

A PAROLE GRANTEE: UNVEILING FACTORS CONTRIBUTING TO REINTEGRATION AND REDUCED RECIDIVISM

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ABSTRACT

The reintegration of parolees into society presents various challenges. This study investigates parolees' experiences and struggles during reintegration. The study was conducted at Poblacion, Cateel, Davao Oriental, with one parolee as a participant. In-depth interviews and purposive sampling were employed to gather data. Findings indicate that parolees express profound gratitude for their freedom but face significant adjustment challenges, family disconnection, and financial hardships. Despite these difficulties, they strive to reconnect with their families and comply with parole rules. The study also explores the components and strategies of rehabilitation programs contributing to successful reintegration, emphasizing positive engagement in prison activities, spiritual growth, adherence to laws, and supportive treatment by parole officers. The impact of support networks, including unexpected assistance, emotional support, and financial help, is highlighted. Practical insights include the importance of faith, law compliance, and cooperation with government legislation for successful reintegration. Recommendations for future practices include enhancing rehabilitation programs, strengthening support networks, and providing vocational training and employment opportunities for parolees.

Keyword: *reintegration, parolees, struggles, support networks, rehabilitation programs, legal compliance,*

1. INTRODUCTION

“Parolees often have lengthy criminal histories, and multiple incarcerations punctuate their time in the free community. Recent figures indicate that more than 10.35 million people are held in penal institutions worldwide, including both remand prisoners and those serving custodial sentences (Walmsley, 2016). Parole provides for the conditional release of offenders into society before they have served their entire sentence. For context, in South Africa, it is referred to as a placement option in the community corrections system. That is, the offender is released before the expiry of his or her sentence to serve the remainder within the community and is subject to specific conditions with which to comply (Thornton, 2023). Rates of reconviction in released prisoners are often judged to be unacceptably high (Hosier, 2020; Taylor, 2019). However, for many prisoners, release means finding a place to live, securing work, re-establishing relationships with family and friends, and accessing support in the community (Figgatt, 2020).

More than half of the formerly incarcerated are unable to find stable employment within their first year of return, and three-fourths of them are rearrested within three years of release (James, 2015; Ramakers et al., 2016). Rates of reconviction in released prisoners are often judged to be unacceptably high (Hosier, 2020; Taylor, 2019). However, for many prisoners, release means finding a place to live, securing work, re-establishing relationships with family and friends, and accessing support in the community (Figgatt, 2020). For people considered to be at high risk of reoffending, this task is even more complex, owing to the characteristics (e.g., impulsivity, poor emotional control and problem-solving skills, and strong bonds to criminal peers) that leave them poorly equipped to tackle life's obstacles.

Many released prisoners encounter difficulties after their release from prison that impede the reintegration process. Overcoming such difficulties depends on the individual's abilities, motivation, and mental state, as well as the social environment's willingness to assist in the reintegration process (McNeill, 2016), the rehabilitative and therapeutic milieu, and the level of supervision and guidance provided (Visher and Travis, 2011, as cited in Peled-Laskov et al., 2021). Further, a better understanding of the reintegration process would enable professionals, friends, and family members to help more offenders adjust to life outside of prison and learn to desist from further criminal activity (Davis et al., 2013). Research has demonstrated that health, housing, skill development, mentorship, social networks, and the collaborative efforts of public and private organizations collectively improve the reentry experience (Yang, 2017; Couloute & Kopf, 2018; Link et al., 2019).

While recidivism has been the subject of significant research, the processes of reintegration and desistance following incarceration have received far less attention (Hedderman et al., 2011, as quoted in Davis et al., 2013). Reintegration or reentry of prisoners should be crucial to any justice program. Reintegration is more than just reentering society on a physical level. It concerns the metaphorical concept of "moral inclusion," which encompasses reconciliation, forgiveness, acceptance, and redemption. Whether corrections are provided in-person or by non-custodial measures, one of the generally acknowledged objectives of corrections is the reintegration of offenders into their community and society. In order to guarantee that criminals released from jails, prisons, rehabilitation facilities, or detention centers resume their place and function in society, helping them reunite with their families and reintegrate into the community is imperative.

Parole offers reintegration into society as a measure designed to enable offenders' planned and gradual transition from corrections to life outside, with social, psychological, and other (Thornton, 2023). However, this reintegration is not an issue that can be resolved by legislation as families, friends, and the community play a fundamental role in assisting the offenders' return to society. Furthermore, this community support role supports rebuilding livelihoods (Ndike, 2014). However, the lack of ability to resist or engage critically with oppressive features may negatively impact reintegration as they re-enter their homes. There is little existing literature on parolees' experiences, especially in the local context. However, this study allows for such parolee experiences to be heard. The narratives to follow give further insight and critique into the lived experiences of the parolees. These narratives, combined with past published experiences through literature, widen both the debate and prevalent issues.

1.1 Theoretical Framework

This study is grounded in the Cognitive Transformation Theory proposed by (Giordano et al., 2002). The theory asserts that offenders who strive for personal growth and improved well-being are more likely to lower their chances of committing further offenses. Further, successful reintegration presupposes that those leaving prison will alter their lifestyles and assume new proactive roles in the community; individuals are expected to undergo some degree of change in attitudes and behavior that may have led to their imprisonment. The cognitive transformation theory also identified four crucial elements.

Firstly, it hypothesized that individuals must develop a mindset open to change, allowing them to consider the possibility of personal transformation. While some offenders may be content with their current lifestyle and resistant to change, others desire to transform their behavior and are willing to make the necessary efforts. A study by Healy and O'Donnell (2008) involving 73 offenders revealed that 95 percent desired change, while 85 percent believed they could achieve it. Similarly, in the Oxford Recidivism Study conducted by Burnett (2004), it was reported that 80 percent of the offenders expressed a desire to lead a lawful life. However, only 25 percent expressed certainty in their ability to do so.

Second, individuals are exposed to specific circumstances or 'hooks' that can facilitate their transition towards change. These hooks for change encompass social characteristics such as securing stable employment or participating in a treatment program (Giordano et al., 2002). Laub and Sampson (2001) have underscored the

significance of social institutions, particularly marriage and work, as influential factors in resistance. Maruna (2001) has observed that steps like drug treatment and employment stability are crucial in the journey of resistance.

The third element in their theory of resistance involves the development of a conventional replacement self. Offenders begin to perceive themselves differently and actively strive to alter their identity. For instance, as Shapland and Bottoms (2011) reported, offenders who desire change often perceive themselves as individuals who have transformed and no longer wish to be associated with criminal activities. Burnett (2004) has identified those who view themselves as 'converts' who have successfully changed their lives.

Finally, a reexamination of past illicit behavior has emerged. Former participants in illegal activities have come to recognize the harm it inflicts on others and actively seek to avoid it. In the Sheffield Desistance Study conducted (Shapland & Bottoms, 2011), it was observed that reformed offenders perceive themselves as fundamentally changed individuals. Similarly, Burnett (2004) found that certain offenders consider their past crimes as abnormal occurrences that do not accurately represent their true selves.

