

## Lived Experiences of Probationers towards Community-based Correction Program: A Qualitative Study

Chesselle G. Paudac<sup>1\*</sup>, Vernice S. Gementiza<sup>2</sup>, Harold V. Apao<sup>3</sup>, Alwin Jay C. Gubot<sup>4</sup>,  
Scene L. Bondaco<sup>5</sup>, Teopisto Y. Culanag Jr.<sup>6</sup> & Jose F. Cuevas Jr.<sup>7</sup>

<sup>1-7</sup>College of Criminology, Misamis University, Philippines. Email: chesselle12@gmail.com\*

DOI: <https://doi.org/10.46382/MJBAS.2024.8217>

Copyright © 2024 Chesselle G. Paudac et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Article Received: 11 April 2024

Article Accepted: 19 June 2024

Article Published: 28 June 2024



### ABSTRACT

This study explores the real-world experiences of probationers who take part in Ozamiz City community programs. The study uses a qualitative approach to investigate the viewpoints, difficulties, and results that probationers experience when participating in community-based projects. The study uses thematic analysis to identify and investigate major themes that surface from the narratives of probationers, providing insight into how they interact with programs for rehabilitation, reintegrate into society, and perceive support systems. The following are the generated themes: (1) Personal Growth and Self-Discipline, (2) Community Integration and Belonging, (3) Guidance and Support from Probation Officers, and (4) Skills Development and Employment Readiness. In this study, the researcher analyzed the data using the narrative and phenomenology methods of Moustakas for the gathering of information through open-ended and conversational communication. The research is to contribute to the creation of more responsive and effective interventions that are suited to the requirements and realities of probationers in Ozamiz City by clarifying these lived experiences.

**Keywords:** Alternative sentencing; Community engagement; Criminal justice; Lived experiences; Offender perspective; Probationers; Probation system; Recidivism prevention; Reintegration; Rehabilitation; Support services.

### 1. Introduction

Probation—a court-ordered period of supervision in the community for people convicted of criminal charges—has traditionally been viewed as an alternative to incarceration, and sentencing more people to probation rather than prison was long proposed as a solution to the problem of mass incarceration (Roth, 2021). It is a form of community-based correction, wherein the convicted person has a privilege granted by the court to serve his sentence outside the jail or prison. Once the probationers are released from jail, they face various challenges which affect their personal and social life (Cuevas, 2020). The global society has long accepted that the purpose of an efficient penitentiary system is met if offenders can be reintegrated and transformed through alternative and non-custodial measures. Indeed, it has been conventional that incarceration/imprisonment should be used sparingly as a measure of last resort for those offenders who have committed extremely vile felonies and that instead, formal and especially community-based treatment should be used as often and as quickly as possible to reintegrate offenders to the community (Latessa & Lovins, 2019).

The criminal justice in the Philippines recognizes the significance of rehabilitation and reintegration of convicted felons in the community (Bondad, 2020). One of the correctional objectives that are recognized globally is the resettlement of offenders into their own community and society by either being held in institutions or through other measures that do not include imprisonment. To help facilitate offender's reintegration into the community after release from detention centers, jails, penal institutions or rehabilitation centers to take up their right part and role in the society there is need to support their reintegration programs through family reunion and reintegration into society (Dioses et al., 2019). Since the community is most often the place where the offence or crime originates from, the community must be mobilized to take the proactive role in the rehabilitation of offender and reduction of

rates of re-offending. The community and the society also have a key responsibility in eradicating the psycho-social, economic and cultural factors among others as well as other causes of crime in its environment with a view of policing crimes, promoting unity and development in the area (Yangco, 2019).

Community-based alternatives to prison claim to be more effective in reducing recidivism than are traditional prisons, to be cheaper than prisons, and to reduce overcrowding in prisons and jails (Smith, 2020). Through this method, such people are easily supervised as they re-establish themselves in society and live normal lives again. It is good because offenders are taken out of the society in a positive way and are given a chance to change for the better. In this type of program, a person can get counseling and mentorship as well as job placement to help them regain their normalcy (Kenemore, 2020). They are also given an opportunity of getting different resources that may assist them to come out of the problem and start afresh.

