

T.C.
BAHCESEHIR UNIVERSITY
GRADUATE SCHOOL
ARCHITECTURE AND DESIGN HEAD OF THE DEPARTMENT

**EFFECTS OF PRISON ARCHITECTURE ON CONVICTS' MENTAL
HEALTH, BEHAVIOR AND REHABILITATION**



MASTER'S THESIS
DOUNIA LRHORFI

ISTANBUL, 2024

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THESIS ADVISOR
ASSIST PROF. DR. ASLI VARON

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Program Name:	Architecture (English, Thesis)
Student's Name and Surname:	Dounia Lrhorfi
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Doç. Dr. Yücel Batu SALMAN

Institute Director

This thesis was read by us, quality and content as a Master's thesis has been seen and accepted as sufficient.

	Title/Name	Institution	Signature
Thesis Advisor's	Assist. Prof. Dr. Aslı Varon	BAU	
Member's	Assist. Prof. Dr. Zeynep Gül Söhmen	BAU	
Member's	Assist. Prof. Dr. Selim Ökem	Marmara University	



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ABSTRACT

Effects of Prison Architecture on Convicts' Mental Health, Behavior and Rehabilitation

Dounia, Lrhorfi

Master's Program in Architecture and Design

Supervisor: Assist Prof. Dr. Aslı Varon

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All cultures have been firmly built on the ideas of crime and punishment throughout human history, but across all eras and civilizations, there have been differences in what behaviors are regarded "crimes" and how the resulting punishment is given to the offenders. Throughout several execution approaches, the notion of prison; a location to put the offenders inside a building was created; along with seeking order within the setting of modernity.

Considering social, political, and cultural facts, there can be many differences in the ideology and methods used to manage prisons. The efficiency of diverse prison functions is a crucial and variable component of criminal justice systems across the world. Prison design and management, reflect social ideals and values, sparking debates about the definitions of crime, punishment, and rehabilitation. Prison design differs significantly from other architectural styles, mainly because there is no correlation between inmates' preferences and the architectural features of the facility. This thesis seeks to comprehend the physical and organizational design of prisons and to differ from the traditional perception of prisoners and give prisons a more human purpose as a place of transformation and rehabilitation. A place that will encourage society to view inmates as equal people who are there to alter things for the good of all. Rehabilitating inmates, lowering recidivism, and enhancing their mental and emotional well-being can all be achieved by improving the prison environment,

regarding the factors that create a favorable prison and the importance to get the design efficient.

Key words: Prison, Punishment, Design, Security, Psychology, Mental Health.



ÖZ

Hapishane Mimarisinin Mahkumların Zihinsel Sağlık Davranışları ve Rehabilitasyonu Üzerindeki Etkiler

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Kültürler, insanlık tarihi boyunca kendilerini suç ve ceza kavramları üzerinden inşa ederler. Bununla birlikte hangi davranışların “suç” olarak kabul edileceği ve suçlulara verilecek ceza kültürden kültüre farklılıklar gösterir. İşte hapishane kavramı, farklı infaz yaklaşımları dahilinde suçluları bir binanın içine koymak amacıyla, modernite bağlamında karşı-modern bir durum olarak ortaya çıkan düzen arayışıyla birlikte ortaya çıkar.

Sosyal, siyasal ve kültürel gerçekler dikkate alındığında, hapishaneleri yönetmek için kullanılan ideoloji ve yöntemlerde birçok farklılıklar olmuştur. Farklı hapishane işlevlerinin verimliliği, dünya çapındaki ceza adaleti sistemlerinin vazgeçilmez ve kritik bir bileşenidir.

Öte yandan, hapishane tasarımı ve yönetimi, toplumsal idealleri ve değerleri yansıtarak, suç, ceza ve rehabilite tanımları hakkında tartışmalara yol açar. Hapishane tasarımı, mahkumların tercihleri ile tesisin mimari özellikleri arasında bir bağlantı olmaması nedeniyle diğer mimari tarzlardan önemli ölçüde farklılık gösterir.

Bu tez, hapishanelerin fiziksel ve organizasyonel tasarımını anlamayı ve mahkumların geleneksel algısından farklılaşacak bir bakış açısı sunmayı amaçlar; hapishanelere, bir dönüşüm ve rehabilite etme aracı olarak daha da insani bir amaç kazandırmayı hedefler.

Hapishaneleri, orada bulunan mahkumları eşit bireyler olarak görmeye ve toplumu bu yönde teşvik etmeye yönelik bir yer olarak algılamak, toplumsal iyiliğin gerçekleşmesine katkıda bulunmaya teşvik eder. Mahkumların rehabilite edilmesi, yeniden suç işleme eğiliminin azaltılması ve ruhsal-duygusal refahlarının artırılması, hapishane ortamının iyileştirilmesi, tüm bu unsurların dikkate alınması suretiyle ortaya konan etkili tasarımıyla birlikte mümkündür.

Anahtar Kelimeler: Hapishane, Ceza, Tasarım, Güvenlik, Psikoloji, Zihinsel Sağlık.



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Chapter 1

Introduction

Prisons have a purpose beyond simple incarceration; treatment and reentry into community are intended outcomes. Nonetheless, the layout of these facilities has a big impact on the offenders' conduct, mental wellness, and chances of recovery.

A person's living arrangements, availability to sunlight, and other elements may encourage beneficial improvements or worsen psychological problems and violent conduct. To improve the well-being of prisoners and increase the efficiency of the legal system, it is imperative to comprehend this balancing. Living environments have a big impact on people's mental and behavioral health. While natural light and open spaces encourage tranquility and recovery, congested, poorly ventilated situations may worsen tension and hostility. It is essential to acknowledge these effects in order to put changes into place and create a more secure system of justice.

1.1 Theoretical Framework

Furthermore, it incorporates ideas of recovery and reintegrating, underlining the significance of the physical surroundings in either assisting or obstructing the journey of self-development and communal recovery for persons who are imprisoned. The architecture of correctional institutions is crucial in the dimensions of criminal justice and architectural theory, both in terms of its social implications and the influence on the daily experiences of those imprisoned there (Ginneken, 2022).

Experts seek to understand the intricate relationship among prison design, psychological health, behavioral habits, and the efficacy of rehabilitation initiatives in promoting beneficial results for both convicts and the community, by examining various theoretical perspectives.

The impact of Michel Foucault's theory highlights the critical approach, showing how prison design can impact monitoring and facilitating life inside prison. Moreover, embracing the ideas of rehabilitation and restorative justice, which place a strong emphasis on designing prison conditions that facilitate convicts' personal development and reintegration into society as better people.

1.2 Statement of the Problem

Criminals who get into controversy with the rule of law frequently realize that their psychological health is disregarded once they are within the jurisdiction of the legal system, from their initial interaction with the police until their freedom from prison (Edgar & Rickford, 2009).

While the need for rehabilitation within the criminal justice system can be well recognized, little is known about how prison architecture affects inmates' behavior, mental health, and chances for recovery. An important issue is that the existing design of prisons may indirectly make it more difficult for inmates to successfully reintegrate into society. This thesis is investigating on how prison architecture impacts inmates' psychological well-being to close a knowledge gap and provide evidence-based strategies for creating caring and rehabilitative prison conditions that raise the possibility of successful rehabilitation and reintegration.

1.3 Purpose of the Study

The purpose of this study is to investigate and clarify the importance of mental wellness among inmates as well as its wider social impacts, while it explores the relationship among prison architecture and design, mental health concerns, and prisoner transformation.

The mental and psychological states of prisoners are shaped by the complex interaction between prison design and prisoner psychology. Even while these organizations are always looking to improve their interior and exterior design, it still has a significant impact on the thoughts and feelings of people who are within (Edgemon,2018). Although there has been progress, there is still a need for improved prison architecture,

as shown by the examination of the dynamic interaction between prison history, architectural evolution, and the psychological well-being of inmates. Regardless of measures to establish more compassionate, beneficial environments, the difficulties and complexities of imprisonment require constant innovation and development.