Desistance, according to (Terry, 2003), is a gradual process that requires a substantial amount of time. He noted that this process often commences when a particular event prompts individuals to reevaluate their life choices. (Maruna 2001) asserted that resistance necessitates a transformation of one's identity. Through in-depth interviews with both 'desisters' and 'persisters,' he observed that desisters tend to recount stories of redemption where they view their authentic selves as non-criminals, purposefully distinguishing themselves from their previous actions. They distinguished themselves from previous mistakes, created a moral story based on their experiences, and were willing to use their experiences to help others (Maruna, 2001). Similarly, (Rumgay, 2004) and (Shover, 1996) discovered that desisters may envision change and adjust their perspectives of their previous conduct.

2. METHODOLOGY

2.1 Research Design

The study employed qualitative research methodology and utilized a single case study as its research design. Qualitative research pertains to the examination of the nature of phenomena, encompassing their quality, diverse manifestations, the context in which they occur, or the perspectives from which they can be perceived while excluding their range, frequency, and position within an objectively determined chain of cause and effect (Philipsen & Vernooij-Dassen, 2007). Qualitative research's primary objective is comprehensively understanding social phenomena within their natural settings. It relies on the firsthand experiences of individuals as meaning-making agents in their everyday lives and concentrates on the underlying reasons for certain phenomena rather than merely describing them (Fossey & Harvey, 2002). As this research uses qualitative study, it mainly gathers data from the experience of prisoners who have been granted parole and have returned to mainstream society. In qualitative research methodology, the case study is considered a significant strategy (Creswell, 2013b; Denzin & Lincoln, 2011a; Hallberg, 2013). It allows for a more thorough understanding of the subject being explored. According to researchers, the case study method differs from other research strategies, focusing on a specific and bounded system or case (Hyett et al., 2014). In alignment with the current study, the researchers aimed to gain a deeper understanding of the experiences of parolees. A single case study design was utilized to accomplish this. This study aimed to delve into the reintegration journey of parolees, making the single case study approach most appropriate for the research.

2.2 Research Participants

The participants for the study were selected from Cateel, Davao Oriental. Specifically, an in-depth interview was conducted with the participant, who is a parolee from the Cateel Municipal Police Station. The study focused on one (1) parolee from this research locale, chosen through the purposive sampling method. The parolee should be convicted of a heinous crime and be done serving his parole for 1 (one) year. Purposive sampling is a non-probability method researchers use to select specific participants based on their expertise and relevant characteristics to the research question. This method is beneficial when the researchers aim to gain comprehensive insights from small sample size and have sufficient knowledge of the subject area to identify crucial participants (Frost, 2022). Given these considerations, the researchers have chosen this method in selecting the participants, believing that the chosen individuals possess valuable information and will effectively contribute to the study. The participant in this study is a 38-year-old male single father who has two children, was convicted of a heinous crime, and has been serving his parole for one year.

2.3 Data Sources

Qualitative data is descriptive, expressed in terms of feelings, words, or labels rather than numerical values. Furthermore, the present study is mainly based on the primary and secondary data. Primary Source. For this study, one (1) parolee from the Cateel Municipal Police Station participated using purposive sampling. Further, the primary data source was the responses provided during the in-depth interview, during which the participant was given enough time to answer open-ended questions and share his defining life experiences about his journey as a parolee. Additionally, while validating the results, the participant may contribute more data based on their agreement or disagreement with emerging themes. Secondary Source. In addition to the data gathered from the in-depth interview, data from published and unpublished literary works, such as journals, theses, dissertations, and online media, were also utilized to supplement the information needed in the current study.

2.4 Data Collection

In collecting qualitative research data, it is necessary to follow specific steps. The researchers sought ethical clearance from the Research Ethics Office of Davao Oriental State University-Cateel Extension Campus. Asked permission to conduct the study. It is essential to obtain permission to conduct this study, which was obtained by requesting a letter of permission from the chief of parole office at the Dahican, Mati City. Once the letter was approved, the participant for the study was chosen purposefully. He/she was informed and briefed regarding the purpose and nature of the study and the significance of their involvement in its success. Obtained an informed consent form. After providing the participants with the necessary information, the researchers asked permission to proceed with the in-depth interview. An informed consent form was obtained from the participant to ensure ethical considerations were met. This form clearly stated that their involvement was voluntary and that they can withdraw anytime. Additionally, it was clarified that their responses will be recorded. The informed consent form also included the study's primary objective and the researcher's contact information should participants have any inquiries regarding the interview. The data provided by the participants was kept separate from their details, with only the researchers having access to it. To maintain anonymity, a pseudonym was used instead of the participant's actual name, ensuring their privacy and preventing any concerns of privacy invasion or information leakage. The face-to-face interview lasted approximately 50-90 minutes to gather the necessary data for the study. One researcher facilitated the interview, while the other took notes and documented the proceedings. An audio recording recorded the conversation between the interviewer and the interviewee. His friend and family conducted triangulation to verify and validate the participant's responses. After the interview, the data were transcribed and translated into English. The transcript was then subjected to data analysis by the expert thematic analyst.

2.5 Data Analysis

The researchers utilized the (Miles and Huberman framework 1994) for qualitative data analysis. This form of data analysis is deemed applicable. It encompasses three key components: data reduction, data display, and drawing and verifying conclusions. Before data analysis, the raw data from our smartphones was encoded into the computer for software processing. Subsequently, the transcribed data was translated from the participants' mother tongue (Bisaya, Filipino, or Kamayo) to English. We ensured accurate observation of data transcription, ensuring that all information from the interviewee was recorded or attached to the mobile phones and that English translations were consistent. Following transcriptions and translations, data analysis commenced, with the first step being data reduction. Data reduction involved organizing and summarizing data while excluding less relevant information from interviews and observations. This process started by focusing on the research question to identify suitable participants. Once a participant was chosen, the research question guided the file-sorting method. Data display was used to present research findings from a large amount of data. In this study, participants' responses to the research question were displayed. Each participant's response is assigned a specific code, such as Participant P, Question A, and Response A. Drawing and Verifying Conclusions. Conclusion drawing and verification co-occur with data display. The research question and summarized data were our guiding framework to accomplish this.

2.6 Trustworthiness of the Study

Like other social science research, trustworthiness in qualitative studies comprises four criteria or tests (Creswell, 2013b): credibility, transferability, dependability, and confirmability (Guba & Lincoln, 1989). Credibility. Credibility refers to the research findings' trustworthiness and alignment with the original data and participants'

perspectives. To ensure credibility, researchers employed strategies such as prolonged engagement, persistent observation, triangulation, and member checks (Korstjens & Moser, 2018). Prolonged engagement involves encouraging participants to provide examples and asking follow-up questions. Persistent observation entails continuously analyzing and revising the data to develop theories and concepts. Triangulation was achieved using multiple data sets, including raw materials, codes, and concepts. Lastly, member checking involved sending transcripts to participants to allow them to verify and correct any interpretations. The researchers also frequently communicated and supervised with the adviser to ensure the paper's credibility.

