

# A Study On Life Of Prisoners In Jails With Special Emphasis On Suicidal Tendencies And Mental Deterioration

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## Abstract

This paper talks about the life of prisoners which merely emphasized on suicidal tendencies and mental deterioration. Suicide is a growing problem around the world. It is seen not only in particular places but also among those who are behind the bar. Prison death has always been looked on by suspicion by the people at large. Prison death or death in custody maybe by natural or unnatural means. In this study we will see about suicide death rates in Indian prison with the help of National human rights commission. Individual-level characteristics associated with prison suicide suggest that psychiatric illness, substance misuse, and repetitive self-harm are known important risk factors for suicide. However, less is known about prison and health service-level factors, which might be subject to public health and policy change. The main aim of the study is to To evaluate the reasons for the psychological problems in prisons To Analyse the causes for suicide To know about the preventive measures for custodial deaths by suicide To find out the best practices to avoid suicides in prison .and this research is based on convenient sampling with 210 responses .they need correctional settings for the inmates in prisons in Related to sanitation , broad socio-cultural conditions and access to health or basic mental health services these factors could influence suicide rates in different ways, still we need possible measure to reduce suicides with some basic principles and procedures. This study main aim is to find out the various reasons for psychological problems in prisons.

**Keywords:** Suicide, Prevention, psychological stress, prison, life.

## INTRODUCTION

Suicide is a growing problem around the world. It is seen not only in particular places but also among those who are behind the bar. Prison death has always been looked on by suspicion by the people at large. Several modifiable risk factors, like psychiatric diagnosis, suicidal ideation during the present period in prison, and single-cell occupancy, are related to suicide among people in prison. Preventive interventions should target these risk factors and include improved access to evidence-based psychological state care. Understanding other factors related to suicide might improve risk stratification and resource allocation in prison services. People in prison have long been recognized as a vulnerable population in danger of suicide, and there has been significant research to spot associated risk factors. In evolutionary history of human being ,human kills non human animals ,kill own species for food eventually created the consequences which affects himself physically mentally , might choose to kill themselves .suicide is also called self murder. The Governments Initiatives to the topic is The Mental Health Care Act 2017,The prison act 1894,The Constitution of India 1950.This study is based toward developing or implementing psychological state programmes in correctional settings, and, more directly, to correctional officers and care givers who are liable for the security and custody of suicidal inmates. The factors affecting the topic is the main reason for self murder is suicide Depression ,poor job security like low level of job satisfaction, being socially isolated or isolation ,bullying , family history of suicide ,previous suicide attempt ,because of not frequent checkup related to mental health ,some belief that accept suicide as solution to personal problem. And other risk factors like Individual risk factors, Trial related factors which includes age, gender, type of custody, various type of psychological factors leads to mental illness. The current trend related to prisoners and their suicide, The National Crimes Record Bureau reported suicides in prison are highly in Delhi ranked 3rd. where 8 prisoners suicide reported in 2020. and In 2021 Madras High court has held that "hunger strike will not attract the offence of attempt to commit suicide which is punishable under 309 section of IPC". [21-37].

## OBJECTIVES OF THE STUDY

1. To evaluate the reasons for the psychological problems in prisons.
2. To Analyse the causes for suicide
3. To know about the preventive measures for custodial deaths by suicide
4. To find out the best practices to avoid suicides in prison.

## PSYCHOLOGICAL PROBLEMS IN PRISONS

We need to understand why mental health is very important which even affects physical health. But in case of prisoner whose mental health requirements what they need commonly neglected. Poor facilities in prison, lack of basic amenities, lack of care about each prisoner because as officer in prison they need to keep an eye on each prisoners who had certain changes in their behaviour. Firstly, we need to understand that even police officer mentality towards prisoner also make great impact on prisoner. Problems like inmates fight, overcrowding also make different psychological problems in prison because they have problem to communicate with others even they can't able to share any problems in prison. This will lead to various mental illness. We need to see recently there has been need of mental health services for those prisoners. We have several guidelines to stop the suicide in prisons. First we needed to understand first stage that is mental health issues and it deliberately needed to have certain modifications in prison environment to prevent those issues related to the psychological problem. Thus, we need to aware the prisoner suicide involves mental illness it includes intrapersonal management like their own emotions, officer or workers who helps prisoners to get certain drugs like cannabis, nicotine and alcohol that will help assess the change in pattern of mental illness which may leads to other inmates.