This thesis embarks a comprehensive study into the complex connection between prison architecture and the psychology of incarcerated individuals. Environmental psychology is the study of how the physical environment influences prisoners' behavior and mental wellbeing. The prisoners' environment has a significant influence on their mental, emotional health, interactions with other inmates, personnel, and the likelihood of successful rehabilitation and reintegration into society. Adopting the idea of human-centered architecture, which highlights the need of building places that prioritize inmates' well-being and rehabilitation by embracing ideas from areas such as human-centered design and psychology.

This study acts as a guide directing research, leading into the complex field of prison architecture and design, including not only the structural aspects of prisons but also its significant sociological and psychological implications. Looking more deeply into the historical development of these prisons, their impact on the mental and physical wellbeing of inmates while balancing the rehabilitation and the punishment of prisoners through architectural design.

1.4 Hypotheses/Research Questions

This thesis suggests that more possibilities for meaningful connection, and other humanistic and therapeutic elements in prison architecture led to improved psychological results and a greater degree of awareness for reintegration into the community. On the other hand, circumstances characterized by congestion and restricted access to outside areas are anticipated to intensify tension and hostility among the prison population.

With the purpose of improving the psychological health and chances for rehabilitation of those who are sentenced by using data from experiments to inform

more compassionate and successful approaches to prison architecture.

-What impact does the architecture of prisons have on the psychological well-being of inmates?

-What influence do architectural upgrades like integrating more greenery and open spaces have on the behavior and mindset of inmates?

-In what ways do elements of prison design affect the efficacy of rehabilitation programs and efforts aimed at lowering recidivism rates?

-How may an unfavorable prison environment affect society more broadly and possibly encourage more criminal activity?

-Can society and culture have an impact on the environment and conduct of prisoners?

1.5 Significance of Study

The importance of investigating the impact of prison design on the psychological wellness of inmates is rooted in its capacity to transform penal facilities on a global scale. This thesis specifically examines the concrete effects of design elements in prison facilities, which is a distinct focus compared to previous research that has mostly explored the mental effects of imprisonment.

Moreover, its objective is to close the divide among design concepts and rehabilitative treatments, offering practical and effective guidance for lawmakers, designers, and managers of prisons.

This thesis stands out by immediately integrating in-person interviews with older convicts. Providing a detailed and subtle analysis of how the architecture of prisons affected the mental health of these inmates who have been locked up, during imprisonment and after their release. This primary evidence offers priceless perspectives on the actual conditions faced by prisoners, revealing distinctive weaknesses and requirements inside correctional facilities. This research enhances academic comprehension and informs more welcoming and successful strategies to penitentiary change by giving an original viewpoint on prison layout and treatment via raising the opinions of this excluded community.

1.6 Definitions

Prison: Institution to house those guilty of crimes, limiting their freedom of movement as a kind of punishment and protecting society as a whole.

Security: Measures applied to guarantee protection from dangers, or illegal access, enhancing the safety of people, properties, or systems.

Punishment: The act of imposing penalty on a person for their actions that go against established laws, rules, or social standards.

Design: the process of planning and making, environments or spaces. It often emphasizes creating a balance between form and function.

Psychology: Scientific study of the mind and behavior that explores various aspects of human emotion, perception, motivation, and interpersonal relationships.

Mental health: An individual's emotional, psychological, and social wellness, which supports balance and a sense of satisfaction in life overall.

1.7 Methodology

To compose this thesis, a methodical process was used, starting with content analysis, a thorough examination of existing material to develop a thorough comprehension of the subject. By making use of data analysis, visual content, Narrative interpretation, and legal documents (Laws and Regulations). This strategy not only assists in combining information but also helps to identify weaknesses and differences, hence leading additional investigation, and inquiry.

Subsequently, qualitative methods were established to provide guidance for the investigation methodologies to collect primary data. Such as one to one interview that carries great importance while interacting with ex-convicts on how they lived inside prison. In this closed environment, people are frequently more willing to express their unvarnished realities, offering valuable perspectives on the complicated nature of their experience in prison which might help bring legislative

changes and improve society's comprehension of the difficulties faced inside prisons. By using open-ended inquiry and compassionate listening, it helps explore the inmates' stories in detail, revealing significant insights on a wide range of subjects. As it might influence public discussions and promote academic research. In essence, its importance stems from its capacity to offer a thorough comprehension of intricate occurrences, improving our awareness of the surrounding universe.

One other method that was used in formulating this thesis focused on conducting case studies of two prisons with opposing features, one exemplifying excelling and the other plagued by imperfections is significant. This method provides a thorough understanding of the variety of prisons and allows for a detailed examination of the aspects that contribute to their effectiveness or failure. The approach adds legitimacy and richness to the research, providing important ideas that are essential for reasoned discussions and possible changes in the field of rectification.

1.8 Literature Reviews

Comprehensive research and analysis were carried out, carefully integrating information from a variety of significant books and scientific papers.

The book "Discipline and Punish: The Birth of the Prison" of Michel Foucault, provides a comprehensive analysis of the nature of power inside institutions, specifically focusing on prisons. It critiques the modern prison system, examining its historical growth and the connection between power, knowledge, and control. The writer explores disciplinary power, methods, and tools used to control actions, highlighting the prison system as a microcosm of larger societal systems and how the prison system impacts society. By incorporating Foucault's concepts into the thesis, examining the impact of the prison environment on mental well-being, the argument is enhanced by the contextualization of inmates' experiences within wider frameworks of societal regulation and authority.

"Why architecture matters" is another book written by Paul Goldberger that throws a deep understanding of our subjective experience while encountering objects, and how design impacts our emotions. He claims that the built environment is not only a background to our existence, but a crucial influence that molds our personalities and ambitions. "Why Architecture Matters" explores the ability of design to motivate, challenge, and link us to everything surrounding us. Goldberger's clarification enables exploring further the complex connection between constructed surroundings and psychology in humans, emphasizing the transformational capacity of architectural design.

"The Place Advantage: Applied Psychology for Interior Architecture" Book by Sally Augustin, provides design professionals with easily understandable ideas from psychology's perspectives on how various aspects of the surroundings impact human mindsets. The writer offers a wealth of abilities in incorporating scientific knowledge to create suggestions for the development of environments, objects, and solutions that enhance ideal mental, personal, and sensory functions.

Incorporating Jeremy Bentham's notion of the "Panopticon" into the research adds a significant level of depth in the investigation. Bentham's Panopticon, a conceptual layout for a prison in which inmates are always monitored by an invisible overseer, illuminates the fundamental power relations within carceral environments. The use of Panopticon-inspired designs might induce feelings of vulnerability, anxiety, and self-regulation among inmates, as they are subjected to constant surveillance and inspection. Gaining knowledge about how regulations are embodied in design features may be quite beneficial for comprehending the intricate relationship that exists among prison conditions and mental wellness.

Chapter 2

The Historical Development and Theoretical Frameworks of Prisons

2.1 Theoretical framework of prisons

Closure is frequently referring to the mental journey and experiences that prisoners go through which is connected to their incarceration. The idea of closure has rapidly gained popularity in both the judicial and social areas. Almost completely ignored just twenty years ago, closure is now widely accepted as a normal psychological state and as something that the legal system should assist victims and the public in achieving (Bandes, 2008). The combination of emotions that come at the end, such as comfort, relief, the feeling of justice, and the capacity to moving on for victims and society does also represents closure. Yet the closure mechanism idea develops a feeling of deprivation for prisoners because of the harsh conditions of incarceration, including a lack of privacy, freedom, and individuality. These factors cause prisoners to carry specific traits, mindsets, and ways of behaving in prison from past social experiences. According to importation theory, traits such as past experiences or psychological issues influence criminals' adaptability to incarceration (Eichelsheim & van der Laan, 2013). These brought in elements influence the way they behave in the prison through integrating them with the current suffering of incarceration, which makes prison time has the power to profoundly affect inmates in ways that go much beyond their physical detention, influencing their lives long after they are released.

