

# Chapter 1

## An Analysis Health and Psychological General Well–Being Among Convicts Central Prison of Tamil Nadu

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### **ABSTRACT**

*The study emphasizes the health and well-being of convicts in the central prison of Tamil Nadu. The incarcerated population is highly vulnerable and often neglected. There are studies on health and well-being, but there is limited research specific to this region. The significance of the study mainly focuses on health and well-being, specifically on factors such as personal factors, economic factors, health, familial characteristics, psychological general well-being, personality traits and their*

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*relationship to psychological general well-being, psychological characteristics, offense-related factors, age and psychological general well-being, leisure time activities before and after imprisonment, marital status and well-being, extraversion and psychological general well-being, and emotional stability. The study utilized a descriptive research design, employing both qualitative and quantitative methods. A purposive sampling technique was used, with a total sample size of 173. The study was conducted in various prisons, Central Prisons.*

## **INTRODUCTION**

As per the WHO report, improving the health and well-being of prison inmates is essential. The report recommended improving the health concentration of prison inmates. It can cover various aspects of prison inmates' human rights, medical ethics, communicable diseases, and non-communicable diseases. Europe Health and (WHO,2019) report provide the Health in Prison Programme (HIPP) to share information related to best practices and health for the prison. The HIPP is the main resource for researchers, policymakers, and public health concerns to provide concrete support for them. The WHO report believes that prisoners can benefit from receiving the same standard of medical care as the general community. The health and well-being of prisoners depend on the prison regime and ethical aspects (Lines, 2008). The health concept for prisons reinforces the health and well-being of prisoners; it is not solely the responsibility of those providing healthcare for the prison. It also involves the dependence on the prison setting to be established (Woodall & Freeman, 2021).

There are other factors involved in prison health conditions, such as mental health, continuity of care, dental care, and non-custodial measures.

**Mental Health:** Mental health is common for everyone; however, mental health disorders are especially prevalent among prison inmates. The psychiatric care can provide more comprehensive support for the prison inmates and ensure equitable care (Ndindeng, 2024).

**Continuity care:** Half of the prisoners have access to community health care services (Roberts et al., 2004).

**Dental care:** Prison inmates face dental issues, which can deteriorate their health due to age and long-term incarceration (Amir, 2017).

**Non-custodial measures:** Some of the prisoners face health and human rights problems, which need to be improved through non-custodial measures (Grow, 2022).

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