

## Exploring the Comfort and Luxury Experience of Incarcerated Individuals: A Study on Prison Conditions

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### Abstract

Prisons often house individuals who have been socially marginalized. Their existence is rooted in societal expectations channeled through legal systems, serving to isolate and ostracize those who have transgressed the law. Despite their longstanding presence, prisons have shown limited efficacy in addressing crime while often exacerbating harm to inmates. While some argue for the necessity of isolating dangerous individuals from society, debates persist regarding who should be incarcerated and for how long. This study aimed to investigate public attitudes towards the comfort and well-being of prisoners, including access to mental health therapy and support programs. A questionnaire was utilized to collect data from a sample size of 200 participants. Findings suggest ambiguity regarding whether prisoners deserve comfort, yet there is consensus on the importance of providing mental health support. The provision of comfort and luxury is perceived as exacerbating inequality, indicating recognition of the need for prisoner well-being and mental health resources.

**KEYWORDS:** Prison, Mental Health, Inequality, Aided programmes, Comfort.

### INTRODUCTION

At its core, the institution of prison involves the physical confinement of individuals found guilty of transgressions, accompanied by a curtailment of some of their basic freedoms, primarily their liberty. The rationale behind imprisonment and its justification are multifaceted. Its primary aims include removing criminals from the general populace to safeguard society from further criminal acts, rehabilitating offenders, and deterring future criminal behavior by those incarcerated. Imprisonment stands as one of the prevailing forms of punishment within society, typically prescribed by law depending on the nature of the offense and varying in duration from case to case. Historically, prisons have been associated with dismal living conditions, abuse of inmates, and harsh environments. However, efforts have been made in recent years to reform prisons, aiming to improve conditions and shed the negative stigma surrounding them. This shift is partly attributed to the prisoner rights movement, which advocates for the improvement of prison conditions, both physically and symbolically.

This shift is informed by the principle that detainees, despite their incarceration, retain their fundamental human rights. There have been arguments, epitomized by the popular notion that individuals are sent to prison "as" a form of punishment rather than "to be" punished. Advocates contend that once individuals are confined or

imprisoned, the punitive aspect is fulfilled. The movement also critiques the compensation provided to incarcerated individuals for their labor and the quality of food typically provided in prisons. These criticisms reflect ongoing efforts to enhance conditions within prisons and the broader correctional system. The goal is to make the system and the prisons themselves more effective tools for social reform and societal protection.

This movement is rooted in the fundamental objectives that prisons should strive to achieve and their intended role in society. The primary goals of the penal system include rehabilitating offenders to become law-abiding citizens and deterring crime in society. However, there has been public criticism that the prison reform and prisoner rights movements have exceeded their mandate. While the initial aim was to make prisons humane, some argue that the reforms have gone too far, transforming certain prisons into luxurious facilities. This shift has sparked outcry from victims of crime who question the fairness of such accommodations. Prisoners now have access to amenities like televisions, computers with internet access, and regular meals, blurring the distinction between life inside and outside prison walls.

Efforts have been made to address the contentious issue of Conjugal Visitation, allowing inmates to receive prearranged visits from their spouses primarily for fulfilling their sexual needs. This initiative aims to reduce incidents of sexual assault and homosexuality in prisons, which have contributed to the spread of HIV/AIDS within these facilities. While prison reform is well-intentioned, it should avoid adopting a crusade-like approach that introduces controversial changes leading to overly comfortable prison conditions, potentially undermining their intended purposes. The emergence of Model Prisons in the 20th century emphasizes providing inmates with clean environments, proper nutrition, and access to activities focused on reform, rehabilitation, and education. However, these improvements have sparked concern among some members of society, who lament the perceived luxurious conditions afforded to inmates. Traditional perceptions of punishment in criminal justice are also challenged, especially by victims of personal crimes like assault and rape, who seek to see their aggressors reform but are troubled by the perceived comfort in which they live. The study aims to investigate whether prisoners require comfort and luxury during their incarceration.

#### **Objectives:**

1. Assess public opinion regarding whether prisoners deserve comfort during their incarceration.
2. Determine whether prisoners should have access to mental therapy according to public sentiment.
3. Investigate public perception regarding whether the comfort and luxury afforded to prisoners constitute a form of inequality.
4. Explore the necessity of aided programs for prisoners based on public viewpoints.
5. Examine the potential impact of providing comfort to prisoners on reducing their mental stress levels.