As architectural constructions, prisons are made to imprison and command people as it represents the loss of one's freedom because of being found guilty of any kind of crime. In addition to preventing future criminals, incarceration demonstrates a society's commitment to preserving justice and defending its citizens. Researchers have recognized the difference between the stated purpose of rehabilitation and the ways that surroundings in correctional facilities permit and maybe even encourage counter-rehabilitative activities (de Valk, Kuiper, van der Helm, Maas, & Stams, 2016). It is challenging to separate harmful actions, behaviors, and beliefs from a negative physical space in which individuals are expressed when acknowledging the limitations of rehabilitation attempts in damaging environments. The constructed environment has the power to reflect affective potential and exert pressure on feelings and emotions, hence influencing psychological and emotional states (Adey, 2008).

Prison designs that rely on rehabilitation appear to be more efficient, as they are associated with reduced rates of recidivism (Jagdeo,2021). Consequently, recidivism that refers to an offender returning to criminal activity after being convicted, diverted,

or punished might become evident. Among many critical factors of recidivism is the prisoner's mental health. The mentally ill may not respond to any penalty, including incarceration, rehabilitation programs, or other measures imposed in response to their crime (Mihael, 2010). Having troubles to reintegrate into society after being released from prison, which increases their chances of committing future offenses. This implies that the consequences of incarceration go beyond the walls of the cell, emphasizing the necessity for comprehensive strategies for recovery and rehabilitation.

Measures which promote rehabilitative procedures and lessen the psychological damage of incarceration include those that build strong social bonds. Our social interactions are what fuel our emotions, so it is impossible to isolate the source of an emotion from the world of relationships (Davidson, 2012). Rehabilitating prisoners by incorporating the community depends on the idea that this will improve ties between prisoners and "lawful" society while lessening the negative effects of criminogenic influences inside of prisons (Waldo, Theodore & Dobrin, 1973). We may aim to end the cycle of incarceration and advance rehabilitation by resolving the underlying causes of criminal conduct and putting in place support networks.

Rehabilitative programs, education, coaching and job-training are a few examples of initiatives that may be put into place to support community engagement and ease the transition for people back into society. Yet prisons design has a more important role in promoting people's mental health and well-being. Previous study has occasionally shown correlations among the environment and everyday life. According to environmental press theory, human actions vary in response to environmental factors. Murray's (1938).

In the late 18th century, Jeremy Bentham suggested his well-known Panopticon imprisonment concept. The "panopticon," a type of prison layout with a central surveillance tower that provides a view of every cell, was first invented by Jeremy Bentham (1791), and used by the French philosopher Michel Foucault (1977). The main idea is that, although being unable to see the watcher, inmates are conscious of the possibility that they are being watched all the time to develop self-discipline as a result of understanding the notion that they are under surveillance and adapting the way they act correspondingly. The notion of having a central theory is the

psychological influence on people who are conscious that they may be under permanent monitoring, despite the fact they aren't really being watched at any time.

The Panopticon architecture includes a monitoring tower in the middle and a circuit of cells that allows one guardian to view every prisoner without their awareness. The threat of being observed is fundamental to its success, resulting in self-discipline and behavioral adjustment. It is important to remember that the Panopticon is not a dream building, but rather the schematic of an idealized power mechanism. Its operation, devoid of any obstruction, challenge, or friction, needs to be shown as a pure architectural and optical system. However, it is a political technology figure that can and should be separated from any specific use (Foucault,1977).

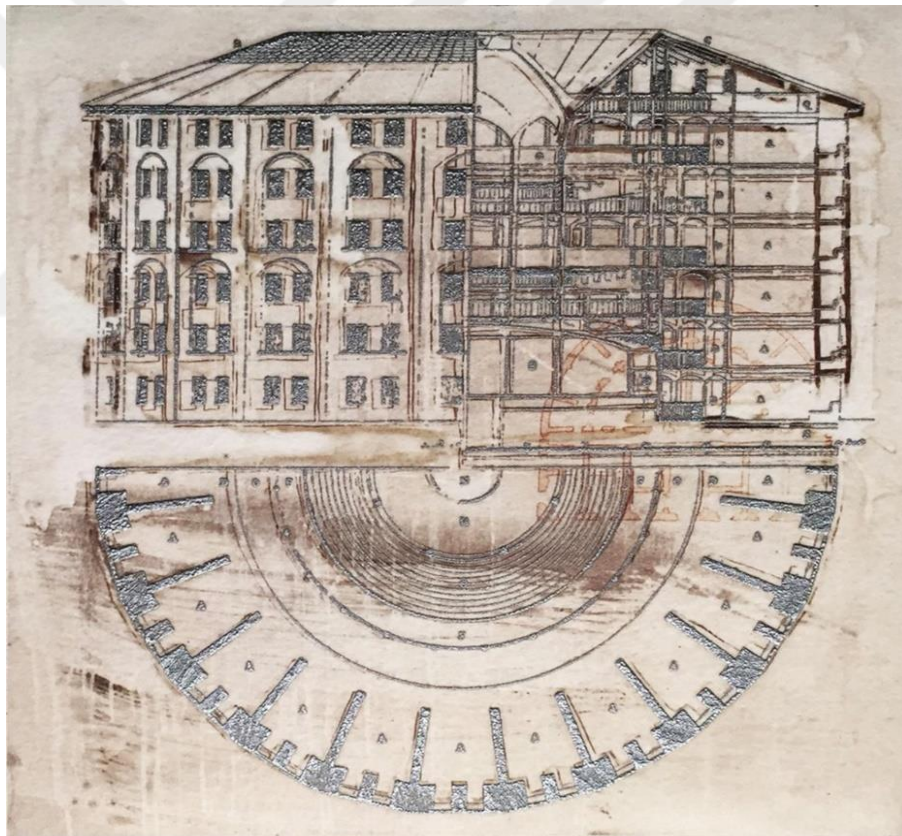


Figure 1. Bentham's Panoptic Engraving I. II and III. Exposed in Centre d'Art Maristany. Sant Cugat, Spain. (Nora.Ancarol, 2019).

Architecture has always been seen to be intentionally managed to express and control power relations in a variety of social situations. It may have an impact on social

dynamics, behavior, and power systems. The idea that architecture is not neutral but rather established in power dynamics requires a more in-depth examination of the social consequences of decisions regarding design (Foucault,1977). Beyond its practical role, architecture is an approach through which cultural values, social hierarchies, and authority structures are expressed. Prison architecture, for example, extends above its actual purposes and works as a weapon for reflecting authority, control the power dynamics in society (Foucault,1977). Prison architecture has an important role in expressing and strengthening social norms, political structure, and governmental systems. Prisons are not simply structures for detention, but also symbols of cultural views about crime, discipline, and law. Prisons have a place in the foundation of a society, representing a complicated interaction of values, customs, and principles. The design of the structures, incarceration conditions, and treatment of inmates within these facilities all reflect a society's view on law and discipline. Furthermore, prisons frequently represent the dominant ideas of rehabilitation, retribution, and deterrence. As a result, the existence and functioning of prisons are not separate things, instead being a part of a cultural narrative, providing an understanding of how society deals with violations and the sensitive balance between keeping order and promoting change in society.

Foucault holds a significant position in expanding our understanding of social dynamics, social frameworks, and governmental procedures. His profound study has made a permanent mark on several subjects, including sociological theories, political science, and cultural research. Foucault's analysis of incarceration goes beyond a simple assessment of the punishment system; it represents an image through which he investigates larger social patterns, the link among power and knowledge, and the way people are controlled and defined in contemporary societies. His insights are still relevant in discussions on the nature of power, surveillance, and social governance.

2.2 Evolution of prisons

Imprisonment is a kind of public protection, where criminals are isolated from the rest of the population, preventing them from harming other people. The ability to move freely, manage one's everyday activities, and access certain human functions are all restricted by imprisonment (Noorda, 2022).

Punishment is an undesirable outcome or suffering imposed on a criminal for breaking a regulation. It is applied by those in positions of legal power to the offender (Newman, 1978). The idea of a prison was present in both old and contemporary societies. The main purpose of early prisons was to administer discipline. Physically methods of revenge such as physical abuse, executions, were frequently used as penalties, the intention was to cause suffering or distress to discourage similar crimes in the future. The notion that the punishment should be adequate to the misconduct that was carried out. The belief that criminals should pay a price proportional to the harm that they created forms its basis. While it might be beneficial when criminals are prohibited from attempting new crimes, this does not always mean that the criminal's conduct will change. Treating the underlying reasons of criminal behavior and offering counseling and rehabilitation programs are frequently required to genuinely bring change and improvement. Preventing criminals from making new crimes does not guarantee that their behavior or mentality will get better.