## CAUSES FOR PRISONERS SUICIDE

- **Drugs** - which invokes mental changes in prisoner and affects both physically and mentally.
- **Overcrowding** - people who are in prison have some mentality which causes different **form of violence, feeling of isolation** makes great impact in psychological problems
- **Anxiety** - what will happen future, depression because they need to be in only one place obviously they will develop anxiety and other mental problem which were first stage in prelude to suicide
- **Poor surveillance** - Police officials, wardens in prison must need to have surveillance. Our country following rehabilitation process. Some officials neglect their duty like they concentrating in administrative works related to prisons and not concerned about mental health of prisoners. Well is not easy to keep an eye on all prisoners at least they need to give mental health services that helps prisoners to open their mind to the people.
- **Failure to provide safety to the inmates in such high security places.**

## PREVENTIVE METHODS FOR CUSTODIAL DEATH

- Police training should be re-oriented, to bring in a change in the mindset and attitude of the Police personnel in regard to investigations
- Police personnel who are helping other colleagues to suppress the evidence when it relates to custodial death means they should award strict punishment with compensation.
- With. Simple and required proof, procedures should be introduced for prompt registration of first information reports relating to all crimes.
- video-recording, and modern methods of records maintenance should be introduced to avoid manipulations, insertions, substitutions and ante-dating in regard to FIRs, Mahazars, inquest proceedings, Post-mortem Reports and Statements of witnesses etc. and to bring in transparency in action.
- CCTV camera should be fixed everywhere because in Ramkumar suicide in prison case. Except his death area all areas are covered in CCTV
- They should appoint mental health officer or Psychiatrist in every prison and to have weekly session with them helps to prevent certain lack of isolation and emerges of violence can be avoided.

## SUICIDE IN PRISON

Suicides in prison have been increased recently. People who are in under trial or person who have been jail for investigation in heinous offences also merely affect by mental trauma. Reason behind this entire incident involves people mentality towards accused." NO ONE BORN CRIMINAL "Even they did some wrong means to correct and to make them to live in society is essential duty in process of rehabilitation. Prison is for the wrong does not represent the bad people they have same feeling mentality but we neglect those things which makes even worse at last it ends with suicide. It's all in hands of police official they need to concentrate more about how to modify the strategy which helps to improve the mental health of prisoners. Surveillance is not only duty, it's the responsibility of them to avoid the problems related to it.

- Shyamsundar Trivedi is sub inspector of police along with his colleagues inspector he deliberately tortured and gave beating the accused Nathu Banjara in police station in case of women death in their village. As a result of the extensive injuries caused to Nathu, he died in police custody at the police station Rampura. Later the dead body of the deceased Nathu was removed in a jeep, belonging to the fisheries department Rampura to the hospital for post-mortem examination with the ultimate object of cremating the deceased, as an 'unclaimed body', for which shyamsundar Trivedi inspector had already initiated some steps.
- In cases of police torture or custodial death, direct ocular evidence of the complicity of the police personnel would be available. Bound as they are by the ties of brotherhood, it is not unknown that the police personnel prefer to remain silent and more often than not even pervert the truth to save their colleagues.
- The exaggerated adherence to and insistence upon the establishment of proof beyond every reasonable doubt, by the prosecution, ignoring the ground realities, the fact- situations and the peculiar circumstances of a given case, often results in miscarriage of justice and makes the justice delivery system a suspect. In the ultimate analysis the society suffers and a criminal gets encouraged.

- Tortures in police custody, which of late are on the increase, receive encouragement by this type of an unrealistic approach of the Courts because it reinforces the belief in the mind of the police that no harm would come to them, if an odd prisoner dies in the lock-up, because there would hardly be any evidence favailable to the prosecution to directly implicate them with the torture

## JUDGMENTS

Head constable and Rajaram Mishra, Head Constable and Ganniuddin con-stables are convicted under sections 304 part II/34, 201 and 342 IPC and sentenced to suffer rigorous imprisonment for one year each and to pay a fine of Rs, 20,000 (twenty thousand only) each, and in default of payment of fine to undergo rigorous imprisonment for one year more for the offence under section 304- II/149 IPC, No separate sentence is, however, passed against them for the other convictions. We, further direct that the entire amount of fine on realization from respondents shall be paid to the heirs of the deceased, Nathu Banjara, by way of compensation.

