

A Survey to Assess the Mental Health Problems and Coping Strategies Amongst the Jail Inmates in a Selected Jail in Delhi

Geophy George¹, Prof. (Dr.) Bimla Kapoor², Mitali Biswas³

¹Nursing Officer, All India Institute of Medical Sciences, Ansari Nagar, New Delhi

²Former Professor and Director School of Health Sciences (IGNOU)

³Assistant Professor, Rajkumari Amrit Kaur College of Nursing, Lajpat Nagar, New Delhi, India

Corresponding Author: Geophy George

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ABSTRACT

Context: Mental Health Problems among jail inmates are high. Most of the research studies on jail inmates are conducted by western countries whereas research studies in Indian jails are scarce.

Aim: Assess the Mental Health Problems and its relationship with various sociodemographic factors and to find Coping Strategies used by jail inmates.

Materials and methods: 192 female jail inmates of age 20-60 years were selected by purposive sampling and interviewed using Structured Interview Schedule Related to Demographic Data, Standardized DASS-21 Tool For Assessment Of Mental Health Problems, Standardized SCBS tool for assessment Of Coping Strategies (adaptive, maladaptive). SPSS was used for statistical analysis.

Results: The major findings of the study showed that 8.3%(16) had extremely severe depression, 17.7%(34) had extremely severe anxiety and 3.6%(7) had extremely severe stress. The Chi square value showed significant association between the selected demographic variables - age, marital status, family type, number of family members, literacy, previous occupation, prior income, number of days in jail, type of crime, previous substance and Mental Health Problems at 0.05 level of significance and no significant association between the number of times convicted and jail inmate status.

The findings related to coping strategies revealed that 76%(146) jail inmates used acceptance, as their adaptive coping strategy whereas 73.44 % (141) jail inmates employed self-distraction as their maladaptive coping strategy.

Conclusions: The results of this study showed that jail inmates were experiencing Mental Health Problems and have been using adaptive and maladaptive Coping Strategies. Starting of reform activities is the need of the hour.

Keywords: [Mental Health Problems, Coping Strategies, jail inmates]

INTRODUCTION

Wellbeing is an important word in the WHO definition of health: “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”. Wellbeing means to have a

positive state rather than the neutral state. Health is connected with wellbeing and to be healthy is an important right of individuals. Definition by WHO has a holistic approach and says that physical health and mental health are inseparable.^[1]

More than 10 million people are imprisoned worldwide, and the prevalence of all investigated Mental disorders is higher in prisoners than in the general population. [2]

In Angul and Talcher jails stress, anxiety and depression were among the most frequently reported problems. [3]

Maladaptive and ineffective coping mechanisms such as anger and internalization are common among prisoners with psychiatric disorders. [4]

Syed Rabiya, Vijaya Raghavan did a review of 12 research in which the prevalence of mental disorders and drug abuse in prisons, clinical features, and factors affecting mental health in Indian prisons were analysed and it concluded saying that the number of studies in India related to the prevalence of mental health is comparatively less as compared to other countries. [5]

Since there were less number of researches conducted on jail inmates in Delhi so we took up this research to assess the mental health problems and coping strategies among the jail inmates so as to help the jail authority to bring about reforms.

MATERIALS & METHODS

A written permission was taken to carry out the study and publication from The Director General of Prisons, New Delhi. Permission was obtained for jail number 6 of Tihar Prison Complex. Sample size was calculated and 192 female jail inmates of age 20-60 years were interviewed in a room at jail premises provided by jail administration. The data was collected using Structured Interview Schedule Related to Demographic Data, Standardized DASS-21 Tool For Assessment Of Mental Health Problems,

Standardized SCBS tool for assessment Of Coping Strategies (adaptive, maladaptive).

STATISTICAL ANALYSIS

The collected data was tabulated and represented in percentage, mean, frequency and chi square. Frequency and percentage were used to describe the distribution of demographic variables, Mental Health Problems and coping strategies. The association between selected variables with Mental Health Problems was calculated by Chi square test.