Figure 2. A History Of London's Prisons, Wharncliffe Books, Pen and Sword Books Ltd, England (Geoffrey Howse, 2012).

(A defendant, after his jury trial, being branded on the hand at the Sessions House, Old Bailey. (see Ben Jonson, p. 29). (Author's collection))

Today's correctional thinking is the result of the criminal justice system's growth in response to societal and criminal transformations. New treatment and rehabilitation strategies have been implemented. Both before and after modernity, the development of prisons experienced a profound transformation. Punishment strategies were frequently severe and focused more on punishment and revenge than rehabilitation in pre-modern civilizations. Physical torture in prisons were examples of early types of confinement, which reflected a harsh mentality based on societal revenge. They served as a temporary detention facility for those who were anticipated to appear in court.

Beginning in the thirteenth century, the penal institution changes, and the prison develops into a distinct location where prisoners serve out their sentences under a variety of conditions (Spierenburg, 1991). Through numerous epochs and civilizations, they have fulfilled a variety of functions. There were "prisons" in numerous jurisdictions, but they were jails called "gaols" or local-level institutions created as locations of temporary imprisonment for a range of "prisoners" debtors, squatters, fugitive servants, those awaiting trial, and those who were being punished (Rubin, 2019). Although in important ways, prisons have influenced the path of history through having an impact on social dynamics, economic policies, legal frameworks, criminal justice systems, human rights, and political movements.

The principles of the Enlightenment period started to have an impact on the goal of incarceration, which started to shift into improvements and reintegration. With an objective of separating criminals from society and offering a setting for introspection and rehabilitation.

Prisons development and inmates' treatment reflect the shifting values and ideologies of society, creating continual controversies about the ideal methods for crime, punishment, and rehabilitation (Foucault,1977). And have historically served as

places of punishment and detention, but mental health has changed how society sees those who suffer from mental illnesses. The interconnected history emphasizes the complex relationship between mental illness and criminal justice, illuminating the evolving understanding of mental health and its impact on how inmates are treated. In addition, the ethical and legal responsibility to preserve the rights and well-being of people with mental health conditions, as well as the larger social advantages of addressing this issue via improved procedures and regulations, are at the core of the issue. Recognizing and resolving mental health issues within the criminal justice system is a necessary step toward a more just, compassionate, and effective approach to both mental health care and justice administration.

International human rights norms forbid torture in prisons, which is a brutal violation of human rights and a major contributing factor to mental illnesses "No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment." (Universal Declaration of Human Rights, 1948), has been used in many ways throughout history. But it faded out as a public spectacle due to a constant movement away from harsh forms of punishment and imprisonment and toward more humanitarian and rehabilitative measures. Torture as a public spectacle is no longer tolerated. Today, we are more prone to dismiss it; maybe, in its day, it gave birth to too much inflated rhetoric; perhaps, it has been attributed too easily and openly to a process of "humanization" (Foucault, 1977). Enlightenment, human rights groups, and international accords all played important parts in this shift, but eliminating torture and improving jail conditions are continuing difficulties that demand sustained attention and effort.

The historian Harry Barnes (1920) found that efforts to improve prisons corresponded with the growth of juvenile justice and psychological wellness support. Barnes claimed that helping those whose acts put them far from established social standards was part of the goal to better society.

Throughout the 20th century, there was little recognition of the importance of connection between society and prison. The crucial philosophical and psychological study on prisons and their connection to community has appeared especially since 1970s, according to the penal scholar Peter Smith (2018). Criminals are created by familial neglect that develops the initial harmful habits as well as by societal

contradictory. According to Maudsley, "certainly external conditions and circumstances contribute for much in the cause of crime" (Griffiths, 1898). We could go on, but it is evident how civilian attitudes, values, and behaviors affect the criminal justice system. As Foucault (1977) noted a long time ago, what is also becoming clear is that this influence is frequently reversed and that the culture of prisons affects society outside. This acknowledgment emphasizes how critical it is to address both the larger social problems and one criminal conduct.

Among the earliest types of punishments known by humanity is the execution penalty, which has been used by many. Long before the criminal justice regulations took on its modern form, the death punishment was in practice.

The death penalty, sometimes referred to as capital punishment or execution, is a powerfully contested issue with strong views on both sides, that has negative impacts on prison systems. It has been an integral part of civilization for tens of thousands of years, and both ancient and contemporary leaders have justified its implementation and threat to maintain social order (Pickup, 2018). The death penalty has serious negative social and psychological effects on people in question and the organizations that make up the criminal justice system in addition to its ineffectiveness as a deterrent to crime.

While most people are conscious of the fact that of the terror of executions is having to live with the constant fear of being executed, the majority of death row inmates also endure extremely harsh isolation circumstances that negatively impact their physical and mental well-being and cause unnecessary discomfort and suffering. In fact, studies have shown that the psychological consequences of severe confinement can resemble those of physical abuse.

According to the most recent statistics, which were released by Amnesty International at the end of 2018, 106 nations just over half of all countries worldwide have officially banned the death penalty (Pickup, 2018).

Death sentence is a socially useless punishment, but in contemporary America, it gets votes. We embrace the death penalty to feel comforted by the irrationality of evil; the dead bodies of the guilty are the dust we bury beneath the carpet. Although we eliminate the effect, we do not want to confront the cause. Although eliminating an

abnormal topic gives us a momentary sense of comfort, the Beast still exists (Venturi, 2016).

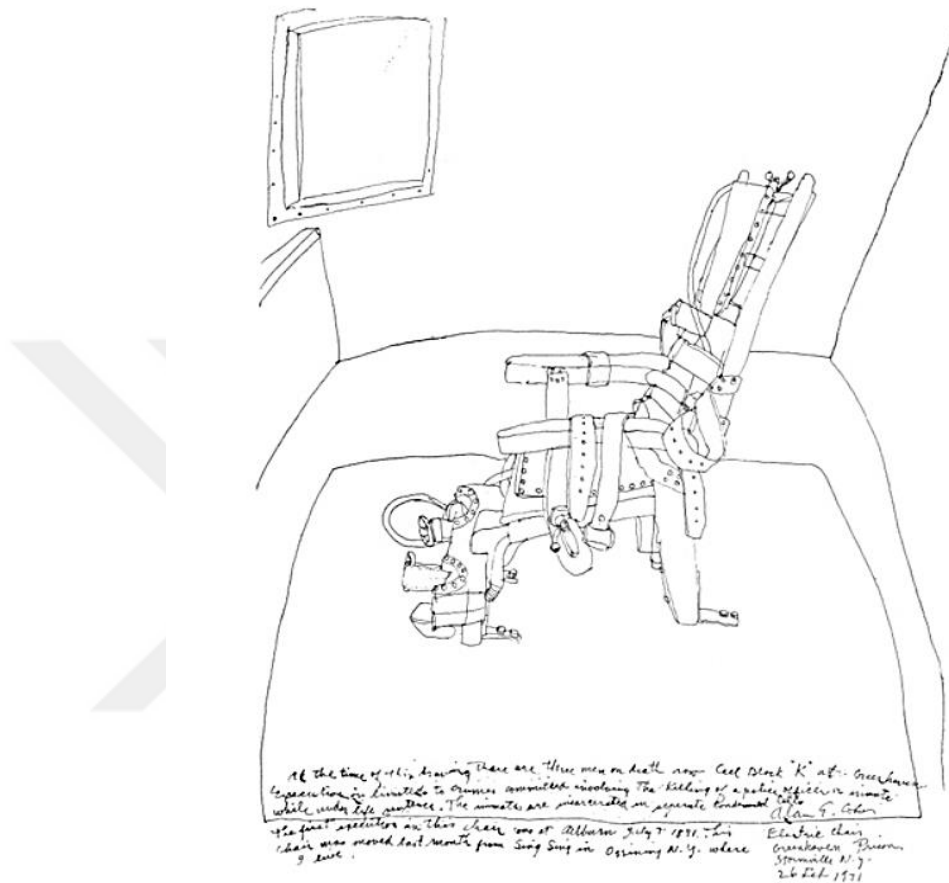


Figure 3. The Forgotten Society Lives Out of Sight in Nursing Homes, Prisons, and Mental Institutions A portfolio of 92 Drawings. Mineola, New York. Dover Publications, Inc., (Alan E Cober, 2012).

