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# INFORMATION NEEDS, ACCESSIBILITY AND UTILIZATION OF LIBRARY INFORMATION RESOURCES AS DETERMINANTS OF PSYCHOLOGICAL WELL-BEING OF PRISON INMATES IN NIGERIA

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## Abstract

This paper investigated information needs, accessibility and utilization of library information resources as determinants of psychological well-being of prison inmates in Nigeria. Survey research design of the correlation type was adopted. The stratified random sampling was used to select 2875 inmates from the population of 4,823 in 12 prisons with functional libraries. A questionnaire titled Information need, accessibility, utilization and psychological well-being of Prison Inmates was used to collect data on the sampled 2875 inmates out of which 2759 correctly completed questionnaire resulting in a response rate of 95.34%, were used in data analysis. Data were analyzed using descriptive statistics of percentages, mean and standard deviation and inferential statistics of correlation analyses. The study found that there was significant multiple correlation among information needs, accessibility to library information resources, utilization of library

information resources and psychological well-being of the inmates ( $r=0.665, p \leq 0.05$ ). Also, there was significant relationship between: psychological well-being and accessibility to library information resources by prison inmates ( $r=0.438, p \leq 0.05$ ); utilization of library information resources ( $r=.410, p \leq 0.05$ ), and information needs ( $r=.454, p \leq 0.05$ ). Result also indicated that information needs, accessibility to library information resources and utilization of library information resources are very critical ingredients in determining the psychological well-being of prison inmates. Consequently, all stakeholders should endeavour to equip prison libraries with relevant and current information resources for improved psychological well-being of prison inmates. article.

**Keywords:** Psychological well-being, Information needs, Accessibility, Utilization, Library Information Resources, Prison inmates, Nigeria.

## 1 Introduction

From time immemorial, mankind has employed information as a tool in the search for solutions to problems that he has come to grapple with. Mankind has found information a veritable instrument in the constant search for knowledge and in order to attain development. Importantly, however, investigating the information needs of individuals and groups commences primarily from knowing how they go about seeking such information as they draw from the different sources of information available to them. The provision of information for the prison population cannot be described as a straight drawn line as some critics wonder why a person incarcerated for committing a crime should be granted right to information. Nevertheless, it is important to note that prison inmates are members of the society who also yearn for information and as such have the right to information just as every other citizen.

Although prison inmates are convicted and incarcerated for committing one crime or the other as a punitive measure, the prison equally plays a reformatory role as it pursues programmes that would enhance meaningful reintegration into the larger society upon release. Indeed, prison inmates constitute an important segment and could form a great work force of any society. This is because the general profile of most inmates reveals that majority of the inmates are youths of great strength and high intelligence who are often found to be within the age bracket of 18 and 45 years. They possess the capability to contribute to the meaningful development of their economy, particularly if their skills and talents are properly harnessed through reformation programmes (Chiemezie, 2005). Unfortunately, a great number of inmates are deficient in literacy as their weak educational background could be accounted for by their failing out of school and as such could not complete their education. Such a weak educational background often predisposes inmates to resort to a life of crime. Amed (2010) reports that the Nigerian prison

is a “mixed grill” where both the poor and the rich, the highbrow and unsophisticated persons, the guilty and, sometimes, the innocent are kept, depending on the type of crime they have committed.

As information is vital in the life of all individuals for optimal development and the realization of socio-political and economic activities, so it is for the survival of convicted persons during incarceration. Literature reveal that incarcerated persons have the same reading interest and, therefore, need information for their consumption like free members of the society (Lehmann, 1995; Dike, 2002). However, investigation indicates that information needs of prison inmates in Nigeria have been grossly undermined as they are not adequately considered and catered for. This, ultimately, is to the detriment of the psychological well-being of prison inmates. Indeed, psychological well-being is crucial in guaranteeing the emotional health and physical well-being of the inmates during incarceration so that upon release they can be integrated into society with sanity of mind. Achieving this, however, requires that prison inmates would need pieces of information for their daily living, which could be accessed and utilized for continuing education and other learning activities during incarceration.

The term information need has been referred to as a desirous (want) situation that requires solution to address a problem (Evans & Suporano, 2005). Information thus, is an essential resource to the individual, government, businesses and institutions alike as it enhances the empowerment of man in his bid to attain the goals for developmental activities.

The main goal of any library, be it academic, school or special library, is for its clientele to have easy access to its abundant of information resources. Accessibility to library information resources, therefore, is central to the afore-mentioned goal of all libraries. Similarly, inaccessibility to library information resources by any group of clientele could defeat this purpose. In order to guarantee meaningful participation by citizens in economic, political, social and cultural life, access to available information resources and services must be ensured (Ogunesan, 2005). This is because it is believed that the success of all research efforts made in any library type is largely determined by the ability and ease with which users are able to gain access to the library’s intellectual content. Osundina (1974) defined information accessibility as the state or circumstance which permits a student to reach and obtain with freedom library information materials for use.

Information utilization is referred to as the practical and maximum use of library information materials identified and acquired by a user for the purpose of solving a problem. Utilization varies among individuals, social groups, institutions, government agencies, organizations and establishments. Usability of any in-

formation type by a clientele is determined by the type of job and duties performed; the type of profession a user belongs and the kinds of functions executed at any particular point in time. Ughegbu (2002) asserted that user understanding in terms of their age, gender, and educational background form the main principle of information utilization.

It has been revealed that most prison libraries in Nigeria lack adequate provision of library information materials/resources with which to pre-occupy inmates. The absence of basic infrastructural facilities could impact negatively on the psychological well-being of prison inmates. Psychological well-being of inmates is further impaired when they cannot gain easy access to the few available library information materials and utilize same to solve their information problems. This unfortunate situation has caused inmates constant psychological battles and challenges on how to survive and be integrated into society as better citizens.

The argument that a person imprisoned for committing a crime should not be accorded the right to information is untenable because denying prisoners such right to information cannot guarantee and sustain inmates’ life and wellness while in prison. The provision of information is necessary in order to ensure purposeful utilization which is crucial to the psychological well-being of inmates. According to Ward (2004) psychological well-being entails various psychological, emotional, and physical health and wellness of individuals.

It is observed that life satisfaction and happiness have often been used as the most common outcome variable in the discourse of psychological well-being. Lori (2004) argued that psychological well-being is subjective to the individual because it involves a person’s evaluation of his or her life through self reports. According to Henry (2011), freedom is important to well-being be it freedom from fear, worry, and anger... and freedom to pursue one’s dreams and aspirations. He further avers that well-being is in the mind and through emotions. It is pertinent to note that the freedom referred to here is indeed critically important when talking about wellbeing, particularly in the case of prison inmates who are in complete isolation from the rest of the society. This is weighed against the fact that freedom begins primarily in the inner being. Thus, well-being refers to a “contented state of being happy and prosperous” ([www.thefreedictionary.com](http://www.thefreedictionary.com)). Well-being, therefore, involves the satisfaction of one’s desire at a particular time. A cursory look at prisons today reveals that in reality, inmates, particularly in Nigeria, pass through a lot of negative psychological experiences which affect their well-being thus, making it difficult to achieve the concept of punishment, deterrence and rehabilitation. Such negative psychological experiences may include isolation, brutality, violence, stress, age, pain of confinement, physical and psychological vic-

timization, crowding, riots, rape, and prison suicide among other forms of inhuman treatment.