RESULT

1. Findings related to description of sample characteristics

- The majority of the samples were in the age group 31-40 years
- Most of the jail inmates were married (50%).
- Maximum percent of jail inmates belonged to nuclear family (46%)
- Majority of the jail inmates (59%) had 5 or more members in their family
- Majority of the jail inmates were not able to read & write (26%)
- 34.38% jail inmates were not working before coming to jail
- Maximum prior income obtained by jail inmates was in Rs.0-10000 category.
- 71.9% jail inmates were in jail for 1-12 month.
- 99% of the jail inmates were undertrial and were never convicted
- Majority of the jail inmates were charged for fraud (27%)
- 13.6% of the inmates used tobacco before coming to jail

2. Findings related to Mental Health Problems

Frequency And Percentage Distribution of Depression Scores of Jail Inmates According To Different Level Of Categories

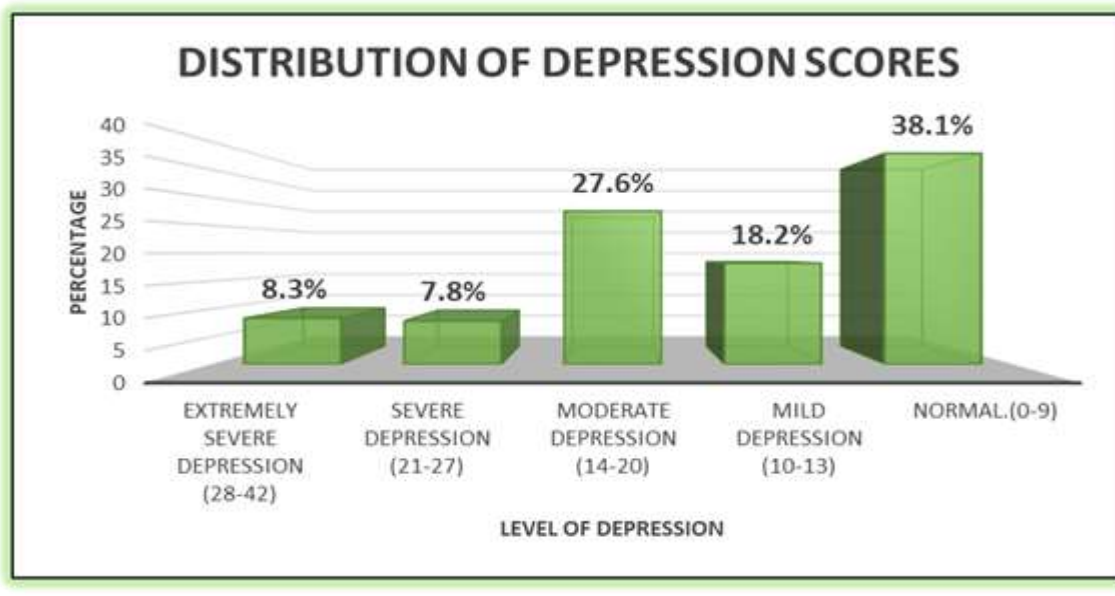


FIGURE 1.1 – Bar Diagram Showing The Depression Scores Of Jail Inmates According To Different Level Of Categories

From figure 1.1 it is seen that 8.3%(16) had extremely severe depression, 7.8%(15) had severe depression, 27.6%(53) of jail inmates had moderate depression, 18.2%(35) had

mild depression. Maximum number 53 (27.6%) of jail inmates fell in the category of moderate depression.

Frequency And Percentage Distribution of Anxiety Scores of Jail Inmates According To Different Level Of Categories