More studies on the efficiency and results of community-based correctional programs are being conducted, but they are ignoring the fact that information about probationers' experiences in these programs is still lacking. The existing literature review on probationer mainly concern on reintegration, rate of recidivism, workplace environment of probationers and perception of society towards such persons. However, despite the fact that several researches have been made in connection with the experiences of the probationer, however, there was no research made yet published regarding the experiences of the probationer towards community-based correction programs. The study will be aimed at exploring the perceptions of probationers regarding the community correction programs.

Furthermore, this study has important practical implications for different parties. For the Parole and Probation Administration, it is important to understand probationers' experience with community-based correction programs to assess program match to offer the best program to fit the probationers' needs. Probation officers will be helpful to gain more knowledge about their supervisees within such programs so they can better assist their supervisees in the programs. Moreover, the study offers a reference point for other researchers in the similar area by outlining areas of exploration, ideas for knowledge gaps, and opportunities for enhancement within the sphere of community-based correction programs. Altogether, the study helps to improve the effectiveness of probation and parole practices and suggests how the future research in the field might be conducted.

### **1.1. Study Objectives**

The following are the objectives of this study:

- (i) Explore the lived experiences of probationers under community-based correction programs in Ozamiz City.
- (ii) Examine the effectiveness of community-based correction programs in facilitating rehabilitation and reintegration of probationers into society.
- (iii) Investigate the challenges and barriers faced by probationers participating in community-based correction programs.
- (iv) Assess the perceptions of probationers regarding the support and resources provided by community-based correction programs.

(v) Identify areas for improvement in community-based correction programs to enhance their efficacy in reducing recidivism and promoting successful reintegration.

(vi) Provide insights and recommendations for policymakers, practitioners, and stakeholders to enhance the effectiveness of community-based correction programs in Ozamiz City.

## 2. Materials and Methods

The qualitative research method was applied in this study which focuses on obtaining by open-ended and conversational communication. The research was done through purposive and phenomenology qualitative research method. Phenomenological research seeks to understand and describe the universal essence of a phenomenon. The approach investigates the everyday experiences of human beings while suspending the researchers' preconceived assumptions about the phenomenon. The researcher gathered data through interviews that was conducted towards the Probationers of Ozamiz City. This research was conducted in Ozamiz City, Misamis Occidental.

The research participants of this study were the (8) eight individuals who are under or have undergone probation. Researchers used purposive sampling in which the researchers chose members of the population to participate through the following criteria: age, gender and civil status. The study utilized researcher-made interview guide questions in uncovering the lived experiences of probationers which is distributed into two parts. For part one, it consists of the participants profiles such as their age, gender and civil status. For part one, it consists of the participants profiles such as their age, gender, and civil status. For part two, the study utilized researcher-made interview guide questions. The questions consisted of opening questions, core questions, and closing statements. Since the study utilized the transcendental phenology approach, the interview process used open-ended questions and narrative type of answers to solicit the lived experiences of probationers towards community-based correction in Ozamiz City.

The data collection for our study was executed to ensure the acquisition of reliable information from the probationers in Ozamiz City. Prior to conducting interviews with participants, formal permission was sought from the Dean of the Misamis University College of Criminology. Following the obtained approval, further authorization was secured from the head of the parole and probation administration, ensuring that the gathered information would be strictly utilized for educational purposes only. Subsequently, six participants were purposefully selected, and their voluntary and willing participation was sought through informed consent. Appointments were scheduled with the identified participants, and the interview process was explained. Participants were assured that the data they shared would be kept confidential and secure.

In the conduct of this qualitative research, certain measures were first cleared and addressed particularly the selection and the conduct of the interviews to the participants. The researchers conformed to the ethical protocol set by the university. The researchers strictly observed the voluntary participation of all the participants. The interview was not conducted without their personal consent through allowing them to sign the informed consent form prepared by the researcher. Their refusal to participate does not involve any penalty or loss of benefits and

their signed consent does not mean of waiving any legal claims, rights or remedies from this study. In regards to the participants' identity, the researcher applied the measure to promote anonymity and secrecy through not mentioning the names of my participants during the conduct of interview, instead the researcher addressed them with sir and ma'am. No names of the participants in any manner that were reflected in the results and manuscript of the study. Their attendance and signature in the informed consent were kept with utmost confidentiality and lock in the secured cabinet or locker until it needs to be deposited.

