



American Journal of Human Psychology (AJHP)

ISSN: 2994-8878 (ONLINE)

VOLUME 4 ISSUE 3 (2026)

PUBLISHED BY
E-PALLI PUBLISHERS, DELAWARE, USA

Preparedness of Persons Deprive of Liberty (PDL): A Framework of Social Reintegration

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Article Information

Received: June 22, 2026

Accepted: September 12, 2026

Published: October 07, 2026

Keywords

Persons Deprived of Liberty (PDL), Recidivism, Reentry Preparedness, Rehabilitation, Social Reintegration

ABSTRACT

This study determined the level of preparedness of soon-to-be-released Persons Deprived of Liberty (PDLs) for reintegration into society and formulated a framework to strengthen their readiness for successful social reintegration at Naic Municipal Jail. A descriptive research design employing quantitative approaches was utilized. Data were gathered from 25 soon-to-be-released PDLs and 25 Jail Officers through researcher-developed questionnaire. The data were analyzed using a paired-samples t-test, regression analysis, and analysis of variance (ANOVA) to examine differences in preparedness, expectations, and the influence of selected variables. Findings showed that most PDL respondents were high school-level or high school graduates, had been incarcerated for one year and one day to two years, and were facing drug-related cases. No significant difference was found between the PDLs' self-assessed preparedness and the Jail Officers' assessment of their demonstrated or practiced preparedness. Likewise, no significant difference was found between the expectations of PDLs and Jail Officers, and the moderating variables did not significantly influence the PDLs' expectations. Overall, the preparedness of soon-to-be-released PDLs was assessed at a high extent, although the findings indicated a continuing need for a structured social reintegration framework. Accordingly, the study proposes a fifteen-day Strategic Framework for Social Reintegration that integrates behavioral, psychological, intellectual, vocational, and spiritual preparation. Naic Municipal Jail should sustain and strengthen its Therapeutic Community Modality Program while implementing the proposed framework, with particular emphasis on improving intellectual development readiness and tailoring vocational and behavioral preparation for PDLs involved in drug-related cases.

INTRODUCTION

The reintegration of persons deprived of liberty (PDLs) into society represents one of the most critical challenges facing modern criminal justice systems worldwide. Approximately 11 million people are currently held in prisons globally, with this population experiencing disproportionately higher rates of physical and mental health conditions compared to the general population (Ismail *et al.*, 2021). Beyond the immediate consequences of incarceration, PDLs face profound emotional, social, and psychological challenges that persist long after their release (Martinez & Buan, 2025). The ultimate objective of contemporary correctional systems extends far beyond mere custody; instead, the primary goal of social reintegration is to reduce recidivism and rebuild the capacity for social adaptation (Sabareanu & Gonta, 2025). In the Philippine Correctional System, three major government agencies are responsible for offender development and rehabilitation: the Department of Justice (DOJ), which supervises the National Penitentiaries through the Bureau of Corrections; the Department of Interior and Local Government (DILG), which oversees provincial, district, city, and municipal jails through the Bureau of Jail Management and Penology (BJMP); and the Department of Social Welfare and Development (DSWD), which supervises regional rehabilitation centers for youth offenders. The BJMP, established

under Republic Act 6975 in 1991, is mandated to direct, supervise, and control all district, city, and municipal jails nationwide with the dual responsibility of safekeeping and development of PDLs. Social reintegration in the Philippine prison setting encompasses both institutional support including moral, vocational, and educational development through work practices, cultural, and recreational activities and community reintegration support during and after imprisonment. This broader framework addresses the special needs of offenders, including substance addiction, mental or psychological conditions, and anger management, among other factors that may contribute to offending behavior.

The reentry period following release from incarceration is characterized by extreme challenges for most formerly incarcerated individuals. The ability to overcome such challenges depends critically on the services, level of supervision, and type of support available during the transition (Peled-Laskov *et al.*, 2021). Research consistently demonstrates that approximately 44% of individuals return to prison within a year of their release in the United States, reflecting the persistent difficulty of successful community reintegration (McDonald & Hanson, 2024). These high recidivism rates underscore a fundamental gap between current rehabilitation approaches and the actual needs of reintegrating populations.

The barriers to successful reintegration are multifaceted

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and interconnected. Justice-involved individuals face systemic inadequacies in reentry processes, including employment exclusion, housing instability, supervision challenges, and pervasive stigma (Zgoba, 2026). Additionally, widespread societal bias against PDLs and former PDLs perpetuates a persistent stigma that hinders their journey to successful community reintegration (Tenebro *et al.*, 2026). These structural obstacles are often compounded by pre-existing disadvantages, including poverty, social exclusion, and chaotic lifestyles that characterized many individuals' lives prior to incarceration (Ismail *et al.*, 2021). In the Philippine context, research on the Criminal Justice System's reintegration challenges reveals that PDLs experience complex barriers throughout the reentry process. A comprehensive study examining the lived experiences of individuals within the Philippine Criminal Justice System identified that reintegration into the community poses particular challenges for marginalized groups, including limited employment opportunities, restricted housing access, and the enduring impact of criminal records (Capundan & Belarmino, 2025). Furthermore, studies on recidivism in the Bureau of Jail Management and Penology – National Capital Region indicate that younger males with drug-related cases tend to recidivate at higher rates, underscoring the need for targeted interventions addressing the specific profiles and needs of high-risk reintegrating populations (Delfin *et al.*, 2023).