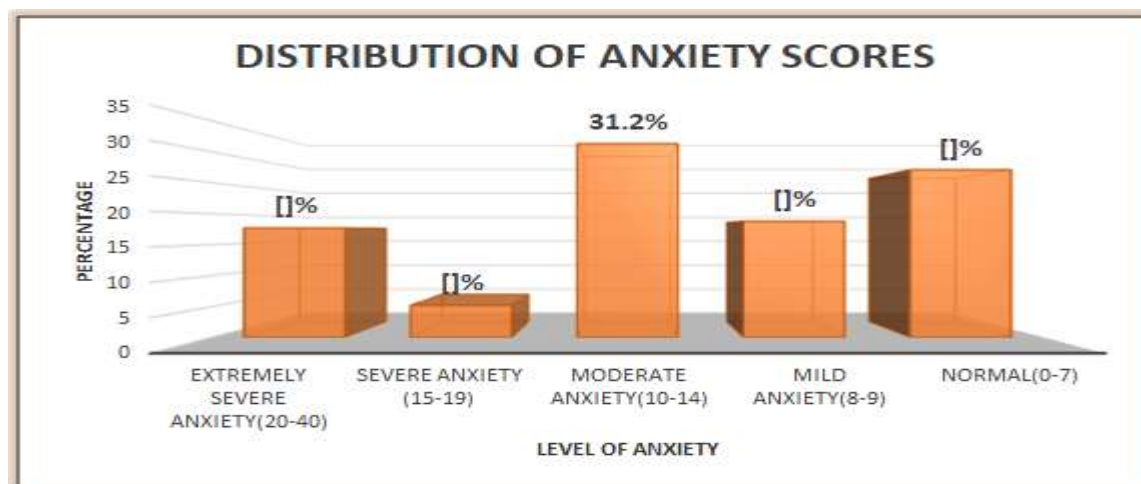


FIGURE 1.2- Bar Diagram Showing The Anxiety Scores Among Jail Inmates According To Different Level Of Categories

Data presented in figure 1.2 shows that 17.7%(34) had extremely severe anxiety, 5.2%(10) had severe anxiety, 31.2%(60) of the jail inmates had moderate anxiety,

18.8%(36) had mild anxiety. Maximum number 60(31.3%) of jail inmates fell in the category of moderate anxiety.

Frequency And Percentage Distribution Of Stress Scores Of Jail Inmates According To Different Level Of Categories

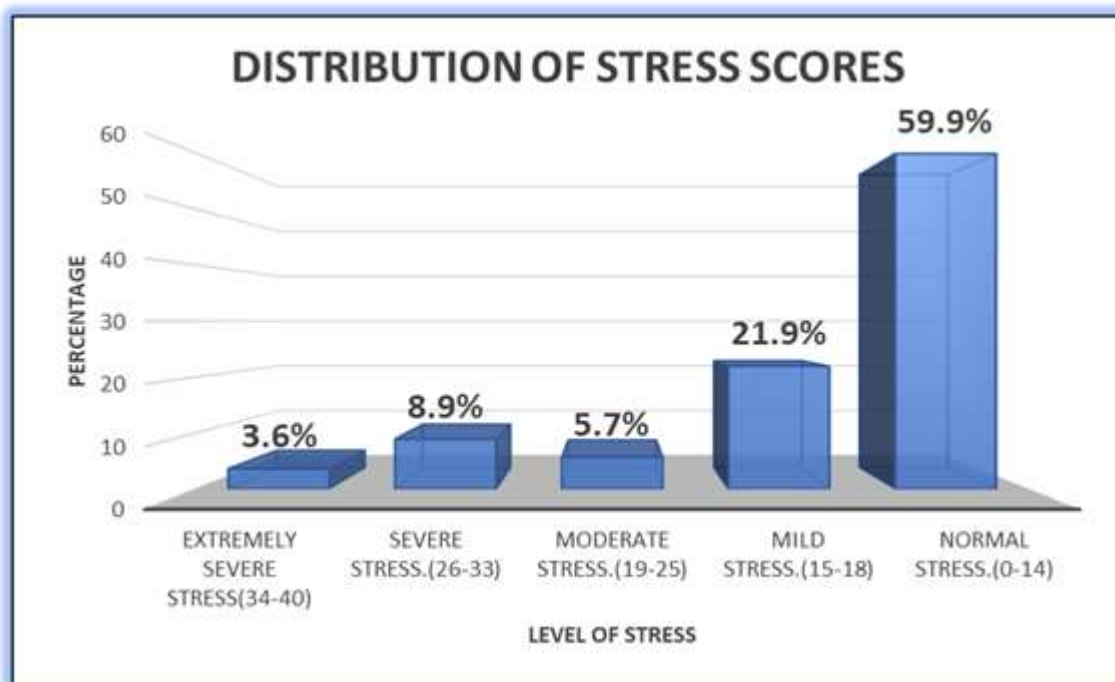


FIGURE 1.3- Bar Diagram Showing The Stress Scores Of Jail Inmates According To Different Level Of Categories

Data presented in figure 1.3 shows that 3.6%(7) had extremely severe stress, 8.9%(17) had severe stress, 5.7 %(11) had moderate stress, 21.9%(42) of the jail inmates had mild stress. Maximum number 42 (21.9%) of jail inmates fell in the category of mild stress.

