



Effect of Rehabilitation Programs on Recidivism Rate among the Youth of Gasabo District, Rwanda

Kwizera Nkangura Emmanuel & Malgit Amos Akims
Mount Kenya University
Email: kwizeraemmanuel10@gmail.com

Abstract: *The general objective of this research was to assess the effect of rehabilitation programs on the recidivism rate among the youth in Rwanda. Specifically, the study assessed the effect of counseling services on recidivism rate among youth in Gasabo District, determined the effect of vocational training programs on the recidivism rate among youth in Gasabo District and examined the effect of aftercare programs on recidivism rate among youth in Gasabo District. The study was guided by Social Learning Theory, Anomie Theory, and Recidivism and Reintegration Theory. The study used descriptive and correlation research design. The study targeted a population of 182 individuals involved in various departments in Gasabo District. Employing Slovin's formula, a sample size of 126 participants was determined to present the population. The coefficient for Counseling Services is 0.296, indicating that each unit improvement in these services corresponds to a 0.296 decrease in recidivism ($B = 0.296, t = 5.490, Sig. = 0.000$). Vocational Training Programs have coefficients of 0.331, meaning that a unit increase in their effectiveness results in a 0.331 reduction in recidivism ($B = 0.331, t = 5.893, Sig. = 0.000$). Aftercare Programs with a coefficient of 0.360, demonstrating that enhanced aftercare support leads to a 0.360 decrease in recidivism ($B = 0.360, t = 6.405, Sig. = 0.000$). These findings indicate the importance of strengthening Counseling Services, aligning Vocational Training Programs with labor market needs, and improving Aftercare Programs to ensure sustainable reintegration and lower recidivism among youth in Gasabo District.*

Keywords: *Rehabilitation Programs, Recidivism Rate, Counseling Services, Vocational Training Programs and Aftercare Programs*

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1. Introduction

Research shows that intervention programs aimed at educating and mentoring youth offenders about acceptable behavior can lead to decreases in negative actions, improved academic performance, and enhanced social relationships. Furthermore, these programs provide societal benefits by steering young individuals away from criminal activities and encouraging more constructive decision-making. Nevertheless, there remains uncertainty regarding the long-term retention of this information by youth offenders and the overall effectiveness of the currently implemented rehabilitation programs (Brodowicz, 2024).

Rehabilitation programs have gained support as effective alternatives within correctional systems to reduce criminal behavior by providing inmates with opportunities for personal growth and change. These programs aim to detach offenders from negative environmental influences that contribute to their criminality, promoting their reintegration into society as reformed individuals. However, many former prisoners are still rearrested for similar offenses, raising questions about the effectiveness of these programs. While rehabilitation has the potential to foster positive change, external factors and systemic issues in the criminal justice framework may influence recidivism rates and the continued engagement of ex-offenders in criminal activities (Lebbie, 2021).

1.1 Problem statement

According to Yukhnenko *et al.* (2023), recidivism among released prisoners and those on community sentences varies widely across the globe, with significant differences observed between jurisdictions. Despite the efforts invested in various rehabilitation programs, high recidivism rates among youth, driven by inadequate support and socio-economic challenges, highlight the urgent need for effective rehabilitation and relapse prevention strategies in Rwanda.

Recidivism rates among released prisoners and individuals on community sentences show significant variation globally, with reoffending rates ranging from 18% to 55% for released prisoners and 10% to 47% for those on community sentences. Previous research indicates that direct comparisons of recidivism rates between jurisdictions without accounting for contextual differences can be misleading. Factors such as the nature of index offenses, country-level variables, and the impact of the COVID-19 pandemic contribute to this variation (Yukhnenko *et al.*, 2023).

According to Uwitonze and Mhando (2023), recidivism among young people in Rwanda continues to be a significant concern, highlighting major challenges in the country's rehabilitation and reintegration initiatives. Despite ongoing reform efforts within the criminal justice system, numerous youths who have been released from prison or have completed community service still engage in criminal activity. This ongoing issue suggests that existing rehabilitation approaches may not adequately address the multifaceted factors that contribute to youth reoffending. Contributing factors to this cycle include insufficient support services, a lack of viable job prospects, and troubled family dynamics. Additionally, there is often a failure to tackle the root causes of criminal behavior, which can include poverty, peer pressure, and restricted access to education and mental health services. Recent observations indicate that although advances have been made in enhancing the legal framework and support systems for young offenders, the effectiveness of these initiatives is often variable (Rutikanga, 2023).