#### **LITERATURE REVIEW:**

This study intended to break down the mental impacts of secondary prisonization on more established guardians. The measurable investigation of information and the programmed unconstrained discourse examination showed that optional prisonization adversely affects more seasoned guardians' degrees of wretchedness, nervousness, stress, and prosperity. These outcomes lead us to presume that distant detainment of grown-up kids meaningfully affects more established guardians. **Reizabal (2021)**

People who experience detention have high and complex wellbeing needs both pre-and post-detainment. The findings might demonstrate a botched open door for medical care administrations to address prisoners' wellbeing, particularly since people entering detainment have raised medical issues. Information on prisoners' particular medical issues might assist wellbeing with caring suppliers in detainment facilities and locally to sufficiently address the medical care needs of this weak gathering. **Dirkzwager (2021)**

As indicated by the author's interviews, the more seasoned detained individual frequently doesn't approach food adjusted to their ailments. Sport is maladapted for more established imprisoned people and generally customised for more youthful ones. At last, fatigue and absence of obligation frustrate change toward a superior way of life

for more established grown-ups in jail. **Pageau Félix (2021)**

These circumstances incorporate the improvement of framework (lodging and medical care), the chance to work or study, assurance from brutality during detainment, and to create intrapersonal assets and family connections. Serious psychological sickness (SMI) among detained people is a worldwide wellbeing concern. Quantitative examination shows on normal emotional well-being side effect enhancements during detainment, nonetheless, it can't reflect multi-layered factors impacting the course of SMI. This study meant to investigate the abstract course of SMI during imprisonment and to identify influencing factors. **Caroline Gabrysch (2020)**

The essential justification behind the presence of detainment facilities in the general public, which communicates its desires through the method for courts, tracks down its importance to isolate and separate certain individuals who have violated the law. The last section analyzes the eventual fate of prisons and prison issues, with emphasis on the effect of medication regulations, packing, race, detainees' privileges, jail savagery, jail ventures, other jail programming, and the job of remedial experts. The examination presumes that prisons will likely go on later on much as they have since their beginning. **Dr. Kiran (2019)**

Poor mental and actual wellbeing has additionally been related with detainee offence, albeit no exploration has analysed the connection between co-happening conditions and unfortunate behaviour in jail populaces. The outcomes show that individuals in jail managing simultaneous mental and actual medical conditions are altogether bound to participate in jail wrongdoing than sound imprisoned people. In the wake of representing physical and co-happening ailments, psychological circumstances are not related with serious wrongdoing. Upgrades in jail medical care may not just work on the overall soundness of those in jail, yet in addition add to a reduction in wrongdoing. **Semenza (2019).**

It covers a wide scope of subjects and has extensive outcomes. The theme which the section manages is one which is inseparably woven with human rights, Prison and detainees' rights. Human rights are basically a result of a vote-based system. It is an all inclusive worry that cuts crosswise over a significant belief system of political and social limits. It has been depicted as a touchstone of improvement and perceived as the fundamental rule basic for the advancement of people. Negligible to state that human right is certainly not another idea yet is as old as the development itself. **Ranaut (2018)**

The proportion of inmates whose house is in excess of 50 miles from the jail was decidedly connected with discouragement. Inmates detailed more elevated levels of aggression when the jail didn't permit TV and there was a recent prison suicide. These outcomes recommend the significance of looking at an extensive variety of jail hardships in research on detainee prosperity to lay the basis for understanding the systems through which prison deprivations are linked to mental health. **Timothy G. Edgemon (2018)**

Awareness of mental health is on the ascent among everyone and other impeded populaces like destitute, transients, and detainees. Prisoners are a minority whose psychological wellness needs are typically ignored. In contrast with the exploration done abroad, India has not many examinations distributed in this populace. The predominance of mental problems, for example, substance use, schizophrenia, sorrow, change issues, and self-destructive gamble is impressively high. Thus, it is important to concentrate on the different variables inclining detainees toward psychological well-being issues and compelling treatment choices for better conveyance of emotional wellness among prisoners. **Rabiya S (2018)**