3. Findings Related To Association Between Mental Health Problems And Selected Demographic Variables

A. ASSOCIATION OF SELECTED DEMOGRAPHIC VARIABLES WITH DEPRESSION SCORE

TABLE 1.4 Association Between Selected Demographic Variables and Depression Scores Of Jail Inmates N=192

DEMOGRAPHIC DATA		LEVELS					ASSOCIATION WITH DEPRESSION SCORE			
Variables	Options	NORMAL	MILD	MODERATE	SEVERE	EXTREMELY SEVERE	Chi- square Test	df	Table Value	Result
	31-40 Years	17	26	27	2	0				
	41-50 Years	0	0	22	13	6				
	51-60 Years	0	0	0	0	10				
Marital Status	Single	27	0	0	0	0	288.341	16	26.296	*Significant
	Married	46	30	20	0	0				
	Widow	0	5	21	2	0				
	Divorced	0	0	12	7	0				
	Separated	0	0	0	6	16				
Family Type	Nuclear	64	20	5	0	0	279.680	12	21.026	*Significant
	Joint	9	15	48	14	0				
	Single parent	0	0	0	1	12				
	Living together	0	0	0	0	4				
	Orphan	0	0	0	0	0				
Number of Family Member	Living alone	4	0	0	0	0	107.456	12	21.026	*Significant
	1-2 members	13	0	0	0	0				

	3-4 members	44	13	4	0	0				
	5 or more	12	22	49	15	16				
Educational qualification	Cannot read or write	39	7	3	0	0	289.946	20	31.410	*Significant
	Upto primary	23	11	2	0	0				
	Upto middle	11	12	10	0	0				
	Upto secondary	0	5	24	2	0				
	Upto intermediate	0	0	14	2	0				
	Upto graduate and above	0	0	0	11	16				
Previous Occupation	not working	53	9	4	0	0	303.852	24	36.415	*Significant
	Labourer	20	20	2	0	0				
	Farmer	0	0	0	0	0				
	Business	0	6	26	2	0				
	Student	0	0	1	0	0				
	Government servant	0	0	1	0	0				
	Private servant	0	0	19	13	7				
	Others	0	0	0	0	9				
Prior income	Rs.0-10000	73	35	23	2	0	322.595	16	26.296	*Significant
	Rs.11000-20000	0	0	29	0	0				
	Rs.21000-30000	0	0	1	4	0				
	Rs. 31000-40000	0	0	0	6	3				
	Rs. 41000-50000	0	0	0	3	13				
Number of Days in Jail	1month-12month	72	35	29	2	0	244.561	20	31.410	*Significant
	13month-24month	0	0	19	9	1				
	25month-36month	0	0	0	0	8				
	37month-48month	0	0	0	0	5				
	49month-60month	1	0	2	2	1				
	61month-72month	0	0	3	2	1				
Current jail inmate Status	Convicted	2	0	0	0	0	3.295	4	9.488	Not Significant
	Under trial	71	35	53	15	16				
Number of Times Convicted	Never	71	35	53	15	16	3.295	4	9.488	Not Significant
	One time	2	0	0	0	0				
	Two times or more	0	0	0	0	0				
Type of Crime	Murder	21	0	0	0	0	247.953	28	41.337	*Significant
	Theft	17	3	0	0	0				
	Fraud	30	17	5	0	0				
	Drug trafficking	4	10	10	0	0				
	Dowry	0	0	4	0	0				
	Kidnapping	0	5	9	2	0				
	Fight	0	0	20	9	3				
	Other	1	0	5	4	13				
Substance use	Never used	72	35	35	2	0	191.709	20	31.410	*Significant
	Alcohol	0	0	13	3	0				
	Tobacco	1	0	2	8	15				
	Smack	0	0	1	0	1				
	Drugs	0	0	1	0	0				
	Others	0	0	1	2	0				