According to Mensah and Akuoko (2023), Rwanda is grappling with a significant challenge of recidivism where former offenders relapse into criminal behavior with a rate of 36% recorded over a span of more than three and a half years. This high rate is largely due to population declines linked to the ongoing investigation of the 1994 atrocity. Furthermore, recidivism rate among youth drug abusers at Huye Isange Rehabilitation Center in Rwanda is alarmingly high at 91.7%. This elevated relapse rate is primarily driven by factors such as young age, peer pressure, insufficient financial support, and family-related issues. Compared to global figures, this rate is notably higher, indicating a critical need for

improved relapse prevention strategies (Uwera *et al.*, 2022).

This study assessed the effectiveness of rehabilitation programs in reducing youth recidivism in Gasabo District. By identifying gaps in current strategies and addressing socio-economic challenges, it aimed to propose improvements for more effective interventions and better support for reintegration efforts.

The general objective of this research was to assess the effect of rehabilitation programs on the recidivism rate among the youth in Gasabo District, Rwanda.

Specific objectives:

1. To assess the effect of counseling services on recidivism rate among youth in Gasabo District.
2. To determine the effect of vocational training programs on the recidivism rate among youth in Gasabo District.
3. To examine the effect of aftercare programs on recidivism rate among youth in Gasabo District.

Research hypotheses:

Ho1: There is no significant effect of counseling services on the recidivism rate among youth in Gasabo District.

Ho2: There is no significant effect of vocational training programs on the recidivism rate among youth in Gasabo District.

Ho3: There is no significant effect of aftercare programs on the recidivism rate among youth in Gasabo District.

2. Literature Review

2.1 Theoretical review

Theoretical frameworks provide guides for academics to analyze their data, formulate research questions, and construct hypotheses. The theoretical framework often relies on existing ideas or concepts to describe the links between the various aspects of the investigation.

2.1.1 Social Learning Theory

According to Fogelberg *et al.* (2023), Social Learning Theory was first developed by Albert Bandura in the early 1960s. This theory posits that learning occurs within a social context and can happen purely through observation or direct instruction, even without direct reinforcement. Bandura emphasized that individuals can learn behaviors, attitudes, and emotional reactions by observing others' actions and the consequences that follow. The theory integrates concepts from behaviorist learning theory but adds a cognitive dimension by considering the mental states that influence behavior.

A core aspect of Social Learning Theory is the idea of modeling—individuals observing the behaviors of others and imitating them. Bandura's famous 1961 Bobo doll experiment highlighted this; children who observed adults behaving aggressively toward a Bobo doll were more likely to exhibit similar aggressive behaviors themselves, showing that observational learning can significantly affect attitudes and actions (Fogelberg *et al.*, 2023).

Furthermore, the theory identifies four components crucial for learning through observation: attention, retention, reproduction, and motivation. Attention refers to observing the behavior of a model; retention involves remembering the details of the behavior; reproduction is the ability to replicate the action; and motivation includes the desire to imitate the behavior based on expected outcomes, which can involve external reinforcement or internal self-efficacy (Bouchrika, 2024).

According to Moore *et al.* (2024), Social Learning Theory has significant implications for understanding behavior in various contexts, including education, criminal behavior, and therapy. For example, in criminology, the theory suggests that exposure to delinquent peers can increase the likelihood of engaging in criminal activity. Hence, it emphasizes the importance of social contexts and peer influence in shaping individual behaviors.

This theory was utilized to understand how observed behaviors and peer influences affect recidivism rates among youth in Gasabo District after participation in rehabilitation programs.

2.1.2 Anomie Theory

Anomie Theory was first conceptualized by Émile Durkheim in his seminal work, "The Division of Labor in Society," published in 1893. The concept of anomie refers to a state of normlessness, where societal norms become unclear or are absent, leading to feelings of alienation and disconnection among individuals. Durkheim argued that anomie can occur during periods of rapid social change or upheaval when the established norms and values no longer hold sway (Mishra & Thakur, 2023).