Administrators at prisons need to strike a balance between rehabilitation and retribution since they know that many prisoners will eventually return to life in society. They must pay for the crimes they committed, yet there is still hope for them. Finding a balance is an appealing narrative in and of itself, but it becomes much more fascinating when one considers the state's dynamic social, political, and economic background (Griffiths, 1898).

2.3 Physical Characteristics of Prisons

2.3.1 Types. The design and structure of a prison can have an impact on the social relationships inside the facility. The arrangement of cells, monitoring supplies, and shared spaces can be intentionally structured to preserve control and dominance. Furthermore, the symbolism created in architectural aspects such as compact facades, rising walls, or watch towers may express an understanding of power and control over people within the prison, which might vary depending on the country and culture. Furthermore, the architecture of prisons does affect convicts' wellness and reintegration. Environments that focus on individual self-worth, openness to learning, and rehabilitative services may lead to improved results for prisoners reintegrating into society. Prison design symbolizes wider power systems within a given culture along with cultural beliefs around law and punishment. Comprehending the connection between architecture and control inside the prison setting offers valuable perspectives on the complications of the judicial system and its effects on both people and the outside community.

In the United States of America, there are several varieties of prisons and detention facilities, such as State prisons, Federal prisons, Minimum security, Low security, medium security, High Security, Private correctional institutions, political prisons each one of these types has its own set of regulations and procedures. Approximately 2 million individuals are incarcerated in the United States. It surpasses all other places in the entire world (Schweller, 2019).

To confine, secure, rehabilitate or punish: the prison has several, sometimes contradictory aims, but however humane its approach, penal architecture is essentially cruel (Wilkinson, 2018). Two ancient techniques to prison architecture and administration that first appeared in the United States in the early 19th century are the Pennsylvania System and the Auburn System. Repentance was a concept that shaped the Pennsylvania penal system; isolation was seen as a kind of penalty in addition to providing a chance for introspection and penance. Despite all, this prison system advocated for all inmates to be kept in isolation. Inspired by the works of British prison reformer John Howard (1726–90), the "separate system" that was being suggested would keep fresh inmates from being corrupted by seasoned criminals while giving all prisoners with the opportunity to have time and privacy they needed to

process things through and make changes (Michel, 2016). The Panopticon's centralized layouts are frequently referenced in this prison architecture system. If a single guard was able to peer into every cell in the theoretical Panopticon, Foucault's archetypal disciplinary prison, convicts would always act in a

way to avoid punishment since they would never know when guards were looking. The major focus and source of power shifts from one's body to the mind: the aim of penalty shifts to influencing a person's preferences, rituals, and decisions in the future (Rubin, 2013). The system in opposition is referred to as the Auburn system, a system in which inmates worked throughout the day and were confined in isolation at nighttime, with quiet being always enforced (Banks, 2005), and where incarceration served as punishment rather than an opportunity for rehabilitation. International human rights law forbids violence, inhuman acts, harmful treatments, or penalization, thus extended, endless solitary confinement breaks this rule. However, there may be some circumstances in which isolating prisoners in isolation is justified and beneficial. By breaking this rule, there won't be only violations of prisoners' rights but also threaten the human principles that shield everyone from harm.

There were supporters and detractors of both systems, and prisons all throughout the country used different versions of both. Considerations about the psychological repercussions of isolated imprisonment to be declined in its usage as a major form of punishment throughout time. In 1831, Alexis de Tocqueville (1805-1859) and Gustave de Beaumont (1802-1866) the two historians visited the United States. With a major goal of seeing the innovative correctional alternatives, in the Pennsylvania and Auburn systems. The purpose of the expedition to the United States was to investigate correctional institutions, but it also included observation regarding democratic American culture. While isolation and silence were the primary goals of both regimes and to stop the convicts' worsening. According to Tocqueville and Beaumont, the easiest and most effective approach to stop prisoners from negatively influencing one another is to isolate each individual inmate. As they outlined the negative aspects of the Pennsylvania and Auburn systems, including the extreme harshness of their respective regimes, for example the difficulty of accessing Sunday instruction, and the circumstance of violating the ideal of solitude (Całkowska, 2018). Donald Clemmer, a penologist, states that the prison reflects society, believes that the culture of the

prison reflects the American culture, and notes that there are many similarities that exist within the prison and the free world (Taylor, 2021).

The foundation of today's correctional facilities and prisons were established by the Pennsylvania and Auburn systems. These prison systems served as the model for almost all the nineteenth-century prison construction projects.

Whereas American prison systems often place more emphasis on punishment and public safety, majority of prison facilities in Europe have more of an emphasis on rehabilitation, Treatment approaches are correlated with variations in rehabilitation and recurrence. The prevalence of recidivism varies greatly among nations; the United States has one of the most prominent while Northern European countries have the lowest rates. This is a clear relationship between recidivism and the various prison systems, with programs for rehabilitation producing much better outcomes for society (Kovacevic & Settle, 2022).

The topic of American prisons was also highly discussed back then in Europe; in fact, there was a "penitentiary fever" that dominated France from 1825 and 1840 (Całkowska, 2018). It does, however, represent the general desire and sense of urgency among French thinkers, politicians, and modernizers to confront the claimed flaws in the current criminal justice system and to implement more compassionate and efficient measures of both penalizing and reintegration. In an effort to make prisoners more employable once they leave prison, they work to educate and teach them new skills while they are incarcerated (U.S. Prison Population, 2019).

Europe's imprisonment system has developed because of a dynamic interaction between ancient legacies, social norms, governing laws, and changing views on punishing and rehab. Encouraging politicians, experts, and activists throughout this region to strike a balance between both punishment and rehabilitation while maintaining respect for human rights is a continuous challenge. In addition to granting the inmates self-determination, the prison staff fosters an environment that is friendly, encouraging, open, and compassionate (Subramanian, 2021).

There have been major development and changes made in European prison structures, it's crucial to consider how these ideas and methods apply in other areas, including Turkey. Turkey's correctional system functions within a specific socio-political environment that is shaped by historical events, cultural standards, and legislative

frameworks that are different from those found in Europe. There are quite many varieties of prisons in Turkey, each with a distinct function and convict demographic group.

Closed, High Security prisons designated by Turkish Law used to Execute Sentences; Also Known as F-type. A place where the government or people in charge have total control and enforce their own laws and regulations. Complete separation and exclusion from community and all social relationships are said to exist in F-type prisons. They developed their buildings architecture with these goals in mind. The authorities also plan and design its policies and processes. It is the seat of control in that sense, complete with its own set of laws, customs, and architecture. Political prisoners in these settings refuse to comply with such regulations and assert their legal right to a privileged position. In other words, the history of F-type prisons is the past of political inmates' struggle and resistance. (Bekiroğlu, 2016). One's freedom may be taken away for a shorter span of time in cases of crimes involving people or property, but a person may spend more than 20 years imprisoned for offenses against the authority of the state, this group of inmates is categorized as "dangerous prisoners" since they are typically placed in F type prisons (Erol, 2010).

A great deal of attention was drawn to these prisons because of the issues regarding their circumstances, especially in the 1990s when claims of violations of human rights were revealed. Numerous reliable reports claimed that torture had returned to prisons in 1990, mostly in the form of massive physical assault with truncheons or sticks made of wood (UNHCR, 1991).

These facilities are distinguished by separate cells, severe security protocols, and limited inter-inmate connection and communication. It is obvious that the current state is concerned regarding rights violations and the lack of concern for the physical and mental wellbeing of inmates (Erol, 2010).