As of late, outrageous heat in United States (US) correctional facilities and penitentiaries has turned into a challenged policy centered issue. This article takes high jail temperatures, and detainees' requests for cooling, as a case to rethink laid out perspectives about the jail and discipline. Problematization tries to enlighten the rationales that divert our reasoning to agitate them. The author contends that in the present political second, taking into account detainees' more right than wrong to solace can have such an agitating impact and actuate prejudice of the jail. **Terwiel (2018)**

Prison visitation is a significant device used to reinforce detainees' social ties and boost acceptable conduct in jail. By and by, jail visits don't generally work out positively for prisoners, and we have close to zero familiarity with why that is. Likewise , in the ongoing review we analysed detainees' differed encounters with jail visitation .These discoveries propose that assets for compromise might be required during visitation, and that family-driven restorative mediations that perceive the variety we have revealed here could hold guarantee in boosting the viability of visitation. **Turanovic (2017)**

The author had showed the monetary, social and close to home expenses related with imprisonment of a family part are interrelated and frequently compound one another, demonstrating the significance of tending to them in an all encompassing system .Family individuals from imprisoned individuals are frequently confronted with monetary, social and close to home costs connected with the detainment of their friends and family. **M. Comfort (2016)**

The objective is to inspect the effect of various detention conditions on the anxiety and depression of detainees. Results have shown that the downturn paces of prisoners in open detainment were the most minimal. Melancholy rates were most noteworthy among prisoners in preventive detainment. **A.-C. Carvalho (2016)**

The mental health needs of ladies and more established grown-ups in jail are unmistakable, and public approaches ought to be created to meet these. Clinical, examination, and strategy suggestions to further develop jail mental medical services are introduced. Public endeavours to meet these suggestions ought to be yearly studied. Detainees are likewise at an expanded chance of all-cause mortality, self destruction, self-mischief, viciousness, and exploitation, and examination has illustrated some modifiable gamble factors. **Fazel S (2016)**

The author had surveyed emotional wellness screening and medicine progression in a broadly delegate test of US detainees. a significant part of the jail populace isn't getting treatment for psychological well-being conditions. This treatment brokenness can possibly influence both recidivism and medical care costs on discharge from jail. **Reingle Gonzalez (2014)**

The outcomes feature that criminal record separation is a significant social stressor with negative ramifications for the emotional well-being of recently detained people. However hypothetical viewpoints propose encounters of shame and segregation after delivery might be one pathway through which detainment prompts poor psychological wellness, little examination thinks about the connection among separation and emotional well-being among previous prisoners. **Kristin Turney (2013)**

The creators cover several key aspects of imprisonment, starting with maturing and jail change. The outcome is that ladies might be compelled to sit around as they watch their companions battle to play out their errands, move to the top bunk of their bed, or basically need to manage with the restricted grocery store food things they can manage yet which companions would be glad to enhance. In like manner, it is upsetting to consider that blending older ladies in with different guilty parties could make their later years an extraordinary torture. **Robert Johnson (2011)**

Emotional well-being issues are the main source of dreariness in jails. More than 90% of detainees have a psychological problem. The NHS is supposed to assume liability in the end, following another wellbeing association with the Prison Service. NHS specialists should be substantially more dynamic in the turn of events and conveyance of medical services to detainees who currently reserve the option to rise to medical services. There are positive improvements yet purposeful and decided activity is expected to bring jail medical care up to acceptable standards. **Birmingham (2003)**

Findings from recent studies demonstrate that the predominance of psychological sickness is higher in jails than locally, and comorbidity is normal. Our capacity to sum up from these examinations is restricted, be that as it may, in view of significant changes in the segment blend in penitentiaries during the previous 10 years. New examinations on the commonness of psychological maladjustment in jails, which consider these new changes would assist organisers with designating assets and staff to additionally really address the issues of these people.