In his investigation of suicide rates, Durkheim identified different types of suicide related to the social context, noting that anomic suicide results from a disruption in societal cohesion and regulation. In this state, individuals feel unsupported, which can lead to feelings of purposelessness and a breakdown of social norms that regulate behavior. Consequently, anomie does not simply refer to a lack of norms, but rather to a disjunction between societal expectations and individual aspirations, which can generate feelings of frustration and despair (Mishra & Thakur, 2023).

Anomie Theory has been important in understanding crime and deviance as well. Durkheim suggested that when individuals are disconnected from the community, they may seek alternative means to satisfy their desires, which can manifest as deviant or criminal behavior. This connection between social structure and individual behavior highlights the importance of societal cohesion in maintaining social order (Mishra & Thakur, 2023).

According to Ortiz *et al.* (2024), Modern interpretations of Anomie Theory continue to shed light on issues such as economic inequality, social disintegration, and the psychological impacts of social change. Sociologists and criminologists utilize this theory to analyze the relationship between social structure and individual actions, examining how shifts in societal conditions can lead to increased rates of crime and deviance.

This theory was employed to assess how societal disconnection and normlessness impact recidivism rates among youth in Gasabo District following their engagement in rehabilitation initiatives.

2.1.3 Recidivism and Reintegration Theory

Recidivism and Reintegration Theory involves a variety of perspectives concerning the factors that contribute to criminal behavior and the challenges of reintegration into society following incarceration. While there is no single founder of this theory, it draws on multiple concepts from criminology, psychology, and sociology, particularly focusing on how social conditions, psychological factors, and systemic structures influence recidivism rates (Russell, 2023).

The theory emphasizes that returning ex-offenders face numerous challenges, including stigma, lack of employment opportunities, social isolation, and psychological issues. These barriers can impede successful reintegration, increasing the likelihood of recidivism. Research indicates that support systems, such as family, community resources, and vocational training, play crucial roles in facilitating reintegration. Conversely, a lack of these supports may lead ex-offenders to revert to criminal behavior as a means of coping or survival (Walker, 2023).

According to Lebbie (2021), Rehabilitation programs aimed at addressing the underlying issues contributing to criminal behavior are also central to this theory. Programs that offer cognitive-behavioral therapy, life skills training, and substance abuse treatment have demonstrated effectiveness in reducing recidivism rates. Additionally, restorative justice approaches, which focus on repairing harm and restoring relationships rather than punitive measures, are gaining traction as alternatives that can support reintegration while reducing the chance of returning to crime.

The societal perspective of this theory suggests that broader systemic changes are also necessary to address the root causes of crime and recidivism effectively. Policies that promote social equity, provide access to mental health care and substance abuse treatment, and foster inclusive communities are essential to reducing recidivism rates and promoting successful reintegration for ex-offenders. Thus, Recidivism and Reintegration Theory highlights the interconnectedness of individual circumstances, social support structures, and systemic policies in shaping outcomes for those returning to society after incarceration (Balafoutas et al., 2020).

This theory was applied to evaluate how effective rehabilitation programs and social support systems influence recidivism rates among youth in Gasabo District post-incarceration.

2.2 Empirical Review

Hausam *et al.* (2022) investigated the efficacy of social-therapeutic therapy for major offenders in juvenile detention: A quasi-experimental investigation of recidivism. Over the last 15 years, German juvenile offender social-therapeutic centers have grown due to legal reforms. Social treatment in a milieu-therapeutic context combines psychotherapy, educational, vocational, and recreational strategies to prevent recidivism in high-risk violent and sexual offenders. This research evaluated how social-therapeutic therapy affects juvenile recidivism after release. The sample included 111 male offenders aged 14–22 from Berlin's juvenile prison facility who were convicted of violence (94%) or sexual offenses (6%). Propensity score-based matching was used to compare 73 social-therapeutic unit patients to 38 offense-parallelized control group patients from normal units. Initially, the groups had similar risks (Level of Service Inventory - Revised) and risk-related attributes (e.g., age). Later Cox regression analysis showed no average treatment impact on recidivism. Second, differential treatment effects were studied as the control group was not untreated. School and vocational training affected recidivism. The results are presented in light of the difficulties of assessing legally mandated offender treatment.

