapter Four of this research thesis. The conclusions will include a synthesis of the research study conducted. The recommendations will also include recommendations for different stakeholders based on the research study that was conducted and the experiences of the research participants. Finally, the research study will also include recommendations for further research in this area.

5.2 Discussion of Findings

This section is where the findings of the study will be discussed based on the research objectives, linking the findings to the literature and theoretical framework, social support theory, and rehabilitation theory.

5.2.1 Family Financial Support in the Rehabilitation of Prisoners

The first research objective that was addressed in this research study was to explore the role that family financial support plays in the rehabilitation of prisoners in Remand Prison Kampala Luzira. Based on the findings, it is evident that financial support from the family played a crucial role in the rehabilitation of prisoners because it helped to meet the basic needs of the prisoners, such as food, soap, clothing, and other basic needs that the prison was not able to meet for the prisoners. As such, the prisoners that received financial support from their families

to meet their basic needs were able to take part effectively in the rehabilitation program because they had better health, hygiene, and dignity. This is in line with Butler's (2018) research that was conducted to determine how imprisonment affects family economic status and prisoner well-being in Uganda. The research found that imprisonment affects family economic status, and as a result, the family is likely to experience economic difficulties, which affect the rehabilitation process of a prisoner because he or she does not get any support from the family. The findings are also in line with Penal Reform International (2021) that found that support from family members, such as economic support, is crucial for a prisoner to take part effectively in rehabilitation activities, which are helpful for building and maintaining social relationships that are crucial for building psychological resilience, as noted by Fontaine (2020) research, which found that family financial support directly affects a prisoner's rehabilitation process, with Fontaine indicating that family support directly affects a prisoner's ability to cope with their imprisonment and their life after release. In this study, those who received family support were actively engaged in rehabilitation activities, planning their future after release, while those who did not receive support were hopeless, with no future to look forward to. The social support theory, which was developed by Cohen and Wills (1985), is a theory that explains how support from significant others affects an individual's ability to cope with stress and difficult situations in life. In this case, family support in terms of economic support acts as a significant support, which enables a prisoner to cope with their imprisonment, with those who received support actively engaged in rehabilitation activities, while those who did not receive support were hopeless, with no future to look forward to. The social support theory indicates that support from significant others helps in building resilience, which enables a person to cope with difficult situations in life. In this case, family support in terms of economic support acts as a source of support, which enables a prisoner to cope with their imprisonment, with those who received support actively engaged in rehabilitation activities, while those who did not receive support were hopeless, with no future to look forward to. Rehabilitation theory, as discussed by Andrews & Bonta (2010), highlights the significance of meeting the social and behavioral needs of offenders for effective rehabilitation. The findings of the study revealed that meeting the basic material needs through family support is the primary condition for effective

offender rehabilitation. The prisoners' lack of food, soap, and clothing makes it difficult for them to focus on educational programs. The financial support provided by the families acts as the primary condition for effective offender rehabilitation. Another interesting finding was the measures taken by the prisoners to cope with the lack of financial support from the families. The prisoners borrowed from others, traded, saved, and even stole from others during the time when they did not receive financial support from the families. The fact that the prisoners stole from fellow prisoners shows the severity of the situation experienced by prisoners who do not get support from the families. The finding also highlights the possible consequences that result from the lack of support from the families. The finding on the coping mechanisms taken by the prisoners during the time when they did not receive financial support from the families is also in line with the Uganda Prisons Service (2025) study, which found that the lack of financial support from the families is the primary condition that affects the prisoners' living standards, especially for those from poor backgrounds. The finding is also in line with the study by ASF (2024) on the support provided by the families to the prisoners in Uganda's correctional system. In brief summary, the research on family financial support confirms and extends previous research by showing the different ways in which material support from the family impacts the well-being and rehabilitation of prisoners. The research indicates that financial support is a crucial basic requirement for rehabilitation activities.