In addition to F type prisons Turkey has as well as A, B, C, E, L, T, D, S prisons, with minor architectural and design differences. The 2000s saw the establishment of prisons of the D, F, L, and T types. 230 units of one to three prisoner cells dispersed over 11 blocks make up the D type imprisonment, also referred to as the maximum-security prison. (Karagöl, 2017).

A, B, C, E, L, T, type are considered as closed prisons where it is forbidden to enter or leave these facilities. Even execution guards are prohibited from using electronic devices, food, drink, liquids, or harmful items and contact devices. Physical, technological, and electrical barriers are used to manage security and safety (Çetin, 2023). Strict guidelines govern the encounter between the prisoner and the visitor. The entrances to the cells and other facilities inmates occupy are always closed since these places follow a medium degree of security.

D- F- S are high-security types in which one to three people can stay in a room. Every movement or action within the organization is intended to be carried out with the highest level of security. The most of those incarcerated in these facilities are terror offenders serving enhanced life terms, as well as those convicted of drug crimes, gang organizations, and crimes similar to murder (Çetin, 2023).

Earlier public execution practices that showcased the majesty and authority of royalty were out of place in a democracy based on capitalism. Rather, because contemporary society depends on its members having "discipline," or self-control over their actions, prisons serve as an effective means of fostering this discipline (Foucault, 1977). Therefore, Foucault's recognition of the profound impacts that building design can have on the soul of a person and emotions can be used to the advantage of prison architecture to achieve the dual objectives of convict punishment and recovery.

Reorienting the purpose of prison from punishment to rehabilitation is the most significant thing that a nation can do to try and reduce recidivism rates. It can accomplish this in numerous ways. First, funds for inmate education and mental health services should be allocated. Studies reveal that inmates who take part in educational initiatives have a 43% decreased likelihood of being back in prison or jail after their release. It also demonstrates that the government, and thus taxpayers, save four to five dollars on the cost of reincarceration for every dollar spent on prison education (Benecchi, 2021). Decision-making skills are influenced by education as well, so the more educated a person is, the more likely it is that they will make wise choices after being released from prison (Hayden, 2023).

When choosing prison systems, with particular attention to the United States, Europe, and Turkey, several important aspects were considered. First, these areas reflect various socio-political contexts, each of which has unique proper, cultural, and ancient

backgrounds that influence how each of them determines imprisonment. With its high imprisonment rates and difficult interactions between racial, socioeconomic, and independent characteristics, the US distinguishes out for having a complicated prison industry. With its roots in the history of colonialism, enslavement, and fast industrial development, American's system of imprisonment has grown to be a difficult system that is remarkable for its harshness. Therefore, even though the United States may be quite recent in comparison to other nations, its prison system represents a complicated combination of past injustices and present-day issues, necessitating careful analysis and correction.

Conversely, Europe presents an alternate image, being influenced by its dedication and rich tradition of history into involving notions of human rights, rehabilitation, and various imprisonment methods across its member states. Throughout its long history of social change, Europe has produced a diverse range of incarceration practices and ideologies across its constituent nations. Reintegrating convicts into the community is given priority over harsh punishments in a lot of countries in Europe, which emphasize the concepts of humanity and rehabilitation.

Turkey a developing country strategically located at the meeting point between Europe and Asia battling for democracy, respect for human rights, and the ability to strike a balance between personal liberties and safety issues. Turkey's imprisonment system is affected by a number of concerns, including unreliability in politics, economic inequality, and conflicts between democracy and conservative religions.

Focusing on these three areas allows for a comparative study that recognizes the challenges of a worldwide comparability while revealing both shared patterns and unique strategies in modern prison systems.

2.3.2 Size and Location. Prisons were initially small, regional buildings with a punishing attitude towards criminal justice. The Age of Enlightenment changed the perspective on punishment, leading to the rise of rehabilitation theories and the development of larger, structured facilities. The evolution of society's beliefs towards punishment, rehabilitation, and social well-being reflects the historical and theoretical frameworks underlying prisons, resulting in changes in theories and behaviors.

Prisons used to be in the center of towns or cities; for functional reasons in order to prevent crime along with the fact that convicts were able to get to and from court dates and trials more easily when they lived close to major cities. Furthermore, it was better for authorities to keep control and supervision over prisoners and for relatives of detainees to visit them when prisons were located close to cities.

People around prisons, areas in which inmates are housed, and the convicts themselves are all affected by the prison's geographical location. Friends and relatives may find it difficult to stay in touch with loved ones who are detained far away; in fact, the farther away from hometown an inmate is, the less likely it is that they will get visitors (Clark & Duwe, 2017). Prisons relocation has often been justified by pointing out the possibilities of unusual weather conditions, the environment, and illnesses (Wilson & Reid, 1949).

Environmental concerns like pollution or being close to dangerous locations can sometimes force prisons to be in unexpected areas in order to protect the health and security of staff members and prisoners. Furthermore, worries about the development of infectious illnesses within prisons may force officials to explore moving to better places with improved infrastructure for disease management and treatment. The UNOPS's (United Nations Office for Project Services) guidelines on prison placement, for instance, place a strong emphasis on the availability of food, water, fuel, healthcare, firefighting, and other necessities in addition to staff and visitor access, as well as the difficulty and expense of transferring prisoners (Jones, Jordaan & Porter, 2022). However, Silver (2018) has pointed out that the immediate surroundings of a prison affect inmates' wellness. The interactions and general well-being of prisoners are greatly influenced by the prison's geography. The quality of life in the institution is influenced by several factors, including the surrounding environment, easy access to support services, closeness to relatives, and safety concerns.

Most prisons these days are situated far from cities; this may be done in part to give the inmates the impression that they are in the middle of nowhere. In fact, putting prisons distant from cities may make inmates feel alone and cut off from society, which can be a component of a larger plan to discourage crime and keep the prison system in order. Moreover, isolation might lessen the possibility of outside intervention, such attempts to aid prisoners in escaping or trafficking in illegal goods. Critics of this

strategy point out that it can make it harder for relatives to visit convicts and that it might increase the inmates' sense of isolation and separation.

The transformation of prisons from compact, harsh regional structures to more wide organized establishments mirror the shifting perspectives of the public on social security, recovery, and discipline. In addition, purposefully situating prisons in isolated locations can act as a physical and psychological kind of loneliness, with the goal of preventing crime and upholding order inside the prison system. But there are downsides to this tactic as well, such making it harder for relatives to visit prisoners and making them feel more alone. Therefore, although location is a major factor in the planning and administration of prisons, it also emphasizes the deep connection that exists between social values, rehabilitation, and punishment.

Chapter 3

Space and Mental Health: The Importance of Prison Architecture

3.1 Influencing Mental Well-Being: Effect of Space on the User's Mental Health

Besides only sheltering our bodies from outdoor elements, architecture began to say things to us about the world and acquire the characteristics of art. At that point, it starts to have significance. Architecture may be defined as the result of individuals building with an awareness that extends above what is perhaps somewhat useful. The understanding that a structure evokes strong emotions in humans is closely linked to the process of creating architecture, that could both make us feel and think. Together with providing a roof over our heads, architecture begins to signify when it evokes joy, grief, confusion, and wonder (Goldberger, 2009).

The understanding that design elicits feelings in us is closely linked to the creation of architecture. It has the power to evoke strong emotions and provoke thought. Architecture plays a role in our lives due to the way it surrounds us and everything surrounding us has an effect. Architectural structures are our biggest consumption of energy, however regardless we like it or not, it is an essential component of everyday

life for individuals (Goldberger, 2009). That influence will always be present, no matter how minimal or powerful it is. It has the capacity to completely unsettle our notions and values. Given that architecture remains present whether we actively look for it out or simply decide to be aware of it. It varies greatly between societies, our understanding of basic concepts like size, proportions, form, environment, materials, and light is not as affected by these differences as the building itself may seem. Even while architecture can attain extremely high aesthetic standards, it eventually finds its significance in finding an appropriate equilibrium among visual and other criteria. Art attempts to make peace with the reality of the world, but it must be understood as a complicated and sometimes conflicting collection of variables.