**Diamond, P.M (2001)**

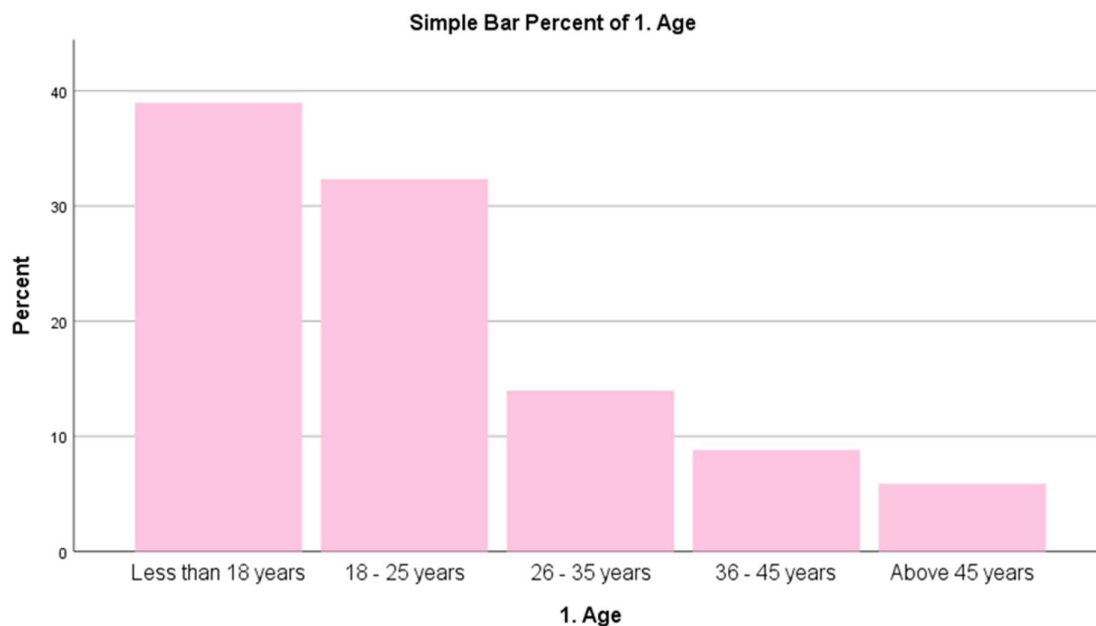
The author had portrayed the pervasiveness of mental issues and the treatment needs of condemned detainees in England and Wales. Arrangement of secure treatment offices, especially long haul medium secure units, should be gotten to the next level. Administrations for individuals with character, sexual, and substance abuse issues ought to be created in the two jails and the wellbeing administration. **J Gunn (1991)**

**Methodology:**

In this research, the descriptive method has been employed, focusing on expanding knowledge of current issues through data collection. This non-doctrinal study utilized a sample size of 210 and relied on both primary and secondary data sources. Primary data was collected through convenience sampling, targeting easily accessible individuals, and conducting surveys. The collected primary data underwent analysis using techniques such as Frequencies, Chi-Square test, Crosstab method, and independent sample t-test. Secondary data was gathered from various sources including books, journals, articles, and e-sources. Statistical analysis was performed using SPSS (Statistical Package for the Social Sciences), a tool commonly used for data analysis in social science research, ensuring accurate and appropriate results.