5.2.2 Family Social Support in the Rehabilitation of Prisoners

The second objective of this study was to investigate family social support in the rehabilitation of prisoners in Remand Prison Kampala, Luzira. The results showed that social support through visits and communication is vital in maintaining the emotional well-being of prisoners, influencing their behavior, and helping them retain their social identity. The results showed that prisoners who received visits and communication from family members felt anticipation before meeting, happiness during the visit, and memories in between. The visits helped the prisoners endure the difficulties of prison life. These results support the Uganda Prisons Standing Orders (2017) and Penal Reform International (2021), which state that social support for prisoners includes emotional support, visits, communication, and

maintaining social identity. All these have significant effects on the emotional well-being of prisoners. The current study provides rich data that support these arguments. The data are from the voices of the prisoners. The results of the current study support ASF (2024), which found that maintaining family ties is vital for prisoners in Uganda. The study found that family ties are a vital source of psychological resilience for prisoners in Uganda. Inmate 4 explained the emotional cycle before, during, and after visits: "Before my wife comes, I am restless. I count the hours. During the visit, I feel complete. After they leave, I feel pain. But I also feel hope. I will see them again." One particularly interesting finding was the role that social support played in the behavior and attitude of the inmates. The need to maintain the respect of the family, not to add to the suffering of the ones they love, and to prepare for the time when they are reunited with the family motivated the prisoners to behave well, avoid trouble, and do positive things. This is evident in the statement made by Inmate 1: "I follow the rules because of my wife. I do not want her to hear bad things about me. I want her to be proud." This finding is also in line with the research done by Mugisha (2022) on the role that emotional support from the family plays in helping the prisoners overcome the mental health challenges that they face. The study also found the challenges that the families face in the maintenance of the social relationships with the prisoners. The transport costs, the distances, the prison administration, and the emotional cost of separation from the prisoners were found to be significant barriers to the maintenance of the relationships between the prisoners and the families. This is also in line with the research done by Ekiyakunzire (2018) on the challenges that the prisoners face in the maintenance of relationships with the families. The research is also an addition to the knowledge that is available on the subject because the experiences of the prisoners' families are also captured in the study. Inmate 9's elderly parents, who walked for three hours to visit him from Mukono, are an example of the sacrifices that the families make to maintain the relationships with the prisoners. The mother's willingness to endure the physical strain of the long walk for the one-hour visit with the prisoner is an indication of the commitment that the prisoners' families have towards the prisoners. The wives who save for weeks to transport the food to the prison, wait in the sun for hours, and then visit the prisoners for just an hour are also examples of the sacrifices that the prisoners' families make. Social support

theory is also relevant to the understanding of the findings. This theory asserts that social support is vital in helping people cope with adverse conditions. In the prison system, visits from family members and communication through phone calls can be regarded as the direct manifestation of social support. This support acts as a source of motivation for the prisoners, ensuring them that they still belong to the community outside the prison walls. The rehabilitation theory also supports the findings in the study. This theory asserts that the process of rehabilitation requires the maintenance of social bonds with the community. The theory further asserts that the process of rehabilitation is not limited to the prison system but also involves the community, especially the family. The current study offers empirical support for the proposition in the rehabilitation theory. This is because the study found that the prisoners' motivation to participate in rehabilitation programs was significantly influenced by the family's social support. In contrast, the prisoners who did not experience social support, such as Inmate 3 and Inmate 15, experienced more psychological distress as well as behavioral problems. This further illustrates the vital role that social support plays in the life of the prisoners. The absence of such support from the community, especially the family, made the prisoners more vulnerable to the influences of the prison culture. In conclusion, the findings on the role of family social support in the life of the prisoners confirm the existing literature on the subject. The findings further expand the existing knowledge on the subject by highlighting the vital role that visits from the community play in the maintenance of the prisoners' psychological well-being, behavior, as well as the maintenance of the connection with the community outside the prison walls. The findings also highlight the enormous challenges that the community, especially the prisoners' families, face in the maintenance of the connection with the prisoners as well as the enormous sacrifices they make for the prisoners.