*significant at 0.05 level of significance

Chi-square values given in table 1.4 showed significant association between depression and selected demographic variables – age (Chi-square value= 260.332), marital status (Chi square value= 288.341), family type (Chi square value=279.680), number of family members (Chi-square value= 107.456), educational qualification (Chi-square value=289.946), previous occupation (Chi-square value=303.852), prior income (Chi-square value=322.595), number of days in jail (Chi-square value= 244.561), type of crime (Chi-square value=247.953), previous substance use (Chi-square value=191.709), were found to be

statistically significant at 0.05 level of significance.

Chi-square values given in table 1.4 showed no significant association between depression and selected demographic variables -Current jail inmate status (Chi-square value=3.295), number of times convicted (Chi-square value=3.295) were found to be statistically non-significant at 0.05 level of significance.

The findings showed that depression among jail inmates had association with age, marital status, family type, number of family members, educational qualification, previous occupation, prior income, type of

crime, number of days in jail, previous substance use where as number of times convicted & current jail inmate status had no association.

This indicates that depression among jail inmates is dependent on age, marital status, family type, number of family members, educational qualification, previous occupation, prior income, number of days in jail, type of crime, previous substance use whereas depression among jail inmates is independent on number of times convicted & current jail inmate status.

So, it can be concluded that age, marital status, family type, number of family members, educational qualification, previous occupation, prior income, number of days in jail, type of crime, previous substance use had impact on the presence of depression among jail inmates except for number of times convicted & current jail inmate status.

B. ASSOCIATION OF SELECTED DEMOGRAPHIC VARIABLES WITH ANXIETY SCORE

TABLE 1.5 Association Between Selected Demographic Variables and Anxiety Scores of Jail Inmates N=192

DEMOGRAPHIC DATA		LEVELS					ASSOCIATION WITH ANXIETY SCORE			
Variables	Options	NORMAL	MILD	MODERATE	SEVERE	EXTREMELY SEVERE	Chi- square Test	df	Table Value	Result
	31-40 Years	8	22	30	6	6				
	41-50 Years	0	4	19	0	18				
	51-60 Years	0	0	0	0	10				
Marital Status	Single	20	5	2	0	0	192.748	16	26.296	*Significant
	Married	32	22	31	10	1				
	Widow	0	9	14	0	5				
	Divorced	0	0	13	0	6				
	Separated	0	0	0	0	22				
Family Type	Nuclear	50	13	19	7	0	157.907	12	21.026	*Significant
	Joint	2	23	41	3	17				
	Single parent	0	0	0	0	13				
	Living together	0	0	0	0	4				
	Orphan	0	0	0	0	0				
Number of Family Member	Living alone	3	0	1	0	0	102.809	12	21.026	*Significant
	1-2 members	9	3	1	0	0				
	3-4 members	38	7	12	4	0				
	5 or more	2	26	46	6	34				
Educational qualification	Cannot read or write	27	9	10	3	0	251.980	20	31.410	*Significant
	Upto primary	23	2	7	4	0				
	Upto middle	2	16	14	1	0				
	Upto secondary	0	9	14	2	6				
	Upto intermediate	0	0	15	0	1				
	Upto graduate and above	0	0	0	0	27				
Previous Occupation	not working	41	10	11	4	0	154.846	24	36.415	*Significant
	Labourer	10	14	14	4	0				
	Farmer	0	0	0	0	0				
	Business	1	8	17	2	6				
	Student	0	0	1	0	0				
	Government servant	0	0	1	0	0				
	Private servant	0	4	16	0	19				
	Others	0	0	0	0	9				
Prior income	Rs.0-10000	52	32	33	10	6	192.106	16	26.296	*Significant
	Rs.11000-20000	0	4	25	0	0				
	Rs.21000-30000	0	0	2	0	3				
	Rs. 31000-40000	0	0	0	0	9				
	Rs. 41000-50000	0	0	0	0	16				
Number of Days in Jail	1month-12month	52	32	38	10	6	116.286	20	31.410	*Significant
	13month-24month	0	3	17	0	9				
	25month-36month	0	0	0	0	8				
	37month-48month	0	0	0	0	5				
	49month-60month	0	0	3	0	3				
	61month-72month	0	1	2	0	3				