In the entire process of the study, the welfare of the participants was the priority of the researcher. Privacy and confidentiality were observed at all times, particularly name of the participants and other information unnecessary to the study. The researcher adhere the guidelines set by the Republic Act No. 10173 known as the "Data Privacy Act of 2012". Through these, the researcher can assure the privacy and confidentiality of the qualitative research. Further, informed consent to my participants prior to conduct any interviews was provided. This consent is free of technical terms to avoid miscommunication which give the participants a clear view of the benefits they may obtain and their contribution to the study. The researcher informed them to read thoroughly the statement and agreement in the informed consent. And for clarity, the researcher loudly read the information from the informed consent and explain the content in the local dialect or in language they can understand directly. After the participants sign the form, the respondents distribute the copy of the informed consent.

### 3. Results and Discussions

This part presented the different themes that were derived from the different responses of the participants of the study during the conduct of the interview.

It is evident in the study that most of the participants were male with an average age ranging from 31 to 59 years old and only one female with an age of 28 years old.

Further, based on the responses of the participants of the study, there were four (4) themes identified such as: (1) Personal Growth and Self-Discipline, (2) Community Integration and Belonging, (3) Guidance and Support from Probation Officers, and (4) Skills Development and Employment Readiness.

**Table 1.** Profile of the Participants

Code Name	Age	Gender	Civil Status
P 1	59	Male	Married
P 2	38	Male	Single
P 3	59	Male	Married
P 4	35	Male	Single
P 5	28	Female	Single
P 6	37	Male	Single
P 7	31	Male	Single
P 8	32	Male	Single

### 3.1. Personal Growth and Self-Discipline

Personal growth and self-discipline are crucial for developing and improving a person's individuality, including community-based corrections. Through such programs, individuals face many challenges, reflect on their way of life, and get initiated toward positive change from within them. This process develops more profound personal growth (Yeung, 2024; Wyble, 2022). Self-discipline, or self-control over impulses and actions, is built through practicing the rules of the program and engaging in the program's activities. Even more growth and stimulation of actions like community service are catalysts of self-discipline promotion (Blalock et al., 2022; Morris, 2019). Over time, personal development, along with the practice of self-discipline, is internalized in a person and is part of their resiliency and determination to choose wisely even after leaving the criminal justice system (Schultz et al., 2024; Dienstmann, 2021). These are evident in the results of the interview conducted.

Code Name	Responses
P1	"My probation experience involved regular cleaning in our barangay and participating in mangrove planting in Sinacaban, Misamis Occidental. This period positively influenced my self-discipline, preventing a return to criminal behavior."
P2	"Probation helped me change my life through their lectures, including changing my behavior and attitude."
P3	"I now have self-control, avoiding social events, alcohol use, cigarette use, and gambling."

Ultimately, the combination of personal growth and self-discipline helps people become resilient and determined to make good choices, even after they finish their involvement with the criminal justice system (Medina et al., 2024; Altikriti, 2021).

### 3.2. Community Integration and Belonging

The transition to the community after incarceration presents challenges for returning citizens, including the immediate need to secure housing, employment, and income. There is growing recognition of the need for interventions that support returning citizens as they navigate community reintegration while simultaneously tending to physical and behavioral health needs (Hyde et. al., 2022). A sense of belonging – the subjective feeling of deep connection with social groups, physical places, and individual and collective experiences – is a fundamental human need that predicts numerous mental, physical, social, economic, and behavioural outcomes (Salami et al., 2019).

Code Name	Responses
P1	"Contributing to our barangay's cleanliness every Saturday brought joy to my neighbors, fostering a sense of belonging."

P2	"I felt that I belong again to the community because of doing good things like participating in tree planting and clean-up activities."
P7	"Every time I do something great in the community, I feel that I belong again, and I don't feel any discrimination."