5.2.3 Family Emotional Support in the Rehabilitation of Prisoners

The third objective of this study was to examine family emotional support in the rehabilitation of prisoners in Uganda, specifically in Remand Prison Kampala, Luzira. The findings revealed that family emotional support was perhaps the most critical aspect of family support, which served as a psychological anchor for prisoners to cope with the trauma of their imprisonment and look forward to a future after

release. Prisoners who received family emotional support were found to have good mental health, hope, and a vision for their future after release. The findings are consistent with those obtained by Mugisha (2022), whose study established that emotional support from family members is crucial for promoting the mental health of prisoners in Uganda. According to Mugisha, emotional support is an expression of empathy, encouragement, acceptance, and understanding, and this plays a crucial role in alleviating mental stress and stigma that accompany imprisonment. The findings are consistent with those obtained by StrongMinds (2024), whose study established that prisoners who experience high levels of emotional support from family members are less likely to experience anxiety, depression, and hopelessness. In this study, Inmate 1 revealed that his wife's prayers and encouragement helped him to stay positive and hold on to hope for a better future, as he noted, "When I feel like giving up, I remember her voice. She tells me to hold on. I hold on." The most striking part of this study was the power of emotional support to help prisoners hold on to hope for a better future. The prisoners who felt that they received emotional support from family members looked forward to a better future after release. Inmate 4 narrated how he would imagine opening the door and his son running to him. On the other hand, Inmate 8 experienced emotional support from his wife by sending him voice recordings of his children singing "baba we love you." In the research, the emotional absence of the inmates was also highlighted. Inmate 3 narrated how he felt suicidal due to the absence of emotional support. Inmate 15 felt hopeless due to the absence of emotional support. This is in line with the research conducted by Penal Reform International (2021) on the emotional support of inmates in prisons. This research resonates with the UNODC (2021) Nelson Mandela Rules, which emphasized the need to support the emotional well-being of inmates in prisons through family visits. This research has shown that emotional support from family members is not only a luxury but a necessity for the rehabilitation of inmates in prisons. The social support theory can explain the current research. The theory emphasizes that emotional support from family members helps the individual cope with stressful situations by giving reassurance of their worth. Similarly, emotional support from family members helps prison inmates cope with the stressful situation of being in prison. It gives reassurance of their worth, helping them maintain their identity in prison. The prison environment is dehumanizing, and emotional support

from family members helps the inmate maintain his humanity. Rehabilitation theory can be used to support these findings because it focuses on the psychological and emotional needs of offenders that must be met in order for rehabilitation to be successful. The theory argues that an individual will be more willing to exhibit positive behaviors when he or she has an emotional bond with other individuals who believe in the individual's capacity to make positive changes. The study offers support to the rehabilitation theory because it offers an account of how emotional support from families motivates inmates to participate in rehabilitation programs and make positive changes. The study established that there were differences in the provision of emotional support to male and female inmates, with women, in most cases, being the wives, mothers, sisters, and girlfriends who were tasked with the responsibility of maintaining an emotional bond. This finding can be related to the fact that, in Uganda, women have traditionally taken the role of primary caregivers in families. The study can be concluded to have offered support to existing theories and literature because it demonstrated the importance of emotional support in maintaining the mental well-being of prisoners and motivating them to make positive changes. The study also showed the devastating effects of the absence of emotional support and the role of women in the provision of emotional support to male inmates.

5.2 Conclusions

Based on the findings of this study, the following conclusions are drawn:

5.2.1 Family Financial Support

It is vital in meeting prisoners' basic needs and supporting their participation in rehabilitation programs. In a poorly resourced prison environment where institutional support is lacking, family support helps fill this gap in meeting prisoners' basic needs, which include food, soap, clothing, and other basic needs. Such support has a significant bearing on prisoners' physical well-being, hygiene, dignity, and status in the prison community, which are basic prerequisites for participation in rehabilitation programs. Prisoners who benefit from family support are in a better position to participate in rehabilitation programs, such as educational and vocational programs, where they stand to gain a lot after release from prison. On the other hand, those who lack this support suffer physical deterioration, loneliness, and loss

of dignity, which affects their motivation to participate in rehabilitation programs. The absence of family support has a significant negative bearing on prisoners' well-being, leading to hunger, illness, and other desperate measures such as borrowing with a risk of physical harm and stealing. Families go through extreme measures to ensure their support for prisoners, such as skipping their basic needs, showing their dedication to their loved ones despite the many challenges they face.