Transferability. Transferability pertains to the applicability of the findings, specifically to similar contexts or individuals rather than broader contexts. To ensure transferability, the researchers described the participants and the research process, allowing readers to evaluate whether the findings were transferable to their settings. Additionally, the researchers offered comprehensive descriptive data, including information about the research's context, setting, sample, sample size, sample strategy, demographic and socio-economic characteristics, clinical characteristics, inclusion and exclusion criteria, interview procedure and topics, interview questions based on the iterative research process, and excerpts from the interview guide.

Dependability encompasses reliability and consistency. To ensure dependability, the researcher provided detailed documentation of rigorous data collection techniques, procedures, and analysis.

Confirmability. Confirmability is similar to objectivity, which involves addressing personal biases in the write-up. Personal bias was unpacked through a bracketing interview or reflexivity. In this study, confirmability of qualitative data was ensured by regularly checking and rechecking the data throughout the collection and analysis process. Confirmability was documented using an explicit coding schema that identified codes and patterns identified through analysis. An audit trail technique was employed for this purpose. Additionally, confirmability was further enhanced through triangulation and member checking of the data, as well as conducting a bracketing interview or practicing reflexivity to confront potential personal bias.

2.7 Role of the Researcher

The researchers assumed the responsibilities of transcriber and documenter within this study. Their primary objective was to facilitate the in-depth interview, serving as the principal orchestrator and process documenter, to gain a complete understanding of the dynamics within the discussion. The interviews were semi-structured yet in-depth, using open-ended questions (Appendix A) that controlled researcher bias while allowing the participants to respond confidently. Participants were encouraged to speak freely as the researchers asked questions, encouraging broader answers and clarification of unfamiliar terms or situations. The researcher asked no leading questions that could invalidate the study (Roulston & Choi, 2018). The researcher avoided interjecting his/her personal feelings and did not alert the participant when a person was mentioned with whom he/she is familiar.

Moreover, one of the researchers employed a recording device to meticulously capture the entire conversation meticulously, ensuring the collection of essential data for the study. Subsequently, both researchers transcribed and translated the conversation. While the researchers retained the services of an expert for thematic analysis, they were responsible for composing the results and discussion sections based on the predominant themes that emerged from the conversation.

2.8 Ethical Consideration

Due to the dynamic nature of qualitative studies, ethical challenges often emerge. These ethical dilemmas commonly arise during qualitative investigations and in-depth interviews. Therefore, adhering to ethical principles throughout the scientific research process, including the dissemination phase, is crucial.

Respect for Persons. The researchers ensured that the study participants were given an informed consent form and that their participation was voluntary. Research participants received relevant and easily understandable information about the research's purpose, methodologies, and intended applications. They were also informed about their obligations and any potential risks and benefits associated with their participation, if applicable. In order to ensure participants' autonomous right to self-determination, consent was sought in a non-coercive and non-pressurizing manner.

Moreover, participants were fully informed of their right to withdraw from the study at any time and for any reason without facing reprisal or discrimination. No justification was required for their decision to decline participation. The researchers made sure that the participants had enough time to think about it and get back to them if they were not ready to participate in the research. The researchers also ensured that the participants discussed their views on it.

Beneficence. The researchers strictly observed the welfare and safety of the participants. They were trustworthy individuals who followed the rules without fail. At no point did the researchers do anything that would undermine their integrity. Moreover, the study was beneficial to all without compromising the participants.

Justice. Hadjistavropoulos and Smythe (2001) argue that, in some instances, qualitative research has considerable potential to induce risks such as psychological risks, risk of bias, and violation of anonymity. To handle such risks, the researchers ensured that the selection of the participants was based on research needs rather than convenience. Moreover, the researchers justified the inclusion and exclusion of populations based on appropriateness to the research problem. The comfortability of the participants was also considered throughout the study. The protection of research participants' identities was of crucial significance and was maintained through measures of anonymity and confidentiality. Anonymity ensured that individuals could not be identified based on the information provided. This was achieved by keeping personal details separate from survey responses or by participants choosing not to disclose their names. On the other hand, confidentiality allowed for identifying someone but restricted access to participant information solely to the researchers involved in data collection and analysis. This information was not shared in a way that could enable third parties to identify individuals. Personal information, such as names, job titles, and employers, was securely stored, protected with passwords, and potentially encrypted. Moreover, interview transcripts did not contain any identifying information, and pseudonyms were used instead of real names to maintain the anonymity of the participants. Additionally, the researchers ensured that participants were free from coercion and assured of being protected against risks associated with the research activities. The researchers ensured that no harm came to participants due to their involvement in the research activities and that this potential harm did not outweigh the importance of data collection for research purposes.

To maintain ethical standards, participants were ensured that they were fully informed about the storage and treatment of their data and any potential sharing with third parties. The interview tapes and transcripts were securely stored at Davao Oriental State University – Cateel Extension Campus for five years and were then appropriately disposed of. To ensure the accuracy of the research process, member checking was implemented, which involved providing participants with the transcripts of their interviews for verification and feedback. Furthermore, after the research paper, the researchers would like to personally thank the participants for their time, effort, and contributions. The study also acknowledged the participants using pseudonyms, allowing them to identify themselves when reading the acknowledgment section.

The paragraphs above established the study's ethical nature by upholding principles of integrity, respect for participants, beneficence, and justice.

3. RESULTS AND DISCUSSION

3.1 Experiences and Struggles of Parolee During Reintegration in the Society

The experiences and struggles of parolees during reintegration into society present a multifaceted challenge, revealing significant themes. These themes include gratitude for freedom, adjustment difficulties, family and social disconnection, desire to reconnect with family, financial struggles, compliance with parole rules, need for positive thinking and survival, limited employment opportunities, and challenges with legal documentation.

3.2 Gratitude for Freedom

Studies indicate that parolees often express profound gratitude for their newfound freedom, which can be a significant motivational factor in their reintegration process (Featherstone, 2020) as they attempt to reconnect with family, learn how to acclimate to society, try to secure housing, find a job, and complete a host of other important goals (Middlemass, 2017). According to Winnberg et al. (2018), this gratitude is often accompanied by a renewed

sense of purpose and determination to make the most of their second chance. This feeling of thankfulness can drive positive behavior changes and a commitment to abide by parole conditions (Klinge, 2019). The research highlighted that expressing gratitude can help parolees build better relationships with their support networks, essential for successful reintegration (Maruna & Lebel, 2015). Moreover, the sense of freedom provides psychological benefits, helping parolees cope with the stress of reintegration (Sreenivasan et al., 2018). These findings underscore the importance of fostering a positive outlook among parolees to aid their transition into society (Chouhy et al., 2020). Additionally, gratitude for freedom is linked to improved mental health outcomes among parolees, which can facilitate their reintegration process (Piquero, 2019). Studies by Richmond et al. (2021) indicate that parolees who actively practice gratitude report lower levels of anxiety and depression, contributing to their overall well-being. As Mooney and Daffern (2019) noted, this mental resilience is crucial in helping parolees navigate the challenges they face upon reentry. Furthermore, the positive emotions associated with gratitude can enhance self-esteem and foster a sense of hope and optimism for the future (Ward et al., 2018). Consequently, integrating gratitude practices into parole programs can be a valuable strategy for supporting successful reintegration (Carson & Vander Laenen, 2020).

