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**APPLICATION OF BEHAVIOUR MODIFICATION TECHNIQUES IN  
TREATING JUVENILE DELINQUENTS IN SOKOTO REMAND  
HOME.**

**BY:**

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### **Abstract**

*The research assessed the effectiveness of behaviour modification techniques in treating juvenile delinquents in Sokoto Remand Home. The research design adopted for this study is the descriptive survey method. A total number of thirty (30) delinquents, twenty discharged delinquents (20) and twenty-four (24) workers were selected for the study. Questionnaires were administered to these groups. The information gotten from the groups mentioned above were subjected to t-test statistics, to assess the difference between behaviour modification technique used in treating juvenile delinquents in Sokoto Remand Home. The result showed that, the two techniques, strokes of cane and instilling fear of imprisonment used in treating juvenile delinquents in Sokoto Remand Home have same effect on the delinquents. The application of techniques is more effective than the non-application of techniques and finally that professional instructors handle delinquents better than non-professionals. Based on the results, the researcher concluded that other techniques such as extinction, reinforcement, fading, ear shooting, cognitive restructuring and self management should be introduced and used in the remand home, instructors should go for refresher courses on how to handle delinquents in making them better individuals in the society.*

### **Introduction**

The birth of a child is a thing of joy to every member of the family: as such its arrival is usually welcomed with lots of funfare and optimism. It is generally believed that the child is a gift from God and blessing to the immediate family. Therefore, the immediate family is deeply concerned about the child's health, career, and how to increase the budget on feeding for the entire family. All these steps are taken, so that the child becomes successful and center of attraction to the family and society at large. The child's interaction with outside world increases. Any of the child's achievement is applauded while any misconduct becomes a disappointment not only to the child but his relation share from the disgraceful act exhibited by the child. This becomes a source of concern and a social problem to all. Scholars of higher esteem from many discipline of knowledge such as Sociology, Psychology, Guidance and Counselling etc. have made purposeful attempt to explain and demonstrate those social problems or malaise. Especially in terms of using appropriate terminology to describe this on the bases of age group such as children, youth and the adult. However, this research has narrowed its scope to only children and youth. Thus, the most common term associated with social malaise is Juvenile Delinquency. In Nigeria, (under the children and young person Law of 1958), Child means any person who do not attain the age of 14 years and a young person means any person who attained the age of 14 years, but who has not attained 19 years. Juvenile therefore includes, "a child and young person".

From the above, the word "Juvenile" implies an individual who is not an adult but a youth (Unachukwu, 1995). While delinquency means an act or behaviour exhibited by any youth (Juvenile) which violates a norm or rule in any given community (Unachukwu, 1995). Juvenile delinquency is a legal term for behaviour of children and adolescents that in adults would be

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judged criminal law (Kramar, 1988). Moreover, Synder (2001) saw juvenile delinquency as referring to "Illegal criminal or status offences committed by minor youth and disproportionately carried out by males. Children who commit the more serious of these acts frequently for extended period of time are typically referred to as juvenile delinquents.

More so, delinquency, refers to a set of behaviours that are not in line with collective practices and/or ethics of the dominant social group. Essentially, these behaviours deviate from societal norms and more specifically they violate established criminal codes and laws. Juvenile delinquency incorporates not only general criminal activity but conduct that is only unlawful for youths such as running away from home and skipping school (Shomakar, 1997). However, it is worthy to note that, juvenile delinquency is a common social issue faced by every nation over the world. It has been one of the important issues to be solved by various societies from the ancient to the present. To arrest this canker worm among the youth, evolved what is called Behaviour Modification Technique. The psychotherapy that seeks to extinguish or inhibit abnormal or maladaptive behaviour by reinforcing desired behaviour and extinguishing undesired behaviour is Behaviour Modification Technique (Robert, 2007).

Counselling is a process of helping individuals with troubles or psychological problems. It is a process of helping people to learn how to solve certain interpersonal, emotional and decision problems (Shertzer and Stone, 1974) in (Sambo, 2008:4). Therefore the major aim of counselling is to change behaviour and change of behaviour involves Behaviour Modification Techniques. Behaviour ranges from normal to abnormal, desirable to undesirable, adaptive to maladaptive or adjustment to maladjustment. Akinboye (1982) defined behaviour as an objective, observable and quantifiable activity of human organisms including man. Based on the definition and explanations of behaviour, behaviour is associated with action, response activity, performance and responses. Since change in behaviour involves behaviour modification techniques (Odoemelan & Ajoku, 2010).