The word "space" first appeared around the close of the 1800s, when German writers used it to create a category for architecture. It later became part of the modernist architectural vocabulary (Üngür, 2011). By adjusting the length and depth of the spaces where individuals can move through, architects may engage some aesthetically pleasing elements of space and create exciting buildings. The size of area that a project will occupy on a site is another way that architects define space (Agrahari, 2016).

Differences between people obviously occur in how we see space. These differences are attributed to factors such as psychology, mental health, physical wellness, origins, thoughts, and general surroundings as well as time, lifestyle, and culture. The complex interactions between these characteristics impact on how we manage and engage with our environment, as well as how we experience space.

All spaces that we devote a lot of our time in should have careful design since there is a clear correlation between mental and physical wellness. It is our personal responsibility to ensure that our living environments are well-designed to promote psychological wellness in a good way. Some examples of these design elements are privacy and safety, lots of daylight, integrating outdoor elements in, as well as regulated climate. Research has demonstrated that aside from architecture and design does improve psychological well-being, but that negligent design can have adverse effects such as anxiousness, hypertension, and a higher chance of illness (Ulrich, 2001). Understanding the way a person experiences, traumas, and mental actions shape our spatial thinking, psychology explores the complex hidden mechanisms of the mind. The feeling of comfort and security can be significantly

impacted by mental health issues such as stress, which can also provide a constricted and depressing impression of the environment. Our behavior is greatly influenced by architectural space. “We shape our buildings; thereafter they shape us,” stated Sir Winston Churchill during his October 28, 1943, address in the House of Lords. The primary contexts of design are shape, functionality, and space, and they are interconnected.

A diverse approach called "space theory" looks at how people's actions and spatial arrangements relate to one another. It aims to comprehend how relationships between people, cultural traditions, and personal experiences are impacted by the layout and design of physical locations. The American geographical analyst Edward Soja claimed in 1989 that Western social science had prioritized time and history above space and living environment for nearly a century. Even if Soja's perspective could have been exaggerated, it officially acknowledged the growing awareness of the crucial role the environment contributes to how society functions. However, research into spatial theory has also given rise to a variety of extra issues that draw the study of architecture deeper into the examination of human existence, awareness, and community (Archer, 2005).

Pragmatists like George Lakoff (1987) and Mark Johnson (2001) have contributed to the awareness of constructed environmental space and its relationship to the human body as essential tools for articulating awareness, knowledge, and existence. Their additional contributions have furthered this knowledge, that provides a clearer understanding of the complex interactions between language, thought, and experience. Humans execute economic and ideological requirements via the planning and daily practices that generate a space; as these demands change throughout time, so does the basic core of the space that individuals create (Gottdiener, 1993).

The importance of designed space structures, towns, and landscapes in several aspects of human existence, including the way of thinking, identity, cultural and ideological relationships, economy, politics, and authority has also come to light in the evolution of architecture (Archer, 2005). Looking to the historian Bourdieu's (1989) strategy that develops a rich theory of the frequently complex and close connections that take place among buildings and the lives of people. This theory explains how features like direction, plan, size, scales, barrier, lighting, colors, and structure both create and

maintain aspects of human beings like mental state, sense of self, social standing, race, and religion.

The habitus, a theory created by the French philosopher Pierre Bourdieu, refers to how we conceptualize or perceive space and environment, as well as how our behaviors are influenced by these ideas (Hillier, 2007), includes the two supplementary relationships that exist within the individual and constructed space; the primary one is the way individuals present social connections and create personalities by means of their utilization of spatial organization, the following is the way that buildings have the lasting ability to preserve, uphold, and maintain those interpersonal interactions.

Space design and organization significantly impact mental health and psychology. Places do not control our emotions, but they do influence us (Russell and Snodgrass, 1987). The arrangement, atmosphere, and utility of a space can influence stress levels and mood. Small, poorly ventilated spaces can be stressful. According to studies, not being exposed to clean air can have harmful impacts on psychological well-being that are severe and permanent. Over the last five years, researchers have shown that poor indoor air quality can lower life expectancy and raise the possibility of anxiety and suicidal thoughts (Shin, Park & Choi, 2018).

A well-considered design that prioritizes psychological needs can lead to positive mental health experiences. Space creates a never-ending loop in which life redefines its difficulties, faces new obstacles, and discovers new patterns. The impact of imprisonment on mental well-being is also discussed, with design choices potentially reducing negative consequences and aiding in rehabilitating prisoners in a better environment. Thus, architects have a responsibility to design spaces that directly impact their subjects, rather than just construct things (Foucault, 1977).

3.2 Design Dynamics: Analyzing Architecture's Primary Impact on the Experience of Prisoners

The German psychologist Willy Hellpach (1935) created the expression "psychology of architecture" in the twentieth century, in which he established a basis for future investigations regarding the psychological dimensions of building layout and its effects on people and community. As he held an interest in the ways that

physical surroundings and structural design influence people's actions, feelings, and fulfillment. The theory leads to a more user-friendly style since that focuses primarily on individual desires and goals and serves as a guide for creating an improved people-centric space.

All societies and cultures have held to criminality and retribution throughout history penalties generally resulted in some combination of surveillance, solitude, and loneliness, creating what is known as a prison.

Prisons are considered as a kind of punishment that aims to help individuals reintegrate into the community. However, studies indicate that time in prison have a damaging effect on convict's psychological well-being and an unfavorable effect on recidivism, which both restrict convicts' ability to successfully reintegrate into the community after being released. There is a significant presence of psychological illness among criminals, but not much is understood about how being sentenced and imprisoned increases psychological health conditions. The true problem is that prisoners are deprived of liberty, which can be considered the most severe experience an individual might face. Significant anxiety and discomfort typically arise when an individual is confined in a small space with the door locked at night (Gentleman, 2012).



Figure 4. Central Prison., A History of North Carolina's State Penitentiary. Double bunking, circa 1970. Courtesy of the State Archives of North Carolina. United States of America. Louisiana State University Press, Baton Rouge. Sheridan Books, Inc., (Gregory S. Taylor, 2021).

Post-incarceration conditions, which is like post-traumatic stress disorder (PTSD), can also result from imprisonment; many people experience its psychological repercussions even after they have completed their prison sentence (Liem & Kunst, 2013). Overall, those who are imprisoned often go through a real psychological disaster experiencing fear and anxiety related to their previous and upcoming desires (Crewe, 2017).

Although prisons are places of incarceration and surveillance, the severity of this reality is emphasized in the design of these facilities. Prisons' structural bounds increase emotions of irritation and anger by fostering a sense of claustrophobia and helplessness. Majority of prisons have essentially deficient architecture, frequently created with no regard for the emotional and mental well-being of their occupants. Prison walls have an odd spirit about them; they never become anything other than just structural (Wilkinson, 2018). Prison architecture has a significant effect on prisoners' psychological well-being. If the architectural context of penal institutions is created with elements that support mental health, rehabilitation, and recovery, then these facilities can significantly contribute to the accomplishment of a rehabilitative mission (López & Reidy, 2017). The way areas are laid out, the way colors are used, and the availability of natural illumination all influence the emotional ambiance in prisons. Dark colors can unknowingly aggravate emotions of hopelessness and anxiety, while small spaces and the absence of daylight can cause thoughts of being confined and uncomfortable. However, well-considered architectural features like enough sunlight, properly ventilated spaces, and chances to socialize can lessen incarceration's emotional impact.

To foster favorable results for people involved in the justice system and maintain the fundamental human rights of all people, such as receiving humane treatment, not being tortured, having the right to privacy, having access to the best possible level of physical and mental health education, being in a livable space, having optimal living conditions

and not facing prejudice (AHRC, 2012). Human rights are essential values for maintaining people's dignity that are applicable to all people, even those imprisoned, no matter their situation.

Prison designs must place a high priority on humanity, rehabilitation, and mental wellness. People's actions and character are influenced by our subconscious sense of the space around us. The architectural structure and environment can have enormous impacts on prisoners' psychological well-being. Prisons and correctional facilities are usually known to worsen and raise psychological issues, with imprisonment holding the capability to raise sensitivity and raise the possibility of self-harming and committing suicide (Bradley, 2009).