As offenders return home and adhere to the new restrictions of their life, they often feel the associated shame that accompanies their new life, and experience high levels of stress (Kras, 2019). Without opportunities to get ahead recently released offenders experience a lack of dignity and self-respect (Goodstein, 2019). Therefore, positive social bonds are so significant that they not only have a heavy bearing on our well-being, but it decreases the motivation to commit violence. Positive sense of belonging assists in feeling motivated toward shared goals, rather than feelings of exclusion that can lead to decreased motivation (Riley et al., 2019).

### 3.3. Guidance and Support from Probation Officers

Community correction organisations have recognised the importance of implementing evidence-based practices to improve probation practice and reduce recidivism rates (Viglione, Alward, & Sheppard, 2020). Probation agency performance, probationer outcomes, and public safety all depend on the successful implementation of evidence-based practices (Blasko, et al., 2019). That is why, Sloas et al. (2020), emphasizes the importance of community-based correction programs. Through this program, probationers are given opportunities to acquire valuable skills essential for reintegration into society.

Code Name	Responses
P4	"Probation supervisors and officers guide us to improve our lives through advice; they teach us good manners and advise us to be careful because if I make a small mistake, they can bring me back to jail."
P6	"Probationer officers helped me to become a new person in a way of giving advices like stop gambling, avoid hanging out with friends to keep away myself from potential group conflicts and being patient."
P8	"The probation officer advises us to constantly be cautious while making friends and stay away from crowded areas to avoid committing crimes again."

Therefore, addressing the employment and job readiness of individuals that is returning from prison is important for reducing recidivism and for promoting successful reintegration into society. Community-based correction programs play a vital role in providing the necessary support and resources for probationers which also means that by investing in these programs, society can create a more effective and humane approach to criminal justice that prioritizes rehabilitation and reintegration.

### 3.4. Skills Development and Employment Readiness

Community supervision officer training programs aim to translate core correctional practices into routine practice. These training programs emphasize skill-building designed to shift supervision strategies from law enforcement/

compliance-oriented to a focus on promoting and supporting behavior change (Viglione & Labrecque, 2021). Many ex-offenders fail to make it past the application stage, when they disclose their criminal background on the application (Goodstein, 2019). As stated by Christian & Walker (2021), majority of inmates will be released from incarceration one day, but once released, they may be disqualified from employment due to background checks and diminished social skills due to their time away from society. Therefore, rehabilitation programs such as skills development and employment for probationers are essential and need to be given an attention for them to be ready, equipped and knowledgeable. Because when an offender is able to get back to society, he/she is less likely to commit violence or crime again. In addition, as believed by Novus Foundation of Change (2024), we should understand the significance of employment for ex-offenders and make a mission to equip them with essential, functional skills.

Code Name	Responses
P5	"Through job training, counseling, and educational programs, I've developed new skills, addressed underlying issues, and rebuilt my life positively."
P6	"The skills I've developed out from the training they have provided is welding."
P8	"I did not experience the training that the probation offered, thus I do not have any skills that will assist me get employment in the future."

In conclusion, vocational training or skills enhancement activity as one of the rehabilitation programs for probationers that teach offender useful skills while in probation are crucial to their endeavors as they need to seek for employment. Skills development and employment are essentials in rehabilitation projects for probationers since they give probationers valuable mechanisms to get back to society. Therefore, when a probationer acquired fresh skills, they will always increase their chances of being employed hence reducing the cases of re-offences.

#### 4. Conclusions

Based on the findings of the study, the following conclusions were crafted by the researchers:

1. Participants in Ozamiz City's community-based correction programs reported profound personal growth, attributing it to structured activities like community service and educational lectures. These activities fostered self-discipline and positive behavior change, supporting participants in making better life choices. The findings suggest that such programs are integral to rehabilitation efforts, offering alternatives to traditional incarceration by focusing on community reintegration and long-term support.
2. The findings underscore the transformative impact of community engagement activities on participants' sense of identity and community acceptance. Engaging in meaningful community service helps redefine individuals' roles beyond their past mistakes and encourages them to contribute positively to society. This supports their rehabilitation and reduces the risk of recidivism.
3. The findings underscore the importance of probation officers in community-based corrections, beyond mere supervision. Officers play a crucial role as mentors, providing practical advice and moral support that help

probationers make positive choices and maintain a law-abiding lifestyle. Their role in instilling values and skills that contribute to personal growth and community reintegration is essential for reducing recidivism and promoting long-term rehabilitation outcomes.