Akinade & Adedipe (2004) reviewing definition of behaviour modification came up thus; Wolpe (1958) views behaviour modification as a form of classical conditioning of human behaviours. Skinner (1953) defines it as the application of principles of operant conditioning techniques to modify behaviour. Brown (1971) says behaviour modification is a behavioural science technique which involves the application of principles derived from research in experimental psychology to alleviate human suffering and increase human functioning. Mahoney (1974) look at behaviour modification as any technique which involves the use of broadly defined set of clinical procedures whose disruption and rationale often rely on the experimental findings of psychological research. Sprinthell and Sprinthell (1976) defined behaviour modification as a specific type of behaviour influence that

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translates the theories and principles of learning derived from experimental psychology into an applied technique of behaviour change. The technique should always be used in pursuit of positive goals, that is to reduce human suffering and increase human functioning.

According to Odoemelan and Ajoku (2010), Behaviour Modification is therefore characterized as:

- i. Defining behaviour problems pattern that can be measured and formulating ways in which the problem is being helped
- ii. Applying treatment procedures and strategies in order to design ways of altering an individual's environment and applying it.
- ii. Strategies and techniques in our daily life for behaviour change.

In this circumstance behaviour is design to decrease maladaptive behaviour and eliminate inappropriate behaviour, to establish adaptive behaviours to get a new behaviour to occur, and develop and maintain new behaviour in order to develop behavioural persistence. Odoemelan, Ajoku (2010) and Robert (2007) outlined the following as behaviour modification techniques in changing undesirable, abnormal and unacceptable behaviours to desirable and normal behaviour acceptable in the society and by law.

- |                                |                             |
|--------------------------------|-----------------------------|
| (a) Reinforcement              | (g) Shaping modeling        |
| (b) Ear shooting               | (h) Implosion               |
| (c) Fading                     | (i) Bibliography            |
| (d) Flooding                   | (j) Bio feedback            |
| (e) Extinction                 | (k) Cognitive restructuring |
| (f) Systematic Desensitization | (l) Self management         |

The researcher took a pilot study to know whether these techniques mentioned above are used in Sokoto Remand Home or not. The researcher got to know that these techniques are not used in Sokoto Remand Home. These are the commonly used techniques in Sokoto Remand Home. They are; Strokes of Cane (Flogging) and Instilling Fear of Imprisonment. The researcher is therefore limiting himself to these two (2) techniques for the research work in assessing the effectiveness of behaviour modification techniques in treating juvenile delinquents in Sokoto Remand Home. The above techniques are employed to decrease, develop, maintain, eliminate and increase behaviours. Behaviour Modification Techniques are employed specifically to accelerate desirable behaviours and decelerate undesirable behaviours (Odoemelan & Ajoku, 2010). The goal of a programme of behaviour Modification Technique is to change and adjust behaviour that is inappropriate or undesirable in some ways. When embarking on a programme of behaviour modification what is important is that the undesirable behaviours be isolated and observed. With this observation comes awareness on

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the behaviour, on the part of the individual whose behaviour is being modified. With this awareness, comes a greater goal of understanding the cause and effect of the behaviour, and this affect change.

Simply put, behaviour modification therapy is based on the idea of antecedents (events that occur before a behaviour is apparent) and consequences (events that occur after behaviour occurs). The appropriate behaviour is learnt by observing and changing both the antecedents and consequence of the behaviour so that the appropriate behaviour increases and the inappropriate decrease. The preservation of societal norms are important and requires that people, conform with societal rules and regulations but when people fail to conform the method of dealing with such persons or (delinquent) have been a perplexing problem since the dawn of the century, and it vary from one society to another depending on the level of civilization or education. The most traditional method includes striking out very fully or flogging against a wrong doer as criminal or delinquent (Dustin and George, 1973).