**ANALYSIS:**

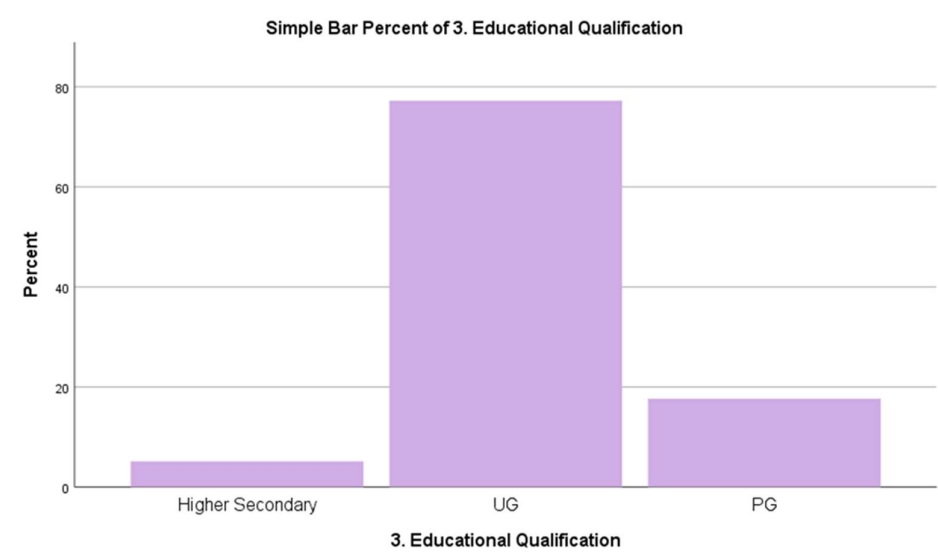
**FIGURE 1**



**LEGEND:**

The above graph shows the age distribution of the total respondents

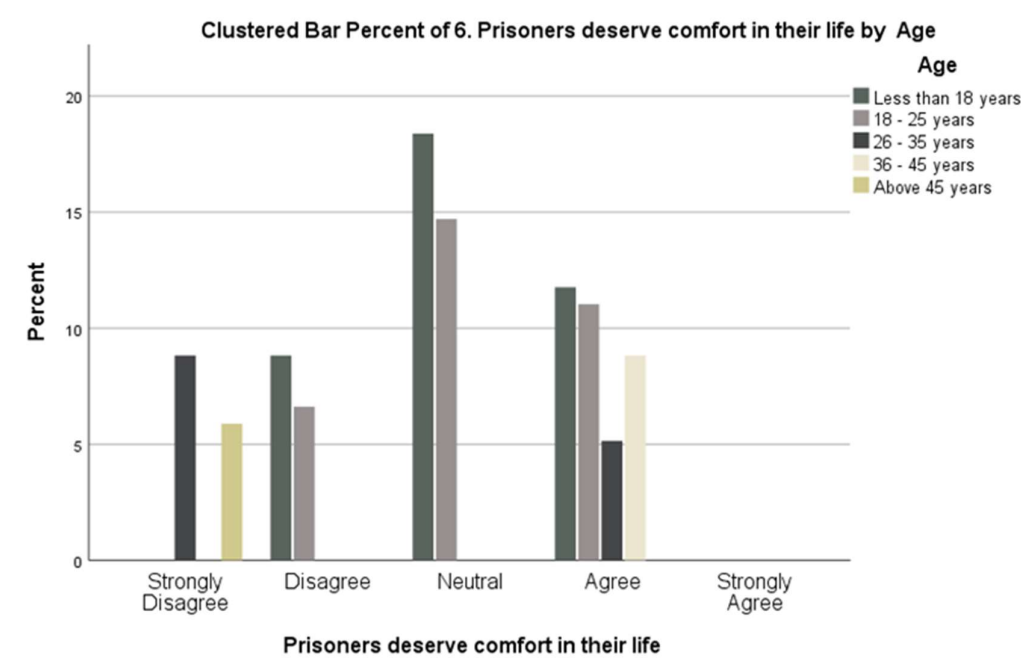
FIGURE 2



LEGEND:

The figure shows the graph of educational qualification of the total population.