As earlier stated, information is a key resource for prison inmates as it helps in the facilitation of training and re-training of inmates for reformation and re-entry into society. Consequently, providing inmates with information resources would further assist them in continuing education, training and acquisition of skills and thereby making them self-reliant and be better equipped upon reintegration into the society. Accessibility to and utilization of library information resources are, therefore, major determinants of psychological well-being of prison inmates. The value of information underscores the relevance of prison inmates' information needs to have unrestricted access to relevant, current and timely information for their use that will equip them with skills and make them useful and responsible citizens upon re-entry into the society. Over the years, however, like most other professional groups in society, the information needs of prison inmates and the provision of library information resources have been in a state of neglect while available resources remain grossly inadequate. This situation reechoes in such specific terms as lack of equipment and infra-structural development, restriction and censorship of the limited library information resources, cognitive and non-cognitive barriers that militate against access to, and appropriate utilization of library information materials.

Prison libraries were established to play supportive roles in prison's reformation and rehabilitation programmes, which is one of prison services' goal, through the provision of library services and information resources to inmates. Invariably, the lack of infrastructure and the inability to provide adequate facilities have continued to thwart the efforts of Nigerian Prison Service towards the realization of its reformation and reintegration principles. Consequently, access to, and utilization of current library information resources has been hampered.

The psychological well-being of prison inmates serving time in prison, which constitute an important index of life satisfaction of individuals, has long been undermined in the provision of library services and general welfare services to inmates. It must be noted that the remote effects of overcrowding and congestion of unit cells that characterize the Nigerian prison system are idleness, laziness, emotional and personality disturbances which lead to anxiety, stigmatization and, consequently, psychological depression. Other services whose functionality may have been impeded include the provision of legal and reference services, recreational and instructional services, readers' advisory services and group book discussion services among other treatment programmes designed to aid prison reforms and reintegration of inmates into society. Consequently, there is a dearth of library information materials and

a gulf between the inmates and chances of accessing library information materials for effective and beneficial utilization for the ultimate empowerment of human capital development.

The objective of this study has been to: find out the information needs of prison inmates; to assess the quality, relevance and recency of information resources available to inmates; to determine the adequacy of available information resources for inmates specific needs; to examine the factors that hinder accessibility to library information resources and utilization of such resources; and to find out how information needs, accessibility and utilization of library resources act as determining factors on the psychological well-being of prison inmates in Nigeria. It is believed that in the process of realizing the objectives, appropriate structures would be designed for the provision of relevant and specific information needs for inmates' utilization that would enhance their psychological well-being.

Prison inmates desire specific information that must address their information needs because of the restricted nature of their environment else they would be starved of this vital resource because their choice is limited. In order to achieve the stated objectives, the following research questions were raised to guide the study: What are the information needs of prison inmates? What is the quality, relevance and recency of information materials available to inmates? Are the information materials available to inmates adequate to meet their specific needs? What are the factors hindering accessibility to library information resources and utilization of such materials? What is the contribution of information need, accessibility and utilization of library information resources to the psychological well-being of prison inmates in Nigeria? This is with a view to proffering solutions to address the current lapses that exist in the provision of library services and ensure that inmates' information needs are catered for. Consequently, they would have access to up-to-date information resources for utilization and enhanced psychological well-being.

Studies on information needs and accessibility by prison inmates have been carried out and these studies have opened a vista on the need to study what exactly constitute the information needs that is peculiar to prison inmates in their enclosed environment. Generally, the outcome of this study would assist the Nigerian government and prison authorities in the formulation of policies and guidelines that would guarantee the provision of adequate library information resources; enhance accessibility as well as encourage effective maximum utilization of prison library resources. The study would produce empirical evidence on the relationship between use of information resources by prison inmates and the variables such as information needs, accessibility to library information resources, provision and availability of resources and psychological well-being of prison

inmates. The achievement of this, would improve the psychological well-being of inmates in Nigerian prisons.

### 1.1 Hypotheses

The paper examined four null hypotheses.

HO1 There is no significant relationship between information needs and psychological well-being of prison inmates in Nigeria.

HO2 There is no significant relationship between accessibility of library information resources and psychological well-being of prison inmates in Nigeria.

HO3 There is no significant relationship between utilization of library information resources and psychological well-being of prison inmates in Nigeria.

HO4 Information needs, accessibility and utilization will not significantly determine psychological well-being of prison inmates in Nigeria..

## 2 Literature Review

From the beginning of human history and civilization, information has always played a dominant and essential role. Apart from being elusive, information is highly ubiquitous. This ubiquity stems from the fact that all objects, animate and inanimate express information about themselves. The term “information” lends itself to various definitions. This is possibly because the definition of the concept may well depend on the particular context or purpose for which it is identified and used.

The purpose of obtaining information from a particular source is geared towards the satisfaction of a particular need by the user or individual. It is pertinent to state here that the gathering of information for a specific purpose can only be meaningful if that information is accurate, timely, complete and relevant, ([www.personal.psu.edu](http://www.personal.psu.edu)).

Accurate information provides a reliable and valid representation of reality. The cost of inaccurate or distorted information can be extremely high. Consider the demise of the multimillion dollar Mars Climate Orbiter launched by NASA in 1998. The tragic outcome of this mission was blamed on the failure of one scientific team to recognize and correct an error in information from another team. Findings indicate that one team used English units (e.g., inches, feet and pounds) while the other used metric units for key spacecraft operations affecting navigation. This oversight caused the orbiter to burn up in Mars atmosphere before it could be deployed to the surface [...]

Drawing from the statement above, it becomes clear that there is the need for the user or individual to know the right information to get at a particular point in time in order to accomplish the purpose for which it is needed. Whether the information is cultural, educational, research oriented, religious, professional, or even per-

sonal, the user would definitely want to quench his or her curiosity by getting the needed facts from books, internet, articles, and newspapers and so on. The need to quench that curiosity in this 21<sup>st</sup> century becomes imperative especially when one keys into the maxim that “He who is not informed is deformed”. Information as a vital ingredient in communication as well as a veritable tool for transformation entails the knowledge derived from study, experience or instruction. This is so because once it is gotten, the individual would be able to come to terms with his or her environment. Hjørland has observed that:

what users believe they need represent their subjective understanding of their need. This subjective understanding is reflected in their information-seeking behaviour. Even if this behaviour may be studied objectively it is still not useful as criteria for what is needed. What is needed is something that is able to solve the problem behind the user’s behaviour. When we go to real life problems, there are usually different opinions about how they should be understood and how they should be addressed, including different opinions about what information is relevant to solve the problem.

According to Platek (1998) incarcerated criminals are still members of society and as a consequence, there is the need to continuously make provisions and cater for their information needs. As he puts it:

Prisoners should be allowed to keep most of the rights enjoyed by free citizens and granting them rights specific to their incarcerated status are expressions of basic tenets of humanitarianism and social solidarity. Because this approach defends human dignity, it helps to prevent crime and improve public safety. Low self-esteem or lack of self-respect often leads a person to be indifferent to the rights or dignity of others, and constitute one cause of deviant and criminal behaviour (1).