According to Eadie and Morley (2003) the application of ordeal was another technique used in the 13<sup>th</sup> century AD In the ordeal, guilt of innocent (delinquent) was determined by the ability of the accused to come out unscratched through dangerous and painful test. This facility was design for correcting youth under 20 years of age. In addition, to the above methods, as quoted by Eadie and Morley (2003), that at various times and in various societies, criminal delinquent were fined and forced to pay for damage done, if the offence of a person is economical, therefore the damages incurred from either burning/destroying of home, car. are calculated and the offender forced to pay for the equivalent damage. However, where the offence is social, psychological or physical like: insult, striking of person, physical injury and/or pregnancy, the damages are quantified and the person responsible is asked to pay for such damages. However, according to Hurbut (1961), the church technique, therefore, include separation of offenders from people. In this programme silence, work and prayer were used for an act of self-punishment to show repentance for a sin of wrong doing. This is supported by Bartollas and Miller (1978) who hold the view that over the years punishment was believed to have been used on delinquents. They mentioned that in the 18<sup>th</sup> centurv. the founding fathers of American substituted punishment for religious orientation as the proper way to work with delinquent children.

In the 19<sup>th</sup> century, came the development of the "House of Refugee", which was followed by the reformatory and training schools. The founder of this institution has a strong belief that it is going to be effective (Dustin and George, 1973; Bartollas and Miller, 1978). However, Bartollas and Miller (1978) thought of this institution as an instrument of reform not only to the offenders but to the entire society. The establishment of the institution did not

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stop in England and America but extended to Nigeria which was then a British colony. The minister of the federation of Nigeria then was Sir James Robertson, who supported the establishment of the institution then. This assertion was supported by Bello (1986) when he added in his study of Remand Home Reform in Lagos, that: they are fashioned after British institution of the same name, to which offenders are sent as punishment but not for punishment. This last statement is very important, as delinquent are sent there to feel the pain and seduction as the punishment, but not to be given punishment in the Remand. They are not expected to be whipped, drilled or given any kind of punishment.

Nonetheless, according to Ahire (1980) as far back as 1958, the Nigeria government realized the place of Juvenile Delinquent in law, therefore, empowered the law court to either commit them to the care of a fit person or commit them to an approved institution or order their parents or guardians to exercise proper guardianship or place them under the supervision of a social welfare officer. This was further supported by Okon, (1988) when he viewed that delinquent responsibilities should be given moral identity and parental responsibility Infact, referring the delinquent to a specialist or institution is not entirely new in Sokoto. For decades, delinquents (offenders) are scolded, denied food, flogged or taken to a native doctor or an Islamic scholar in his school. The delinquent stay there until the Mallam feels the delinquent has regretted his former action and change his attitude. However, during his stay with the scholar (Mallam) the delinquent is sometime hands cuffed or legs cuffed or even both depending on the offence and the nature of his reformatory activities. The delinquent in his period of stay with the Mallam learn moral education, commit Qur'an and other Islamic books to memory and involved even in a vocation like farming. Although, in 1972 that a formalized institution or school was established in the name of Sokoto Remand Home for reforming this character of delinquents that are sentenced by courts for a duration of less than one year. Any delinquent likely to stay for over a year is transferred to Bungudu near Gusau to learn more skills, than to remain in Sokoto. Eadie and Morley (2003) sees delinquency as caused by unemployment, therefore, vocational training for the inmates become pertinent. He added that released inmates tend to be recruited into various types of jobs. This is because they are taught all sorts of skills while in the Remand. While, Dustin and George (1973): In American during the 18<sup>th</sup> century says. severe penalty befall delinquent i.e. execution. This is further supported by Sandhu (1977), who asserted that execution was another technique used on delinquent as a way of making others learn. In America for example, repetition of offence by offenders could bring death sentence.

The issue of juvenile delinquency is a national dilemma as supported by the research of Ijeoma (1975). In Unachukwu (1995) from comparative study of the cases of delinquents in the three randomly selected school children. The study shows that from 1970-1971; for every one

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hundred (100) adult delinquents, there are four juvenile delinquents in East-central states. Where as, from 1968-1970, for every one hundred (100) adult delinquents in the South-eastern state. There are four (4) juvenile delinquents. Where as from 1968-1970, every 100 adult delinquents in North-western state (including Sokoto town), there was one juvenile delinquent for every 100 adult delinquent. These delinquents include both school pupils and dropouts. This explains why every state in the federation has one form or the other reformatory institute for juvenile delinquents.