5.2.2 Family Social Support

Family social support, which is maintained through visits and phone calls, is vital in supporting prisoners' emotional well-being and their sense of belonging to their community on the outside. Family visits are vital in nourishing prisoners' emotions, which helps them cope with the harsh realities of life in prison, with the anticipation of a visit, the pleasure of a phone call, and the happy memories in between visits serving as a source of emotional sustenance. The power of social support has a significant impact on the behavior of prisoners and their attitude. The need to respect family, not add to the suffering of loved ones, and look forward to reuniting with family motivates prisoners to behave well, avoid trouble, and participate in positive activities. This social control mechanism is more effective in promoting positive behavior among prisoners compared to punitive measures. The challenges of maintaining social support are enormous, such as transport costs, distances, prison administration procedures, limited hours for visits, and the emotional impact of separation. Families have to spend enormous time, money, and emotional resources in maintaining family support for prisoners. The current prison system has erected barriers to family support that hinder the rehabilitative potential of family support.

5.2.3 Family Emotional Support

Family emotional support is the most significant aspect of family participation in the rehabilitation of prisoners. Family emotional support in the form of showing love, encouragement, prayer, and listening provides a psychological lifeline for prisoners to cope with the trauma of prison. Prisoners who receive emotional support from family have better mental health, have hopes for a better future, and can look forward to a future outside prison walls. Emotional support has a direct impact on the motivation of prisoners for rehabilitation. The assumption of family waiting for

prisoners and believing in their capacity for change provides motivation for prisoners to work hard for a successful reintegration into society. Emotional support provides the hopes and motivation for prisoners to go through the darkest moments of prison. The lack of emotional support has devastating effects, which include severe psychological problems, depression, anger, and suicidal thoughts. The lack of emotional support in prisoners means that they have no orientation or motivation towards positive change, and their chances of successful rehabilitation are bleak. The role of the emotional aspect of family support to prisoners' mental health and rehabilitation cannot be overstated.

5.2.4 Integrated Understanding

Family support is thus seen to operate as an integrated support system with the three dimensions complementing one another. Financial support provides the hygiene and energy to take part in the programs, social support provides the motivation and behavior to take part in the programs, and emotional support provides the hope and psychological well-being. It is the prisoners receiving support in all three dimensions who stand the best chance to succeed in rehabilitation, while those receiving support in none of the dimensions suffer the biggest deficit. Family support is not only important for the rehabilitation of prisoners, it is actually the only way to ensure the rehabilitation of prisoners. For instance, Remand Prison Kampala is resource-constrained and is unable to ensure the prisoners receive the food, medical care, and rehabilitation programs they need. Family support is the way to ensure the prisoners receive these basic necessities. Without family support, the prisoners are left to conditions that are not only punitive but actually detrimental to their health. It is the women in the family who take the brunt of supporting the prisoners. Wives, mothers, sisters, and girlfriends make the biggest sacrifice to support the prisoners. They sacrifice their own health, wealth, and happiness to ensure the prisoners receive the support they need. They should be commended and supported as part of the rehabilitation process.

5.3 Recommendations

Based on the findings and conclusions drawn in this study, the following recommendations are offered to different stakeholders.

5.3.1 Recommendations to Policymakers

1. Develop a National Family-Inclusive Rehabilitation Policy

The Ministry of Internal Affairs, in collaboration with the Uganda Prisons Service, should develop a national policy that recognizes the importance of family support in the rehabilitation process.

2. Strengthen Rehabilitation Programs

However, policymakers should also enhance formal rehabilitation within prisons, bearing in mind that family support alone cannot be relied upon to achieve rehabilitation. Therefore, more investment in rehabilitation within prisons will be a great move to create a holistic environment for rehabilitation

5.3.2 Recommendations to Prison Administration

1. Create a Family Support Liaison Unit

The administration of Remand Prison Kampala should consider creating a Family Support Liaison Unit whose responsibility will be to facilitate communication, provide information to families, and address family issues. This will act as a bridge between the prison administration and families, helping to address issues that hinder communication and ensuring that families feel comfortable and supported.