The thrust of Platek’s argument is simply that despite their incarceration status, prison inmates still possess their fundamental human rights to information. This right is further guaranteed through the provision of library information materials that should cater for the specific information needs of inmates. According to [www.thefreedictionary.com](http://www.thefreedictionary.com), information is “knowledge of specific events or situations that has been gathered or received by communication, intelligence or news”

Menant, in discussing information and meaning, states that “the impact of information on a system depends upon the meaning it generates in the system. The important thing for the system is the meaning generated by the incident information”. In a similar vein, [www.wikipedia.org](http://www.wikipedia.org) records that:

Information in its most restricted technical sense is an ordered sequence of symbols that record or transmit a message. It can be recorded as signs, or conveyed as signals by waves. Information is any kind of event that affects the state of a dynamic system. As a concept, however, information has numerous meanings. Moreover, the concept of

information is closely related to notions of constraint, communication, control, data, form, instruction, knowledge, meaning, mental stimulus, pattern, perception, representation and especially entropy.

The above statement implies that information as a concept is pregnant with diverse meanings and interpretations depending on what the user needs at a particular point in time. In as much as prison inmates are kept in a secluded place for a period of time depending on the crime committed, there is the need for them to get access to information that will help in their transformation to better behaved citizens. This is so because in modern times, the essence of a prison is to institute change in the prisoners/inmates so that they can become responsible and law abiding citizens who can contribute meaningfully to the society when they eventually serve their jail terms. It is for the foregoing that Campbell (2005) has described inmates as people in a situation that is environmentally unusual; an enclosed world high in stress, low in opportunities for decision-making and socially isolating. He added that inmates need information in order to stabilize this initial seclusion and fear. Campbell also observed that inmates shut off from the outside world; want to know how to survive within the prison environment and how they might get back into the society. In addition, inmates need to know whom they could trust within the system, what would make the system accept them and essentially, whether they have any right to humane treatment.

According to Maslow (1963) and McCullum (1973), human needs are innate and systematically arranged in ascending order of priority. In their analysis, after the basic physiological needs of food, safety and shelter have been met, the other higher basic needs of “belongingness’ and love”, “self-esteem and self-actualization” need to be met. However, they noted that achieving these goals is often difficult in a prison setting due to the harshness of the environment and the type of character traits of most prison inmates who have low perception of themselves.

Singer (2012) opined that in prison, inmates suffer isolation, loneliness, depression, diminished sense of self-worth, hyper-vigilance and emotional over-control. They, therefore, are constantly seeking ways to achieve adaption in order to retain their physical and psychological existence. Lehman (1999) remarked that inmates lack educational skills and as such are unable to find and maintain gainful employment in contemporary technology-dominated job market. According to Lehman, this vicious circle leads to recidivism. He admonished that in order to overcome the failure syndrome and improve inmates’ self respect, the psychological and sociological information needs must be catered for before any significant learning can take place. Singer (2012) further noted that incarceration often forces inmates to shed or suppress certain aspect of their personality. In order to fit in this new environment, as

soon as he arrives at the prison, the inmate would need books on personality development, personal growth and the mind and how it functions.

The role of information, therefore, as an important tool for the physical and psychological survival of convicted persons cannot be relegated to the background as has been emphasized in correctional literature (Henry, 2010; Mfum, 2012). It is with this recognition that modern prisons have instituted education as one of the cardinal reformation tools in instilling morality on the inmate. This has called for the establishment of prison libraries, with the sole aim of making adequate information resources available to the inmates for the purpose of continuing their educational fortunes while serving time in prison. The deduction to make out of this review is that inmates do have a wide range of information needs to be attended to in order to cope with their harsh environment where they have been cut off from the realities of an ideal existence.

### 2.1. The Concept of Psychological Wellbeing

Although psychological well-being is a critical element for individual development, researchers have not had a consensus about the definition or what should constitute the components of psychological wellbeing (Lorion, 2000). This coinage has been defined and measured differently in various studies. For instance, Ward (2004) broadly defines well-being as various psychological, emotional, and physical health and wellness. Using life satisfaction as the outcome variable, Young *et al.*, (1995) noted the term as a feeling of well-being with one’s self and life circumstances. Flouri (2004) saw it as subjective well-being and this is to mean a person’s evaluation of his or her life. He further divided the term into three operational terms which include life satisfaction, psychological function and psychological distress. However, Keyes *et al.*, (2002) attempted a distinction between subjective well-being and psychological well-being by stating that the former is evaluation of life in terms of satisfaction and balance between positive and negative effect, while the latter entails perception of engagement with existential challenges of life. Benson (1997) advanced the scope of the thesis by presenting forty (40) developmental assets for youth and by suggesting that many of the assets were associated with some aspects of psychological well-being, such as sense of control over life, high-self esteem, sense of purpose and optimism about personal future.

Campbell’s (1976) major concern was to measure a sense of well-being by three aspects (satisfaction with life, general effect and perceived stress) as a reflection of one’s level of happiness as a human being. Ryff (1989) proposed six theory-guided dimensions of psychological well-being which include self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life and personal growth. He went further to test the relationship between these di-

mensions and commonly used questionnaire for psychological well-being. He concluded that psychological well-being is a complex construct since it contains various features of well-being.

Interestingly, Flouri & Buchana (2003), Lawton (1984), Moore *et al.*, (2001), informed that one common way to assess psychological well-being is by measuring negative characteristics such as depression rather than the positive aspects of well-being. It has been observed also that some other key factors that contribute to a higher or lower level of psychological well-being in inmates are anxiety, stress and idleness (Siddique & D'Arcy, 1984). The inference drawn from the literature above is that there are many factors that could contribute to a higher or lower level of psychological well-being among inmates because psychological well-being is a complex concept.

Previous studies have shown that anxiety and depression often occur as byproducts of our attempts to manage a variety of stressors. In particular, when we doubt our ability to handle events or experience coping with, they may develop. But emotions produce special challenges to our ability to adapt. Anxiety is an unpleasant feeling that occurs in response to an anticipated threat to our psychological well-being. Unlike fear, which occurs in response to a real and present danger, anxiety happens in response to events that we expect to occur in the future. On the other hand, whereas unhappiness is a temporary sadness, depression is characterized by a more prolonged sad or apathetic mood that people perceive as never getting better. Feelings of depression may range from mild to severe, with mild depressive feeling occurring much frequently than moderate or severe ones (Seligman, 1991).

Bruyns (2007) identified overcrowding as one of the remote causes of anxiety and depression among inmates. According to him, overcrowding creates stress, idleness, fear, and the inability to maintain privacy or the inability to stop unwanted interaction or stimulation such as noise which all add to the stress of overcrowding (Bruyns, 2007). The adjustment process for inmates to cope with stress varies; it could be withdrawal, aggression or depression.

It has been noted that one common way to assess psychological well-being is by measuring negative characteristics such as depression rather than the positive aspects of well-being. There are other key factors that may contribute to higher or lower level of psychological well-being in inmates which include anxiety, physical health and both popularity and intimacy in peer relationship (Townsend *et al.*, 1988).