Most of these institutions are called Remand Homes. Some of the behaviour modification techniques employed in these institutions to reform the juvenile delinquents include positive and negative reformation, punishment, vocational skills, whipping, religious instruction etc. Nonetheless, many scholars have commented on these behaviour modification techniques employed in these institutions. The introduction of Remand Home in Sokoto does not mean that culture had no methods of treating or handling the juvenile delinquents in their various communities. For instance in Sokoto, methods like: Flogging, Stooping, denial of food etc, were used to correct the young delinquents with changes or introduction of western education, the most stubborn among them were sent to live with school teachers, native doctors, since some people associated juvenile delinquency with evil forces. Grass cutting and flogging was encouraged in schools,

By 1972, the North Western State established the present standard Sokoto Remand Home. Any inmate who is likely to stay for over one year has to be transferred to approved school, i.e. Bungudu or Borstal institution Kaduna to learn skills or trade. The inmate staying for less than a year learns Qur'an and are taught moral education. Unfortunately, as new states were created, some facilities for catering for the delinquent fell into Zamfara State; to this end the Sifawa approved school was established. Initially, during the time of the Native Authority, the Remand Home was located opposite Sokoto Prison and has the capacity of only twenty inmates. Today the present site could host up to 300 inmates. However, it has only 30 inmates and 20 discharged ex inmates, making a total number of 50 of them to be studied. The graduation of inmate is determined by the sentence passed by a court verdict. In most cases it is less than or just a year only.

In his view, Sandhu (1977) asserts that "the use of teaching vocational skills as a technique for preventing delinquency may not work effectively on some delinquents". Sandhu (1977) further observed that; youths in their teens seems to go through a period in which they test and leave the labour market, so when they are pressed hard for money, they take a low wage job and if the job does not interest them, they quit to get experience in the street. To them street life represent leisure. On the contrary, Bello (1986), argued that the failure of behaviour

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modification employed in Remand Homes for treatment of delinquents have been as a result of ineffectiveness in the technique used in the various institution. Furthermore, Bello (1986), found out that punishment has been an effective tool for sound behaviour modification technique in correcting delinquent behaviour, though, with no lasting result. This is because after sometime, delinquents are found to go back to their initial degrading attitude. To Bello (1986); therefore, guidance and counselling is the professional discipline that can minimize the use of punishment, be it negative or positive or enforcement. He suggested that counsellors should be employed by Remand Homes. These counsellors can control the use of open confession through self for disclosure in situation of acceptance. The counsellors can also use appropriate modelling conditions. Along similar line, Okon (1980), emphasized the need for moral education and parental responsibilities as an effective behaviour modification techniques for the delinquent. However, with all the short-comings of the behaviour modification identified and suggestions given, the rate of juvenile delinquency has reached embarrassing height as noted by Unachukwu (1995). Children often test the limits and boundaries set by their parents and authority. Among adolescents, some rebelliousness and experimentation is common among children who consistently participate in problematic behaviour that has negative effect on academic, social and personal functioning ([www.wikipedia.com](http://www.wikipedia.com) (2010)).

The case of juvenile delinquency which is ravaging in the society like wild fire, is a pathetic case which calls for serious and prompt action from all sectors of the society. There are several cases of young people involved in gross misconduct and anti-social behaviors that lead to criminal acts, for example killing and stabbing each other with sharp and dangerous objects, smoking indian hem, aggressiveness and stubbornness in behaviour that has led to keeping of these young people (delinquents) in the Sokoto Remand Home. Some of these delinquent cases point out to the fact that there is something wrong with the society and the homes. Where a girl is forced to marry a man against her wish and ended up killing the man by inducing "Ota Pia Pia" in his food or where a child is removed from the school to go out and hawk. Therefore, the main thrust of this study is to assess the difference between behaviour modification techniques used in treating juvenile delinquents in Sokoto remand home.

In Nigeria, little research has been carried out to the best knowledge of these authors. Notable contributions in this field are the work of Akinboye (1974, 1976) such as: Behaviour modification of study habits of students (1974) and methods of fostering creativity among young people (1976). Morakinyo (1984) used assertiveness Training and conversational skills to modify shyness among some Nigerian adolescents.



