

**EFFECTIVENESS OF THERAPEUTIC COMMUNITY MODALITY PROGRAM  
IMPLEMENTED IN BATANGAS CITY JAIL, PHILIPPINES**

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**ABSTRACT**

This study aimed to determine the demographic profile of the inmates, their perception to the effectiveness of the program and the significant relationship between the profile of the inmates and their responses to the effectiveness of the program implemented in Batangas City Jail. Descriptive type of research was utilized in the study. Result showed that the majority of the inmates are male, 26-33 years old, single, high school undergraduate with the prison sentence of below 1 year and with involvement in drug related cases. Therapeutic Community modality Program was perceived by the inmates as effective specifically the Work and Educational Therapy Services, Livelihood Skill Training, Counseling and Religious Services and Medical Services. There are significant relationships between the profiles of the inmates in terms of age, civil status and length of prison sentence and their responses to the effectiveness of the program implemented in Batangas City jail.

**Keywords:** Therapeutic Community, Modality, Batangas City, City Jail.

**INTRODUCTION**

The Philippine prison system adopted two approaches for treatment of offenders. These are the institutional- based treatment program and the community-based treatment programs. These programs aimed towards the improvement of offender's attitude and philosophy of life. Reformation and rehabilitation of inmates as well as preparation for the reintegration in community are the ultimate goals of the programs. Prison inmates are some of the most disturbed and unstable people in society. Most of the inmates have had too little discipline or too much come from broken homes and have no self-esteem. They are very insecure and are at war with themselves as well with society. Most inmates did not learn moral values or learn to follow everyday norms. In order to rehabilitate criminals we must do more than just send them to prison (Manwong, 2006).

For instance, this program could give them a chance to acquire job skills which will improve the chances that inmates will become productive citizen upon release. The programs must aim to change those want to change. Those who are taught to produce useful goods and to be productive are likely to develop the self-esteem essential to a normal integrated personality. This kind of program would provide many useful skills and habits and replace the sense of hopelessness that many inmates have.

Important for a prisoner is to have a will to change himself and then giving him support to improve. Many of them do not know how to start a new life such therapeutic Community Programs are the way, and they can enlighten their future life. ([www.howtodothings.com](http://www.howtodothings.com)). The Bureau of Jail Management and Penology (BJMP) has adopted Therapeutic Community Modality Program” or TCMP as a new approach to inmate management that requires new glossary of terms relative to felons and introduction of a new way of life in confinement

As set by the BJMP, the Therapeutic Community is a self help social learning treatment model used to client with problems of drug abuse and other behavioral problems such as alcoholism, stealing and other anti-social tendencies as well as working with special group of individual like those in jails. As a treatment model, it includes four categories, namely behavior management, intellectual and spiritual aspects, emotional and psychological aspects and vocational or survival aspects.

Therapeutic Community utilizes the “community” as a vehicle to foster behavioral and attitudinal change. In this model, the client receives the information and impetus to change from being part of the community. The expectation that the community places on its individual members reflects not only the needs of individual, but also the social and support needs of the community. This community mode provides social expectations, which are parallel to the social demands that the clients will confront upon discharge to their home community.

Historically, the term "therapeutic community" (TC) has been used for several different forms of treatment - sanctuaries, residential group homes and even special schools - and for several different conditions, including mental illness, drug abuse and alcoholism. For example, the British TC emerged primarily as a process for treating military veterans as they returned from World War II with serious neurotic conditions from their experiences in combat and as prisoners of war. The term was coined when Thomas Main pioneered a therapeutic model combining community therapy with ongoing psychoanalytic psychotherapy in 1946. This was a modification of therapeutic work developed about the same time by Maxwell Jones and several others.

As defined by the Bureau of Correction, the Therapeutic Community (TC) Program represents an effective, highly structured environment with defined boundaries, both moral and ethical. The primary goal is to foster personal growth. This is accomplished by re-shaping an individual's behavior and attitudes through the inmates' community working together to help themselves and each other, restoring self confidence, and preparing them for their re-integration into their families and friends as productive members of the community.