3.3 Adjustment Difficulties

When prisoners are released to the community on parole, they enter a controlled and contingent passage of their lives, which affords them conditional citizenship until their sentence expires (Frost, 2018). Parolees face significant adjustment difficulties transitioning from the structured prison environment to the less predictable outside world (Rhine et al., 2017). This adjustment is often complicated by the stigma and limited opportunities that parolees encounter (Cherney & Fitzgerald, 2016). Studies show that support systems and structured post-release programs mitigate these difficulties (Travis & Western, 2016). The psychological impact of incarceration, including issues with trust and social interaction, further complicates reintegration (Schnittker, 2013). Effective support mechanisms that address mental health and provide stable environments are essential for easing this transition (Allen et al., 2013). Thus, comprehensive reintegration programs must consider these adjustment difficulties to support parolees effectively (Ricciardelli, 2018). Additionally, barriers to successful reentry have long been identified as impeding an offender's ability to successfully reenter society upon release from incarceration (Denney et al., 2014). Research by Griffith et al. (2019) suggests that employment challenges are exacerbated by gaps in work history and the stigma of a criminal record. Furthermore, access to affordable housing remains a significant barrier, as many landlords are hesitant to rent to individuals with criminal backgrounds (Beck et al., 2023). Effective reintegration programs must, therefore, include job placement services and housing assistance to address these barriers (Denney et al., 2014). By providing comprehensive support in these areas, parolees have a better chance of achieving long-term stability and avoiding recidivism (Costanza et al., 2015).

3.4 Family and Social Disconnection

Family and social disconnection are everyday struggles for parolees, impacting their reintegration success (Western et al., 2015). The loss of social ties can lead to feelings of isolation and reduce the parolee's support network, making reintegration more challenging (Western, 2018). Efforts to reconnect with family and rebuild social networks are critical to successful reentry strategies (Boman & Mowen, 2017). Family and social disconnection are everyday struggles for parolees, impacting their reintegration success (Noble, 2014). The loss of social ties can lead to feelings of isolation and reduce the parolee's support network, making reintegration more challenging (Western, 2018). Efforts to reconnect with family and rebuild social networks are critical to successful reentry strategies (Hlavka et al., 2015). Imprisonment disrupts family ties and leads to uncertainty, creating a void in place of the incarcerated individual and augmenting the risks, vulnerability, and fragility of the family (Ashraf & Farhad, 2022). The strain on family relationships due to long periods of incarceration can be profound (Arditti, 2016). Programs that facilitate family reunification and provide counseling can help mitigate these issues (Western, 2018). Social support from family and community is essential for parolees to feel accepted and supported, significantly impacting their reintegration outcomes (Denney et al., 2011).

3.5 Desire to Reconnect with Family

A strong desire to reconnect with family often motivates parolees to comply with parole conditions and avoid recidivism (Jones, 2016). This desire underscores the emotional toll of incarceration on family ties and highlights the need for programs that support family reunification (Mitchell, 2019). Maintaining family connections can provide parolees emotional support and stability (Mowen et al., 2018). Family support is a critical factor in the successful reintegration of parolees (Boman & Mowen, 2017). Rebuilding family relationships can help parolees establish a sense

of normalcy and purpose (Ledyard, 2013). The reconnection process is often challenging but essential for reducing recidivism and promoting long-term success (Lin et al., 2023). The importance of family support is further emphasized by its impact on the parolees' mental health and well-being (Mowen et al., 2018). Positive family interactions can significantly reduce stress and anxiety levels, fostering a more conducive environment for parolees to reintegrate into society (Fahmy, 2015). Additionally, family members can act as advocates and provide crucial resources, such as housing and employment opportunities, which are vital for the stability and growth of parolees (Datchi et al., 2016). Effective family support programs that facilitate communication and understanding between parolees and their families can thus play a pivotal role in mitigating the risk of re-offending and aiding in the overall rehabilitation process (Kotokova, 2019).

3.6 Compliance with Parole Rules

Compliance with parole rules is essential for maintaining freedom and avoiding recidivism (Best et al., 2014). Parolees often rely on spiritual beliefs and personal discipline developed during incarceration to adhere to these rules (Bakken et al., 2013). The role of parole officers in providing guidance and support is also critical in ensuring compliance (Williams & Schaefer, 2022). Effective monitoring and support from parole officers can significantly impact parolees' ability to comply with conditions (Schafer & Williams, 2018). Programs emphasizing the importance of following rules and providing clear guidance can help parolees navigate reintegration challenges (Ricciardelli, 2016). Compliance is linked to lower recidivism rates and better reintegration outcomes (Cochran & Mears, 2016). Studies have shown that parolees who engage in programs focused on life skills, employment training, and mental health services tend to exhibit better compliance with parole conditions (Matejkowski & Ostermann, 2015). These programs offer practical tools and resources that help parolees manage their daily lives and reduce the temptation to re-offend (Jenkins, 2019). Additionally, the social support provided by family, community groups, and faith-based organizations can significantly enhance a parolee's motivation to adhere to parole conditions (Carraway, 2023). A comprehensive approach that includes personal, social, and institutional support is crucial for successful parole compliance and reducing recidivism rates (Wright & Cesar, 2013).

3.7 Need for Positive Thinking and Survival

Positive thinking and survival strategies are crucial for parolees facing reintegration challenges (Jenkins, 2019). A positive outlook can help parolees cope with setbacks and maintain motivation (Woldgabreal et al., 2014). Programs that encourage resilience and mental well-being are essential in supporting parolees (Wilson et al., 2024). Mental health support and counseling can aid parolees in developing positive thinking patterns, and encouraging parolees to focus on their strengths and potential can foster a sense of hope and purpose (Hunter et al., 2015). These strategies are vital for successful reintegration and reducing recidivism (Wright & Cesar, 2013). The importance of positive thinking and survival strategies for parolees during reintegration cannot be overstated (Jones, 2016). Studies indicate that parolees who adopt a positive outlook are better equipped to handle reintegration challenges, leading to improved outcomes and reduced recidivism (Ricciardelli, 2018). Mental health support services, including counseling and peer support groups, play a critical role in addressing the psychological needs of parolees, helping them to stay motivated and focused on their goals. Encouraging parolees to focus on their strengths and potential can foster a sense of hope and purpose, which is crucial for their successful reintegration (Hunter et al., 2015). Integrating these strategies into parole programs can significantly enhance parolees' ability to navigate reintegration challenges and maintain compliance with parole conditions (Jones, 2016).