In a study at Stanford University, Bandura (1988) introduced the concept of perceived self-efficacy in the context of cognitive behaviour modification. It is believed that a strong sense of personal efficacy is related to better health, higher achievement, and more social

integration. This concept has been applied to such diverse areas as school achievement, emotional disorders, mental and physical health, career choice and socio-political change. Bandura's study has further demonstrated that behavioural change is facilitated by a personal sense of control. If people believe that they can take action to solve a problem instrumentally, they become more inclined to do so and feel more committed to such decision. Self-efficacy, therefore, makes a difference on how people feel, think and act. In terms of feeling, a low sense of self-efficacy is associated with depression, anxiety and helplessness.

The discourse on psychological wellbeing has been extensively evaluated in both psychological and sociological literature, and even by economists as used in nations' economic planning when referring to indications of wellbeing of people (Diener, 1984; Diener & Emmons, 1984). Although, much of the debates and analysis of the basic structure of psychological wellbeing have been centered on the distribution between positive and negative effect, and life satisfaction of individuals in various domains (Andrews & Withey, 1976; Bradburn, 1969; Bryant & Veroff, 1982; Diener & Emmons, 1984; Liang, 1984, 1985).

Psychological wellbeing has been categorized into three distinct units. According to Diener, (1984), wellbeing is determined by external criteria such as virtue or holiness; noting in this case that wellbeing is not in a subjective state of individuals but that which possesses some desirable qualities. The second group applied by social scientists to evaluate peoples' lives in positive terms has come to be known as life satisfaction, and is often based on respondents' own judgments of what constitute or what they feel themselves is considered a good life. The third aspect of wellbeing refers to the degree of positiveness over negative effect and this has to do with pleasant emotional experience of people (Bradburn, 1969).

According to Diener *et al.*, (1999, 2003) subjective wellbeing has been variously described as consisting of people's moods, emotions and self-evaluative judgement which fluctuate over time and exist between individuals and societies. In the study under review, psychological wellbeing does not exist between prison inmates and the prison authority. Unarguably, psychological wellbeing is closely related to idleness, boredom, anxiety, stress and depression which are commonly found among prison inmates. These factors are associated with how well inmates feel in terms of resources and facilities available for their use within the environment they find themselves. It is believed that a study of their information requirement, accessibility to, and utilization of library information resources would yield insights into the indicators of psychological wellbeing and its impact on prison inmates in their domain as vulnerable members of the society.

Several reviews have been done on subjective wellbeing. Argyle (2001), Diener (1984), Diener & Lucas (1990) have confirmed that subjective wellbeing has different components. Those components reflect people's assessment which is an evaluation of what is currently happening in such individual's lives. It has been agreed upon that subjective wellbeing has different facets; hence factors such as positive effect, lack of negative effect and life satisfaction have been observed to be independent of one another (Andrews & Withey 1976, Lacalet *et al.*, 1996, cited in: Tang, 2008). Invariably, these can be measured and studied interdependently.

Ryff, (1995) noted the existence of two basic main conceptions in the study of psychological wellbeing. The first conception is linked directly to Bradburn's (1989) study which distinguishes psychological wellbeing between negative and positive effect and uses happiness as the balance between the two parts. The second conception which essentially applies in sociological studies embraces life satisfaction as the main indicator of psychological wellbeing. Many scholars such as Mckennell (1984), Bryant & Veroff (1982), Campbell *et al.*, (1976) have documented in their studies that life satisfaction is a cognitive component of psychological wellbeing and thus, it is the more effective dimension of positive functioning (cited in Tang, 2008).

There is a consensus opinion among psychologists (Boey & Chile, 1998) that wellbeing of individuals consists entirely of two aspects, which are positive and negative effect. Psychological wellbeing thus is inclusive of both positive and negative aspects. In order to have a proper evaluation and measurement of wellbeing, both positive mental health, such as happiness and life satisfaction, and mental ill-health, such as anxiety and depression must be put into consideration (Tang, 2008).

It has been proposed that positive mental health and mental ill-health are interrelated (Alienza *et al.*, 2002) but both variables can also be broadly used at two separate axes. Thus, while positive effect implies mental health, negative effect implies mental ill-health. Tang (2008) opined that emotional wellbeing scale developed by Bradburn (1969) confirmed that positive and negative effect items have been found to be relatively independent. The study notes that happiness contains two main components: positive and negative effect. It has been revealed that the two variables are not in any way correlated, but that there are increased correlations among the items of the Global wellbeing (Bradburn, 1969).

It is appropriate to state, therefore, that happiness as hypothesis in the study is indeed a global judgment that people make through comparison of the negative effect and positive effect by subtracting the sum of negative items from the sum of positive ones.

### 3. Methodology

The study adopted the survey research design of correlational type. The study is correlational because it intends to establish relationship among the independent variables viz: information needs, accessibility, utilization and psychological well being of prison inmates in Nigeria.

There are 248 prisons in the 36 states in Nigeria. Among these 248 prisons only 12 prisons have functional libraries, even though majority of the others have what may be referred to as reading rooms. This information is based on the preliminary investigation carried out by the researcher, using the American Correctional Association Library Standard and Guides (1989), as parameters for determining the functionality of the 12 libraries which are: Scope, Administration, Access, Physical Facility and Equipment, Information Technology, Staff, Budget, Library Materials, Services and Budget, Communication and Marketing.

The target population of this study thus comprised prison inmates in the (12) functional prison libraries in Nigeria. This is made up of a total of 4,823 prison inmates. The 12 prison libraries were chosen through purposive sampling from the total number of all the convicted inmates in the twelve prison libraries in Nigeria.

A questionnaire on prison inmates tagged "Information Needs, Accessibility, Utilization and Psychological Well-Being of Prison Inmates" was employed to collect data. This was designed, validated and used to collect data on respondents' demographic characteristics, information needs, access to and utilization of library information resources, and psychological well-being from the respondents.

In order to fulfill necessary ethical requirements of the study, appropriate permission was duly sought from the Nigerian Prison Authority, having provided the overall objectives and the methodology to be used for the study. A comprehensive list of prisons with functional libraries and population of prison inmates were collected from the prison authorities. This was edited and used to construct the sampling size, yielding a total of 4,823 respondents. Out of this size, a sampling procedure was employed in selecting 2,894 respondents from the convicted prison inmates which is 60% of the population. The questionnaire was administered to the respondents and at the end a total of 2,759 completed questionnaires were retrieved, making a response rate of 95.34% (Table 1). The retrieved copies of the questionnaires were collated and sorted, the data were analyzed using both descriptive and inferential statistics, using SPSS soft ware package. The location of prisons sampled, the total inmates per prison, and the numbers of inmates sampled per prison are shown in Table 1. (Appendix)