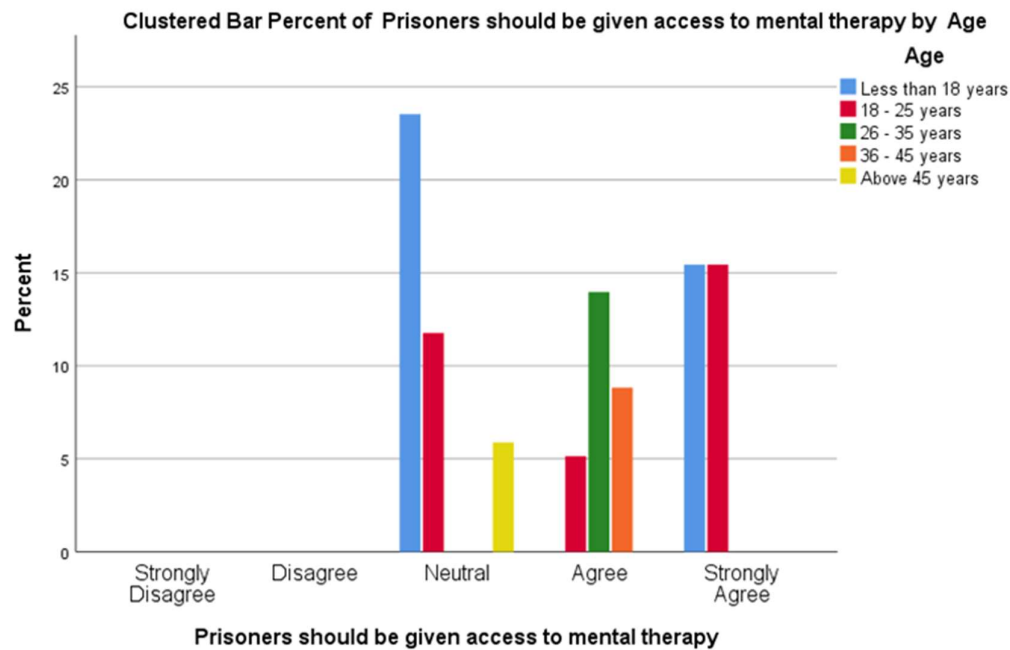
FIGURE 3



LEGEND:

The above graph shows the complex chart of comparing the statement whether prisoners deserve comfort in their life compared with age.

FIGURE 4



**LEGEND:**

The above graph shows the complex chart of comparing the statement that prisoners should get access to mental therapy compared with age

FIGURE 5

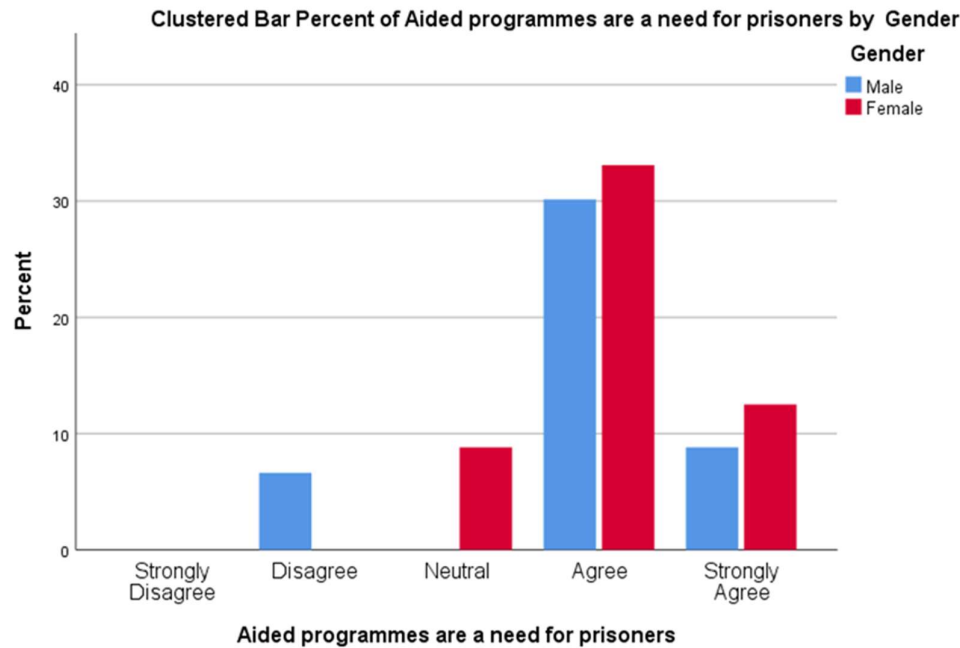


**LEGEND:**

The above graph shows the complex chart of comparing the comfort and luxury provided to prisoners is a form

of inequality compared with educational qualification.