In Batangas City Jail, Therapeutic Community Modality is being implemented and includes all the programs being exercised inside the jail such as education, sport, religion and livelihood skill training. They give medical services to monitor the inmates' health condition especially those who have health problems. They also offered alternative learning system in elementary and high school level. And every fourth Sunday of the month, they have a regular mass. All those programs are being implemented to change the inmates' vision in life.

The researchers chose this study because they intended to evaluate the effectiveness of the different programs being implemented in Batangas City Jail. Hence, the concerned jail institution may be informed of the result for they can improve the programs and give more attention to those programs that are much needed to the inmates.

## OBJECTIVES OF THE STUDY

This study aimed to determine the effectiveness of the Therapeutic Community Modality Program implemented in Batangas City Jail. More specifically, it described the demographic profile of the inmates and the determined perception of the respondents as to effectiveness of the programs implemented in Batangas City Jail. Lastly, it determined the significant relationship between the profile of the inmates and their responses to the effectiveness of the programs implemented in Batangas City Jail.

## MATERIALS AND METHOD

This study made use of the Descriptive method of research. This method describes and integrates what exist. Descriptive research was used to provide systematic description that is a factual and accurate as possible (Shuttleworth, 2008). The researchers utilized the 100 % total population of the inmate at Batangas City Jail. The researchers believed that the respondents have sufficient knowledge and opinions about the topic. The main instrument used in this study was a self structured questionnaire. It consisted of three parts; Part 1 indicated the demographic profile of inmates, part 2 contained the program being implemented in Batangas City Jail and part 3 were the Impact of rehabilitation program to inmates life in term of physical, emotional and spiritual. Secondly the researchers used an informal interview to gather necessary information relevant to the formation of questionnaire and conceptualization of this study.

This study was conceptualized by the researchers through the help of their adviser where books, journals, manual, operational manuals, unpublished materials and internet were used as a references. After the modifications and approval of the adviser, panelists and concerned individuals, the researchers then distributed the questionnaires for validation. After which, the questionnaire were distributed to the participants and retrieved on the specified time frame.

The data gathered were tallied and interpreted using descriptive statistics such as frequency distribution which was used to describe the profile of the respondents; weighted mean was used to identify the level of effectiveness of Therapeutic Community Modality Program and eta<sup>2</sup> which was used to determine the significant relationship between the profile of the respondents and effectiveness of the program. The data were treated using PASW version 18 with alpha level of 0.0

## RESULTS AND DISCUSSION

### Percentage Distribution of the Respondents' Profile

According to the Bureau of Jail Management and Penology (BJMP) official website as of May 2012, there are 69,735 inmates population nationwide wherein male offenders have the highest population about 61,952 and which charged with almost about drug cases. According to the article in WEBMD Health News, 271 million people worldwide used illicit drug at least once in 2009, according to a new review studies attempting to estimate the extent of the problem (Nierenberg, 2010). Majority of the respondents are male with frequency of 105 or 100%. As to age, most of them belong to 26 – 33 age bracket with the frequency of 30 or 28.60%; 34 – 41 age bracket has 29 or 27.60%; 18 – 25 age bracket has 26 or 24.80%; 15 or 14.30% of the respondents belong to 42 – 49 age bracket; 50 – 57 age bracket and 58 years old and above got the same frequency of 2 or 1.90%.

It was supported by the research, Profile of inmates, (2002) conducted by Doris J. James wherein 25 to 34 has the highest percentage of inmates the same as whose marital status is also single. In terms of civil status, most of them are single with frequency of 63 or 60% while 36 or 34.30% are married and also 6 or 5.70% are separated. As to educational attainment, majority of them are high school undergraduate with the frequency of 29 or 27.60% meanwhile 23 or 21.90% of the respondent is high school graduate; elementary undergraduate has the frequency of 12 or 11.40%; 11 or 10.50% are elementary graduate; 10 or 9.50% are college undergraduate meanwhile the college graduate has the frequency of 8 or 7.60% ;vocational graduate has the frequency of 6 or .70%. No schooling and no answer have the same frequency of 3 or 2.90%.