4. The findings indicate that vocational training and educational programs within community-based correction systems are instrumental in fostering personal growth, enhancing employability, and reducing recidivism rates. These programs provide participants with practical skills and educational opportunities that empower them to lead productive lives and contribute positively to their communities. However, disparities in access to these programs highlight potential challenges that may limit the impact of community-based corrections on some participants. Addressing these gaps is crucial to ensuring equitable outcomes and maximizing the effectiveness of rehabilitation efforts.

## 5. Recommendations

Based on the findings and conclusions of the study, the following recommendations are crafted by the researchers:

1. To build on the success of community-based correction programs in Ozamiz City, it is recommended to expand educational and vocational training opportunities for participants. Providing more comprehensive support in skill development can enhance participants' employability and self-sufficiency post-release. Additionally, continued investment in community engagement activities and counseling services is crucial to maintaining the positive outcomes observed. Policymakers and practitioners should consider these recommendations to further improve the effectiveness and sustainability of community-based corrections in promoting rehabilitation and reducing recidivism rates.

2. To build on the success of community-based correction programs in Ozamiz City, it is recommended to expand and diversify community engagement activities. Providing more opportunities for participants to engage in various community service projects and educational programs can further enhance their social integration and personal development. Additionally, fostering partnerships with local communities and employers to create employment opportunities for program graduates is crucial for sustaining their positive momentum post-release. Policymakers and practitioners should continue to prioritize rehabilitation and community reintegration efforts to achieve long-term positive outcomes for participants and safer communities overall.

3. To enhance the effectiveness of community-based correction programs in Ozamiz City, it is recommended to invest in the training and support of probation officers. Providing ongoing professional development opportunities in areas such as motivational interviewing, conflict resolution, and behavioral management can strengthen officers' ability to address the diverse needs of probationers. Moreover, ensuring that officers have adequate resources to support probationers' access to education, job training, and mental health treatment is crucial for improving rehabilitation outcomes. By prioritizing the role of probation officers as mentors and guides, these programs can continue to promote positive behavioral change and contribute to safer communities.

4. To enhance the effectiveness of community-based correction programs in Ozamiz City, it is recommended to expand access to comprehensive vocational training and educational programs. This includes providing tailored



support that meets the diverse needs of individuals in correctional settings, ensuring that all participants have the opportunity to acquire valuable skills and educational qualifications. Additionally, programs should integrate counseling and support services to address both the practical and psychological needs of participants, thereby enhancing their chances of successful rehabilitation and reintegration. Collaborating with employers and community organizations can further facilitate successful transitions and sustainable employment opportunities for program participants. Ultimately, investing in vocational training and educational programs within community-based corrections is essential for promoting positive social outcomes, reducing recidivism, and enhancing public safety.

### **Declarations**

#### **Source of Funding**

This study did not receive any grant from funding agencies in the public, commercial, or not-for-profit sectors.

#### **Competing Interests Statement**

The authors declare no competing financial, professional, or personal interests.

#### **Consent for publication**

The authors declare that they consented to the publication of this study.

#### **Authors' contributions**

All the authors took part in literature review, analysis and manuscript writing equally.

### **References**

Boman IV, J.H., Mowen, T.J., Wodahl, E.J., Lee Miller, B., & Miller, J.M. (2019). Responding to substance-use-related probation and parole violations: are enhanced treatment sanctions preferable to jail sanctions?. *Criminal Justice Studies*, 32(4): 356–370. Retrieved on October 13, 2023 from <https://tinyurl.com/y3pk9apm>.