3.8 Limited Employment Opportunities

Employment for former prisoners is a critical pathway toward reintegration into society and is central to desistance from crime (Ricciardelli & Peters, 2017). Parolees often face limited employment opportunities due to stigma and lack of skills (Cherney & Fitzgerald, 2016). Financial struggles are a significant barrier to successful reintegration for parolees (Bushway, 2022). Limited employment opportunities and the need to comply with reporting requirements can create financial stress (Peters & Ricciardelli, 2017). Support programs that provide financial assistance and job placement services are crucial in addressing these challenges (Harding et al., 2014). Economic hardship can lead to recidivism as parolees may resort to illegal activities to meet their financial needs (Peterson & Fontaine, 2024). Access to vocational training and job placement services is essential in addressing this issue (Newton et al., 2016). Employment is critical in reducing recidivism and promoting stability (Niebuhr & Orrick, 2018). Addressing the barriers to employment can help parolees secure long-term work and build a stable life (Travis &

Western, 2016). Vocational training programs that equip parolees with marketable skills are crucial in this effort (Simoneau, 2020). Effective reintegration programs must address the economic realities parolees face and offer pathways to stable employment (Favors, 2018). Financial stability is critical to successful reentry into society (Pogrebin et al., 2014).

3.9 Challenges with Legal Documentation

Obtaining legal documentation, such as police clearance, is a significant challenge for parolees (Petersilia, 2016). These documents are often required for employment and accessing services, creating barriers to successful reintegration (La Vigne et al., 2017). Support services that assist parolees in navigating these bureaucratic processes are essential (Visher et al., 2015). The lack of proper documentation can hinder parolees' ability to secure stable employment and housing (Petersilia, 2016). Programs that provide legal assistance and streamline the documentation process can help mitigate these challenges (Lavigne et al., 2022). Ensuring parolees have the necessary legal documents supports their reintegration (Visher et al., 2016). Many parolees lack essential identification documents such as birth certificates, social security cards, and state IDs, which are crucial for securing employment, housing, and accessing various services (Orians, 2016). This documentation gap stems from bureaucratic hurdles, financial constraints, and the disorganization that may accompany long-term incarceration (Haney, 2018). The challenge is compounded by the fact that parolees frequently need to navigate complex administrative systems, which can be particularly daunting without proper guidance or support (Harding & Harris, 2020). This lack of documentation perpetuates a cycle of instability, making it difficult for parolees to establish a stable post-release life, thereby increasing the risk of recidivism (Brass, 2020). Despite recognizing these issues, systemic changes to address the documentation needs of parolees remain insufficient, leaving many to face these challenges alone (Johnson et al., 2015).

3.10 Components and Strategies of Parolee Rehabilitation that Contribute to the Parolee's Successful Integration into Society and Lower the Likelihood of Recidivism

Successful reintegration into society and lowering the likelihood of recidivism for parolees require comprehensive rehabilitation programs that address various aspects of their lives. Effective parolee rehabilitation programs encompass several vital components and strategies that foster positive change and support the transition from incarceration to freedom. The themes that emerged as critical components of successful parolee rehabilitation programs include positive engagement in prison activities, spiritual growth and faith, and adherence to laws and family values.

3.11 Positive Engagement in Prison Activities

Positive engagement in prison activities significantly contributes to parolees' rehabilitation and preparedness for reintegration (Duwe, 2017). Active participation in educational and vocational programs can enhance parolees' skills and self-esteem, which are crucial for their successful reintegration into society (Harding et al., 2022). These activities foster a sense of purpose and readiness for life after incarceration, helping parolees build a positive identity (Visher et al., 2016). Studies show that engagement in structured prison programs correlates with lower recidivism rates and better post-release outcomes (Braga et al., 2018). Providing diverse and meaningful activities, such as job training and educational programs, can significantly impact parolees' rehabilitation by improving employability and reducing criminal behavior (Newton et al., 2016). These programs play a critical role in the overall success of parolee rehabilitation by offering continuity of care and targeted interventions (Middlemass., 2017).

3.12 Spiritual Growth and Faith

Spiritual growth and faith are essential for parolee rehabilitation (Clear & Sumter, 2013). Spiritual practices can give parolees purpose and moral guidance (O'Connor & Perreyclear, 2017). Faith-based programs have positively influenced parolees' attitudes and behaviors, aiding their reintegration (Johnson et al., 2017). Faith and spirituality offer emotional support and coping mechanisms for parolees facing reintegration challenges (Stansfield et al., 2019). These programs help parolees develop resilience and a positive outlook (Sliva, 2014). Integrating spiritual growth into rehabilitation strategies can enhance success rates (Puchalski et al., 2014). Spiritual growth and faith continue to play a crucial role in the rehabilitation process of parolees by providing a framework for personal development and ethical behavior (Stansfield & Mowen, 2019). Recent studies have highlighted the efficacy of faith-based interventions in

reducing recidivism rates and promoting sustained positive change among parolees (Robinson-Edwards, 2022). These programs offer a supportive community, which fosters a sense of belonging and accountability (Whitehead, 2018). Additionally, engaging in spiritual activities has been linked to improved mental health outcomes, contributing to better emotional stability and decision-making (McClintock, 2019). Incorporating spiritual practices into rehabilitation programs can thus significantly enhance the overall well-being and social reintegration of parolees (Yin, 2020).

3.13 Adherence to Laws and Family Values

Adherence to laws and family values is crucial in preventing recidivism and supporting successful reintegration (Davis et al., 2013). Respecting family support structures and legal boundaries helps parolees stay on the right path (Rhine et al., 2017). Programs emphasizing these values can significantly impact parolees' long-term success (Costanza et al., 2015). Family involvement and legal compliance are interlinked components that reinforce positive behaviors (Hawkins & Weis, 2017). Encouraging parolees to value their family relationships and adhere to societal laws provides a stable foundation for reintegration (Harding et al., 2016). These elements are essential in creating a supportive environment that discourages recidivism (Koschmann & Peterson, 2013). Recent research underscores the importance of family support systems in maintaining parolees' commitment to lawful behavior (Lattimore et al., 2022). Family-centric programs have significantly improved parolees' ability to navigate societal expectations and legal frameworks (Tasca et al., 2016). These programs often integrate family counseling and legal education, which collectively foster an environment conducive to positive behavioral changes (Mowen et al., 2018). Strengthening family bonds and legal adherence gives parolees the tools to build a stable, crime-free life post-release (Edet, 2022).

3.14 Status of a Relationship and Interaction Between Parolees and Parole Officers/Program Facilitators and How These Interactions Contribute to Their Integration Process

The relationship status and interaction between parolees and parole officers/program facilitators also play a crucial role in reintegration. Key themes in these interactions include respectful and supportive treatment, boundary and professional distance, understanding and advice, spiritual and moral guidance, facilitation of everyday life, and trust and authentic programs.