In my view based on **DK BASU** requirements, they can modified some regulations in related to police and prisoners like the functioning of lower level Police Officers should be continuously monitored and supervised by their superiors to prevent custodial violence and adherence to lawful standard methods of investigation. Added to that Computerization, video-recording, and modern methods of records maintenance should be introduced to avoid manipulations, insertions, substitutions and ante-dating in regard to FIRs, Mahazars, inquest proceedings, Post- mortem Reports and Statements of witnesses etc. and to bring in transparency in action.

### Ramkumar vs The Assistant Commissioner Of 2016

This case predominantly famous in Tamil Nadu at time of June 2016 they even called it as **SWATHI MURDER CASE**. HereS Swathi, 24, working with IT major Infosys, was hacked to death on June 24, 2016 at the Nungambakkam railway station in broad daylight. The incident created huge impact not only Tamil nadu across the nation. Amidst much public outrage, police arrested Ramkumar, a youth from southern Tirunelveli because they found some evidence through CCTV footage of his presence during death but in this case their counsel for Ramkumar vehemently contended that when there are so many eye witnesses in the case,

- It is not necessary for the police to take video graph of Ramkumar and that it will be violative of Article 21 of the Constitution of India. He further submitted that the order of the Magistrate directing that Ramkumar should be taken to the place near Nungambakkam Railway Station and video graphed is against law. He relied upon a judgment of the Supreme Court in Ritesh Sinha vs. State of Uttar Pradesh and another, [(2013) 2 SCC 357] and contended that the impugned order deserves to be set aside.
- But after the case while in custody, Ramkumar bit a live wire that was concealed inside a switchboard and was declared brought dead when he was rushed to the hospital. According to report He committed suicide by pulling and biting into live electric wire inside Puzhal central prison.

## RESEARCH METHODOLOGY

The current study is based on empirical research. It consists of the scientific frame of research. It began with the finding of research problems based on the review of literature. The major contribution of the study is to collect the legal facts of a particular area and to test the hypothesis of a cause and effect relationship between variables. The research design is exploratory and experimental. It explored the problem tested with hypotheses and provided the solution from the analysis. Convenient sampling method is used (Non probability sampling). The sample size is 210. Data is collected through the primary and secondary sources. Questionnaire is used as the primary data collection and the articles, journals, reports, newsletters are considered as the secondary sources. The analysis is carried out for demographic statistics (Age, Gender, Educational qualification and Occupation) and hypothesis testing graphs are used.

## ANALYSIS AND DISCUSSION

### TABLE: 1

### HYPOTHESES:

Hither is no significant association between Prisoners after re-entry to society face disgrace and societal discrimination even in this modern era and age groups of respondent.

**HA:** There is significant association between Prisoners after re-entry to society face disgrace and societal discrimination even in this modern era and age groups of respondent.

**1. Age \* on a scale of 1-10, Prisoners after re-entry to society face disgrace and societal discrimination even in this modern era**

**Crosstab**

Count		On a scale of 1-10, Prisoners after re-entry to society face disgrace and societal discrimination even in this modern era										Total
		1	2	3	4	5	6	7	8	9	10	
Age	18-25	15	9	7	45	16	13	13	14	7	21	160
	26-36	0	0	0	2	4	3	5	1	5	4	24
	36-45	0	0	0	0	2	3	2	4	1	3	15
	45-55	0	0	1	1	1	0	1	0	1	0	5
	56 and Above	0	0	0	0	0	0	0	2	2	2	6
Total		15	9	8	48	23	19	21	21	16	30	210

According to the above frequency table age is taken as an independent variable the result is where out of 210 respondents majority of respondents 160 people belong to the age group 18-25, followed by 24 people belong to the age group 26-36, 15 people belong to the age group 36-45, 6 people belong to the age group 56 and above.

**Chi-Square Tests**

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	57.586 <sup>a</sup>	36	.013
Likelihood Ratio	63.603	36	.003
Linear-by-Linear Association	17.184	1	.000
N of Valid Cases	210		

a. 39 cells (78.0%) have expected count less than 5. The minimum expected count is .19.

**INTERPRETATION** Using the chi square it was found the p value is less than 0.05; this shows the null hypothesis is rejected. So this table accepts the alternate hypothesis. Therefore, there is significant association between Prisoners after re-entry to society face disgrace and societal discrimination even in this modern era and age groups of respondent.