Njeri *et al.* (2023) examined hurdles and alternatives to counseling non-custodial offenders. Most Kenyan offenders may be reformed outside jail via therapy. There are challenges and ways to counsel non-custodial offenders. While jail should be used with prudence and as a last resort after all other punishments have been exhausted, this has not altered. This research uses mixed methodologies, combining quantitative and qualitative methods. The study targeted 10 men and 27 women probation officials and counselors at Nairobi County probation stations. Four hundred forty-four probationers. Census sample picked all 37 probation officers, whereas Yame sampling selected 82 probationers. Data was

collected via questionnaires and interviews. The Social Skills Improvement System (SSIS) Tool examined probationers' psychological adjustment. Probation counselors and non-custodial convicts fulfilling probation service requirements were given questionnaires. Researcher interviewed Nairobi County's probation director and regional coordinator. The research found various barriers to counseling non-custodial offenders. These challenges include a lack of private spaces for counseling sessions, which compromises the fundamental principle of client confidentiality. Additionally, not all law enforcement personnel are trained in counseling, and there is a shortage of professionals with specialized expertise in areas such as drug addiction, family, and marriage therapy.

Althoneibat (2022) evaluated the efficiency of vocational training programs for convicts in rehabilitation and reform institutions and their effects on future adaptation. The research sample included 100 convicts who received vocational training at rehabilitation and reform institutes in Jordan. All samples were selected at random. This sort of study lends itself well to the descriptive analytical technique, which is why it was used. This questionnaire served as a means of evaluating the efficacy and influence of vocational training programs on the future adaptation of offenders housed in reform and rehabilitation institutions. The research found that vocational training programs were very beneficial, with a mean score of 3.81. Research concluded that prisons should do more to keep their vocational training programs up-to-date with current trends and best practices. Additionally, modernizing training techniques to stay up with the present world is crucial. Afterwards, giving the resources to run further training programs that cater to the inclinations, preferences, and trends of the prisoners.

McNeeley (2023) evaluated the influence of vocational education programs in jail on recidivism and post-release employment, using mixed data from previous studies. The research first discovered that individuals who completed vocational programs seemed to do better in terms of recidivism and employment, using propensity score matching to decrease selection bias. When comparing the program participants to a matched comparison group, however, no significant changes were found after matching. The study also looked at how the COVID-19 outbreak affected things, and it found that there were less cases of rearrest, supervised release revocation, and employment after release during that time. This shows that researchers should think about when to release people in the future. The results highlight the need to overcome selection bias and imply that vocational education may mostly help highly driven people who are already well-positioned for success, rather than having a direct impact on outcomes. To help reintegrate people into society, vocational programs should use the risk-needs-responsivity model, build links

with neighborhood businesses, and address practical impediments to work.

Ives (2022) evaluated the effectiveness of 12 vocational training initiatives implemented at a Private Rehabilitation and Correctional Facility (PRCF) in South Florida concerning their impact on recidivism rates among ex-offenders. Despite providing educational and therapeutic programs aimed at reducing recidivism, the facility has experienced persistently high rates of reoffending. This quantitative research utilized a convenience sample of 187 ex-offenders who had completed vocational training between 2012 and 2014, employing the chi-square test of independence to assess the correlation between the vocational programs and recidivism outcomes. The analysis yielded no significant findings, with $\chi^2(6) = 2.659$ and $p = .850$, indicating that the vocational training programs did not significantly influence recidivism rates. While prior research has identified apprenticeship and higher education programs as effective in reducing recidivism, this study concluded that the PRCF's vocational training initiatives were ineffective. Consequently, it recommended incorporating avenues for ex-offenders to pursue higher education and apprenticeship programs to enhance training and education, ultimately aiming to reduce recidivism and equip individuals with the skills necessary for successful reintegration into society.

Therefore, while each of these studies contributes valuable information to the broader discussion on youth recidivism interventions, they collectively underscore critical gaps that must be addressed to develop effective strategies specifically for Gasabo. These gaps include the need for culturally relevant approaches, long-term impact assessments, tailored implementation strategies, and integration of community resources. Addressing these deficiencies will enable practitioners to formulate more effective, contextually relevant strategies aimed at reducing youth recidivism in Gasabo and similar settings.

3. Methodology

3.1 Research Design

This research employed a combination of descriptive and correlational survey designs. The study was descriptive in nature, focusing on outlining the characteristics of the rehabilitation programs and the improvements observed in recidivism rates through descriptive statistics based on respondents' perceptions. Correlation analysis was conducted using various indicators, as detailed in the conceptual framework, to determine the impact of these rehabilitation initiatives on reducing recidivism among the youth in the district.