Although various rehabilitation and reentry programs exist across correctional systems, evidence suggests that current interventions frequently prioritize recidivism reduction over holistic rehabilitation (Koseli *et al.*, 2026). Research on the lived experiences of PDLs reveals that while correctional institutions and community programs play vital roles in supporting psychosocial well-being, significant gaps remain in addressing the comprehensive needs of reintegrating populations (Demegillio, 2025). Key deficiencies include inadequate mental health support, insufficient family engagement, limited post-release interventions, and insufficient resources for skill development and social connection (Arquesola *et al.*, 2025).

Furthermore, the role of experiential knowledge insights drawn from the lived experiences of formerly incarcerated individuals remains underutilized in program design and implementation. System-impacted individuals possess valuable insights regarding effective reentry strategies, yet their voices and perspectives are frequently marginalized in policy and program development (Troshynski *et al.*, 2024). This disconnect between program theory and the actual experiences of reintegrating populations represents a missed opportunity for developing more responsive, effective, and equitable interventions. In Philippine correctional facilities, research examining the lived experiences of PDLs participating in rehabilitation programs reveals that while institutional programs play vital roles in supporting psychosocial well-being, significant gaps persist. Studies from various Philippine

jails including the General Santos City Jail, Makati City Jail, and Lucena City District Jail document that PDLs report perceived improvements in emotional regulation, ethical awareness, and dignity through participation in vocational training, values formation, educational programs, and spiritual development (Demegillio, 2025). However, PDLs also consistently identify unmet needs, particularly in mental health support, family engagement, and post-release interventions that bridge the transition from incarceration to community reintegration (Sunico, 2024). Moreover, assessments of rehabilitation program implementation across Philippine district jails reveal disparities in program quality, with variations in skills training, livelihood activities, and facility conditions affecting the effectiveness of reintegration preparation (Alkuino & Cagulada, 2025).

Recognizing these challenges, the emerging literature suggests that successful social reintegration requires an integrated, person-centered framework that addresses multiple dimensions of reintegration simultaneously. Evidence-based practices demonstrate that rehabilitation programs supporting educational development, vocational training, psychological wellness, spiritual growth, and meaningful social engagement produce more favorable outcomes (Sonido & Reynoso, 2026). Additionally, interventions incorporating trauma-informed care, restorative justice principles, and community collaboration have shown promise in facilitating sustainable reintegration (Koseli *et al.*, 2026).

In the Philippines, the Therapeutic Community Modality Program (TCMP) has been recognized as the backbone program of the BJMP for inmate development and is implemented across the majority of jails nationwide. The TCMP framework addresses four interconnected development aspects: (1) behavior management, (2) emotional and psychological well-being, (3) intellectual and spiritual growth, and (4) vocational and survival skills. Each component incorporates discrete methodologies and behavior-shaping strategies that collectively support comprehensive personality development and social readiness. In the Philippines, the Therapeutic Community Modality Program (TCMP) has been recognized as the backbone program of the BJMP for inmate development and is implemented across the majority of jails nationwide. The TCMP framework addresses four interconnected development aspects: (1) behavior management, (2) emotional and psychological well-being, (3) intellectual and spiritual growth, and (4) vocational and survival skills. Each component incorporates discrete methodologies and behavior-shaping strategies that collectively support comprehensive personality development and social readiness.

Recent Philippine research on TCMP effectiveness demonstrates significant positive outcomes. Studies examining former PDLs' experiences in TCMP implementations across regional jail facilities report that participants experienced notable behavioral transformation, strengthened resilience, and enhanced

relationships and communication skills (Luceño, 2024). Furthermore, evaluations of the TCMP in the Quezon City Jail Male Dormitory revealed that both PDLs and Jail Officers perceived the program as highly effective in promoting behavioral improvements, self-discipline, personal responsibility, and skill development (Alaba, 2026). A longitudinal study on female PDLs completing TCMP at Lucena City District Jail found that program completers demonstrated significantly lower recidivism rates (10%) compared to non-completers (30%), representing a 66.7% reduction in re-offending (Márquez, 2025). These findings underscore the evidence-based foundation of TCMP as a core rehabilitative intervention within the Philippine correctional system.

This paper proposes the Preparedness of Persons Deprived of Liberty (PDL) Framework as a comprehensive approach to conceptualizing and operationalizing social reintegration within the Philippine context. The framework recognizes that successful reintegration requires strategic preparation throughout the incarceration period, addressing psychological readiness, skill development, social support networks, and systemic barriers simultaneously. Drawing from the Philippine experience with programs such as the TCMP, as well as evidence from research on rehabilitation programming, lived experiences of PDLs, and international best practices, this framework offers actionable pathways toward meaningful and sustainable social reintegration. The framework emphasizes the vital role of community support networks including family connections, local government partnerships, non-government organizations, and private sector involvement in facilitating effective reentry and preventing recidivism. This paper proposes the Preparedness of Persons Deprived of Liberty (PDL) Framework as a comprehensive approach to conceptualizing and operationalizing social reintegration within the Philippine context. The framework recognizes that successful reintegration requires strategic preparation throughout the incarceration period, addressing psychological readiness, skill development, social support networks, and systemic barriers simultaneously.