**Symmetric Measures**

		Value	Asymptotic Standardized Error <sup>a</sup>	Approximate T <sup>b</sup>	Approximate Significance
Interval by Interval	Pearson's R	-.558	.043	-9.470	.000 <sup>c</sup>
Ordinal by Ordinal	Spearman Correlation	-.544	.044	-9.125	.000 <sup>c</sup>
N of Valid Cases		210			

a. Not assuming the null hypothesis.

b. Using the asymptotic standard error assuming the null hypothesis.

c. Based on normal approximation.

**TABLES: 2 2. Gender \* A prisoner is more prone to suicide inside the jail due to a variety of factor****Crosstab**

Count		A prisoner is more prone to suicide inside the jail due to a variety of factors.					Total
		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
Gender	Male	15	50	56	9	3	133
	Female	6	27	31	8	0	72
	Prefer not to say	0	1	0	4	0	5
Total		21	78	87	21	3	210

According to the above frequency table gender is taken as an independent variable the result is where out of 210 respondents majority of respondents 133 people belong to the Male respondents, followed by 72 people belong to the Female respondents, 5 people belong to the prefer not say respondents.

**Chi-Square Tests**

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	31.171 <sup>a</sup>	8	.000
Likelihood Ratio	20.142	8	.010
Linear-by-Linear Association	2.900	1	.089
N of Valid Cases	210		

a. 7 cells (46.7%) have expected count less than 5. The minimum expected count is .07.

**INTERPRETATION** Using the chi square it was found the p value is less than 0.05; this shows the null hypothesis is rejected. So this table accepts the alternate hypothesis. Therefore, there is significant association between prisoners is more prone to suicide inside the jail due to a variety of factors. And gender of the respondents.

#### Symmetric Measures

		Value	Asymptotic Standardized Error <sup>a</sup>	Approximate T <sup>b</sup>	Approximate Significance
Interval by Interval	Pearson's R	-.163	.072	-2.323	.090 <sup>c</sup>
Ordinal by Ordinal	Spearman Correlation	-.146	.072	-2.075	.039 <sup>c</sup>
N of Valid Cases		210			

a. Not assuming the null hypothesis.

b. Using the asymptotic standard error assuming the null hypothesis.

c. Based on normal approximation.

**TABLES: 3** Educational Qualification \* On a scale of 1 to 10 how far do you 2 that prisoners get psychologically change after going to prison ?

#### HYPOTHESES:

**H<sub>0</sub>:** There is no significant association between prisoners get psychologically change after going to prison and educational qualifications of the respondents.

**H<sub>a</sub>:** There is significant association between prisoners get psychologically change after going to prison and educational qualifications of the respondents.

#### Crosstab Count

		On a scale of 1 to 10 how far do you 2 that prisoners get psychologically change after going to prison ?										Total
		1	2	3	4	5	6	7	8	9	10	
Educational Qualification	Highschool	0	0	0	1	0	2	6	2	3	4	18
	UG	17	12	7	9	48	8	16	9	12	24	162
	PG	0	0	0	0	7	2	2	2	6	2	21
	PHD	0	0	0	0	2	3	1	0	0	0	6
	Other	0	0	0	0	0	1	0	0	0	1	2
Total		17	12	7	10	58	16	25	13	21	31	210

According to the above frequency table occupation is taken as an independent variable the result is where out of 210 respondents majority of respondents 162people are completed UG, followed by 18people are completed Higher secondary , 21people have completed Master degree , 6 people are completed doctorate

#### Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	64.797 <sup>a</sup>	45	.028
Likelihood Ratio	65.852	45	.023
Linear-by-Linear Association	.045	1	.832
N of Valid Cases		210	

a. 49 cells (81.7%) have expected count less than 5. The minimum expected count is .03.

**INTERPRETATION:** Using the chi square it was found the p value is less than 0.05, 49 cells (81.7%)] this shows the null hypothesis is rejected. So this table accepts the alternate hypothesis. Therefore, there is significant association between prisoners get psychologically change after going to prison and educational qualifications of the respondents.

#### Symmetric Measures

		Value	Asymptotic Standardized Error <sup>a</sup>	Approximate T <sup>b</sup>	Approximate Significance
Interval by Interval	Pearson's R	-.558	.043	-9.470	.833 <sup>c</sup>
Ordinal by Ordinal	Spearman Correlation	-.544	.044	-9.125	.000 <sup>c</sup>
N of Valid Cases		210			

a. Not assuming the null hypothesis.

b. Using the asymptotic standard error assuming the null hypothesis.

c. Based on normal approximation.