Current jail in Mate Status	Convicted	1	0	1	0	0	1.461	4	9.488	Not Significant
	Under trial	51	36	59	10	34				
Number of Times Convicted	Never	51	36	59	10	34	1.461	4	9.488	Not Significant
	One time	1	0	1	0	0				
	Two times or more	0	0	0	0	0				
Type of Crime	Murder	16	4	1	0	0	180.128	28	41.337	*Significant
	Theft	11	5	4	0	0				
	Fraud	23	9	13	7	0				
	Drug trafficking	2	9	12	1	0				
	Dowry	0	0	2	2	0				
	Kidnapping	0	5	5	0	6				
	Fight	0	3	18	0	11				
	Other	0	1	5	0	17				
Substance use	Never used	52	32	44	10	6	134.928	20	31.410	*Significant
	Alcohol	0	3	11	0	2				
	Tobacco	0	0	3	0	23				
	Smack	0	1	0	0	1				
	Drugs	0	0	1	0	0				
	Others	0	0	1	0	2				

*significant at 0.05 level of significance

Chi- square values given in table 1.5 showed significant association between anxiety and selected demographic variables – age (Chi- square value= 152.302), marital status (Chi -square value=192.748), family type (Chi-square value=157.907), number of family members (Chi-square value= 102.809), (Chi-square value=251.980), previous occupation (Chi-square value= 154.846), prior income (Chi-square value=192.106), number of days in jail (Chi-square value=116.286), type of crime (Chi-square value= 180.123), prior substance use (Chi-square value= 134.928) and were found to be statistically significant at 0.05 level of significance.

Chi-square values given in table 1.5 showed no significant association between anxiety and selected demographic variables -current jail inmate status (Chi-square value=1.461), number of times convicted (Chi-square value= 1.461) and were found to be statistically non significant at 0.05 level of significance.

The findings showed that anxiety among jail inmates had association with age, marital status, family type, number of family members, educational qualification,

previous occupation, prior income, number of days in jail, type of crime and previous substance use whereas anxiety had no association with current jail inmate status, number of times convicted.

This indicates that anxiety among jail inmates is dependent on age, marital status, family type, number of family members, educational qualification, previous occupation, prior income, number of days in jail, type of crime, previous substance use & independent on current jail inmate status and number of times convicted.

So, it can be concluded that age, marital status, family type, number of family members, educational qualification, previous occupation, prior income, number of days in jail, type of crime, previous substance use had impact on the presence of anxiety among jail inmates whereas current jail inmate status, number of times convicted had no impact on presence of anxiety.

C. ASSOCIATION OF SELECTED DEMOGRAPHIC VARIABLES WITH STRESS SCORE

TABLE 1.6 Association Between Selected Demographic Variables And Stress Scores Of Jail Inmates N=192