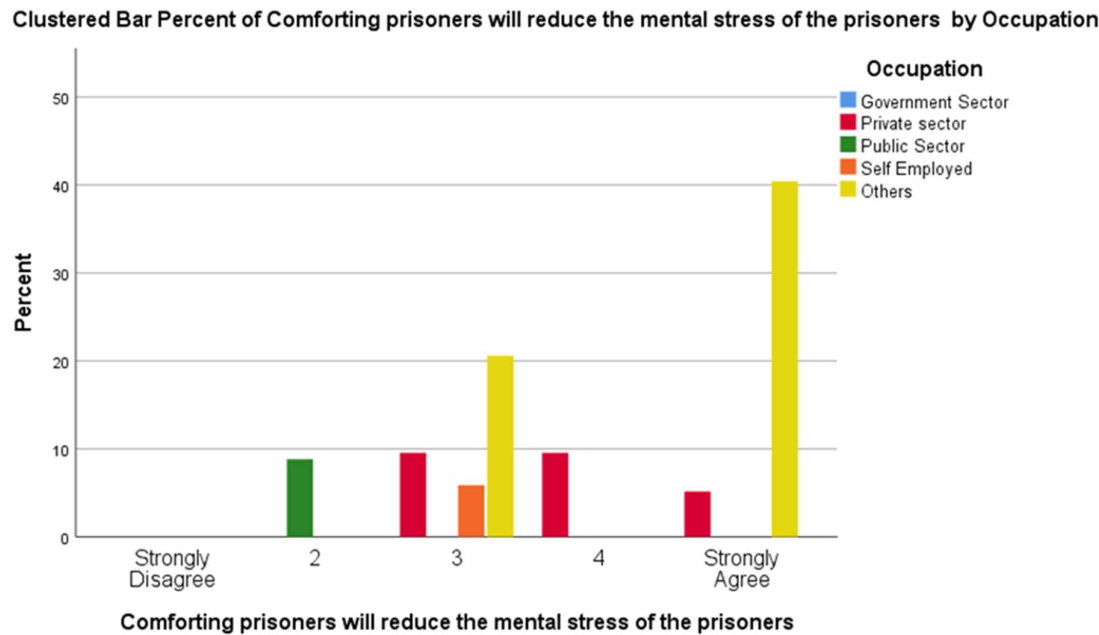
FIGURE 6



LEGEND:

The graph shows the complex graph of comparing the statement that aided programmes are a need for prisoners with gender

FIGURE 7

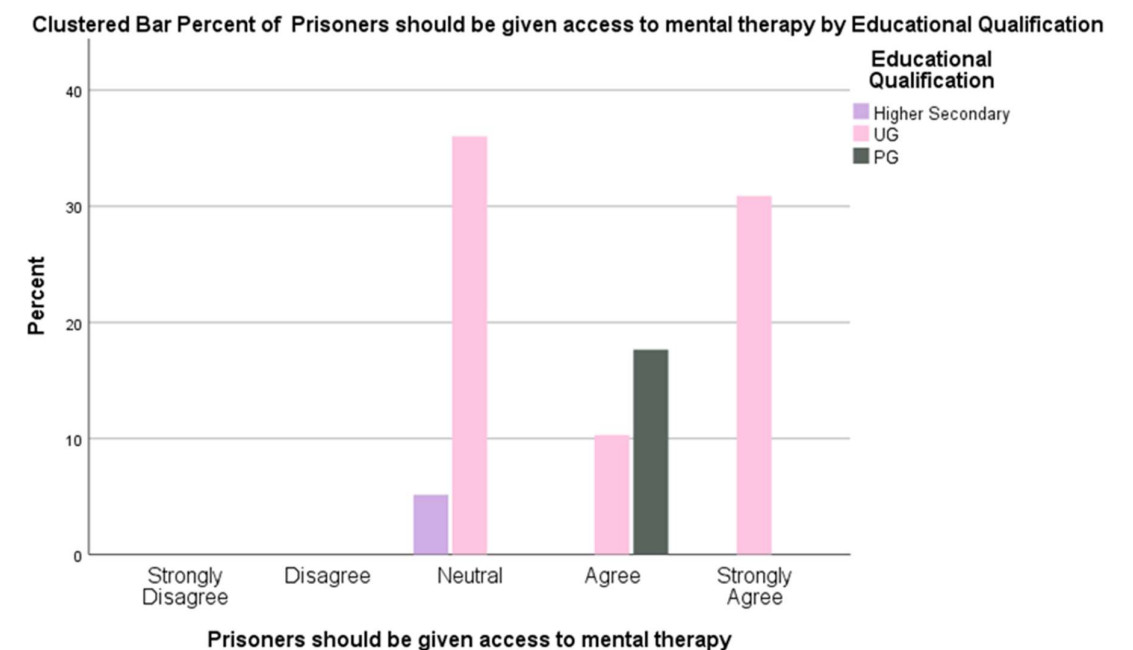


LEGEND:

The graph shows the complex chart of comparing the statement that comforting prisoners will reduce the mental stress of the prisoners with occupation.