#### RESULTS:

From the survey it is observed that it exhibits the age distribution of the respondents and their agreeability on the prisoners get psychological change after going to prison. The maximum number of responses were collected from between the age group 18to 25agrees with the statement whereas the minimum respondents between the age group 56 and above have gave least score in that statement.

From the survey it is observed that it exhibits the gender distribution of the respondents and their agreeability on the on the prisoners get psychological change after going to prison. The maximum number of responses were collected from between the gender group male agrees with the statement whereas the minimum respondents between the gender group female have gave least score in that statement.

From the survey it is observed that it exhibits the Education distribution of the respondents and their agreeability on the prisoners get psychological change after going to prison. The maximum number of responses were collected from between the Educational qualifications UG have the majority respondents in High school second highest score and PHD have gave least score in that statement.

From the survey it is observed that it exhibits the age distribution of the respondents and their opinion on the prisoners is more prone to Suicide inside the jail due to a variety of factors .The maximum number of responses were collected from between the age group 18to 25agrees with the statement whereas the minimum respondents between the age group 56 and above have gave least score in that statement.

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## DISCUSSION

Based on this general observation we can understand the outcome of the response collected in the graph and responses collected through the online emphasis about the prisoners suicide between the age of 36 -45 are highly accepted that high frequency of 50 ratio were respondent that naturally rated “5”.This leaning towards 10 rather than 1, It increases highly affected after enter into prison. People Who respondent male next to women has highly respondent neutrally and second highest is female ,it is not decreasing into 1 and gradually towards 10.people were much aware about the problem which makes prisoners in various ways affecting and make them to commit crime. UG people have highest respondent neutrally, Second highest score 10 that also UG qualified respondent added to that he have 7 point in frequency that prison have psychological problem after going to prison predominantly related in between age 18-25 has highly respondent neutral and second highest response in based on frequency 80%, 50% deals with 26-36 age in related to Suicide in prisoners. So it results variety of factors affects Suicide in prisons highest respondent is male next is female through this we can understand Suicide is growing problem aground the world and various factors leads to Suicide. Deals about the opinion in related to prisoners after re-entry to society face disgrace and societal discrimination even in this modern era with independent variable. In first merely denotes acceptance of fact of social discrimination we need executive reformation effectively which were followed in or the country because it affects mentally and ends to reason for the Suicide.

## SUGGESTIONS

Like USA, Canada, Japan, we need to establish certain measures like

- Education and training which emphasis on mental health promotion and reducing access to means, special care for high risk groups.
- Education and training which related to administrators and employees. the programs need to provide advice for what to do when a person is acutely suicidal, gatekeeper training ,



- Training and community awareness and education aimed in related to suicidal risk detection, assessment and support facilitation.
- Train the trainer's programme that provides a comprehensive approach to stress management and suicidal prevention.
- Teaching the officers, warden to recognize those at risk stay safe and seek further help as needed.
- In Japan means they have separate counselling programs, education, awareness programmes.
- In Canada, they have multi modal suicide prevention campaign in police force.

Through various evaluation we can understand the reduction of suicide in respected countries evaluation of a suicide prevention strategy among police in Canada demonstrate a noticeable decrease in suicide over an 11-year period, admittedly based on low numbers. The evaluation of the US Force strategy found a reduction in suicide over a 13-year period. Through this we can see the positive results in related to preventive measures so our country also needed to adapt some measures like Canada, America, and Japan.

## LIMITATIONS

The Major limitation of the study is the sample frame. The sample frame Collected through online platforms like sending mail, sending links via WhatsApp is the limitation of the study; the real field experience is missed out due to corona pandemic. The restrictive area of sample size is yet another drawback of the research. Collection of data via online platform is limiting the researcher to collect data from the field. Since the data is collected on online platform wherein the respondent is not known, the original opinion of the respondent it is not found, the researcher could only come to a approximate conclusion of what the respondent is feeling to convey.

## CONCLUSION

Through this general observation we can understand from the outcome of responses collected in the graph, People will not kill themselves easily .we need to understand those prisoners are same like normal people in society. we need to give chance to change themselves unlike make them to do harm themselves .Further we need to understand the characteristics of prison environment ,like providing them with spacious rooms with hygiene toilets and water facilities, Regular counseling ,chances to recreate themselves by conducting cultural, sports, give them proper opportunities share their feelings with their counsellors which helps them to get rid of feelings of hopelessness, helplessness and it gives better physical and mental health. And in case of custodial death by police officer means they need to bring effective strategies to avoid such death like video-recording and modern methods of records maintenance should be introduced to avoid manipulations.

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