

I worked on various philosophic themes relating to punishment and on the origins of the role of punishment in society. This chapter explores the nature of incarceration and the problems which can arise from a penology viewpoint. I later focus on the psychological aspects of the incarceration period, the stress and trauma involved and the various problems resulting from this. The following chapter is dedicated to the problems of aggression in penal institutions. I later focus on alternatives to typical incarceration methods, examine the alternatives and look at the advantages and disadvantages of the various approaches. I then focus on rehabilitation and re-socialisation programs for prisoners released conditionally and those who served their entire sentence. These programs work with the incarcerated who were conditionally released from prison and also with those who served their sentence in its entirety.