2. Reduce Cost of Phone Communication

The administration of Remand Prison Kampala should negotiate with telecommunication companies to reduce the cost of communication within the prison or set up a system to support families who cannot afford communication charges. This will enable prisoners to frequently communicate with their families, especially those who cannot frequently visit due to geographical reasons.

3. Create Family Engagement Programs

The administration of Remand Prison Kampala should consider creating programs to engage families in rehabilitation processes within prisons. This will involve counseling families, conducting family days where families will be allowed to participate in rehabilitation processes with prisoners, and conducting meetings with families to plan for release.

5.3.3 Recommendations to Families

1. Maintain Regular Contact

Families should be encouraged to maintain communication with their imprisoned loved ones, even when they cannot support them physically. This will act as a form of encouragement, which is important for prisoners to remain motivated.

2.Coordinate Support Among Family Members

The support provided by the family members needs to be coordinated in order to ensure that there is no burden on any individual family member and to ensure consistency in support. If a family member cannot support the prisoner, another family member needs to take over in order to fill the gap in support. Family meetings may help in ensuring that there are no gaps in support for the prisoners.

3.Seek Available Support Services

The family needs to seek available support services, which include support from religion-based organizations, non-governmental organizations, and other community-based support groups.

4.Prepare for Reintegration

The family needs to prepare for the reintegration of the prisoner from the time of incarceration. This will help in ensuring that the prisoners are encouraged and motivated during their periods of incarceration.

5.3.4 Recommendations to Researchers and Academicians

1.Conduct Longitudinal Studies

Researchers are advised to carry out longitudinal studies in order to establish a clear relationship between family support and rehabilitation of prisoners.

2.Undertake Comparative Research

Researchers are advised to carry out longitudinal studies in order to establish a clear relationship between family support and rehabilitation of prisoners.

3.Explore the Experiences of Specific Prisoner Populations

It is recommended that future research investigate the family support experiences of different populations of prisoners, including juvenile prisoners, female prisoners, long-term prisoners, and those with special needs. It is possible that different populations may require different support interventions.

4.Investigate the Impact on Family Members

More research is necessary to establish the impact of imprisonment on family members. From the current research, it is evident that imprisonment imposes

financial, physical, and emotional challenges on the family. More research is necessary to establish the experiences of the family.

5. Develop and Test Interventions

It is recommended that researchers work with the relevant authorities to design interventions to support family support among prisoners. Family support interventions could include family counseling interventions, communication interventions, visitation interventions, and rehabilitation interventions.

6. Document Best Practices

It is recommended that academicians document best practices in family support among prisoners in Uganda and globally. It is possible that case studies of best practices in family support among prisoners, either in Uganda or globally, could serve as examples for the local context.

5.4 Areas for Further Research

Although this research has shed light on the importance of family support in the rehabilitation of prisoners at Remand Prison Kampala, it is evident that several areas require further investigation.

1. The Experiences of Prisoners Without Family Support

From the current research, it is evident that several prisoners lack family support. Their experiences were different from those with family support. Future research should focus on this population to understand their needs and how they cope and are rehabilitated. This could help in the development of programs for those prisoners who do not have any family links.

2. The Long-Term Impact of Family Support on Recidivism

While this research looked into the role of family support in the rehabilitation of prisoners during their sentence, it did not look into the role of family support after the prisoners are released. Future research could track prisoners after release and establish if the positive effects of family support also lead to reduced levels of recidivism.

3. Gender Dynamics in Family Support Provision

The research also showed that the role of providing support for male prisoners is largely a female role. Future research could also look into the dynamics of providing support for prisoners, the experiences female prisoners (if any) and the reasons for

the absence of males in this role. Understanding these dynamics could inform interventions to engage all family members in support.

4.The Role of Extended Family Networks

The research looked into the role of immediate family members in providing support for prisoners. Future research could also look into the role of extended family networks such as grandparents, aunts, uncles, and cousins in providing support for prisoners. The extended family could also provide some support for prisoners.