3.2 Target Population

For this study, the target population consisted of 182 individuals involved in various departments concerning rehabilitation and community policing efforts within Gasabo District, Rwanda.

3.3 Sample Design

The sample size was established utilizing Slovin's formula, ensuring the selected group is representative of the target population. Rounding off, the sample size was set at 126 participants. The researcher categorized the overall population into distinct strata, corresponding to each department. From these strata, individuals were randomly selected.

3.4 Data Collection Methods

A well-designed questionnaire consisted of both closed and open-ended questions, facilitating a systematic data gathering process while allowing participants to share nuanced feedback. The anticipated response rate was targeted at the 126 individuals selected for the study to gather data on their perceptions of rehabilitation programs and recidivism.

Document analysis involves scrutinizing written materials pertinent to the study. This included archival reports, policy briefs, and scholarly articles to gather background information relevant to the rehabilitation programs in Gasabo District.

3.5 Data Analysis

The methodology of descriptive statistics and regression analysis was used to conduct an analysis of the gathered data, which served as the basis for the conclusions that were reached. Following the completion of the data gathering procedure, the researcher used the process of data analysis to achieve a profound level of interpretation and comprehension through the utilization of the statistical analysis technique.

3.6 Ethical Considerations

The researcher had a more streamlined data gathering procedure by adhering to the ethical considerations that arose during the investigation. The researcher kept the following ethical considerations in mind when interrogating participants: Research involved gathering consent; to conduct the study, the researcher asked the participants for their agreement.

4. Results and Discussion

This chapter provided the findings based on data gathered via field questionnaires. To investigate the connections between variables, regression analysis and Pearson correlation were used, resulting in a more complete knowledge of the data.

4.1 Response Rates

The response rate is the percentage of completed surveys compared to the total number of eligible participants, calculated by dividing completed surveys by eligible participants. Out of a total of 126 distributed questionnaires, 118 were filled out and returned, reflecting a high response rate of 93.7%. This indicates

strong engagement from the participants, while only 8 questionnaires, representing 6.3%, were incomplete. The overall response rate signifies a robust level of participant involvement in the study, enhancing the reliability of the collected data regarding the effects of rehabilitation programs on recidivism rates among youth in Gasabo District.

4.2 Inferential Statistics for Hypotheses Test

Drawing inferences from a statistical sample is the goal of inferential statistics. Inferential statistics makes use of a variety of procedures, including regression analysis, confidence intervals, hypothesis testing, and correlation analysis.

Table 1: Correlations

		Counseling Services	Vocational Training Programs	Aftercare Programs	Recidivism Rate
Counseling Services	Pearson Correlation	1	.507**	.498**	.690**
	Sig. (2-tailed)		.000	.000	.000
	N		118	118	118
Vocational Training Programs	Pearson Correlation		1	.490**	.698**
	Sig. (2-tailed)			.000	.000
	N			118	118
Aftercare Programs	Pearson Correlation			1	.709**
	Sig. (2-tailed)				.000
	N				118
Recidivism Rate	Pearson Correlation				1
	Sig. (2-tailed)				
	N				

** . Correlation is significant at the 0.05 level (2-tailed).

Source: Field data, 2024

Table 1 presents the correlations between three critical programs: Counseling Services, Vocational Training Programs, and Aftercare Programs, and their relationship with the recidivism rate among youth in Gasabo District. A strong positive relationship is observed between Counseling Services and the Recidivism Rate ($r = 0.690$, $p < 0.05$), indicating that as the effectiveness of counseling services increases, the recidivism rate tends to rise, suggesting a potential issue in the current counseling approach.

The findings are consistent with Brodowicz (2024), who emphasized that intervention programs educating youth offenders can reduce negative behaviors. This aligns with the strong positive relationship observed between Counseling Services and recidivism rates in Gasabo District, indicating a need to reassess current counseling strategies for effective outcomes.

Similarly, a strong positive relationship exists between Vocational Training Programs and the Recidivism Rate

($r = 0.698$, $p < 0.05$), indicating that higher participation in vocational training correlates with an increase in reoffending rates, which may reflect inadequate job placement or support post-training.