Byrnes, A., Scuderi, C., Smalec, L., Filippini, V., & Mooney, S. (2019). County Probation: A Service-Learning and Community Engagement Project for Criminology. *The International Undergraduate Journal for Service-Learning, Leadership, and Social Change*, 9(1): 14–21. Retrieved on October 14, 2023 from <https://tinyurl.com/mvd975pm>.

Chan, H.J. (2021). Assessment on the Therapeutic Community Modality Program in Parole and Probation Administration Office in Iligan City, Philippines. *IMCC Journal of Science*, 1(S): 35–46. Retrieved on October 13, 2023 from <https://tinyurl.com/2fa28tsk>.

Chriss, J.J. (2007). The functions of the social bond. *The Sociological Quarterly*, 48(4): 689–712. Retrieved on September 15, 2023 from <https://tinyurl.com/y673wd68>.

Cuevas Jr, J.F. (2020). The Paradox of Being a Probationer: Tales of Joy and Sorrow. *International Journal of Innovative Science and Research Technology*. <https://www.researchgate.net/profile/Jose-Jr>.

Dawadi, S., Shrestha, S., & Giri, R.A. (2021). Mixed-methods research: A discussion on its types, challenges, and criticisms. *Journal of Practical Studies in Education*, 2(2): 25–36. Retrieved on October 14, 2023 from <https://tinyurl.com/3c4xvfjd>.

Dioses, G.M., Mariano, J.L., Daniels, J.C., & Dellosa, R.M. (2019). The Life Experiences of Probationers Under Therapeutic Community in Quirino Province, Philippines. *International Journal of Scientific & Technology Research*, 8(10). Retrieved on October 13, 2023 from <https://tinyurl.com/3t9wy7e6>.

Dunlap, M. (2023). Training at Colorado Community Corrections Centers: Understanding and Evaluating Varied Training Approaches in the Corrections Environment. Doctoral Dissertation, Colorado State University. Retrieved on September 16, 2023 from <https://tinyurl.com/mr3as7ja>.

Ellis, K.S.L. (2023). Re-Entry Re-Imagined: Paving a Pathway for Success. Doctoral Dissertation, Saint Leo University. Retrieved on September 16, 2023 from <https://tinyurl.com/bdfxy7ja>.

Erdem, G., Tuncer, A.E., Safi, O.A., Cankaya, B., Ergin, M., & Aydoğan, R. (2019). The professional experiences and training needs of probation officers in Turkey. *Journal of Social Work*, 19(5): 664–686. Retrieved on October 13, 2023 from <https://tinyurl.com/ysjbmua6>.

Hammer, S., McAuliffe, S., Fishbane, A., Medina, O., & Frishberg, E. (2021). Spokane Probation. Retrieved on October 14, 2023 from <https://tinyurl.com/mrx6m8fd>.

Hawkins, J.D., & Weis, J.G. (1985). The social development model: An integrated approach to delinquency prevention. *Journal of Primary Prevention*, 6(2): 73–97. Retrieved on September 16, 2023 from <https://tinyurl.com/28cvx7dr>.

Jackson, H.M. (1963). A study of the evolution of social control: the organization, theory and practice of jurisprudence and medicine. University of Michigan. Retrieved on September 16, 2023 from <https://tinyurl.com/5yxb9u24>.

Karch, S.B. (Ed.). (2019). *Drug abuse handbook*. CRC Press. Retrieved on September 09, 2023 from <https://rb.gy/6klyo>.

Koman, R.N., & Yee, M.S. (2021). Reading between the bars: Evaluating probation, remodelling offenders, and reducing recidivism. *British Journal of Community Justice*, 17(2): 134–149. Retrieved on October 13, 2023 from <https://tinyurl.com/4pbnv783>.

Krohn, M.D., & Massey, J.L. (1980). Social control and delinquent behavior: An examination of the elements of the social bond. *The Sociological Quarterly*, 21(4): 529–544. Retrieved on September 16, 2023 from <https://tinyurl.com/mr3pzka3>.

Latessa, E.J., & Lovins, L.B. (2019). Privatization of community corrections. *Criminology & Public Policy*, 18(2): 323–341. Retrieved on September 12, 2023 from <https://shorturl.at/mxlx2>.