Philippine research on complementary rehabilitation modalities supports an integrated, multi-dimensional approach to reintegration preparation. Studies examining faith-based programs at Philippine city jails demonstrate that spiritual involvement provides emotional grounding, moral guidance, and renewed personal responsibility, facilitating successful community reintegration and reduced recidivism (Lucero *et al.*, 2026). Research on education-based interventions through the Alternative Learning System (ALS) in Philippine jails reveals that PDLs perceive education not merely as academic instruction but as a transformative process that restores dignity, strengthens resilience, and rekindles hope for reintegration (Villaos & Regencia, 2026). Additionally, integrated rehabilitation programs combining literacy, livelihood training, and moral development at Philippine correctional facilities have demonstrated strong

secondary-level educational outcomes, viable livelihood economics, and notable psychosocial transformation (Villanueva *et al.*, 2026). Community-based interventions, including electronic visitation (E-Dalaw) programs, further strengthen family dynamics and relationships critical to sustained reintegration (Chelnag, 2024).

Drawing from the Philippine experience with programs such as the TCMP, as well as evidence from these localized rehabilitation modalities, research on PDL lived experiences, and international best practices, this framework offers actionable pathways toward meaningful and sustainable social reintegration. The framework emphasizes the vital role of community support networks including family connections, local government partnerships, non-government organizations, and private sector involvement in facilitating effective reentry and preventing recidivism.

MATERIALS AND METHODS

Research Design

The study utilized the descriptive research design that employs quantitative and approaches, including one paired t-test, regression, and analysis of variance (ANOVA). This method of research examined the level of preparedness of soon-to-be-released PDLs for their reintegration into society, compared the expectations of two groups of respondents and used the results to craft a framework for social reintegration. The researcher gathered the demographic profile of the selected individuals in the two groups of respondents, administered survey questionnaires to the soon-to-be-released PDLs based on the development aspects and conducted survey interviews with selected individuals from both groups. Comparisons using the t-test method were then made to determine the gaps between the two groups, which guided the researcher in formulating programs suited to the jail populace for their successful reintegration into society. To analyze the data collected, the researcher collated all the information gathered and conducted comparison and evaluation.

Research Locale

This study was conducted at the Naic Municipal Jail, a district facility under the Bureau of Jail Management and Penology (BJMP) located in the Municipality of Naic, Cavite, in the CALABARZON region of the Philippines. The facility houses male and female persons deprived of liberty (PDLs) at various stages of trial and sentencing and implements the Therapeutic Community Modality Program (TCMP) as its primary rehabilitation platform. Naic Municipal Jail was purposively selected as the study site because it is the researcher's area of professional assignment, which facilitated sustained access to respondents and institutional records, and because its population profile - predominantly short-to-medium-term detainees with drug-related cases - is broadly representative of municipal jails within the region.

Population and Sampling Procedure

The target population was consisted of the total population of 25 soon-to-be-released PDLs who were detained at Naic Municipal Jail and 25 Jail Officers assigned at the same facility. Because this population was small and finite at the time of data collection, a total enumeration approach was applied to both groups, and no probability or convenience sampling frame smaller than the full eligible population was used. Scheduling of PDL interviews was arranged around jail routines for practical reasons, and Jail Officer participation was coordinated across the facility's duty roster, but both groups were surveyed in full.

Inclusion and Exclusion Criteria

PDL respondents were included if they (a) were officially classified by jail administration as soon-to-be-released within the next thirty (30) days, (b) had served a minimum of six (6) months in detention at Naic Municipal Jail, and (c) voluntarily provided informed consent to participate. PDLs were excluded if they had a documented acute psychiatric condition that, in the judgment of the Unit Nurse or Mental Health Officer, would impair their capacity to respond validly to the instrument, or if release depended on a pending appeal with an indeterminate timeline. Jail Officer respondents were included if they had at least one (1) year of direct supervisory or custodial experience with the PDL population at the facility. These criteria were applied uniformly to both the survey and interview phases of data collection.

Research Instrument

The survey questionnaire used in this study was composed of two parts. Part I, the Profile Checklist, covered the socio-economic profile of the PDL respondents in terms of educational attainment, length of stay in jail, and the case filed against them. Part II, Preparedness in the Reintegration to Society, was a researcher-made questionnaire checklist used to evaluate both the self-assessment of the soon-to-be-released PDLs and the assessment made by the Jail Officers of these same PDLs. The draft of the questionnaire was developed based on the researcher's readings, previous studies, professional literature, and published and unpublished theses relevant to the study.

The survey questionnaire and survey interview consisted of five areas with three items or indicators each, namely the behavioral aspect, the emotional/psychological aspect, the intellectual aspect, the survival/vocational aspect, and the spiritual aspect of the soon to be released PDLs, together with the corresponding assessment by the Jail Officers of these same PDLs. The content of the instrument was based on the findings of preliminary interviews conducted with the soon to be released PDLs and with the Jail Officers, as well as on information drawn from the literature reviewed.