5.Comparative Studies Across Prison Facilities

Research comparing family support across different prison facilities in Uganda would help identify facility-level factors that facilitate or hinder family involvement. Such comparative research could inform efforts to replicate successful practices across the prison system.

6.The Role of Technology in Maintaining Family Connections

Some of the inmates in this study used mobile phones in maintaining family connections. It would be important to explore the role of technology in maintaining family connections, the benefits and challenges of technology in prison, and how it could be used to improve family connections.

7.Economic Interventions to Support Families

The economic challenges that families face in supporting their loved ones in prison are immense. It would, therefore, be important to carry out a study to find out whether there could be economic interventions to support families.

8.The Spiritual Dimension of Family Support

Some of the inmates in this study based their family emotional support on prayer and other religious aspects. It would, therefore, be important to carry out a study to find out more about the spiritual dimension of family support.

9. Children of Incarcerated Parents

This study revealed that most of the inmates had children. It would, therefore, be important to carry out a study to find out more about children who have parents in prison.

5.5 Concluding Remarks

This study was conducted to find out the role of family support in the rehabilitation of prisoners in Remand Prison Kampala, Luzira. Through in-depth interviews with 15 male inmates and questionnaires among 15 family members, this study has shown that family support in its financial, social, and emotional dimensions plays an important role in the rehabilitation of prisoners. The results of the research highlight the significance of family support for the incarcerated individuals by showing that it acts as a lifeline for them. The research indicates that those who are supported by their families are healthier and are able to engage better in rehabilitation programs and have hope for the future. On the other hand, those without such support are in a state of deprivation and despair and are not able to engage in rehabilitation programs. The research also highlights the sacrifices made by the families of the inmates and how these sacrifices are not recognized by the prison systems. The research indicates that wives of the inmates have to travel for hours to reach the prison and visit their loved ones. Others have to sell their own produce of vegetables to pay for transport fare for the visits. The sisters of the inmates have to save some of their meager income to maintain communication with their loved ones. The girlfriends of the inmates have to wait for hours and even be subjected to abuse by the prison officials to maintain communication with the inmates. Such sacrifices made by the families of the inmates need to be recognized and supported by the prison systems as an important part of the rehabilitation process. The research also indicates that the prison systems have not done enough to support the role of the families of the inmates and that the government needs to allocate some of its resources to support the role of the families of the inmates. The prison systems have not made the process of maintaining communication between the inmates and their families an easy one. The theoretical framework for this research, social support theory, and rehabilitation theory have been effective in interpreting the results. The social support theory explains how family support protects prisoners from the effects of confinement and helps them cope. The rehabilitation theory explains how meeting the social and emotional needs of prisoners through family support can help in positive change for reintegration. In conclusion, this research affirms the fact that family is not apart from rehabilitation; it is part of it. The way to successful rehabilitation is through the family. Therefore, the way to strengthen family support

is the way to strengthen rehabilitation. As Uganda advances its correctional facilities, the importance of the family should be the main priority. As the voices of the inmates and family members interviewed in this research show us, behind every inmate is a family, and behind every rehabilitation is the family's love, sacrifice, and hope.

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5.7 Appendix A: Interview Guide

NAKIMBUGWE REBECCA

INTERVIEW GUIDE

THE ROLE OF FAMILY SUPPORT IN THE REHABILITATION OF PRISONERS AT REMAND PRISON KAMPALA

Part A: Questions For Prisoners

Section 1: Demographic and Background Information (To be filled briefly before the main questions)

1. How long have you been at this remand prison?
2. Could you briefly tell me about your family structure? (e.g., Are you married? Do you have children? Who are your closest family members?)

Section 2: Family Financial Support

(Linked to Objective I: To explore family financial support in the rehabilitation of prisoners)

1. Could you describe the ways, if any, your family supports you financially while you are here? (Probe: What do they provide? Money for food, soap, airtime, legal fees, medical needs?)
2. How does receiving (or not receiving) this financial support impact on your daily life and well-being inside the prison?
3. In your opinion, how does this kind of financial help affect your ability to take part in rehabilitation programs, such as skills training, education, and preparation for your future?
4. What if your family does not give you the financial assistance you need? How do you cope?