## 4. Results

### 4.1. Demographic Characteristics of Prison Inmates

The demographic characteristics of the prison inmates are shown in Table 2. This result from the table indicates the overall mean sex of the respondents which is 2601 males and 158 females among the 2759 prison inmates. This translates to 94.3%, and 5.7% for males and females respectively, meaning that there were a few female prison inmates in the Nigerian Prisons. Table 2 also shows that majority of the respondents were Christians and Muslims. Majority of the respondents possessed SSCE (42.5%) and 15.3% of this are very active youths who are still in their prime and need to be reformed and reintegrated into society. Finally, Table 2 reveals the highest number of years inmates have stayed in prison custody, indicating 1-5 years (66%) and 6-10 years (17.7%). (Table 2 - Appendix)

#### 4.1.1. Keys to Table 2

JSSCE: Junior Secondary School Certificate Examination

SSCE: Senior Secondary School Certificate Examination

ND: National Diploma

B.Sc/HND: Bachelor in Science/ Higher National Diploma

M.Sc./M.A./M.Ed: Master of Science/ Master of Art/ Master of Education

The result shows that all the listed information needs are highly needed by the prison inmates as they all obtained mean scores of above criterion mean ( $x \geq 2.50$ ) representing "Highly needed". More specifically, areas such as recreation, study and life-long learning, education support, skill acquisition, legal aid and health are highly needed with means above the 3.08 weighted average. Even other areas such as vocational training, self-actualization, current awareness, survival and coping, psychological needs, cultural information and economics information with lower means scores compared to the weighted average are also highly needed with high mean scores. (Table 3 Appendix)

The finding on Table 4 (Appendix) shows that out of the twenty-four items (information resources) tested, none obtained a mean score above the criterion mean ( $\geq 2.50$ ). The result also showed that dictionary, textbook and novel, as having means scores of 2.00, 2.19, and 2.37, respectively which is the mean scores of the items close to the criterion mean in information resources accessibility. The rest of the mean scores are as follows: encyclopedia (1.56), bibliography (1.89), directory (1.53), handbook and manual (1.75), map and atlas (1.50), gazetteer (1.23), globe (1.35), magazine (1.55), newspaper (1.37), newsletter (1.31), biography (1.46), journal (1.32), audio cassette (1.15), video cassette (1.14), film and slide (1.18), posters (1.26), charts

(1.27), CD-ROM (1.14), OPAC (1.11), and internet (1.18). All these low mean scores ( $x \leq 2.50$ ) portray the poor level of accessibility of library information resources by inmates in Nigeria.

The result on Table 5 (Appendix) shows that utilization of information resources by inmates is quite low. This is evident in the weighted average score obtained at 1.68 ( $1.68 \leq 2.50$ ). The tested items with their calculated individual mean score were: dictionary (2.08), encyclopedia (1.63), bibliography (1.86), directory (1.53), handbook and manual (1.70), maps and atlas (1.44), gazetteer (1.27), globe (1.40), textbook (2.18), novel (2.34), magazine (1.56), newspaper (1.40), newsletter (1.36), biography (1.47), bulletin (1.51), journal (1.28), audio cassette (1.18), video cassette (1.15), film and slide (1.18), posters (1.23), CD-ROM (1.16), OPAC (1.15), and internet (1.20). The result illustrated very low utilization of virtually all library information resources except for dictionary, textbook and novel. It is also noted in the analysis that utilization of information technology resources by inmates is ambiguously low (audio cassette 1.18, video cassette 1.15, film slide 1.18, CD-ROM 1.16, OPAC 1.15 and internet 1.20). This means that the inmates are allowed very little or restricted access to information technology resources in the prison.

The result from the study revealed that out of the twenty-five items listed, twenty-four yielded high mean scores of between 2.57 and 3.41. Only item 10 yielded a low mean score of 2.47. These indicate that the prison inmates' psychological well-being is quite high. The weighted average of 3.03 also attests to this (Table 6 - Appendix). This finding has it that the inmates have self-confidence, felt loved and appreciated by others, satisfied and proud of themselves, felt useful, emotionally balanced and natural at all times. They also would do nothing excessively. They have ambitions, are curious, and would lay hands on projects and feel like enjoying themselves. These and other listed indices of psychological well-being rated the prison inmates high.

The result in Table 7 (Appendix), illustrates the testing of the null hypothesis that there is no relationship between accessibility and psychological well-being of inmates. The coefficient of correlation: .438 which is significant at .05 significance level ( $r = .438$ ;  $p \leq .05$ ). This implies that as accessibility to library resources and services improve, the psychological well-being of inmates also improves. Hence, the null hypothesis is rejected and the alternative accepted.

The result in Table 8 (Appendix), revealed that there is a significant relationship between inmates' utilization of library resources and services and their psychological well-being ( $r = .410$ ;  $p \leq .05$ ). As such the null hypothesis that there is no relationship between utilization of library resources and psychological wellbeing of inmate is rejected and the alternative accepted. This im-



plied that psychological well-being is associated with utilization of library information resources of the respondents.

The study revealed in Table 9 (Appendix), that there is a significant relationship between information need and psychological well-being of inmates ( $r = .454$ ;  $p \leq .05$ ). This means that as information needs becomes clearer, psychological well-being of the inmates tend to improve. Therefore, the null hypothesis that there is no significant relationship between information needs and psychological wellbeing of inmates is rejected and the alternative accepted.

It was observed from the result as represented in Table 10 (Appendix), that accessibility made the greatest contribution in magnitude ( $\beta = .058$ ) while utilization of library resources and services made the lowest contribution to the dependent variable ( $\beta = .032$ ). Of these, the contributions of accessibility and information needs are significant ( $p \leq .05$ ) while that of utilization is also significant ( $p \leq .05$ ).

## 5. Discussions and Conclusion

The result showed that there is a significant cause and effect relationship between information needs, accessibility, utilization and psychological well-being of prison inmates in Nigeria. All the areas of information needs/requirements by inmates are found to be highly needed. Some of these areas of need include: recreation, study and life-long learning, legal aid information, health, survival and coping psychological need and current affairs among others. Of all the library information resources, only a few are occasionally available viz: dictionary, encyclopedia bibliography. The other information resources are not available.

Only eight out of all the library services to inmates are occasionally accessible, while the remaining services are not accessible to them at all. These are; information consultancy service, compilation of reading list services, readers' advisory services, reference services, document delivery, booking discussion, educational support and services to inmates in restricted areas. Among the library information materials, only dictionary, encyclopedias, bibliography among a few others are occasionally accessible. The rest are not accessible.

The study also exposed the state of inmate's access to information technology resources in Nigerian prisons. There is little or no access to ICT facilities as Glennor (2003) posited that many libraries have no computer with internet facilities, in some cases where there are computers with internet access, there were stringent rules governing use. Consequently, this situation creates a digital divide among inmates, as Glennor (2003) explained that when ex-offenders return to the society, they face the digital divide because while incarcerated, they had no access to the internet and thus his or her

knowledge is limited to exaggerated concepts or complete ignorance of its possibilities.

Reforms in Nigerian prisons to date have remained far from achieving some of prisons' goals. This is because prison reforms have concentrated mainly on modernizing its recruitment processes and improvement on the conditions of services of its staff and administrative procedures; but much is left to be desired in the reform of the conditions and needs of its inmates, essentially in the provision of library services. It is ironical that most of the prison infrastructure and libraries inherited from the colonial experience were both not properly developed and managed, or have been left to dilapidate.