3.15 Respectful and Supportive Treatment

Respectful and supportive treatment by parole officers and program facilitators significantly influences parolees' reintegration experiences (Jones, 2016). Studies have shown that when parole officers treat parolees with respect and empathy, it fosters trust and cooperation (Ricciardelli, 2018). This respectful approach can enhance parolees' motivation to comply with parole conditions and positively engage in reintegration (Williams, 2019). Effective communication and supportive interactions help parolees feel valued and understood (Chamberlain et al., 2017). This positive relationship can reduce anxiety and build confidence, improving reintegration outcomes (Hyde et al., 2021). Research indicates that empathetic and respectful interactions between parole officers and parolees can significantly enhance trust and compliance with parole conditions (Maeschen, 2022). This approach fosters a cooperative relationship and increases parolees' willingness to actively participate in reintegration programs (Mellow & Barnes-Ceeney, 2017). The positive reinforcement and validation that parolees receive through supportive treatment can significantly boost their self-esteem and commitment to lawful behavior (Scott, 2016). Moreover, effective communication and understanding by parole officers contribute to a more supportive and stress-free reintegration environment, ultimately leading to lower recidivism rates and more successful reentry into society (Greco, 2021).

3.16 Boundary and Professional Distance

Maintaining professional boundaries while providing support is essential in parole officer-parolee relationships (Maeschen, 2022). Clear boundaries help establish trust and respect, ensuring both parties understand their roles (Smythe et al., 2017). This professional distance allows parole officers to provide objective guidance while maintaining authority (Doekhie et al., 2018). Boundaries help prevent conflicts of interest and ensure the relationship remains focused on reintegration goals (Ward, 2013). By maintaining professional distance, parole officers can effectively support parolees without becoming overly involved in their personal lives (Taxman, 2017). This balance is crucial for the integrity and effectiveness of the parole system (Rhine et al., 2017). Boundaries are fundamental in creating a structured environment in carceral facilities (Rampersaud, 2021). When parole officers maintain an appropriate professional distance, they are better positioned to offer impartial guidance and uphold their authoritative

role, which is crucial for adequate supervision and support (Belisle & Salisbury, 2022). This professional separation also helps avoid potential conflicts of interest, keeping the relationship focused on achieving reintegration goals and preventing emotional entanglements that could compromise the parole process (Barrenger, 2013). Balancing support with professional boundaries ensures that the parole system remains effective and that parolees receive the necessary guidance to reintegrate successfully into society (Barry, 2019).

3.17 Understanding and Advice

Providing understanding and practical advice is crucial for parole officers in reintegration (Hamilton, 2016). Parole officers who understand parolees' challenges can offer tailored advice that addresses specific needs (Johnson, 2020). This personalized support helps parolees navigate the complexities of reintegration and comply with legal requirements (Ricciardelli, 2018). Practical advice and guidance can empower parolees to make informed decisions and take positive steps toward rebuilding their lives (Hamilton & Campbell, 2014). Understanding the parolee's perspective is essential for providing relevant and impactful advice (Ward et al., 2019). The role of parole officers extends beyond supervision, encompassing a mentorship dimension crucial for the successful reintegration of parolees (Travis, 2016). Research has shown that parole officers who build trusting relationships with parolees can significantly influence their reintegration outcomes (Duwe & Clark, 2015). By fostering open communication and understanding, parole officers can identify underlying issues such as substance abuse, mental health problems, or employment barriers and connect parolees to appropriate resources and support services (Massoglia & Pridemore, 2015). Moreover, the collaborative approach between parole officers and community-based organizations enhances the support network available to parolees, further facilitating their reintegration (Miller, 2014). This holistic support system not only aids in reducing recidivism rates but also promotes long-term stability and personal growth for parolees (Travis, 2016).

3.18 Spiritual and Moral Guidance

Spiritual and moral guidance provided by parole officers and program facilitators can significantly impact parolees' outlook and behavior (Clear & Sumter, 2013). Encouraging parolees to engage in spiritual practices and moral reflection can provide a sense of purpose and direction (Stansfield & Mowen, 2019). This guidance helps parolees develop resilience and maintain a positive outlook during reintegration (Blonigen et al., 2022). Programs incorporating spiritual and moral elements have reduced recidivism and promoted positive behavior (Clear & Sumter, 2013). Providing parolees with emotional and spiritual support can help them navigate challenges and focus on their goals (Stansfield & Mowen, 2019). This holistic approach to rehabilitation is beneficial for long-term success (Blonigen et al., 2022). Research indicates that integrating spiritual and moral guidance in parole programs enhances parolees' emotional well-being and fosters community and belonging (Featherstone, 2020). Studies have shown that parolees who participate in faith-based programs exhibit higher levels of self-control and are more likely to avoid relapse into criminal behavior (Duwe & King, 2013). This is attributed to these programs' moral frameworks and supportive networks, which offer parolees consistent reinforcement of positive behaviors (Hallett et al., 2016). Additionally, spiritual practices such as meditation and prayer can reduce stress and improve mental health, further aiding in successful reintegration (Duwe & King, 2013). The comprehensive support provided by spiritual and moral guidance is essential for addressing the multifaceted challenges parolees face (Hallett et al., 2016).

3.19 Facilitation of Normal Life

Parole officers are crucial in helping parolees reestablish a sense of normalcy (Opsal, 2015). Programs that assist parolees in rebuilding their daily routines and reconnecting with their families contribute significantly to successful reintegration (Rodriguez & Brown, 2016). Facilitating access to resources and support systems helps parolees navigate the complexities of post-incarceration life (Walker, 2024). Restoring normalcy involves providing practical support, such as helping parolees find housing and employment (Opsal, 2015). This assistance is vital for parolees to regain stability and integrate smoothly into society (Rodriguez & Brown, 2016). By facilitating normal life activities, parole officers help parolees build a foundation for long-term success (Walker, 2024). Research shows that the consistent support provided by parole officers is essential for mitigating the risk of recidivism (Bares & Mowen, 2019). Adequate parole supervision involves monitoring and mentoring, which can foster trust and cooperation between parolees and officers (Mears & Cochran, 2014). Moreover, the availability of rehabilitative services, such as substance abuse treatment and mental health counseling, significantly enhances the reintegration process (James et al., 2016). Programs tailored to address individual needs, such as job training and educational opportunities, are critical in helping parolees rebuild their lives and avoid returning to criminal behavior (Hunter et

al., 2016). By adopting a holistic approach that combines supervision with support, parole officers can make a profound difference in the lives of parolees (Mears & Cochran, 2014).

3.20 Trust and Authentic Programs

The trustworthiness of rehabilitation programs and the parolee's appreciation of these programs significantly affect reintegration outcomes (Koschmann & Peterson, 2013). Authentic programs that address the real needs of parolees and provide tangible benefits are more likely to be successful (Angel et al., 2014). Building trust between parolees and program facilitators fosters a positive environment for change (Bourgon et al., 2013). Effective programs are those that parolees perceive as genuine and beneficial (Williams & Schaefer, 2022). Trust in the system encourages parolees to engage fully and benefit from the available resources (Maruna, 2017). Authentic and trustworthy programs are essential for supporting parolees' reintegration (Petersilia, 2016). Moreover, ongoing evaluations and feedback mechanisms are crucial in maintaining the authenticity and trustworthiness of these programs (Ricciardelli et al., 2021). By regularly assessing program effectiveness and incorporating parolee feedback, facilitators can ensure that the programs remain relevant and responsive to the changing needs of the participants (Cullen et al., 2017). This continuous improvement cycle helps build lasting trust and maximizes the positive impact on parolees' reintegration outcomes (Kelly, 2017).