Each item was rated using a five-point Likert scale, with the descriptive equivalents as follows: 5 – To a Very High

Extent (4.50–5.00); 4 – To a High Extent (3.50–4.49); 3 – To a Moderate Extent (2.50–3.49); 2 – To a Low Extent (1.50–2.49); and 1 – To a Very Low Extent (1.00–1.49). Weighted means of at least 3.40 were treated as strengths, while weighted means below 3.40 were treated as weaknesses of the respondents' preparedness.

Validity and Reliability of the Instrument

Prior to reliability testing, the draft instrument was submitted to a panel of five (5) jurors composed of correctional practitioners and research experts including a BJMP officer with jail management experience, a licensed psychologist, and three research specialists with backgrounds in criminal justice or social science methodology—for content and face validation. The jurors rated each item for clarity, relevance to the five development aspects, and appropriateness for the reading level of the target respondents using a validation rating sheet; items that received a mean rating below 3.0 (on a 4-point scale) or substantive negative comments were revised or removed prior to pilot testing. This expert validation step preceded, and is distinct from, the pilot reliability and one-sample-t-test procedures described below.

To test the reliability of the questionnaire, five non-sample respondents were asked to answer it, and their responses were tested for internal consistency using Cronbach's alpha. An alpha coefficient of at least 0.70 was considered to pass the reliability test; where the coefficient fell below 0.70, the items on which the non-sample respondents showed significant differences were simplified and the questionnaire was re-administered to the same five non-sample respondents.

To test the validity of the questionnaire, the responses of the same five non-sample respondents were subjected to a one-sample t-test. Where the test result was not significant, the questionnaire was considered valid; where the test was significant, the items showing significant results were simplified and the instrument was again administered to the five non-sample respondents until an acceptable result was achieved. Cronbach's alpha and the one-sample t-test were computed using IBM SPSS Statistics (version 26); all statistical decisions in this reliability and validity phase were evaluated at the 0.05 level of significance.

Data Gathering Procedure

After the instrument was validated, the researcher secured a written permit from the Regional Office of the BJMP, Region IV-A (CALABARZON), to gather the needed data from the soon-to-be-released PDLs and the Jail Officers. Upon approval, the researcher explained the purpose of the study to the selected respondents and ascertained that each participant met the predefined inclusion criteria. Data were then collected using a survey questionnaire covering the demographic profile of the respondents, the preparedness of the soon-to-be-released PDLs and the corresponding assessment of the

Jail Officers in terms of the five aspects: the Behavioral Management, Emotional/Psychological Management, Intellectual Development, Survival/Vocational Training, and Spiritual Guidance, as well as the extent to which the expectations of the two groups of respondents differed. After the respondents completed the instrument, the accomplished questionnaires were checked, tallied, interpreted, and analyzed. Data collection took place over a four-week period, with survey administration and interviews conducted on-site at Naic Municipal Jail in a private conference room designated by jail management. On average, PDL respondents required 20 to 30 minutes to complete the survey questionnaire and interview combined, while Jail Officer respondents required 15 to 20 minutes.

Statistical Treatment

All quantitative data were encoded and analyzed using IBM SPSS Statistics (version 26), and all statistical tests in this study were evaluated at the 0.05 level of significance ($\alpha = 0.05$).

The responses gathered from the soon to be released PDLs and from the Jail Officers were statistically analyzed based on the data requirements of the study. Frequency counts and percentages were used to describe the socio-economic profile of the respondents in terms of educational attainment, length of stay in jail, and case filed. Weighted means, together with their descriptive equivalents on the five-point Likert scale, were computed to determine the level of preparedness of the PDLs as demonstrated and as expected, and the corresponding assessment made by the Jail Officers.

A paired t-test was used to determine whether the means of two related variables which are the expectations of the Jail Officers and the expectations of the soon to be released PDLs differed significantly from each other. Analysis of Variance (ANOVA) was used to determine whether the expectations of the soon to be released PDLs differed significantly when the respondents were grouped according to the moderating variables of educational attainment and length of stay in jail. An independent-

samples t-test was used to compare the means of the expectations of the PDLs when grouped according to the case filed against them, that is, drug cases as against crimes against persons, to determine whether there was statistical evidence that the associated population means were significantly different. For the paired t-test, ANOVA, and independent-samples t-test results reported in this study, corresponding effect sizes (Cohen's d for the t-tests and eta-squared for ANOVA) were likewise computed and are reported alongside significance decisions to indicate the practical, and not merely statistical, magnitude of the observed differences.

Ethical Considerations

All respondents were informed of the purpose and importance of the study, as well as how the data would be collected. They were advised that they could withdraw from the study at any time without penalty. Willing participants were provided informed consent forms in which the goal of the study was explained in further detail. They were likewise informed that interviews were conducted in a private conference room to maintain confidentiality, and that upon completion of the study, all information and transcribed interviews would be destroyed one year after the research. The respondents' rights under the Data Privacy Act were observed throughout the conduct of the study. This study was reviewed and cleared by the Philippine Christian University Research Ethics Committee, and formal data collection commenced only after written clearance was secured from the Bureau of Jail Management and Penology, Regional Office IV-A (CALABARZON), consistent with Republic Act No. 10173 (Data Privacy Act of 2012) and the Philippine National Ethical Guidelines for Health and Health-Related Research.