The findings align well with Lebbie (2021), who highlighted that rehabilitation programs must address external factors impacting recidivism. This perspective is reinforced by the strong correlation between Vocational Training Programs and increased reoffending in Gasabo District, suggesting systemic issues may undermine program effectiveness.

Additionally, Aftercare Programs exhibit a strong positive relationship with the Recidivism Rate ($r = 0.709$, $p < 0.05$), imply that improvements in aftercare support may coincide with higher rates of reoffending, potentially highlighting a gap in post-release integration strategies. These findings collectively emphasize the importance of reassessing and enhancing these programs to effectively mitigate youth recidivism.

The findings are supported by Hausam *et al.* (2022), who emphasized the importance of targeted therapeutic models for juvenile offenders. This is evident in Gasabo

District, where the strong positive relationship between Aftercare Programs and recidivism rates indicates the necessity of tailored post-release integration strategies.

Table 2: Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.857 ^a	.734	.727	.14992

a. Predictors: (Constant), Aftercare Programs, Vocational Training Programs, Counseling Services

Source: Field data, 2024

Table 2 presents the model summary for the regression analysis involving Aftercare Programs, Vocational Training Programs, and Counseling Services as predictors.

The value of R = 0.857 indicates a strong positive correlation between the combined predictors and the dependent variable, indicating that these programs collectively explain a significant portion of the variance in the outcome being measured.

The findings are consistent with Arbour *et al.* (2024), who emphasized that tailored rehabilitation programs significantly enhance offender reintegration. This is evidenced in Gasabo District by the strong correlation (R = 0.857) between Aftercare Programs, Vocational Training, and Counseling Services, highlighting their collective impact on reducing recidivism.

The R-squared value of 0.734 implies that approximately 73.4% of the variability in the dependent variable can be explained by the predictors included in the model. This indicates a strong fit of the model to the data, indicating that the effectiveness of Aftercare Programs, Vocational

Training Programs, and Counseling Services plays a crucial role in influencing the dependent variable.

The findings align well with Balafoutas *et al.* (2020), who indicated that inmate reflection on incarceration fosters essential social skills for rehabilitation. In Gasabo District, the high R-squared value (0.734) underscores how Counseling Services and Vocational Training Programs contribute to improved social competencies and lower reoffending rates.

The Adjusted R Square of 0.727 further reinforces this by accounting for the number of predictors in the model, indicating that the model remains robust even after adjusting for the number of predictors.

The findings are supported by Macdonald (2023), who noted that limited access to rehabilitation programs can increase recidivism rates. In Gasabo District, the model summary indicates that strong program effectiveness in Aftercare and Vocational Training is crucial, emphasizing the need for sustained support to prevent youth reoffending.

Table 3: ANOVA

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	7.079	3	2.360	104.982	.000 ^b
	Residual	2.562	114	.022		
	Total	9.641	117			

a. Dependent Variable: Recidivism Rate

b. Predictors: (Constant), Aftercare Programs, Vocational Training Programs, Counseling Services

Source: Field data, 2024

Table 3 presents the results of the ANOVA for the regression model analyzing the impact of Aftercare Programs, Vocational Training Programs, and Counseling Services on the Recidivism Rate.

The findings are consistent with Savatia *et al.* (2020), who emphasized significant shortcomings in rehabilitation efforts within Kakamega County, where many young people failed to achieve effective rehabilitation. In Gasabo District, the strong correlation between aftercare services and recidivism rates highlights the necessity of effective support systems.

The F-value of 104.982 indicates a statistically significant relationship between the predictors and the dependent variable. The corresponding Significance (Sig.) value of 0.000 shows that this relationship is highly significant, as it is well below the conventional threshold of 0.05.

The findings align well with Mbawala *et al.* (2023), who highlighted ongoing challenges in Tanzania's rehabilitation programs, despite structured initiatives. In Gasabo District, the significant relationship between predictors and recidivism rates underscores the urgent need for enhanced program effectiveness to reduce reoffending.

This highlights that the model significantly explains the variation in the Recidivism Rate, confirming the effectiveness of the combined programs in influencing outcomes.

The findings are supported by Mugisha (2024), who noted that Rwanda's rehabilitation programs face obstacles such as societal stigma and economic difficulties, hindering their effectiveness. In Gasabo District, the significant results affirm the critical role of Aftercare, Vocational Training, and Counseling Services in addressing recidivism issues.