### **Research Hypotheses**

In order to examine the behaviour modification techniques used in treating juvenile delinquents in Sokoto Remand Home. The following hypotheses are raised:

- i. There is no significant difference between behaviour modification techniques, strokes of cane (flogging) and instilling fear of imprisonment used in Sokoto Remand Home.
- ii. There is no significant difference between application or non-application of behaviour modification techniques in treating juvenile delinquents in Sokoto Remand Home,
- iii. There is no significant difference between the professionalism of the instructors and the way the delinquents are handled in Sokoto Remand Home.

### **Research Methodology**

The research design adopted for this study is the descriptive survey method. Best (1981) reported that the descriptive survey method enables the researcher to obtain opinions of the representative sample of its target population so as to be able to infer the perception of the entire population.

### **Population of the Study**

The population of this study consist of all the inmates (juvenile delinquents), administrative personnel and ex-inmates in Sokoto Remand Home. The inmates are a total of thirty (30) and ex-inmates are twenty (20), altogether they are fifty (50) all drawn from Sokoto Remand Home. In the area of the administrative staff and entire supporting staff, Sokoto Remand Home, has a total number of twenty-four (24) staff. The table below shows the total number of inmates and the staff including their specialization and how they are distributed

**Table 1: Table showing number of inmates and discharged**

No of Inmates	Convicted	Awaiting Trials	Discharged	Ex-mates
30	20	10	20	50

*Source: Office of the welfare officer, Sokoto State Remand Home, 2010*

**Table 2: Tables showing workers and their areas of specialization**

Social welfare	Teachers	Qur'anic teachers	Corp members	Attendants	Watchmen	Cooks	Total
04	02	02	02	04	06	04	24

*Source: Office of the welfare officer, Sokoto State Remand Home, 2010*

### **Sample and Sampling Techniques**

The samples include inmates in Sokoto Remand Home and ex-inmates from Sokoto Remand Home, altogether they are fifty (50) selected for the study. Others are the four (4) social welfare officers, and other supporting staff twenty of them (20). As for the social welfare officers, it is

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because they do most of the field assignment with the inmates. Therefore, the sampling technique that is employed is purposive or deliberate type of sampling.

Fox (1969) referred to purposive sampling as deliberate selection which is often sensible and simple to justify. According to him, if within a population there are some elements which a researcher believes are particularly crucial to his study, then the only way to ensure this is to deliberately select them. This is exactly what the present researcher has done in this research work.

**Instrumentation**

The following instruments were used or administered for data collection.

1. Behaviour Modification Technique (Strokes of Cane) Questionnaire for Juvenile Delinquents (BMTSCQ).
2. Behaviour Modification Technique (Fear of Imprisonment) Questionnaire for Juvenile Delinquents (BMTFPQ)
3. Questionnaire for Social Welfare Workers (QSWW).
4. Questionnaire for Follow up of Discharged Delinquents (QFDD).

The instruments for the study are questionnaires designed by the researcher. The first instrument, behaviour modification technique questionnaire on strokes of cane or (flogging) used in treating delinquents. It has section A and B. Section A is meant to obtain background information, while section B examines the effectiveness of the behaviour medication technique. The second instrument, juvenile delinquent behaviour modification questionnaire on fear of imprisonment, it has section A and B. Section A is meant to obtain background information, while section B examines the effectiveness of the behaviour modification technique used on the inmates. The third instrument is a questionnaire for social welfare workers and it has two sections. Section A will collect background information, while section B examines the technique frequently used on the inmates. Finally, the fourth instrument, follow-up of discharged delinquents questionnaire is also divided into section A and B. Section A elicits background information while section B will obtain information on behaviour modification of inmates after discharge. All these instruments mentioned above are self designed by the researcher.

**Validity and Reliability of the Instruments**

The following steps were carried out to ensure the content validity and reliability of the instruments designed by the researcher as follows;

**Validity of Behaviour Modification Technique Strokes Cane Questionnaire**

The self designed instrument (BMTSCQ) was subjected to vetting, scrutiny and

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criticism by expert psychologists, guidance and counsellors from Usmanu Danfodiyo University Sokoto. Their independent assessment was taken into consideration in making adjustments in the instruments. Their suggestions incorporated into the instrument designed by the researcher. Thus, the instrument was considered valid for use.