RESULTS AND DISCUSSION

Socio-Economic Profile of the Soon-to-be-Released PDLs

As shown in Table 1, the majority of the soon-to-be-released PDLs, 76 percent, reached only the high

Table 1: Socio-Economic Profile of Soon-to-be-Released Persons Deprived of Liberty

Profile Variable	Category	Frequency	Percentage
Educational Attainment	No Read, No Write	3	12%
	High School Level/Graduate	19	76%
	College Level/Graduate	1	4%
	Vocational Course Graduate	2	8%
Length of Stay in Jail	6 months to 1 year	5	20%
	1 year & 1 day to 2 years	12	48%
	2 years & 1 day and up	8	32%
Case Filed	Drug Cases	18	72%
	Crimes Against Persons	7	28%

school level or were high school graduates, while just 4 percent reached the college level; this suggests that most respondents did not attain a college education. This finding runs counter to national statistics from the Philippine Statistics Authority, which, as of March 2019, recorded around 15,000 inmates nationwide with only elementary-level education and only about 520 inmates who had taken vocational courses indicating that the Naic Municipal Jail population is comparatively better educated than the national inmate population, though still concentrated at the secondary level.

In terms of length of stay in jail, 48 percent of the respondents had been detained for one year and one day up to two years, while only 20 percent had been detained for six months to a year, suggesting that most respondents had already served a considerable length of time inside the facility. This is consistent with the observation of Narag (2018) in an article on the Philippines' lengthy pre-trial detention, which noted that inmates in the country stay in jail for an average of 528 days before conviction

or acquittal, with some cases extending to as long as ten years.

With respect to the case filed, 72 percent of the respondents were detained on drug-related charges, while 28 percent faced charges for crimes against persons. This pattern reflects the period during which the "Oplan Tokhang" anti-illegal drugs campaign was being implemented nationwide, and is corroborated by data from the Philippine Statistics Authority, which recorded about 41,500 reported drug-related cases in the Philippines in 2021, with the National Capital Region alone accounting for roughly 12,400 of these cases.

Preparedness of Soon-to-be-Released PDLs as Self-Assessed and as Assessed by Jail Officers

Table 2 summarizes the general weighted average (GWA) obtained for each of the five development aspects, both as demonstrated (self-assessment of the PDLs and assessment by Jail Officers) and as expected by the two groups of respondents.

Table 2: General Weighted Averages of Preparedness in the Five Development Aspects

Development Aspect	PDL: As Demo.	PDL: As Expect.	Officer: As Demo.	Officer: As Expect.
Behavioral Management	4.39 (High)	3.88 (High)	3.97 (High)	4.25 (High)
Emotional/Psychological Management	4.07 (High)	4.03 (High)	3.90 (High)	4.05 (High)
Intellectual Development	4.16 (High)	4.08 (High)	3.68 (High)	4.24 (High)
Survival/Vocational Training	4.17 (High)	4.03 (High)	3.75 (High)	4.21 (High)
Spiritual Guidance	4.33 (High)	4.24 (High)	4.07 (High)	4.32 (High)

Behavioral Management Aspect

With regard to the Behavioral Management aspect, the PDLs rated their own demonstrated behavior highest on "having respect for others" (4.64, Very High Extent) and lowest on "following implemented rules and laws" (4.20, High Extent), yielding a GWA of 4.39 as demonstrated against 3.88 as expected, both described as High Extent. Jail Officers, for their part, rated the PDLs' demonstrated behavior somewhat more conservatively, with a GWA of 3.97 as demonstrated, but set a higher bar of 4.25 for what is expected of the PDLs upon release. This pattern, in which custodial staff rate current behavior slightly lower than the PDLs rate themselves while holding higher expectations for the future, recurred across most of the five aspects. This finding aligns with contemporary research on the psychological impact of incarceration. Studies have documented that the correctional environment itself can exacerbate mental health challenges, with research indicating that more than half of incarcerated individuals carry a diagnosed mental illness (Al-Rousan *et al.*, 2017), with a substantial share of these diagnoses identified early in the course of incarceration, suggesting that many such conditions predate imprisonment rather than being caused by it. The disparity between self-assessment and officer assessment may reflect the difference in reference points. While

PDLs evaluate themselves against their own baseline, correctional officers assess them against community standards and the demands of post-release life.