Table 4: Coefficients

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	.097	.245		.397	.692
	Counseling Services	.296	.054	.326	5.490	.000
	Vocational Training Programs	.331	.056	.348	5.893	.000
	Aftercare Programs	.360	.056	.376	6.405	.000

a. Dependent Variable: Recidivism Rate

Source: Field data, 2024

Table 4 presents the coefficients for the regression model analyzing the impact of Counseling Services, Vocational Training Programs, and Aftercare Programs on the Recidivism Rate, including the constant.

The unstandardized coefficient for the constant is 0.097, indicating the baseline value of the Recidivism Rate when all predictor variables are zero. For Counseling Services, the coefficient is 0.296, indicating that with every unit increase in the effectiveness of these services, the Recidivism Rate increases by approximately 0.296 units.

The findings align well with Ndabaga and Bahizi (2022), who highlighted that the Iwawa Rehabilitation and Vocational Skills Development Centre struggles with increasing admission and recidivism rates. In Gasabo District, the positive coefficients for Counseling Services indicate that improving these services is essential to mitigate similar challenges in youth rehabilitation.

Similarly, for Vocational Training Programs, the coefficient is 0.331, indicating a corresponding increase in the Recidivism Rate. The findings are consistent with Mensah and Akuoko (2023), who highlighted Rwanda's significant recidivism challenges, particularly among youth drug abusers. In Gasabo District, the coefficients for Vocational Training Programs indicate the critical need for targeted interventions to address underlying issues contributing to reoffending.

Aftercare Programs show the highest impact with a coefficient of 0.360, indicating that improvements in these programs are associated with a 0.360 unit increase in the Recidivism Rate. The findings are supported by Uwera *et al.* (2022), who reported a high recidivism rate among youth at the Huye Isange Rehabilitation Center, primarily due to social pressures and inadequate support. In Gasabo District, the high coefficient for Aftercare Programs indicates that enhancing post-release support is crucial for reducing recidivism rates. All predictors have a Sig. value of 0.000, indicating that they significantly contribute to the model at the 0.05 level.

5. Conclusion & Recommendations

5.1 Conclusions

The primary focus of this study was to investigate the effect of rehabilitation programs on the recidivism rate among youth in Gasabo District. The research specifically examined the impacts of three key areas: Counseling Services, Vocational Training Programs, and Aftercare Programs. The findings indicated that a substantial number of respondents recognized these programs as essential in reducing reoffending rates.

Respondents expressed strong agreement that Counseling Services significantly contribute to successful rehabilitation. They emphasized that effective counseling not only addresses behavioral issues but also fosters personal growth, ultimately leading to lower recidivism rates.

Findings regarding Vocational Training Programs were similarly positive, with respondents acknowledging that active participation in vocational training plays a vital role in reducing reoffending. They noted that equipping youth with marketable skills significantly enhanced their employability, facilitating successful reintegration into society and decreasing the likelihood of relapse into criminal behavior.

Aftercare Programs emerged as another critical area where respondents indicated strong agreement. Many highlighted that ongoing support after release from rehabilitation programs was essential for maintaining progress and preventing recidivism. Regular check-ins and resources for navigating societal challenges were cited as crucial components for sustained success post-release.

The findings led to the rejection of the null hypothesis concerning the impact of rehabilitation programs on recidivism rates. The results demonstrated a strong positive relationship between the effectiveness of Counseling Services and reduced reoffending, leading to the rejection of the hypothesis related to counseling. Similarly, the hypothesis regarding the influence of Vocational Training Programs was rejected, confirming

their significant role in enhancing rehabilitation outcomes. The null hypothesis pertaining to Aftercare Programs was also rejected, as effective post-release support was shown to significantly lower recidivism rates among youth in Gasabo District.

5.2 Recommendations

1. Gasabo District should conduct annual assessments of vocational training programs to align curricula with market needs and ensure that skills taught are relevant and in demand.
2. Gasabo District should promote awareness of vocational training options among youth and their families through community outreach campaigns to increase enrollment and participation rates.
3. Gasabo District should establish a network of aftercare services that includes mental health support, job placement assistance, and mentorship programs to facilitate successful reintegration of youth.

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