FIGURE 8



LEGEND:

The graph shows the complex graph of comparing the statement that prisoners should be given access to mental therapy compared with educational qualification.

TABLE 1

Correlations

			1. Age	9. Aided programmes are a need for prisoners
Spearman's rho	1. Age	Correlation Coefficient	1.000	-.153
		Sig. (2-tailed)	.	.074
		N	136	136
	9. Aided programmes are a need for prisoners	Correlation Coefficient	-.153	1.000
		Sig. (2-tailed)	.074	.
		N	136	136

**LEGEND:**

The table shows the correlations table of comparing the statement aided programmes are a need for prisoners with age

**TABLE 2****ANOVA****7. Prisoners should be given access to mental therapy**

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	6.025	2	3.013	4.426	.014
Within Groups	90.533	133	.681		
Total	96.559	135			

**LEGEND:**

The graph shows the ANOVA test of comparing the statement that prisoners should be given access to mental health compared with age

**Results:**

The analysis reveals that individuals under 18 years of age constituted the majority of survey respondents (Fig. 1). Moreover, undergraduate (UG) students showed higher participation rates in the survey (Fig. 2). Regarding opinions on whether prisoners deserve comfort, respondents aged under 18 and 18-25 expressed neutrality, while those aged 36-45 tended to agree with the statement (Fig. 3). Additionally, respondents under 18 leaned towards neutrality, while a significant portion of those aged 18-25 strongly agreed with the statement (Fig. 4). Notably, UG students overwhelmingly supported the notion, while postgraduate (PG) and higher secondary students also showed agreement (Fig. 5). Gender-wise, both male and female respondents generally agreed with the statement (Fig. 6), with other respondents, likely students, strongly endorsing it (Fig. 7). Furthermore, UG students strongly agreed, while PG students also showed agreement (Fig. 8). Statistical analysis revealed that the P value exceeded 0.05 in both cases, leading to the acceptance of the null hypothesis and indicating no significant relationship between the variables (Table 1, Table 2).

**Discussion:**

The age distribution graph indicates a higher response rate from individuals under 18 years, followed by those aged 18-25, likely due to the survey's distribution among college and school students (Fig. 1). Similarly, the educational qualification graph highlights a predominant response from undergraduate (UG) students, consistent with the survey's circulation among college students (Fig. 2). Regarding the statement on whether prisoners deserve comfort, age groups under 18 and 18-25 tended to express neutrality, while those aged 36-45 leaned towards agreement, reflecting diverse opinions among respondents (Fig. 3). Similarly, regarding access to mental therapy for prisoners, respondents across age groups generally agreed with the statement (Fig. 4). The perception of comfort and luxury in prisons as a form of inequality was predominantly agreed upon, with respondents recognizing disparities based on financial means (Fig. 5). Furthermore, regardless of gender, respondents believed

that aided programs are necessary for prisoners (Fig. 6). The consensus on the statement that comforting prisoners reduces mental stress, particularly among students, reflects growing awareness of mental health concerns (Fig. 7). Similarly, respondents across educational qualifications, especially undergraduate (UG) and postgraduate (PG) students, supported the idea of providing mental therapy to prisoners (Fig. 8). Statistical analysis revealed a non-significant relationship between the need for aided programs for prisoners and age, as well as between access to mental health care for prisoners and age (Table 1, Table 2).

#### **Suggestions and Conclusion:**

In my view, the experience of imprisonment is largely influenced by one's mindset. While physically confined, individuals can mentally detach themselves from the torment associated with incarceration. This psychological resilience may contribute to recidivism, fostering a culture of individuals who prefer prison life over freedom. Achieving rehabilitation without punishment and implementing punishment in comfortable conditions seem impractical. Instead, inmates should be housed in humane conditions without excessive comfort and luxury. The results indicate that people recognize the importance of proper mental health care for prisoners while acknowledging the inequality inherent in providing luxury. Therefore, it is imperative to prioritize mental health support for inmates while ensuring that prison conditions remain humane but not excessively comfortable.

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