The role of prison libraries in the reformation and reintegration process of inmates has been documented in this study. The provision of reference materials, legal aid information, economic information, educational information, vocational information, and self directed reading materials have helped inmates to overcome some of the psychological problems associated with anxiety, depression and aggression through utilization of library information resources. The benefits of library services to inmates during incarceration lies in the supportive role it plays to prison education programmes albeit equipping them for re-entry into society upon release and be useful to themselves.

Barriers militating against successful utilization of library resources and cognitive challenges faced by inmates in accessing those resources have been identified and clearly stated in this study. Prison library infrastructure and equipment have not kept pace with development in Nigeria. There is need, therefore, for urgent policy measure to addressing the perennial problem in Nigerian prisons for the effective provision of information services. Highlights of causes of the dilapidated state of Nigerian prison libraries include inadequate budget provision needed for acquisition of library materials, maintenance of infrastructure and equipment for the development and management of effective library system.

Consequently, Nigerian prison libraries are in a state of decadence. The reforms process initiated since the advent of Nigeria's democracy in 1990 has not achieved much in terms of provision of library resources for utilization by inmates in order to enhance the psychological wellbeing of prison inmates. It is believed that all over the world, prison best practices are born out of the moral, social, political and human right activism. Adoption of best practices is meant to offer succour to inmates because of the dehumanizing policies of authoritarian regimes such as military dictatorship. Nigerian prison service is unable to ensure that conditions in its prisons facilities are adequate for the provision of library services. Prison inmates need information just like other citizens in the free society. Severe over-

crowding and lack of funds have created a deplorable situation in Nigerian prison

Based on the results obtained from the study, the psychological wellbeing of inmates in Nigerian prisons is crucial and critical for the survival of inmates. Information needs of prison inmates are found to be quite high. In the analysis presented, areas of information needs were specified which have great impact on the psychological wellbeing of prison inmates in Nigeria. The types of information mostly needed by prison inmates include: health information, educational support, information on legal aid, information for recreation, study and life-long learning, and skills acquisition among others. The indication is that information requirements of prison inmates in these areas are very essential and therefore were ranked highest. It is implied from the findings that recreation, study and life-long learning, educational support, skill acquisitions are important areas of information requirements that must be provided in Nigeria's prison libraries for the inmates.

This result is in agreement with Dike (2002) and Campbell (2006) who have stated that the prison library is the only alternative place where inmates can exercise their right to information because of the peculiar environment they find themselves once shut-off from the outside world. It is believed that information need of inmates is indeed critical for the daily survival of prisoners, even more so than it is for the free citizens living in the outside world. The relevance of information to the inmates in prison has been justified in various studies. Reading, as a powerful tool, takes special significance for inmates; reading not only builds their knowledge and vocabulary but it also develops their capacity for internal reflection – a crucial skill often lacking among the incarcerated (Jordet, 2008).

She opined that depending on how a reading library is managed, it can be an island of healthy introspection, as it is through collection development (provision of adequate and current information resources) that the prison library can contribute to corrections and become a pro-social resource for inmates, Adegboye (2015) has re-affirmed this view when she stated that education in prison is a path to personal employment, enhanced citizenship and better health achieved through the provision of information resources. Oreh in Adegboye (2015) observed that information in prison is necessary because its provision will make the prisons become places of continuous and informal learning rather than school of crimes. Campbell (2005) has stated that inmates need information to stabilize fear and seclusion. It is interesting that the result of the analysis shows that the generality of the inmates know that they require information and have a clear understanding of materials needed in order to meet the information needs and thus improve their psychological wellbeing.

The capacity of the prison library to meet inmates' information needs is dependent on the type of materials and services provided that is specific and suitable to individual needs. This view is in agreement with the result on information services inmates utilized to meet their information needs. The main information services respondents utilized in meeting their information needs were: information consultancy services, education support services, book discussion services, readers advisory, reference services and current awareness. The analysis shows that inmates are aware of the information and exactly where to seek that information to be used. It is observed that inmates found information on survival and coping, psychological needs, vocational training and self actualization critical to their requirements.

This result agrees with the study by Campbell (1996) who has reported that prisoners need to know how to survive and how they might get out of prison. In order to survive, prisoners need to know who is trustworthy, what will make the authority and the prison system accept them and what right to humane treatment they have. It is clear from the data collected that inmates require information in all aspects of their lives once they are in the prison environment, like every other citizen in the society. The prison library remains the only place where inmates can escape to find solace and the freedom of choice to express themselves. They find this information relevant to their survival and it is mandatory on the prison authority to make adequate provision for their needs.

It is observed, however, that information needs on vocational training, skill acquisition, cultural information and economic information attracted low response in this domain. This may be due to the fact that in majority of Nigeria's prisons, vocational training centres and skill acquisition workshops are in dilapidated states with equipments and facilities for training either broken down or nonexistent. This result supports the views of Eneku-Evawoma (2001) and Amnesty International (2008) that have continuously re-echoed the gory state of the Nation's facilities meant to assist inmates in Nigerian prisons.

## 6. Recommendations

The findings of this study suggest the following recommendations for consideration by the Federal Government, the Nigerian Prison Authority management, NGOs and other stakeholders in the light of the implications of the study.

1. Mechanism should be put in place for the provision of effective library information services for Nigerian prison inmates. This should be based on a comprehensive information need analysis of prison inmates required in the peculiar environment. Barriers such as location of facilities, this is

encompassing, poor lighting, noise that affect accessibility of library resources by inmates need to be addressed so that there can be effective utilization.

2. Additional prison libraries to boost information services for inmates need to be established in other prison locations across the country. This would help to support prison inmates with their quick reference information, recreation, legal aid information and enhance their psychological well-being as well as make them better informed citizens.
3. Prison libraries should accommodate a wide variety of materials to cover all subject interests cutting across the different educational levels and qualifications of inmates. This may include print and non-print materials, newsletters, directory, encyclopaedia, handbooks, subject books and other such information resources already listed in this study.
4. A simulated internet service should be set up in prison libraries for inmates to get acquainted with the vast current materials which act as tool for information generation. The services of professional librarians would be needed in this area, which will then source for these resources on behalf of the inmates.
5. Provision of information materials should be geared more toward individual offenders' needs, and type of crime committed so as to ensure guided bibliotherapeutic reading and counselling. This should be time specific and continuous assessment of the treatment.
6. The extended services of the state and public libraries should be integrated in prison libraries through periodic lending services. This would help the shortage of books in most prison libraries to cater for materials that cannot be readily provided for by prison authorities.

