



SELF-CONTROL & PRISONERS

ROSA SANTIBANEZ
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SELF-CONTROL AND PRISONERS

FIRST PART: THEORY:

1- PROCESS:

- | | | | |
|------------------------------|-------------------|----|-------------------|
| - To search for any | - Questionnaire | | - Self-Control |
| | - Scale | ON | - Self-Regulation |
| | - Inventory | | - Self-Managem. |
| | | | - Self-Monitoring |
| - To search for any bibliog. | - Review Articles | | - Self-Control |
| | - Book | ON | - Self-Regulation |
| | - Dissertation | | - Self-Managem. |
| | | | - Self-Monitoring |

ERIC
PSYCHOLOGICAL ABSTRACTS
DISSERTATION ABSTRACTS

PERIOD: 1975 - 1989

After reading the bibliography on self-control I decided to choose the models I thought were the best. My Doctoral Thesis is based on three model of Self-Control:

- 1- Shapiro's Four Quadrant Model of Self-Control
- 2- O'Keefe Multimodal Model of Self-Control
- 3- Pantoja's Systemic Model of Self-Control

The main question es How did I fuse this three theories/models:

1- Shapiro's Model is "the spirit", the beginning and the end. The beginning because when I face someone the question I ask myself are: What are the areas in wich this person has high/low self-control?, Is there any Self-Control Style? The end because it gives me goals, toward I want to go. To increase Self-Control Assertive Possitive and Self-Control Yielding Possitive.

2- O'Keefe Model gives the way, the how and the where. The Self-Control Strategies may be utilized to enhance the Self-Control. What are the areas most damaged where? In wich area should my plann put the emphasis?

MULTIMODAL THERAPY	Cognitive Strategies Emotional Strategies Behavioral Strategies Interpersonal Strategies BiofeedbaK	INCREASE SC-ASSERTIVE POSITIVE
ZEN STRATEGIES		INCREASE SC-YIELDING POSITIVE

3- Pantoja's Model stress the importance of the systemic theorie. The importance of the interaction among different variables. This view is important to understand the whole problem and to bear in mind the different variables could influence the problem.

Although everybody faces every day with problems which can be solved by self-control not all people answer in the same way. To display our Self-Control Ability, I think, it is necessary to go through three steps:

1- We need to know we have the ability to Self-Control to face and cope with the problem. (Self-Control Ability and Perception)

2- We can know we have the general ability to Self-Control but we need to know that now-here, in this case, in this situation, we can display our ability. We need to be aware if the solution is in our hands, if the solution depends on us. (Attribution Theory, LOC and Self-Efficacy).

3- If we have the ability and we know we can put it in practice, we need one thing more to activate the Self-Control; we need motivation. We want to answer in that way. (Values and Needs are important at this point).

Impulse vs. ability to them.

Impulse vs. desire for.

SECOND PART: RESEARCH:

SAMPLE:

N = 249 Prison Population
N = 157 "Normal" Citizen

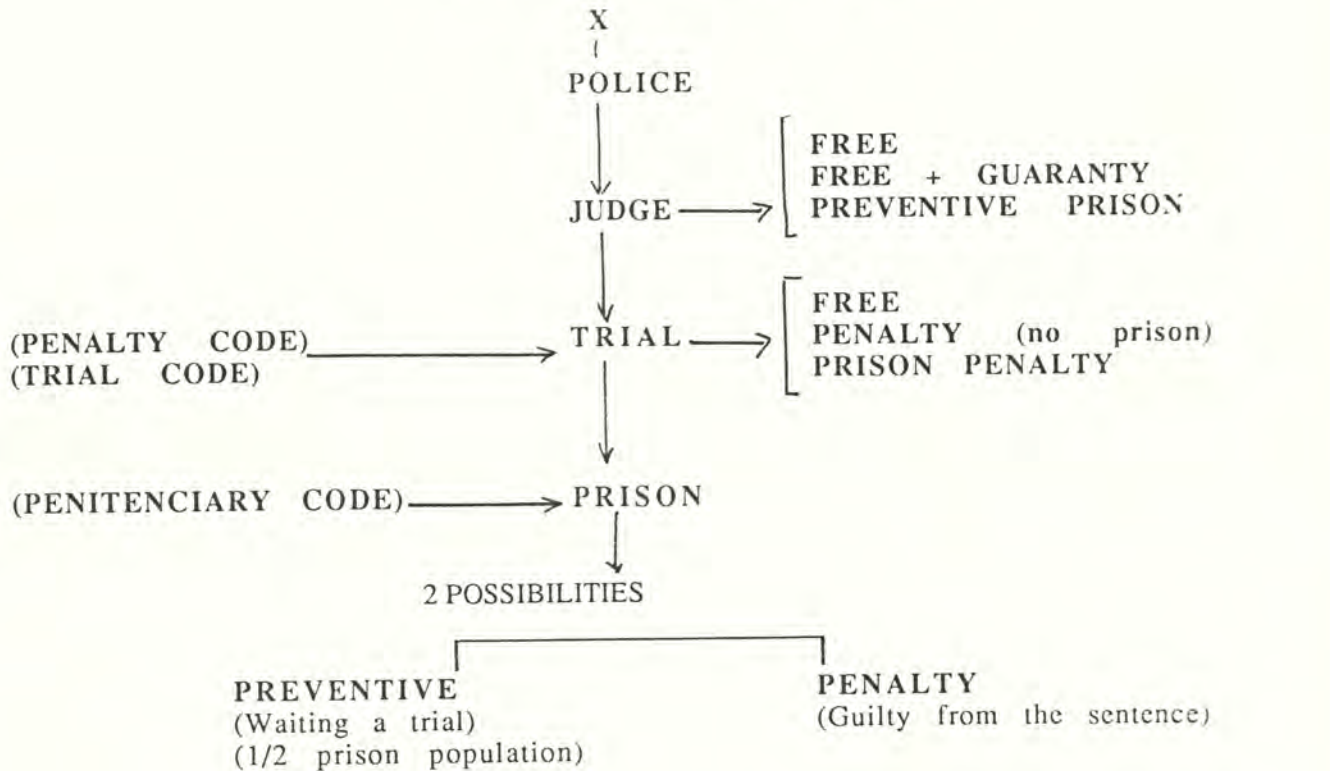
In the Basque Country there are three prisons. Each one, in theorie, has one kind of inmates.