**Reliability of Behaviour Modification Technique Strokes of Cane Questionnaire.**

To ensure the reliability of this instrument used for data collection in this study, a pilot study had been conducted using a representative sample of thirty (30) delinquents from Zamfara state Remand Home in Tashan Magami. A test re-test was conducted within an interval of three weeks, subject scores were collected and correlated using Pearson Product Moment Correlation Co-efficient to determine the co-efficient of the test retest. At last, a reliability co-efficient of 0.72 was obtained ensuring the reliability of the instrument.

**Validity of Behaviour Modification Technique Fear of Imprisonment Questionnaire**

The self designed instrument (BMTFPQ) was subjected to vetting, scrutiny and criticism by expert psychologist, guidance and counsellors from Usmanu Danfodiyo University Sokoto. Their independent assessment was taken into consideration in making adjustments in the instruments. Their suggestions incorporated into the instrument designed by the researcher. Thus, the instrument was considered valid for use

**Reliability of Behaviour Modification Technique Fear of Imprisonment Questionnaire**

To ensure the reliability of this instrument used for data collection in this study, a pilot study had been conducted using a representative sample of thirty (30) delinquents from Zamfara State Remand Home in Tashan Magami. The instrument Behaviour Modification. A test re-test was conducted within an interval of three weeks. Subject scores, were collected and correlated using Pearson Product Moment Correlation Co-efficient to determine the co-efficient of the test retest. A reliability co-efficient of 0.67 was obtained ensuring the reliability of the instruments and thus the instrument was considered valid for use.

**Validity of Social Welfare Workers Questionnaire**

The self designed instrument (QSWW) was subjected to vetting, scrutiny and criticism by expert psychologist, guidance and counsellors from Usmanu Danfodiyo University Sokoto. Their independent assessment was taken into consideration in making adjustments in the instalments. Their suggestions incorporated into the instrument designed by the researcher. Thus, the instrument was considered valid for use.

**Reliability of Questionnaire for Social Welfare Workers**

To ensure the reliability of this instrument for social welfare workers. The instrument was administered to twenty-six (26) workers of the Zamfara State Remand Home in Tashan Magami. After three (3) weeks the same instrument was also administered to the same set of

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workers. The scores were collected and correlated using Pearson Product Moment Correlation Co-efficient to determine the co-efficient of the test retest. At last, a reliability co-efficient of 0.67 was obtained ensuring the reliability of the instrument.

**Validity of Questionnaire For Follow Up of Discharged Delinquents**

The self designed instalment (QFDD) was subjected to vetting scrutiny and criticism by expert psychologist, guidance and counsellors from Usmanu Danfodiyo University Sokoto. Their independent assessment was taken into consideration in making alternations in the instruments. Their suggestions incorporated into the instrument designed by the researcher Thus, the instrument was considered valid for use.

**Reliability of Questionnaire For Follow Up of Discharged Delinquents**

To ensure the reliability of this instrument for discharged delinquents. The instrument was administered to ten (10) discharged delinquents. After three (3) weeks the same instrument was also administered to the same set of delinquents. The scores were collected and correlated using Pearson Product Moment Correlation co-efficient to determine the co-efficient of the test retest. At last, a reliability co-efficient of 0.67 was obtained ensuring the reliability of the instrument.

**Method of Data Collection**

The researcher had prepared four set of questionnaires for data collection. The researcher personally administered the instruments on each target, one after the other The questionnaire for the delinquents (BMTSCQ) and (BMTFPQ) was administered first, followed by those for discharged delinquents (QFDD), and lastly, the questionnaire for the social welfare workers (SWW) was administered.

After careful and adequate supervision, besides the instructions on how to fill the spaces, the responses in each case was retrieved and organized for analysis.

**Method of Data Analysis**

At the end of the research, the pieces of information were gathered in the form of responses from the questionnaires administered to the selected respondents. The analysis of the data took a form of computation using statistical means chi-square ( $X^2$ ). This is meant to assess effectiveness of behaviour modification techniques used in treating juvenile delinquents in Sokoto Remand Home.

The method of data analysis adopted by this study, was based on the nature of variables involved is the chi-square ( $X^2$ ) statistics. The reason for adopting the method was because the study involves the measurement of the effectiveness of two variables, instilling fear of imprisonment and flogging (strokes of cane) used in treating juvenile delinquents in Sokoto Remand Home

**Presentation of Results.**

**Hypothesis Testing (HO<sub>1</sub>)**

(HO<sub>1</sub>) There is no significant difference between behaviour modification techniques, strokes of cane (flogging) and instilling fear of imprisonment in treating juvenile delinquents in Sokoto remand home.