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Received: 2016-05-19. Accepted: 2016-05-19

## Appendix

Prison Libraries	Total Population of Inmates	Sample size	Number of responses	Percent (%)
Kuje FCT (Abuja)	176	106	106	7.2
Kaduna (Kaduna state)	1,321	792	792	54.8
Jos (Plateau State)	626	376	376	26
Ikoyi (Lagos State)	513	305	305	21.2
Port Harcourt (Rivers State)	422	254	161	17.4
Owerri (Imo State)	228	136	113	9.4
Aba (Abia State)	178	120	120	7.4
Oko (Edo State)	525	316	265	21.8
Agidi (Oyo State)	166	100	100	6.8
Nsukka (Enugu State)	274	164	164	11.4
Ijebu-Ode (Ogun State)	231	138	138	9.6
Ogwashukwu (Delta State)	163	119	119	6.8
<b>Total</b>	<b>4,823</b>	<b>2,894</b>	<b>2759</b>	<b>100</b>

Table 1. Study Population and Sample of Prison Inmates

Sex	Frequency	Percent
Male	2601	94.3
Female	158	5.7
<b>Total</b>	<b>2759</b>	<b>100.0</b>
<b>Religious Affiliation of the Respondents</b>		
Christianity	1720	62.3
Islam	1039	37.7
<b>Total</b>	<b>2759</b>	<b>100.0</b>
<b>Educational Level Attained by the Prison Inmates</b>		
Primary Six	244	8.8
JSSCE	423	15.3
SSCE	1172	42.5
ND	377	13.7
B.Sc./HND	353	12.8
M.Sc./M.A./M.Ed	69	2.5
Others	121	4.4
<b>Total</b>	<b>2759</b>	<b>100.0</b>
<b>Length of Imprisonment</b>		
1-5	1838	66.6

6-10	478	17.7
11-15	58	2.1
16-20	39	1.4
Missing	336	12.2
<b>Total</b>	<b>2759</b>	<b>100.0</b>

Table 2. Demographic Characteristics of the Prison Inmates

S/N	List	Very highly needed 4	Highly needed 3	Occasionally needed 2	Not needed 1	Mean	Std Dev
1	Recreation	1480(53.6)	712(25.8)	276(10.0)	291(10.05)	3.22	0.00
2	Study and Life-long Learning	1395(50.6)	844(30.6)	249(9.0)	271(9.8)	3.21	.97
3	Education support	1691(61.3)	683(24.8)	134(4.9)	251(9.1)	3.38	.93
4	Vocational Training	1079(39.1)	822(29.8)	455(16.5)	403(14.6)	2.93	0.06
5	Skill Acquisition	1333(48.3)	820(29.7)	268(9.7)	338(12.3)	3.14	0.02
6	Self Actualization	1119(40.6)	902(32.7)	313(11.3)	425(15.4)	2.98	0.06
7	Current Awareness	1215(44.0)	768(27.8)	349(12.6)	427(15.5)	3.00	0.08
8	Legal Aid	1598(57.9)	595(21.6)	189(6.9)	377(13.7)	3.23	0.06
9	Health	1866(67.6)	536(19.4)	134(4.9)	223(8.1)	3.46	.91
10	Survival and Coping	1234(44.7)	852(30.9)	306(11.1)	367(13.3)	3.07	0.04
11	Psychological Needs	1161(42.1)	759(27.5)	489(17.7)	350(12.7)	2.98	0.05
12	Cultural Information	776(28.1)	558(20.2)	759(27.5)	666(24.1)	2.52	0.13
13	Economics information	1073(38.9)	886(32.1)	447(16.2)	353(12.8)	2.97	0.03

Weight Average = 3.08

Table 3. Information Needs of Prison Inmates

S/N	List Information sources	Very easily Accessible 4	Easily Accessible 3	Occasionally Accessible 2	Not Accessible 1	Mean	Std Dev
1	Dictionary	500(18.1)	396(14.4)	467(16.9)	1396(50.6)	2.00	0.17
2	Encyclopedia	324(11.7)	266(9.6)	310(11.2)	1859(67.4)	1.65	0.05
3	Bibliography	502(18.2)	317(11.5)	330(12.0)	1610(12.0)	1.89	0.18
4	Directory	237(8.6)	232(8.4)	308(11.2)	1982(71.8)	1.53	.96
5	Handbook and Manual	340(12.3)	323(11.7)	407(14.8)	1689(61.2)	1.75	0.07
6	Map and Atlas	211(7.6)	248(9.0)	266(9.6)	2034(73.7)	1.50	.94
7	Gazetteer	87(3.2)	85(3.1)	231(8.4)	2356(85.4)	1.23	.65
8	Globe	189(6.9)	113(4.1)	182(6.6)	2275(82.5)	1.35	.84
9	Textbook	638(23.1)	421(15.3)	543(19.7)	1157(41.9)	2.19	0.20

10	Novel	701(25.4)	597(21.6)	506(18.3)	955(34.6)	2.37	0.19
11	Magazine	277(10.0)	189(6.9)	315(11.4)	1978(71.7)	1.55	.99
12	Newspaper	188(6.8)	126(4.6)	227(8.2)	2218(80.4)	1.37	.85
13	Newsletter	132(4.8)	102(3.7)	260(9.4)	2265(82.1)	1.31	.75
14	Biography	180(6.5)	240(8.7)	257(9.3)	2082(75.5)	1.46	.90
15	Bulletin	271(9.8)	139(5.0)	311(11.3)	2038(73.9)	1.50	.96
16	Journal	108(3.9)	164(5.9)	242(8.8)	2245(81.4)	1.32	.75
17	Audio cassette	76(2.8)	53(1.9)	104(3.8)	2526(91.6)	1.15	.58
18	Video cassette	84(3.0)	24(.9)	105(3.8)	2546(92.3)	1.14	.57
19	Film and Slide	102(3.7)	32(1.2)	132(4.8)	2493(90.4)	1.18	.62
20	Posters	127(4.6)	56(2.0)	233(8.4)	2343(84.9)	1.26	.71
21	Charts	122(4.4)	74(2.7)	233(8.4)	2330(84.5)	1.27	.71
22	CD-ROM	80(2.9)	29(1.1)	105(3.8)	2545(92.2)	1.14	.56
23	OPAC	64(2.3)	33(1.2)	66(2.4)	2596(94.4)	1.11	.51
24	Internet	109(4.0)	42(1.5)	92(3.3)	2516(91.2)	1.18	.64

Weight Average = 1.48

Table 4. *Accessibility of Library Information Resources by Inmates*  
N=2759

S/N	List Information resource	Very Highly Utilized 4	Highly utilized 3	uti- lized 2	Occasionally utilized 1	Not Utilized 1	Mean	Std Dev
1	Dictionary	634(23.0)	296(10.7)	489(17.7)	1340(48.6)	2.08	0.22	
2	Encyclopedia	267(9.7)	276(10.0)	386(14.0)	1830(66.3)	1.63	0.00	
3	Bibliography	486(17.6)	287(10.4)	354(12.8)	1632(59.2)	1.86	0.17	
4	Directory	228(8.3)	251(9.1)	287(10.4)	1993(72.2)	1.53	.96	
5	Handbook and Manual	308(11.2)	348(12.6)	317(11.5)	1786(64.7)	1.70	0.06	
6	Map and Atlas	164(5.9)	211(7.6)	311(11.3)	2073(75.1)	1.44	.86	
7	Gazetteer	112(4.1)	96(3.5)	237(8.6)	2314(83.9)	1.27	.71	
8	Globe	155(5.6)	185(6.7)	279(10.1)	2140(77.6)	1.40	.84	
9	Textbook	593(21.5)	518(18.8)	463(16.8)	1185(43.0)	2.18	0.20	
10	Novel	685(24.8)	572(20.7)	499(18.1)	1003(36.4)	2.34	0.20	
11	Magazine	283(10.3)	194(7.0)	327(11.9)	1955(90.9)	1.56	0.00	
12	Newspaper	201(7.3)	143(5.2)	235(8.5)	2180(79.0)	1.40	.88	
13	Newsletter	162(5.9)	125(4.5)	263(9.5)	2209(80.1)	1.36	.82	
14	Biography	178(6.5)	201(7.3)	365(13.2)	2015(73.0)	1.47	.88	
15	Bulletin	233(8.4)	182(6.6)	351(12.7)	1993(72.2)	1.51	.94	
16	Journal	109(4.0)	132(4.8)	184(6.7)	2334(84.6)	1.28	.73	
17	Audio cassette	102(3.7)	57(2.1)	101(3.7)	2499(90.6)	1.18	.64	
18	Video cassette	81(2.9)	54(2.0)	80(2.9)	2544(92.2)	1.15	.58	