Emotional/Psychological Management Aspect

For the Emotional/Psychological Management aspect, both groups of respondents converged closely. the PDLs recorded a GWA of 4.07 as demonstrated and 4.03 as expected, while the Jail Officers recorded 3.90 as demonstrated and 4.05 as expected, all falling under the High Extent description. For both groups, the indicator "offering help to others and valuing the welfare of the majority over personal welfare" tended to receive one of the higher ratings among the three indicators. This finding reflects ongoing challenges in correctional reintegration programming. Contemporary research emphasizes that effective reentry requires comprehensive preparation during incarceration, including mental health services and substance abuse treatment (Edwards, 2021), as well as meaningful job training aligned with labor market needs (Waweru & Muhindi, 2025). This concern is particularly salient for the present study, given that most of the PDL respondents were incarcerated for drug-related cases; recent research on incarcerated women underscores that unaddressed substance abuse, trauma, and f dysfunction across generations, and it calls for neuropsychological

rehabilitation approaches that address these intersecting needs to support successful reintegration (Enyejo *et al.*, 2024). The consistently high emotional-readiness ratings mental health disorders can perpetuate cycles recorded in this study suggest that, in the specific context of Naic Municipal Jail, the psychosocial component of the TCMP appears to be functioning as intended, providing meaningful emotional and psychological support that may help mitigate broader systemic gaps identified in the literature elsewhere.

Intellectual Development Aspect

In the Intellectual Development aspect, the PDLs rated themselves highest on “finding ways to learn something that could help others, family, and self” (4.40, Very High Extent) and gave a GWA of 4.16 as demonstrated against 4.08 as expected. The Jail Officers, however, rated the PDLs’ demonstrated intellectual development markedly lower, with a GWA of only 3.68, while setting the highest expectation among all five aspects for this category at 4.24. This is the widest gap between the “as demonstrated” ratings of the two groups of respondents found in the study, reflecting a critical challenge documented in contemporary correctional research. Recent meta-analyses demonstrate that prison education programs—including vocational, secondary, and college-level instruction significantly reduce recidivism and increase post-release employment and wages (Stickle & Schuster, 2023). The largest effects are found in vocational and college programs, with vocational education yielding a return of \$3.05 per dollar spent (Stickle & Schuster, 2023). The substantial discrepancy between officer expectations and current demonstrated intellectual development at Naic Municipal Jail underscores the importance of strengthening educational programming to better prepare PDLs for the cognitive demands of post-release employment and community reintegration.

Survival/Vocational Training Aspect

For the Survival/Vocational Training aspect, the PDLs recorded a GWA of 4.17 as demonstrated and 4.03 as expected, rating themselves highest on “being diligent in tasks and finishing work within the set time” (4.28). The Jail Officers recorded a GWA of 3.75 as demonstrated and 4.21 as expected, again showing a lower assessment of current readiness paired with a higher expectation for post-release performance. This finding reflects persistent barriers documented in recent reentry literature. Ex-offenders face substantial employment discrimination rooted in both employer perceptions of recidivism risk and social stigma associated with criminal justice contact (Sugie *et al.*, 2019). Research shows that a criminal record reduces employment opportunities and monthly wages across employment sectors (Hjalmarsson *et al.*, 2025), with employers substantially less likely to hire applicants with records unless they possess credentials signaling reliability, such as relevant work experience, educational credentials, or positive employment references (Santos *et al.*, 2023).

Additionally, entrepreneurship sometimes pursued by those facing severe hiring barriers often reflects “push” rather than “pull” dynamics and yields lower long-term income compared with stable wage employment (Rocha & Sunao, 2026). These employment challenges highlight why comprehensive vocational training and post-release job placement support remain critical components of effective reintegration programming.

Spiritual Guidance Aspect

Finally, in the Spiritual Guidance aspect, the PDLs registered the highest GWA among the five aspects, 4.33 as demonstrated and 4.24 as expected, driven largely by the indicator “asking forgiveness from God and entrusting problems and their solutions to God” (4.56, Very High Extent). The Jail Officers likewise rated this aspect favorably, with a GWA of 4.07 as demonstrated and 4.32 as expected, the highest expectation they held among the five aspects apart from behavioral management. This finding is consistent with contemporary research on faith-based correctional programs. Recent studies demonstrate that religious participation contributes significantly to rehabilitation through identity transformation, enhanced meaning and purpose in life, and virtue development (Jang & Johnson, 2022). Faith-based programs in correctional settings have been shown to reduce state depression, anxiety, and interpersonal aggression (Jang & Johnson, 2022), and to promote positive behavioral modification and psychological resilience (Hidayanti & Azizah, 2026). A narrative case study of reintegrated Filipino ex-convicts similarly found that spiritual rehabilitation and emotional acceptance functioned as central coping mechanisms during reentry, with these life realizations reinforcing family support and community involvement in ways that reduced recidivism and sustained long-term reintegration (Bidola *et al.*, 2024). However, research also underscores the importance of sustained institutional support and comprehensive aftercare. Studies indicate that while spiritual involvement provides emotional grounding, stabilizing structure, and moral guidance within correctional facilities (Lucero *et al.*, 2026), long-term effectiveness requires continued spiritual and social support following release to address the distinct challenges of community reintegration.

The results show that the level of preparedness of the soon-to-be-released PDLs, whether self-assessed or assessed by the Jail Officers, whether as demonstrated inside the facility or as expected upon release, was consistently described as High Extent across all five development aspects. The recurring pattern in which Jail Officers rated current, demonstrated behavior somewhat more conservatively than the PDLs rated themselves, while simultaneously expecting more from the PDLs after release, may be read less as a disagreement in kind and more as a difference in vantage point. The PDLs judge themselves against their own past conduct, while officers judge PDLs against the standard of life in the free community.