3.21 Impact of Parole Support Network in the Course of their Journey

The impact of parolees' support network is equally significant in their reintegration journey. Critical themes in the support network include unexpected assistance and acceptance, family and friends' support, emotional and moral support, financial assistance, moral recovery and adaptation, and encouragement to comply with laws.

3.22 Unexpected Assistance and Acceptance

Parolees often receive unexpected assistance and acceptance from their support networks, which is crucial in reintegration (Western, 2018). This support defies initial expectations of social judgment and provides a sense of community (Tsai & Bagozzi, 2014). Such acceptance helps parolees feel valued and motivates them to adhere to positive behaviors. Support networks that offer unconditional acceptance can significantly impact parolees' mental health and outlook (Western, 2018). This unexpected support reinforces the parolee's efforts to reintegrate and avoid recidivism (Gutierrez, 2020). Community and family support is vital in creating a conducive environment for reintegration (Davis et al., 2013). Studies show that empathetic and understanding support networks contribute to lower recidivism likelihood (Narvey et al., 2020). Family support, in particular, is crucial, as it provides emotional stability and practical assistance, such as housing and employment opportunities (McLaren, 2013). Supportive relationships with friends and community members also play a pivotal role, offering parolees social acceptance and a sense of normalcy (Fox, 2016). These positive interactions foster a sense of belonging and purpose, essential for mental well-being and successful reintegration (Gil-Rivas et al., 2017). Moreover, community-based programs that engage family members and peers in rehabilitation have improved outcomes by creating a robust support network that parolees can rely on (Denney et al., 2014). Thus, the unexpected assistance and acceptance from support networks defy social stigmas and provide a critical foundation for parolees striving to rebuild their lives (Zwick, 2018).

3.23 Family and Friends' Support

The support of family and friends is a critical factor in the successful reintegration of parolees (Liem & Garcin, 2014). Emotional and practical assistance from loved ones provides stability and encouragement (Berry et al., 2017). This support network helps parolees navigate reintegration challenges and maintain a positive outlook (Walker, 2024). Family support plays a crucial role in reducing the likelihood of recidivism (Boman & Mowen, 2017). Close relationships provide a safety net and help parolees feel connected and supported (Clone & DeHart, 2014). The involvement of family and friends is essential for the parolee's emotional well-being and long-term success (Kjellstrand et al., 2021). Finally, social support can help former inmates navigate the many stressors they encounter upon release and contribute to sustaining their resistance (Chouhy et al., 2020). The support of family and friends is a critical factor in the successful reintegration of parolees (Sathoo et al., 2021). Emotional and practical assistance from loved ones provides stability and encouragement (Logan, 2018). Family support plays a crucial role in reducing the likelihood of recidivism (Dockery, 2019). Close relationships provide a safety net and help parolees feel connected and supported (Walker et al., 2014). The involvement of family and friends is essential for the parolee's emotional

well-being and long-term success (Fahmy, 2021). Finally, social support can help former inmates navigate the many stressors they encounter upon release and contribute to sustaining their resistance (Chouhy et al., 2020).

3.24 Emotional and Moral Support

Emotional and moral support from a parolee's network is essential for managing the stresses of reintegration (Ricciardelli&McKendy, 2020). This support includes motivation to maintain resilience and faith in a greater force (Abu-Ras&Hosein, 2015). Programs encouraging strong support networks can significantly improve reintegration outcomes (Berghuis, 2018). Providing emotional support helps parolees cope with their challenges post-incarceration (Shahaed et al., 2024). This support can come from family, friends, and community organizations (Gonzalez et al., 2018). The availability of emotional and moral support is crucial for the parolee's mental health and reintegration success (Bakken et al., 2018).

3.25 Financial Assistance

Financial assistance from support networks helps parolees address financial difficulties, particularly in times of limited job opportunities (Bushway, 2022). This support can be vital for meeting basic needs and complying with parole conditions (Harding et al., 2014). Financial stability provided by family and friends is crucial for reducing recidivism and promoting successful reintegration (Razali et al., 2021). Economic support from a parolee's network can alleviate stress and provide a foundation for rebuilding their lives (Bushway, 2022). This assistance helps parolees focus on positive activities and avoid illegal means of income (Hall et al., 2015). Financial support is essential to effective reintegration strategies (Kuschminder, 2017).

3.26 Moral Recovery and Adaptation

Support networks offer critical guidance and social ties that aid a parolee's moral recovery and adaptation (Keogh, 2014). This support helps parolees align their behaviors with societal expectations and moral standards (Halushka, 2016). Programs that foster strong community ties and moral guidance are essential for successful reintegration (Fox, 2016). Moral recovery involves helping parolees develop a sense of responsibility and ethical behavior (Herbert, 2022). Support networks provide the necessary encouragement and role models for this transformation (Grabs et al., 2016). Adapting to societal norms and values is critical in reintegration (Glorieux et al., 2023).

3.27 Encouragement to Comply with Laws

The network of support encourages parolees to abide by government rules and parole restrictions (Sathoo et al., 2021). Practical assistance, such as financial support and emotional encouragement, play crucial roles in this compliance (Holoyda&Landess, 2019). Programs emphasizing the importance of legal compliance can significantly impact parolees' reintegration success (Ricciardelli, 2018). Encouraging parolees to follow the law helps prevent recidivism and promotes stability (Doherty, 2016). Support networks provide parolees with the necessary motivation and resources to stay on the right path (Cherney& Fitzgerald, 2016). Compliance with legal requirements is essential for reintegration and long-term success (Peters & Ricciardelli, 2016).

3.28 Key Practical Insights Drawn from the Case and How Do These Lessons Inform Future Practices and Decision-Making in the Relevant Field

Key practical insights can be drawn from the case to inform future practices and decision-making in the relevant field. These insights include understanding the consequences of actions outside of prison, the importance of limited freedom and vigilance, faith and law compliance, cooperation with government legislation, and the value of contentment and gratitude.

3.29 Consequences of Actions Outside

The consequences of actions outside the rehabilitation center are often more severe, underscoring the need for cautious behavior (Carter & Lubinsky, 2015). Parolees who fail to adhere to rules risk re-incarceration, which can

be avoided through proper guidance and support (Holoyda&Landess, 2019). These consequences highlight the importance of structured support systems to help parolees navigate their post-release environment (Liem&Garcin, 2014). Understanding the gravity of their actions can encourage parolees to make better choices (Rhine et al., 2017). Educational programs that inform parolees about their behavior's legal and social ramifications can be highly effective (Pryor & Thompkins, 2013). This awareness is crucial for preventing recidivism and promoting successful reintegration (Gilbert &Elley, 2015).