In term of length of prison sentence, most of them did not give the length of their sentence with the frequency of 50 or 47.60% while 24 or 22.90% belongs to below one year sentence: 1 – 2 years has the frequency of 18 or 17.10%; 8 or 7.60% belongs to 5 – 6 years and the least frequency is 5 or 4.80% that belongs to 3 – 4 years of sentence. In the case of crime charged, the drug related crime got the highest frequency of 40 or 38.10%; the crime of murder has the frequency of 17 or 16.20%; and 1 or 1% for the homicide which got the lowest.

According to the Bureau of Jail Management and Penology (BJMP) on their official website, there are 23,324 inmates charged with drug cases as of May 2012. In article written in the Philippine Daily Inquirer by Nicko Dizon last Nov. 17, 2012, Supreme Court Associate Justice Adolf Azcuna stated that more than half of the criminal cases being tried by the courts were drug-related. Citing statistics from the Office of the Court Administrator, Azcuna, now head of the Philippine Judicial Academy, said 70 percent of the cases lodged with the country's courts were criminal.

### **Effectiveness of the Program in terms of Medical and Health Services**

The table above shows the effectiveness of the program implemented in terms of medical and health services. It can be observed that the over-all composite mean was 2.75 and interpreted as effective and the conduct sanitary inspection obtained the highest weighted mean of 3.09 and ranked first. It means that cleanliness is strictly observed in the jail because it can prevent and avoid spread of communicable diseases. It was followed by providing dental services and giving free medicine/vitamins with 2.84 and 2.70.

Even though all programs were rated effective, providing seminar regarding health issue (2.62) and providing regular consultation/ check-ups (2.50) got the lowest value. This result is supported by the research published online in the American Journal of Public Health saying that while incarcerated, many inmates with serious chronic needs do not receive proper care, and many inmates with mental illness were not on their treatment when they were arrested (American Journal,2005).

### **Effectiveness of the Program under the Counseling and Religious Services**

It can be perceived that the overall composite mean was 2.83 and rated effective. Having mass every 4th Sunday of the month under the religious services got the highest weighted mean of 3.19. It gives the inmates the chance to reflect on the Lord Jesus Christ. In addition, giving inspirational talk/messages to inmates under counseling services got also the highest weighted mean of 2.80. This allows the inmate to picture out themselves after they serve their

sentence in jail. It gives the inmates the confidence or assurance that after imprisonment, there is definitely a better life.

As long as there have been prisons, religious education and training have been offered to prisoners. Religious programs for inmates are not only among the oldest but also the most common forms of rehabilitative programs found in correctional facilities today. This high prevalence of use is confirmed by the U.S. Department of Justice (1993), which reports representative data on American's prison population. After admission to prison, 69 percent of inmates reported having working assignments, 45 percent reported participating in some form of academic education, and 31 percent reported attending vocational training. Among all other types of personal enhancement programs offered in prison, religious activities attracted the most participation: 32 percent of the sampled inmates reported involvement in religious activities such as Bible studies and church services, 20 percent reported taking part in self-improvement programs, and 17 percent reported that they had been involved in counseling. This national survey verifies what many correctional practitioners and volunteers have observed for years that many inmates continue to attend and participate in religious programs.

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Related to work and educational therapy, observed that all program were effective except for the recreational services which is having morning exercise which obtained 2.48 and rated less effective. It can distinguish that the highest rank with the weighted mean of 3.10 belongs to the alternative learning system which is providing elementary education. It proves that providing an inmate with a basic education in literacy skills would help an individual make a successful transition back into society following his or her release from prison. The Batangas City Jail personnel were very supportive to these programs because the fact those other inmates were elementary undergraduate. The less effective was having morning exercise of the inmates with the weighted mean of 2.48; it was revealed that service was poorly implemented.



Based from the table, it was found out that the computed p-value of length of prison (0.003) when correlated to medical and health services; age (0.011) and civil status (0.001) when correlated to counseling services; age (0.017) and civil status (0.000) when correlated to alternative learning system; age (0.034) and civil status (0.000) when correlated to recreational services; and civil status (0.000) when correlated to livelihood skill training were all less than 0.05 level of significance, thus the null hypothesis of no significant relationship between the profile variables and the effectiveness of the program implemented is rejected. This means that the effectiveness of the program implemented were affected by their personal profiles. This implies that as they matured they have deep understanding on the programs implemented to them.