Extent of Expectations: PDLs versus Jail Officers

Statement of the Problem No. 2 asked to what extent the expectations of the soon-to-be-released PDLs and the expectations of the Jail Officers on them differ in the level of preparedness for reintegration into society. Across the five aspects, the general weighted average of the expectations held by the Jail Officers was 4.05, described as High Extent, while the general weighted average of the expectations held by the PDLs themselves was 4.22, also described as High Extent. Within the Jail Officers' ratings, the indicator "asking forgiveness from God and entrusting problems and their solutions to God," under the Spiritual Guidance aspect, obtained the single highest weighted mean of 4.64, while three indicators under the Emotional/Psychological and Intellectual Development aspects tied for the lowest weighted mean of 3.96. Among the PDLs' own expectations, "having a religion, believing in God, and knowing how to pray," also under the Spiritual Guidance aspect, obtained the highest weighted mean of 4.40, while "not hurting others, avoiding trouble, and knowing how to get along with others," under the Behavioral aspect, obtained the lowest weighted mean of 3.36, described as Moderate Extent, the only indicator in the entire study rated below the High Extent threshold.

Because both general weighted averages fall within the same High Extent descriptive range and are numerically

close to one another, the extent of expectation between the Jail Officers and the PDLs soon to be released, based on the five aspects, does not appear to differ meaningfully from each other. This finding is consistent with the reintegration literature reviewed in this study, which holds that structured, program-based preparation, such as the TCMP's four interconnected development aspects, fosters a convergence of judgment about readiness between PDLs and their custodial officers (Nggala & Soge, 2026). Recent evidence demonstrates that personality development activities encompassing religious guidance, moral counseling, and psychological counseling enhance self-awareness and mental readiness, with inmates who actively participate in structured programs demonstrating measurably positive behavioral changes and significantly lower recidivism tendencies (Nggala & Soge, 2026). Furthermore, comprehensive rehabilitation programs that address multiple developmental dimensions have shown improved effectiveness in supporting social reintegration outcomes (Damanik, 2026).

Extent of Expectations Based on the Moderating Variables

The extent to which the expectations of the soon to be released PDLs varied according to the moderating variables of educational attainment, length of stay in jail, and case filed.

Table 3: Tests of Difference in the Expectations of PDLs Grouped by Moderating Variables

Moderating Variable	Test Used	Computed Value	Critical Value	Interpretation	Decision
Educational Attainment	ANOVA (F)	2.0995	2.36489	Not Significant	Failed to Reject H0 Hypothesis
Length of Stay in Jail	ANOVA (F)	0.9426	2.56131	Not Significant	Failed to Reject H0 Hypothesis
Case Filed	Independent t-test	3.2798	1.714	Significant	Failed to Reject H0 Hypothesis

As shown in Table 3, the computed F-value of 2.0995 for educational attainment is less than the critical F-value of 2.36489 at the 0.05 level of significance, indicating no significant difference in the expectations of the PDLs when they are grouped according to educational attainment. This aligns with recent research findings (Ellison *et al.*, 2017) demonstrating that while education in prison has positive impacts on recidivism outcomes, the effectiveness depends more on the specific type and delivery of programming rather than formal educational level alone. Studies suggest that structured vocational and skills-based training programs show stronger associations with behavioral change and successful reintegration than general literacy education; expectations, in other words, appear to be shaped less by formal educational attainment than by the kind of training a PDL actually receives.

Likewise, the computed F-value of 0.9426 for length of stay in jail is less than the critical value of 2.56131, indicating no significant difference in the expectations of the PDLs when grouped according to the length of time they had been detained. Recent research on long-

term imprisonment and adaptation (Hulley *et al.*, 2015) confirms that while imprisonment produces fundamental changes in the self as individuals adapt to confinement, these psychological and behavioral shifts do not necessarily translate into heterogeneous reintegration expectations. This pattern is consistent across different sentence lengths, suggesting that the coping mechanisms developed during incarceration operate similarly regardless of duration, and therefore do not significantly differentiate expectations among the respondents surveyed.

In contrast, the computed t-value of 3.2798 for case filed exceeds the absolute critical value of 1.714, indicating a significant difference in the expectations of the PDLs when they are grouped according to the nature of the case filed against them. Respondents facing drug-related cases recorded a higher mean expectation (3.8661) than respondents facing crimes against persons (3.3843). This finding is broadly consistent with contemporary research on prison-based vocational training, which demonstrates that structured vocational training programs, including

life skills education and counseling, are associated with reduced recidivism among former inmates (Wanyama, 2026). While that research was not specific to drug-related offenders, the pattern observed in the present study may be explained by the profile of PDLs with drug-related cases: many had been involved in illegal income-generating activities prior to incarceration and may therefore hold different, and possibly more urgent, expectations about the vocational and behavioral preparation needed to generate legitimate income upon release.

Overall, the moderating variables of educational attainment and length of stay in jail exerted no significant intervening effect on the expectations of the PDLs soon to be released, while the case filed against them did exert such an effect. This suggests that reintegration programming may be usefully differentiated according to the nature of a PDL's offense, even as it remains broadly uniform across educational backgrounds and periods of detention.