- | | |
|----------------------|---|
| 1- Bilbao Prison: | For Preventive
About 250 inmates |
| 2- Nanclares Prison: | For Penalty People
Maximum Security Prison
For Male and with 1 Female Depart.
About 1000 inmates |
| 3- Martutene Prison: | For Youth (16- 18/21) and
Preventive People
About 200 inmates |

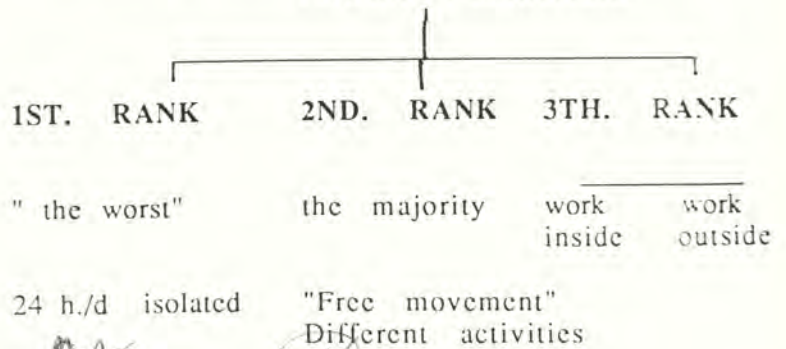
In practice, all have preventive and penalty inmates.

I obtained an entry permisson to Bilbao Prison and to Nanclares Prison.

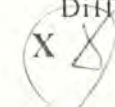
SPANISH PRISON SYSTEM



CLASSIFICATION
(PRISON LIFESTYLE DEPENDING ON
PENALTY + BEHAVIOR)



MY SAMPLE X



X

VARIABLES:

AGE

SEX

BIRTHPLACE

RACE

MARITAL STATUS

FAMILY PROBLEMS

JUSTICE PROBLEMS

MALTREATMENT PROBLEMS

ALCOHOLIC PROBLEMS

DRUGS PROBLEMS

PARENTS (FATHER / MOTHER) ABSENCE

PSYCHOPATHOLOGICAL PROBLEMS

CRONIC ILLNESS/DISEASES

NONE

BROTHERS

STUDIES / CULTURAL LEVEL

WORK

INCOME (LEGAL)

SELF-CONTROL (TYPES AND AREAS)

VALUES

PERSONALITY

REFORMATORY

AGE OF THE FIRST ADMISSION IN AN INSTITUTION

TOTAL TIME IN PRISON (IF OTHERS PAST PENALTIES)

TOTAL TIME IN PRISON WITHOUT COMMING OUT (LAST TIME)

DRUGS ADDICTIONS (TODAY OR IN PAST)

ONLY IN INMATES:

CRIME

PUNISHMENT/PENALTY

70. ARTICLE (FUSED PENALTY: 3 X HIGHEST PENALTY OR NO MORE
THAN 30 YEARS)

WAITING LAWSUIT

RELEASE

TIME TO BE IN PRISON

DESADAPTIVE BEHAVIOR IN PRISON:

PUNISHMENTS

ACCUSATION TO JUDGE

SELF-INJURY

SUICIDE ATTEMPT

WORK STRIKE

HUNGER STRIKE

MUTINY ATTEMPT

PENALTY VIOLATION (When they can go outside for a
weekend or more days and they don't come back)

ISOLATION (32. ARTICLE) (Because he want it)

PAROLE REVOCATION (When the inmate serves 3/4
penalty he could be classified in parole)

REGRESION IN THE PRISON RANKING

ADAPTATIVE BEHAVIOR IN PRISON:

REWARDS

MONEY

BOOKS

MERITORY NOTES IN THE INMATE'S FILE

LEAVE PERMISSON

PROGRESION IN THE PRISON RANKING

CLASSIFICATION IN THE PRISON RANKING

WORK / STUDIES / MANUALITIES / IN PRISON

ONLY IN NORMAL CITIZENS:

24 ITEMS WITH THE MAIN CRIMES FROM THE PENALTY CODE:

ATTITUDE TO THEM

PROBABILITY TO BE CAUGHT BY THE POLICE

POSSITIVE ATTITUDE + LOW PROBABILITY =
POTENCIAL DELINQUENCY

INSTRUMENTS:

- SCI (SELF-CONTROL INVENTORY - SHAPIRO)
- EPI (EYSENCK PERSONALITY INVENTORY)
- VALUES (ROKEACH VALUES QUESTIONNAIRE)
- SELF-CONTROL QUESTIONNAIRE APPLING THE FOUR
QUADRANT MODEL TO THE PERSONALITY AREAS
- INMATE'S FILE / POTENCIAL DELINQUENCY