Section 3: Family Social Support

(Linked to Objective II: To examine family social support in the rehabilitation of prisoners)

1. Could you tell me a little bit about your family contact since your incarceration? (Probe: How often do they visit? Do they call or write?)
2. What does a family visit or call mean to you? How does it make you feel before, during, and after a family visit or call?

3. How does maintaining this family social support affect your attitude and behavior while in prison? (Probe: Does it influence your compliance with rules, avoidance of trouble, and self-improvement?)

4. What do you think are the biggest problems your family and you are currently facing in maintaining family contact?

Section 4: Family Emotional Support

(Linked to Objective III: To investigate family emotional support in the rehabilitation of prisoners)

1. Aside from family financial support, how does your family give you emotional or moral support? (Probe: Do they encourage, pray, and remind you of their love and concern?)

2. How has your family helped you deal with the stress, loneliness, and other negative feelings associated with your incarceration?

3. Can you share a specific time when emotional support from your family made a significant difference to you during your time here?

4. In what way does the emotional link with your family influence your life plans and hopes once you are released?

Section 5: Overall Rehabilitation and Reintegration

1. Considering your future, how important is the support of the family, financially, socially, and emotionally, to a successful reintegration into the community?

2. If you could tell the prison administration one thing they could do to make it easier for families to support their loved ones in here, what would it be?

Part B: Questions For Family Members Section 1:

Demographic and Background Information

1. What is your relationship to the prisoner?

2. How far do you travel to visit here, and how often are you able to come?

Section 2: Providing Financial Support

1. What kind of financial or material support do you provide to your family member in prison? (Probe: Why is it important for you to provide this? What items do you prioritize?)

2. What impact does providing this support have on you and the rest of your family in terms of your household budget and daily life?

3. In your opinion, how does the support you send make a difference in his/her life inside the prison?

Section 3: Providing Social Support

1. Describe your experience of staying in touch with your family member while he/she was in prison. (Probe: What's your experience like with regards to visitation? How do you stay in touch between visitation dates?)

2. What do you usually discuss during your visitation or during phone calls? What do you think is the most important information that should be communicated?

3. What do you think are the greatest challenges that impede your staying in touch with your family member? (Probe: cost, distance, regulations, etc.) 4. Why do you find it important to stay in touch with your family member despite the difficulties?

Section 4: Providing Emotional Support

1. How do you provide emotional strength and support to your family member while he/she was in prison?

2. How do you think your support has impacted your family member's mental state and perspective towards his/her future?

3. How has this experience impacted your and your family's emotional state? How do you cope with stress?

Section 5: Perceptions of Rehabilitation and the Future

1. Do you think your support has been instrumental in helping your family member rehabilitate and look forward to his/her future? If yes, how?

2. What kind of support, if any, do you think would be very instrumental in supporting your family member better?

5.8 Appendix B: Introductory Letter for Research



UGANDA CHRISTIAN UNIVERSITY

A Centre of Excellence in the Heart of Africa

December 12th, 2025

TO WHOM IT MAY CONCERN

Dear Sir/Madam

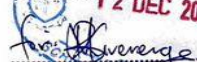
Re: **INTRODUCTORY LETTER FOR RESEARCH**

This is to introduce to you **NAKIMBUGWE Rebecca** Registration number **S23B15/087**, a student of Uganda Christian University, pursuing Bachelor's degree in Social Work and Administration. She is expected to carry out research in the final year under the guidance of a university supervisor in partial fulfillment for the requirements of the above-mentioned award.

Topic: **"The role of Family support in the rehabilitation of prisoners at Kampala Remand Prison"**

The purpose of this communication is to request your office to allow her collect data from your organization. Any assistance rendered to her will be highly appreciated.

Yours faithfully,



Doreen Kukugiza
Coordinator, Research & Fieldwork Programmes
Tel: 0773395349
Email: dkukugiza@ucu.ac.ug