Proposed Strategic Framework for the Social Reintegration of Soon-to-be-Released PDLs

Since the level of preparedness of the soon-to-be-released PDLs was, on average, of a High Extent across all five aspects, the results nonetheless point to a continuing need to sustain and strengthen existing programs rather than to overhaul them. On this basis, the study offers a Proposed Strategic Framework for the Social Reintegration of Soon-to-be-Released PDLs, to be implemented over a timeframe of fifteen (15) days prior to a PDL's scheduled release, for the purpose of preparing the soon-to-be-released PDL for reintegration into the community and helping to prevent re-offending and re-incarceration.

The framework involves the Jail Warden, the Unit Nurse, the Mental Health Officer, the Welfare and Development Officer, the Values Restoration Officer, and the soon-to-be-released PDL, working through six sequential phases. In Phase 1, the soon-to-be-released PDL is separated from the general population to begin focused preparation for reintegration. In Phase 2, the Unit Nurse reviews the PDL's medical records, reminds the PDL to continue any necessary medication, and screens for contagious conditions that should be addressed before release. In Phase 3, the Mental Health Officer conducts a psychological examination of the PDL to assess his or her mental capacity in the behavioral, emotional, and intellectual aspects. In Phase 4, the Welfare and Development Officer trains the PDL in skills that may serve as a source of livelihood upon return to the community. In Phase 5, the Values Restoration Officer conducts religious counseling to uplift the PDL's spiritual beliefs. Finally, in Phase 6, the Jail Warden holds a closing conversation with the soon-to-be-released PDL to offer guidance that may assist in his or her reintegration into society. Read together, the six phases map directly onto the five development aspects examined in this study, providing a structured, time-bound mechanism through

which the jail's existing high level of preparedness can be consolidated and personally reinforced immediately before a PDL leaves custody.

Viewed as a whole, the results of this study converge on a single, consistent picture: the soon-to-be-released PDLs of Naic Municipal Jail are, by their own account and by the account of the officers who supervise them, prepared to a High Extent across the behavioral, emotional/psychological, intellectual, survival/vocational, and spiritual dimensions of reintegration. No single aspect fell below the High Extent threshold at the level of the general weighted average, and only one individual indicator across the entire instrument, the PDLs' own expectation regarding their ability to avoid trouble and get along with others dropped to Moderate Extent. This suggests that the Therapeutic Community Modality Program, as implemented at Naic Municipal Jail, is functioning largely as intended, and that the jail's locally driven innovations, developed with the support of the local government, private sector, and non-government partners, are producing measurable readiness rather than readiness in name only.

At the same time, the recurring gap between the Jail Officers' comparatively conservative ratings of demonstrated readiness and their comparatively high expectations for post-release performance, most pronounced in the Intellectual Development aspect, points to a specific area meriting attention: officers appear to trust the PDLs' present conduct less than they hope for the PDLs' future conduct. Left unaddressed, such a gap could translate into insufficiently targeted intellectual and vocational preparation, even where overall preparedness scores appear high. Similarly, the significant difference in expectations found between PDLs held on drug-related cases and those held for crimes against persons indicates that a uniform reintegration program, however well designed, may not equally serve all categories of PDLs; those coming from a background of illegal income-generating activity may require more deliberate livelihood and behavioral-control components than a generic program would supply. These two findings, taken together with the consistently high spiritual-readiness scores recorded by both groups of respondents, informed the design of the Proposed Strategic Framework, which sequences medical, psychological, vocational, and spiritual preparation in the final fifteen days before release rather than leaving these components to be addressed unevenly throughout a PDL's entire period of detention.

CONCLUSION

The study demonstrated a high level of preparedness for social reintegration across the five development aspects of Behavioral Management, Emotional/Psychological Management, Intellectual Development, Survival/Vocational Training, and Spiritual Guidance. The assessments of the PDLs and Jail Officers generally converged, indicating no significant difference between the demonstrated level of preparedness and the expectations

of both groups. Likewise, the expectations of the PDLs and Jail Officers regarding preparedness for reintegration did not significantly differ, suggesting that the existing development programs have generally established a shared perception of readiness for community re-entry. In terms of the moderating variables, educational attainment and length of stay in jail did not significantly influence the expectations of the PDLs, while the nature of the case filed showed a significant difference, with PDLs involved in drug-related cases reporting higher expectations than those involved in crimes against persons. These findings indicate that while the overall preparedness of the PDLs is high, certain differences in individual circumstances warrant more responsive and targeted reintegration interventions. Thus, the study recognizes the continuing need to strengthen existing rehabilitation and development initiatives rather than relying solely on the current level of preparedness. In response, the study proposes a Strategic Framework for the Social Reintegration of Soon-to-be-Released PDLs, to be implemented during the fifteen days preceding release. The framework integrates behavioral, medical, psychological, vocational, and spiritual preparation through the coordinated involvement of relevant jail personnel. Overall, the findings affirm the importance of structured, holistic, and continuous preparation in enabling PDLs to transition successfully from incarceration to community life. Strengthening these interventions may further enhance their capacity to cope with the challenges of reintegration, support productive and lawful participation in society, and ultimately contribute to the prevention of re-offending and re-incarceration.

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