DEMOGRAPHIC DATA		LEVELS					ASSOCIATION WITH STRESS SCORE			
Variables	Options	NORMAL	MILD	MODERATE	SEVERE	EXTREMELY SEVERE	Chi- Square Test	df	Table Value	Result
	31-40 Years	48	21	3	0	0				
	41-50 Years	4	15	8	14	0				
	51-60 Years	0	0	0	3	7				
Marital Status	Single	27	0	0	0	0	218.129	16	26.296	*Significant
	Married	73	21	2	0	0				
	Widow	15	12	1	0	0				
	Divorced	0	9	6	4	0				
	Separated	0	0	2	13	7				
Family Type	Nuclear	74	14	1	0	0	190.695	12	21.026	*Significant
	Joint	41	28	10	7	0				
	Single parent	0	0	0	9	4				
	Living together	0	0	0	1	3				
	Orphan	0	0	0	0	0				
Number of Family Member	Living alone	4	0	0	0	0	43.090	12	21.026	*Significant
	1-2 members	13	0	0	0	0				
	3-4 members	49	12	0	0	0				
	5 or more	49	30	11	17	7				
Educational qualification	Cannot read or write	46	3	0	0	0	229.165	20	31.410	*Significant
	Upto primary	24	11	1	0	0				
	Upto middle	29	4	0	0	0				
	Upto secondary	16	13	2	0	0				
	Upto intermediate	0	11	4	1	0				
	Upto graduate and above	0	0	4	16	7				
Previous Occupation	not working	62	4	0	0	0	271.203	24	36.415	*Significant
	Labourer	27	14	1	0	0				
	Farmer	0	0	0	0	0				
	Business	22	10	2	0	0				
	Student	0	1	0	0	0				
	Government servant	0	1	0	0	0				
	Private servant	4	12	8	15	0				
	Others	0	0	0	2	7				
Prior income	Rs.0-10000	106	24	3	0	0	245.248	16	26.296	*Significant
	Rs.11000-20000	9	18	2	0	0				
	Rs.21000-30000	0	0	2	3	0				
	Rs. 31000-40000	0	0	4	3	2				
	Rs. 41000-50000	0	0	0	11	5				
Number of Days in Jail	1month-12month	110	25	3	0	0	282.615	20	31.410	*Significant
	13month-24month	3	13	7	6	0				
	25month-36month	0	0	0	6	2				
	37month-48month	0	0	0	0	5				
	49month-60month	1	2	1	2	0				
	61month-72month	1	2	0	3	0				
Current jail inmate Status	Convicted	2	0	0	0	0	1.353	4	9.488	Not Significant
	Under trial	113	42	11	17	7				
Number of Times Convicted	Never	113	42	11	17	7	1.353	4	9.488	Not Significant
	One time	2	0	0	0	0				
	Two times or more	0	0	0	0	0				
Type of Crime	Murder	21	0	0	0	0	182.409	28	41.337	*Significant
	Theft	20	0	0	0	0				
	Fraud	37	14	1	0	0				
	Drug trafficking	20	4	0	0	0				
	Dowry	0	3	1	0	0				
	Kidnapping	12	3	1	0	0				
	Fight	3	14	7	8	0				
	Other	2	4	1	9	7				
Substance use	Never used	110	31	3	0	0	168.495	20	31.410	*Significant
	Alcohol	3	7	4	2	0				
	Tobacco	1	2	4	12	7				
	Smack	1	0	0	1	0				
	Drugs	0	1	0	0	0				
	Others	0	1	0	2	0				

*significant at 0.05 level of significance

Chi square values given in table 1.6 showed significant association between stress and selected demographic variables – age (Chi-square value=241.57), marital status (Chi-square value=218.129), family type (Chi-square value=190.695), number of family members (Chi-square value=43.090), educational qualification (Chi-square value=229.165), previous occupation (Chi-square value=271.203), prior income (Chi-square value=245.248), number of days in jail (Chi-square value=282.615), type of crime (Chi-square value=182.409), previous substance use (Chi-square value=168.495) and were found to be statistically significant at 0.05 level of significance.

Chi square values given in table 1.6 showed no significant association between stress and selected demographic variables –current jail inmate status (Chi-square value=1.353), number of times convicted (Chi-square value=1.353) and were found to be statistically non significant at 0.05 level of significance.

The findings showed that stress among jail inmates had association with age, marital status, family type, number of family members, educational qualification, previous occupation, previous income, number of days in jail, type of crime and previous substance use whereas stress had no association with current jail inmate status, number of times convicted.

This indicates that stress among jail inmates is dependent on age, marital status, family type, number of family members, educational qualification, previous occupation, prior income, number of days in jail, type of crime, previous substance use & independent on current jail inmate status and number of times convicted.

So, it can be concluded that age, marital status, family type, number of family members, educational qualification, previous occupation, prior income, number of days in jail, type of crime, previous substance use had impact on the presence of stress among jail inmates whereas current jail inmate status, number of times

convicted had no impact on presence of stress.