Also, therapeutic recreation has been found to be an effective intervention with a wide range of populations of inmates in clinical and rehabilitation settings to those inmates. A role exists for therapeutic recreationists with respect to facilitating people's involvement within the community. Therapeutic recreationists trained in leisure value, understand the centrality of freedom and self-determination in leisure and its goal of ensuring that the individual gains or regains skills and an understanding of leisure that will enable them to exercise self-determined leisure choices. It is interesting to note that as facility and community service providers attempt to maximize their resources in time of fiscal constraint, new and significant opportunities for collaboration are emerging. Where recreation in rehabilitation facilities and community settings may have come to be regarded as serving different populations, today there is a sense that these resources can include a wider range of individuals in more integrated pursuits. Evidence suggests that with careful planning and incorporation of appropriate training from therapeutic recreationists, integrated recreation is indeed feasible. Recent discussions of the relationship between health and well-being have emphasized the importance of social relationships and community. In order for the inmates to experience the benefits of rehabilitation on an ongoing basis, inmates are increasingly recognizing the need to avoid social isolation and remain involved in the life of their community. Therapeutic recreation is able to move individuals from simply being 'in' the community, toward being part 'of' their community and, in turn, further the positive outcomes of the total rehabilitation process (Pedlar, 1997).

The Alternative Learning System is significant to inmates. It evolves from the non-formal education that has been conducted by the government of the Philippines. It is a very important component in the Philippine Education to achieve quality and access to education as envisioned in the Education for All (EFA) 2015 Philippine Plan of Action and specifically on the reduction of illiteracy rate (<http://siniloan.laguna.com.ph>). It was supported in the article written by Domiguez (2012) entitled "Marikina's Inmates given Alternative Education which states that providing education to inmates continues to be a project of the Marikina City Government to boost the Alternative Learning System (ALS), a non formal education aiming to give prisoners a chance to study while inside the jail. This was barely sponsored by Marikina Mayor Del De Guzman with the support of Livelihood Assistance Foundation (LALAF)." Eventhough they committed crimes and are imprisoned, they still have the right to be educated. This will greatly help them when they are already out of prison as they can use their knowledge to start anew.," De Guzman said.

The provincial government of Cavite announced that it now offers opportunities for inmates to earn money while in jail. Engineer Ruperto T. Arca, Senior Provincial Environmental Management Specialist, said that all it takes is for inmates of the Cavite Provincial Jail to enlist for a two-day seminar-workshop that will teach them how to make handicrafts from

recycled waste materials. Through the Provincial Government-Environment and Natural Resources Office (PG-ENRO) program, inmates can learn how to make bags and other fashion accessories with the used of trash. The livelihood program aims to broaden environmental consciousness and provide job opportunities for the inmates and reduce waste materials in the province, said Arca. (Giron, 2010). As for the effect of Livelihood program, the inmates become more responsible and productive individuals. They are able to help their families who are outside the jail. Their income also gives them source for financial needs for their personal supplies like soap, shampoo and the like. (Maximo, 2010)

## CONCLUSION AND RECOMMENDATION

Most of the inmates in Batangas City Jail have demographic profile of 26-33 years old, single, high school undergraduate with prison sentence of below one year and mostly involved in drug related cases. The Therapeutic Community Modality Program is perceived by the inmates as effective specifically the work and educational therapy services, livelihood skill training, counseling & religious services, and medical services. There are significant relationships between the profiles of the inmates in terms of age, civil status and length of prison sentence and their responses to the effectiveness of the program implemented in Batangas City Jail.

Strengthen the Alternative Learning System since most of the inmates were High School Undergraduate, this program will help them attain good economic status after release in jail. Continuously monitor the effectiveness of the program currently implemented to determine if it is still appropriate and responsive for the inmates. Maintain well updated records of inmates under custody to determine development and improvement of their condition in jail and provide necessary action and intervention in arising problems. Further study of the same kind to be conducted every year in order to evaluate the program and prioritize the needs of the inmates.

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