Table 4.1: t- test on behaviour modification techniques, strokes of cane and instilling fear of imprisonment as a corrective measure in treating delinquent, in Sokoto Remand Home.

Techniques	No. Of Subjects	Yes	No	Total	Df	t-cal	t-Crit	Decision
Strokes of Cane (Flogging)	Delinquents 30	26 26.60	4 3.40	30	1	0.126	3.84	0.05
Fear of Imprisonment	Discharged delinquents 20	18 17.60	2 2.40	20				
Total	50	44	6	50				

*Significant at 0.05 level of significance*

From table 4.1 above, the t-test value calculated (0.126) is less than the t value critical (3.84). This indicates that there is no significant difference of behaviour modification techniques, stroke of cane and instilling fear of imprisonment used in treating juvenile delinquents in Sokoto Remand Home. Therefore, hypothesis one is accepted, meaning there is no difference between the techniques mentioned above.

**(HO<sub>2</sub>):** There is no significant difference between the application and non-application of behaviour modification techniques in treating juvenile delinquents in Sokoto Remand Home.

**Table 4.2: T- test on application and non-application of technique.**

Techniques	Yes	No	Df	t- cal	t- Crit	Decision
Application	48 25.00	2 25.00	1	84.640	3.841	0.05
Non-application	2 25.00	48 25.00				

*Significant at 0.05 level of significance*

From the table above, the t-calculated (84 640) is greater than the t-critical (3.841). This indicates that there is statistically significant difference in the application and non-application of the techniques. Therefore hypothesis two is rejected. This signifies that there is significant difference in the application and non-application of the techniques. Meaning that the application of techniques has difference and produce positive result than the non-application of techniques.

**(HO<sub>3</sub>):** There is no significant difference between the professionalism on the instructors and the way delinquents are handled . Table 4.3: t-test on professionalism of the instructors and the way delinquents are handled.

<b>Techniques</b>	<b>Yes</b>	<b>No</b>	<b>Df</b>	<b>t- cal</b>	<b>t-crit</b>	<b>Significant level</b>
Professionals	4 0.75	0 3.25	1	18.909	3.841	
Non-professionals	5 8.25	39 35.75				

*Significant at 0.05 level of significance*

The table above showed that, the t- calculated (18.909) is greater than the t-critical (3.841). This signifies that there is significant difference between the professionalism of the instructors and the way delinquents are handled. Therefore, hypotheses three H<sub>03</sub> is rejected, meaning there is significant difference between the professionalism of the instructors and the way delinquents are handled.

### **Discussion of Results**

The result of the analysis is discussed as follows, according to the earlier hypotheses raised:

(H<sub>01</sub>): There is no significant difference between behaviour modification techniques, strokes of cane (flogging) and instilling fear of imprisonment in treating juvenile delinquents in Sokoto remand home. By implication, the first hypothesis tested revealed no significant difference in the effects produced by the two methods being compared. Meaning that the Behaviour Modification Technique in the form of flogging inmates or ex-inmates will produce similar difference as the threat of imprisonment to juvenile delinquents in Sokoto Remand Home.

The above finding emphasizes that both techniques in question will produce the same or similar results when applied to the inmates. Therefore, the non rejection of the hypothesis one shows that the behaviour modification fear of imprisonment is not better than canning or flogging. Thus, both methods or techniques may be integrated for maximum outcome. Invariably the two techniques gave positive output in the lives of the inmates and ex-inmates. In a nut shell the two techniques have the ability and capacity of correcting an abnormal behaviour to a normal behaviour acceptable to the society.

The finding of this study is not in agreement with Dustin and George (1975), and Bello (1986) that strokes of cane is a more effective in treating juvenile delinquents in Sokoto Remand Home

Hypothesis two indicates that there is no significant difference between the application and non-application of behaviour modification techniques in treating juvenile delinquents in Sokoto Remand Home.