Lin, W., & Zhou, W. (2020). Factors associated with the physical and mental health of drug users participating in community-based drug rehabilitation programmes in China. *Health & Social Care in the Community*, 28(2): 584–590. Retrieved on September 09, 2023 from <https://rb.gy/jjybw>.

MacKenzie, D.L. (2006). *What works in corrections: reducing the criminal activities of offenders and delinquents*. Cambridge University Press. Retrieved on September 16, 2023 from <https://tinyurl.com/bddcnbze>.

Mojales, J.P. (2022). *Non-Institutional Correction*. ourSOUL Teaching-Learning Resources. Retrieved on September 24, 2023 from <https://tinyurl.com/2hstazu8>.

Moore, D., & Hannah-Moffat, K. (2021). The liberal veil: Revisiting Canadian penalty. In *The New Punitiveness*, Pages 111–126, Willan. Retrieved on September 15, 2023 from <https://tinyurl.com/yd6nsxs8>.

Muhindi, W. (2020). Challenges facing street families rehabilitation programmes in Kenya: A case study of Nairobi county. Retrieved on September 15, 2023 from <https://tinyurl.com/3arf65wd>.

Pandolfino, M. (2020). *Alternatives to imprisonment: is probation effective?*. Bachelor's Thesis, University of Malta. Retrieved on October 14, 2023 from <https://tinyurl.com/25f6h8xk>.

Queen, J.D., & Samuel, A.U. (2021). Rehabilitation of survivors of sex trafficking victims in the vigilance home, Chennai-In depth case study Analysis. *Turkish Online Journal of Qualitative Inquiry*, 12(5). Retrieved on September 15, 2023 from <https://tinyurl.com/5aypuhbw>.

Raynor, P. (2019). *Supervision skills for probation practitioners*. HM Inspectorate of Probation Academic Insights, 5. Retrieved on October 14, 2023 from <https://tinyurl.com/4u79fpjn>.

Rocque, M., Bierie, D.M., Posick, C., & MacKenzie, D.L. (2013). Unraveling change: Social bonds and recidivism among released offenders. *Victims & Offenders*, 8(2): 209–230. Retrieved on September 16, 2023 from <https://tinyurl.com/2pn2hvn2>.

Roth, A., Kajeepeta, S., & Boldin, A. (2021). *The perils of probation: How supervision contributes to jail populations*. New York: Vera Institute of Justice [Google Scholar]. <https://www.vera.org/downloads/publications/the-perils-of-probation.pdf>.

Sachitra, V., & Wijewardhana, N. (2020). The road to develop prisoners' skills and attitudes: an analytical study of contemporary prison-based rehabilitation programme in Sri Lanka. *Safer Communities*, 19(1): 15–34. Retrieved on September 15, 2023 from <https://tinyurl.com/yzk4h283>.

Swinkels, L.T., van der Pol, T.M., Twisk, J., Ter Harmsel, J.F., Dekker, J.J., & Popma, A. (2023). The effectiveness of an additive informal social network intervention for forensic psychiatric outpatients: results of a randomized controlled trial. *Frontiers in Psychiatry*, 14: 1129492. Retrieved on September 16, 2023 from <https://tinyurl.com/448w5b3a>.

Tehrani, H.D., & Yamini, S. (2022). Meta-analytic structural equation modeling testing the rival assumptions of self-control and social bonds theories. *Aggression and Violent Behavior*, 101759. Retrieved on September 16, 2023 from <https://tinyurl.com/2p3rukem>.

Timans, R., Wouters, P., & Heilbron, J. (2019). Mixed methods research: what it is and what it could be. *Theory and Society*, 48: 193–216. Retrieved on October 14, 2023 from <https://tinyurl.com/4v8p3amm>.

Tumitit, A.A. (2020). Volunteer Probation Assistants' Awareness of Functions and Problems encountered alongside Probation and Parole Officers. *International Journal of Criminal Justice Sciences*, 15(1): 142–156. Retrieved on October 13, 2023 from <https://tinyurl.com/msbu72z3>.