19	Film and Slide	75(2.7)	69(2.5)	143(5.2)	2472(89.6)	1.18	.60
20	Posters	94(3.4)	107(3.9)	201(7.3)	2357(85.4)	1.25	.68
21	Charts	91(3.3)	98(3.6)	193(7.0)	2377(86.2)	1.23	.67
22	CD-ROM	75(2.7)	75(2.7)	89(3.2)	2520(91.3)	1.16	.59
23	OPAC	72(2.6)	60(2.2)	93(3.4)	2534(91.8)	1.15	.57
24	Internet	122(4.4)	59(2.1)	79(2.9)	2499(90.6)	1.20	.68

Weight Average = 1.48

Table 5. Utilization of Library Information Resources by Inmates  
N=2759

S/N	Reports	Strongly Agree	Agree	Disagree	Strongly Disagree	Mean	Std Dev
1	I have self confidence	1746 (63.3)	444 (16.1)	120 (4.3)	449 (16.3)	3.26	0.12
2	I felt that others loved me and appreciated me	897 (32.5)	1224 (44.4)	280 (10.1)	358 (13.0)	2.96	.97
3	I felt satisfied with what I was able to accomplish, felt proud of myself	1451 (52.6)	641 (23.2)	214 (7.8)	453 (16.4)	3.12	0.11
4	I felt useful	1910 (69.2)	395 (14.3)	135 (4.9)	319 (11.6)	3.41	0.01
5	I felt emotionally balanced	1068 (38.7)	833 (30.2)	296 (10.7)	562 (20.4)	2.87	0.03
6	I was true to myself being natural at all times	1297 (47.0)	798 (28.9)	264 (9.6)	400 (14.5)	3.08	0.06
7	I lived at normal pace, not doing anything excessively	1039 (37.7)	714 (25.9)	321 (11.6)	685 (24.8)	2.76	0.19
8	My life was well balanced between my family, personal and school activities	1344 (48.7)	575 (20.8)	257 (9.3)	583 (21.1)	2.97	0.19
9	I had goals and ambitions	1855 (67.2)	411 (14.9)	144 (5.2)	349 (12.6)	3.36	0.04
10	I was curious and interested in all sort of things	764 (27.7)	714 (25.9)	345 (12.5)	936 (33.9)	2.47	0.21
11	I had lots of "get up and go", I took on a lot of projects	778 (28.2)	756 (27.4)	506 (18.3)	719 (26.1)	2.57	0.15
12	I felt like having fun, doing sports and participating in all my favourite activities and past times	1107 (40.1)	907 (32.9)	336 (12.2)	409 (14.8)	2.98	0.05
13	I smiled easily	828 (30.0)	1087 (39.4)	498 (18.1)	346 (12.5)	2.86	.98



14	I had a good sense of humour, easily making my friends laugh	1042 (37.8)	1024 (37.1)	372 (13.5)	321 (11.6)	3.01	.98
15	I was able to concentrate and listen to my friends	999 (36.2)	1151 (41.7)	330 (12.0)	279 (10.1)	3.04	.94
16	I got along well with everyone around me	1267 (45.9)	868 (31.5)	291 (10.5)	333 (12.1)	3.11	0.01
17	I was able to face difficult situations in a positive way	1249 (45.3)	917 (33.2)	212 (7.7)	381 (13.8)	3.09	0.03
18	I was able to clearly sort things out when faced with complicated situa- tions	1120 (40.6)	1077 (39.0)	231 (8.4)	331 (12.0)	3.08	.98
19	I was able to find answers to my problems without trouble	1189 (43.1)	954 (34.6)	292 (10.6)	324 (11.7)	3.09	.99
20	I was quite calm	1337 (48.5)	781 (28.3)	285 (10.3)	356 (12.9)	3.12	0.04
21	I had the impression of really enjoying and living life to the full- est	1455 (52.7)	551 (20.0)	224 (8.1)	529 (19.2)	3.06	0.17
22	I felt good, at peace with myself	1466 (53.1)	680 (24.6)	219 (7.9)	394 (14.3)	3.16	0.07
23	I found life exciting, and I wanted to enjoy every moment of it	1293 (46.9)	698 (25.3)	259 (9.4)	509 (18.4)	3.00	0.14
24	My morale was good	1437 (52.1)	771 (27.9)	197 (7.1)	354 (12.8)	3.19	0.03
25	I felt healthy and in good shape	1414 (51.3)	617 (22.4)	245 (8.9)	483 (17.5)	3.07	0.13
Weighted Average = 3.03							

Table 6. *Prison Inmates' Psychological Well-being Measurement Scale*  
N=2759

Variables	Mean	Std Dev	N	R	df	Signifi- cant	Remarks
INFORMATION ACCESSIBILITY	61.5549	21.571	2759	.438	2758	.049*	Significant
PSYCHOLOGICAL WELLBEING	75.7811	16.2986	2759				

Table 7. *Relationship between Accessibility and Psychological Well-being of Inmates*

Variables	Mean	Std Dev	N	R	Df	Significant	Remarks
INFO. UTILISAT	59.7155	22.5848	2759	.410	2758	0.024	Significant
PSYCHO WELBE-	75.7811	16.2986	2759				

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Table 8. Relationship between Utilization of Library Resources and Psychological Well-being of Inmates

Variables	Mean	Std Dev	N	r	df	Significant	Remarks
INFO. NEED	40.1482	9.5224	2759	.454	2758	.005*	Significant
PSYCHO WELLBE- ING	75.7811	16.2986	2759				

Tables 9. Relationship between Information Needs and Psychological Well-being of Inmates

Factor	Unstandardized Coefficients		Standardized Coefficients	Rank	T	Significance
	B	Std. Error	Beta			
(Constant)	70.727	1.606			44.030	.000
INFO. NEED	9.338E-02	.033	.055	2 <sup>nd</sup>	2.864	.004*
INFO. ACCESSBT	4.395E-02	.019	.058	1 <sup>st</sup>	2.264	.024*
INFO. UTILISAT	-4.345E-01	.019	.032	3 <sup>rd</sup>	-2.267	.007*

\*Significant at p&lt;.05

Table 10. Contribution of the Three Factors to Inmates Psychological Well-being