As one might naturally expect, application of certain methods or techniques to a process will not produce the same result as the non-application of such methods or techniques. The two phenomena will definitely have direct opposite difference as application and non-application are opposites The importance of this finding is that inmates on whom the behaviour

modification techniques are professionally applied are more likely to change and be reformed than others without the application of such techniques. The analysis therefore presents us with a glaring wide gap between the effects produced by application and non-application of techniques that could have helped to instill the spirit of regret, remorse and eventual repentance and restoration of normality and morality in the inmates at the Sokoto Remand Home. This means that the application of technique is different compared to the non-application of technique or the application of technique produces a positive result in the behaviour of the delinquents by changing the abnormal behaviour to a normal one.

The finding here is in agreement with Sandhu (1977), Essuman, Nwaogo, Nwachukwu (1990) and Odoemelan and Ajoku, (2010), that application of appropriate behaviour modification technique can bring about proper behavioural change. Therefore hypotheses two is rejected. This signifies that there is significant effect in the application and non-application of technique. Meaning that the application of behaviour modification techniques produce positive result compared to the non-application of techniques.

Hypothesis three states that there is no significant difference between the professionalism on the instructors and the way delinquents are handled. The researcher therefore concern with the result of the finding of this hypothesis. This is because, being a professional is being expert and skilful in whatever one is trained or naturally endowed. It is to be expected that the training, skills, experiences and the expertise of the professionals in the Sokoto Remand Home have greatly helped in providing the appropriate and conducive environment and mental behaviour that benefit repentance by the inmates. Therefore, application of the techniques for behaviour modification in remand home requires adequate and skilful professionalism. This fact helped to see the close relationship between the professional expertise of the remand home instructors and the manner in which they handle juvenile delinquents.

The result of the analysis shows that there is a significant difference between the professionalism of the instructors and the way delinquents are handled. It was confirmed by using t-test which gave the t-calculated as (18.909) and t-critical (3.841). The professionalism of the instructors has effect on the way delinquents are handled. Meaning that professional instructors handle delinquents better than the non-professional instructors. The result of this finding does not agree with the conclusion made by Grace (1990) that professionalism does not really matter in the way delinquents are handled rather experience matters a lot. But it agrees with Burwa (2006) that professionalism has positive effect in the way delinquents are handled. He further stated that the professionals handle delinquents better than the non-professionals because the professionals are trained to bring about change in the behaviour of the delinquents to a properly acceptable one in the society.

## **Conclusion**

Behaviour modification is a systematic and scientific process of changing or altering, undesirable or maladaptive behaviour to desirable or adaptive ones, through the application of appropriate techniques and these techniques are called behaviour modification techniques. From the findings of this study therefore, the following conclusions are made: That the behaviour modification techniques, strokes of cane popularly known as flogging and instilling fear of imprisonment, do have significant effects on delinquents after application. Furthermore, the application of technique is more effective when properly used than its non-application. Therefore, other techniques for correcting abnormal behaviour to a normal one should be introduced to the instructors. Finally, professionals in the remand home handle the delinquents properly and better than the non-professional ones. Therefore, the professionals should go for refresher courses and the non-professional ones should be trained to be professional in the area of handling delinquents.

## **Recommendations**

From the findings of this study, the following recommendations were made:

1. It is quite obvious that the two techniques mentioned in this study are frequently used by the officers or instructors in correcting the abnormal behaviour of the delinquents to a normal one. Therefore, other behaviour modification techniques should be introduced to the instructors, for example, extinction, reinforcement, fading, ear shooting, flooding, self management etc. and not only introducing them to the officers but also be trained on appropriate usage of these techniques,
2. It is quite pertinent that professional instructors should be employed and sent to the Remand Home. This is with a view to increasing the number of the professional instructors to cater for the increasing number of inmates. Also, the non-professional instructors working in the Remand Home should be sent for further studies so as to widen their horizon on the need to diversify their approach when dealing with delinquents. These staff should be given all the encouragements to attend courses, lectures, seminars etc on handling delinquents. Even the professional instructors should be encouraged to attend seminars and workshops on behaviour modification skills in order to fresh their minds and widen their scope on behaviour modification skills and techniques.
3. More so, there is need for guidance and counselling officers to be appointed and provided for in this Remand Home. This is with a view of offering professional counselling to inmates. In the same vein, sociologist and psychologists are professionals that are surely needed in the Remand Home.



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