4. Findings Related To Coping Strategies

- 76%(146) jail inmates used acceptance, 75%(144) employed active coping, 70.83%(136) utilized planning strategies, 67.71%(130) used positive reframing, 72.4%(139) employed instrumental support, 78.65%(151) used religion, 66.67%(128) employed emotional support and 48.44%(93) employed humour as their adaptive coping strategies.
- 73.44 % (141) jail inmates employed self distraction, 61.46%(118) used denial, 60.94%(117) utilized behavioural disengagement & 61.46%(118) used venting and 63.54%(122) employed self blame as their maladaptive coping strategies.

DISCUSSION

The result of the present study revealed that the majority of the samples were in the age group 31-40 years, most of the jail inmates were married (50%), most of the jail inmates belonged to nuclear family (46%), majority of the jail inmates (59%) had 5 or more members in their family, most of the jail inmates were not able to read and write (26%), 34.38% jail inmates were not working before coming to jail, maximum (69%) prior income obtained by jail inmates was in Rs.0-10000 category. These findings were almost consistent with the study conducted by Sabitha V, Bevin S, Kiruthika A(2017)^[6]. They found that the mean age of female prisoners was 36.4. 79.5% were Hindus, 75% were from rural area, 34.1% were illiterate, 67.4% were married, 54.5% were unskilled workers, 72.7% were in the lower/upper lower socio- economic status.

According to the present study jail inmates had 27.6% of jail inmates had moderate depression, 8.3 % had extremely severe

depression, 7.8% had severe depression, 18.2% had mild depression. 31.2% of the jail inmates had moderate anxiety, 17.7% had extremely severe depression, 5.2% had severe anxiety, 18.8% had mild anxiety. 21.9% of the jail inmates had mild stress, 3.6% had extremely severe stress, 8.9% had severe stress, 5.7 % had moderate stress. This finding was consistent with findings of research conducted by Malik JS et.al.(2019)^[7] revealed that the prevalence of depression, anxiety and stress was 18.5%, 8% and 8% respectively .

The finding of the present study revealed that there is statistically significant association between age, marital status, family type, number of family members, literacy, previous occupation, prior income, number of days in jail, type of crime, previous substance use and mental health problems (depression, anxiety and stress). This finding was consistent with the study done by Goyal SK et.al.(2011)^[8] They found that age, marital status, family type, number of family members, literacy, previous occupation, prior income, number of days in jail, type of crime, previous substance use had association with mental health problems.

The analysis of the coping strategies used by jail inmates showed that 76%(146) jail inmates used acceptance strategies, 75%(144) employed active coping strategies, 70.83%(136) utilized planning strategies, 67.71%(130) used positive reframing, 72.4%(139) employed instrumental support, 78.65%(151) used religion strategies, 66.67%(128) employed emotional support and 48.44%(93) employed humour as their adaptive coping strategies. 73.44 % (141) jail inmates employed self distraction strategies, 61.46%(118) used denial strategies, 60.94%(117) utilized behavioural

disengagement strategies & 61.46%(118) used venting strategies and 63.54%(122) employed self blame strategies as their maladaptive coping strategies.

This finding was consistent with the study conducted by Reed P et.al. (2009)^[9] . They said that Shorter-term prisoners adopted problem-focused strategies more than longer-term prisoners, while longer-term prisoners adopted emotion-focused strategies more than shorter-term prisoners.

Limitation

Male prisoners were not included in the study as permission was granted only for female jail. The study was conducted in a single prison so the results cannot be generalised on prison population of India. The present study is limited to 192 jail inmates. We recommend a similar study to be replicated on a larger sample group and in juvenile homes.

CONCLUSION

The findings of the study revealed that among jail inmates stress, depression and anxiety is present. It also showed that age, marital status, family type, number of family members, educational qualification, previous occupation, previous income, number of days in jail, type of crime, previous substance use had significant association with Mental Health Problems (depression, anxiety and stress) were as the number of times convicted & current jail inmate status had no association with Mental Health Problems.

By this study it was proved that there was presence of Mental Health Problem among jail inmates and there is significant need for reform activities in jail.

Declaration by Authors

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