3.30 Limited Freedom and Vigilance

Parolees must exercise caution and vigilance to avoid breaking the law and returning to prison (Steen et al., 2013). The limited freedom they experience requires them to be mindful of their actions and decisions (Sarver, 2019). Programs that teach self-discipline and legal awareness are essential for helping parolees navigate their restricted freedom (Jenkins, 2019). Vigilance is vital to maintaining compliance with parole conditions and ensuring long-term freedom (Doekhie et al., 2018). Parole officers are critical in monitoring and guiding parolees to adhere to these conditions (Jenkins, 2019). This focus on vigilance and compliance is necessary for successful reintegration (Cherney, 2018-).

3.31 Faith and Law Compliance

Faith and adherence to laws are crucial behaviors for successful reintegration (Connolly &Granfield, 2017). Parolees who maintain their spiritual beliefs and comply with legal requirements are more likely to avoid recidivism (Johnson et al., 2017). Programs integrating spiritual guidance and legal education can support parolees in this endeavor (Berger&DeGrossa, 2013). Spiritual beliefs provide emotional support and moral guidance, helping parolees focus on positive goals (Stansfield &Mowen, 2019). Compliance with laws reinforces a structured and disciplined approach to life outside of prison (Johnson et al., 2017). Faith and legal adherence are essential for successful reintegration (O'Connor &Perreyclear, 2017).

3.32 Cooperation with Government Legislation

Cooperation with government legislation is essential for parolees to reintegrate successfully into society (Petersilia, 2016). Understanding that laws are in place for their benefit can help parolees comply more willingly (Best et al., 2014). Programs that educate parolees on the importance of legal compliance and offer support in navigating legal requirements are crucial (Berger&DeGrossa, 2013). Parolees must recognize the role of higher authorities in monitoring adherence to laws (Petersilia, 2016). This understanding fosters respect for legal frameworks and encourages compliance (Gray &Silbey, 2014). Cooperation with government legislation is a cornerstone of effective reintegration strategies (Loosemore et al., 2020).

3.33 Contentment and Gratitude

Contentment with one's circumstances and gratitude for freedom is essential for abstaining from further offenses (Kekes, 2018). Parolees who focus on what they have rather than what they lack are better positioned to lead peaceful lives (Liem& Richardson, 2014). Programs that promote gratitude and contentment can significantly enhance reintegration outcomes (a). Encouraging parolees to develop a positive outlook and appreciate their current situation can reduce the desire to re-offend (Koschmann& Peterson, 2013). This mindset helps parolees build a stable and fulfilling life post-incarceration (Sulmeisters&Pasko, 2021). Contentment and gratitude are essential for reintegration and long-term success (Guse& Hudson, 2013). Huynh et al. (2014) stated that gratitude could significantly improve mental health by fostering positive emotions and reducing stress, essential for managing the challenges of reentering society. Research by Kjellstrand et al. (2023) highlights that individuals who practice gratitude are more likely to engage in prosocial behaviors, enhancing their relationships and support networks, which are vital for successful reintegration. Moreover, contentment with one's circumstances can reduce envy and resentment, common triggers for reoffending (Atabong, 2023). Thus, programs promoting gratitude and contentment should be central to rehabilitation efforts, as they reduce recidivism and enhance overall well-being and life satisfaction (Morse et al., 2022).

3.34 Implication for Practice

Based on the information obtained from our research participants, we derive implications for individuals and groups that can support or provide explicit knowledge regarding parolee reintegration. This study emphasizes the necessity for comprehensive support systems to facilitate the successful reintegration of parolees into society. As a result, communities will become more aware of the challenges parolees face. This increased awareness will benefit not only the parolees but also society as a whole by promoting understanding and reducing recidivism rates. It will serve as a guide to how communities should support parolees to help them reintegrate successfully and avoid reoffending. Through this study, individuals can learn about the difficulties faced by parolees, such as stigma, discrimination, and limited employment opportunities. They must support parolees to ensure a brighter future and eliminate behaviors contributing to societal exclusion. This study might help families and friends guide and support their loved ones on parole. As a result of this study, family members and friends are now better informed about the challenges parolees face and the support they need. They must be vigilant and proactive in providing emotional and practical assistance to their loved ones, recognizing their critical role in reintegration. The findings of this study may enable the Department of Justice and related agencies to design and maintain programs that will benefit parolees. These programs should address the various challenges parolees face and provide them with the necessary resources and support to reintegrate successfully. Furthermore, the study highlights the need for collaboration between community organizations, support networks, and government agencies to create a cohesive and effective support system for parolees. These lessons highlight the importance of a holistic approach in parolee rehabilitation, emphasizing both internal growth and external support systems to foster successful reintegration and reduce the likelihood of recidivism.

3.35 Implications for Further Research

The study unraveled the insights of parolees in their journey toward reintegration into society. Their struggles and insights have been discovered. However, future studies must be conducted by other researchers who align with the research topic. In this study, we merely focused on the struggles of parolees and their insights. What we, as researchers, have stated, analyzed, and concluded is still ongoing. Much information and relevant aspects still need to be opened regarding the research topic. Researchers may study parolee reintegration in the future, focusing on different perspectives. For instance, future researchers could study the strategies that parole officers and support networks implemented to mitigate the challenges parolees face during reintegration. Further, they may also determine the role of community programs in fostering successful reintegration and reducing recidivism rates. Additionally, others could focus on the societal perceptions of parolees, the obstacles in their reintegration, and the overall impact on community safety and cohesion. Their case may offer a unique qualitative description.

4. CONCLUSIONS

The findings of this study have revealed that the reintegration process for parolees is fraught with numerous and complex challenges. Parolees are at a significant risk of recidivism if they are unable to manage their reintegration effectively. In this study, participants encountered profound obstacles. These challenges began with societal stigma and a lack of acceptance within their communities. There was a sudden and pressing need to readjust to societal norms, adversely impacting their mental and emotional well-being. Additionally, they faced discrimination and limited employment opportunities, which significantly hindered their ability to reintegrate successfully. The presence of a criminal record caused hesitation among employers and service providers, further complicating their reintegration process. Although they managed to avoid reoffending, the lack of support and opportunities substantially delayed their reintegration.

As researchers, we faced considerable challenges in completing this thesis. The research process was highly time-consuming, demanding the utmost attention and sustained effort, which was particularly challenging as we balanced these demands with personal and educational responsibilities. Additionally, the process proved financially burdensome, requiring significant monetary resources to cover the costs associated with research materials, revisions, and other necessary expenses. The overwhelming nature of the research process also posed intellectual and emotional challenges, requiring resilience and sustained mental effort. However, throughout this journey, we were fortunate to receive support from many individuals who provided invaluable assistance during the most significant difficulties.

Reflecting on the process, the numerous challenges and periods of intense effort have become indistinct, but the most significant outcome is the completion of this thesis.

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