There are several difficulties in the penal environment that result in difficulties for offenders to preserve their mental health and plan for their next steps. Congestion, aggression, harassment, and exclusion are among the issues, as is an absence of correctional activities and interactions with society. Furthermore, the environmental circumstances of majority of prisons, such as enclosed, gloomy places and controlled privacy, may worsen these issues and create more difficulties for convicts to heal, rehabilitate and develop.

Overcrowding is one of the biggest problems in prisons, where many people are crammed into small spaces. This results in increased stress and disputes between inmates, limited access to resources and activities, diseases, feeling of unsafety, and obstacles to recovery. According to UNODC (2013), overcrowding in prisons can result in unhygienic and abusive environments that are detrimental to inmates' physical and emotional health. The lack of space is a clear reason and key reason for many prisons' medical conditions, including transmissible illnesses and psychological problems. The most recent data reveals that 22 national prison facilities contain over twice their maximum capacity (MacDonald, 2018).

Overcrowding in prisons is a problem caused by rising imprisonment rates in many countries. Even if the growing prison industry might provide short-term respite, the necessity for ongoing prison building will exist if the underlying reasons for high imprisonment rates are not addressed. Simply possessing low incarceration rates does not ensure escape from overcrowded prisons; some countries continue to experience extreme overcrowding because of insufficient infrastructure, a shortage of space, or

because prison allocation does not adhere to contemporary norms. While it may result in a lack of food supplies as well as a deterioration in the efficacy of medical care. Because there isn't enough room for everyone in a congested prison, inmates might be forced to sleep in groups where little space is available (PRI, 2012).

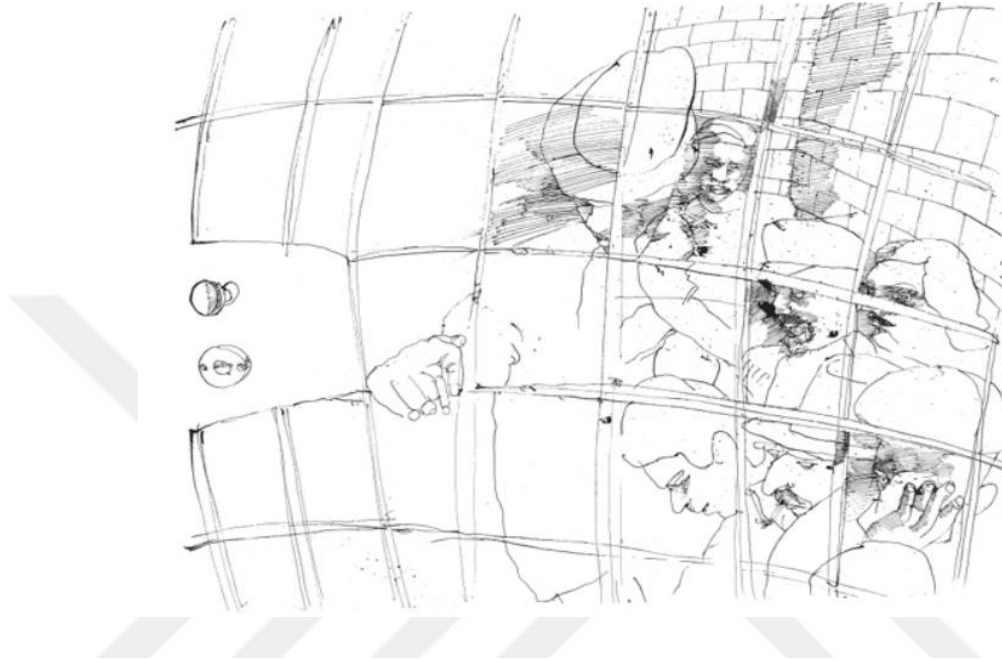


Figure 5. The Forgotten Society Lives Out of Sight in Nursing Homes, Prisons, and Mental Institutions A portfolio of 92 Drawings. Mineola, New York. Dover Publications, Inc., (Alan E Cober, 2012).

Together with the prisoners' experiences with overloading may vary depending on a variety of conditions, such as the duration prisoners spend outside, the sorts of activities they participate in, in addition to the availability of daylight and clean air, and cleanliness (Heard, 2019). These elements have an impact on inmates' psychological and behavioral wellness in addition to their physical comfort. Prison overload is a complicated problem that calls for consideration of many factors outside the total number of prisoners housed there. For example, inmates who participate in sporting activities or pass a lot of time outside may view overloading differently from inmates who spend most of their time inside.

Isolation is one of the methods most frequently used in prisons to mistreat and punish convicts. This type of space is known as a penal room or isolation cell and is

characterized by inmates staying long hours sometimes in cramped cells where they eat, sleep, and use the restroom; the spaces are often dark with no windows or light and have a mattress, sink, and toilet facility (Ahalt, Haney & Rios, 2017). Solitary confinements are intended to prevent convicts from interacting with others and frequently prohibit their utilization of any services and activities as well as communication and visits from friends and relatives.

Prisons and other penal facilities regularly used isolation as a therapeutic strategy as they assumed it would encourage calmness and allow for contemplation. But worries about the negative consequences of solitude increased as knowledge about mental health advanced. The concept of isolation that extends all the way back to human history, but gained popularity in the beginning of the 1900s, and became more often used as there have been requests to ban or severely limit its usage due to its proven negative health consequences (Smith, 2006).



Figure 6. The Forgotten Society Lives Out of Sight in Nursing Homes, Prisons, and Mental Institutions A portfolio of 92 Drawings. Mineola, New York. Dover Publications, Inc., (Alan E Cober, 2012).

Isolation is damaging to inmates who were not suffering from mental illness and complicates the condition of the ones who were. Due to the absence of interpersonal

interaction and psychological therapy, which may result in suicide thoughts, harming oneself, or a serious decline in their psychological well-being.

Researchers observed that over 200,000 newly released prisoners who were kept in isolated cells for any long duration had a 78% higher risk of dying by suicide during the first year of their liberation from prison than those who had been imprisoned without being held in isolation. In the time frame of 2015 and 2019, the amount of suicides and self-harm in New York State had been over 5 times higher for inmates housed in isolation than it was for the whole prison population (James & Vanko, 2021).

Being isolated has been linked to physical as well as mental health issues (NIH, 2020). Neuroscientific study and research showed that being socially excluded may trigger humans to suffer "social pain," which the brain interprets in a similar manner as physical pain. These findings provide solid proof that loneliness and lack of interaction with individuals can create profound and permanent physical transformations in the brain along with the way it operates (Matthew, 2014).

Moreover, many people become more violent and angry after being placed in isolation due to an absence of engagement and interaction with others. Thus, harsh, immoral, unproductive, and unsuccessful methods of promoting beneficial conduct and resolving behavioral issues are forced solitude and isolation.

Solitary has lasting impacts that go beyond the walls of prison and affect people's capacity to lead normal and happy lives after their release.

Lack of Privacy prevents human growth and the healing process from traumatic experiences by self-analysis and awareness. As a result, it is essential to consider design of prisons. It enables inmates to work toward recovery by accepting and understanding their weaknesses and mistakes (Ranjan&Andru, 2021). The barriers to privacy do humiliate and dehumanize prisoners. Since privacy is a basic human need, its deprivation can make the already difficult circumstances of detention harsher. Since prisoners are always being watched, prisons fail to provide the privacy that a human being can desire.

Indeed, there are many different viewpoints and explanations on both sides of the issue of inmates' rights to privacy in prisons, making it a complicated and diverse topic. Yet the idea that privacy could work as a substitution for unity among intolerant convicts

does merits consideration. This means that if the benefits and risks are evaluated expanding the right to privacy could help both the institution and the inmates (Schwartz, 1972). Monitoring systems are frequently used in correctional facilities to keep an eye on inmate's conduct for safety reasons. But this must be considered alongside the necessity to protect the privacy of prisoners. Individuals whose liberty has been taken away should be handled with humanity and with consideration for the essential worth of the human being states the International Covenant on Civil and Political Rights. According to the United Nations Committee on Human Rights, upholding the dignity of people is a universal standard of universal law that cannot be abandoned (Penal Reform International, 2015). Thus, preserving prisoners' human rights requires preserving their pride and self-esteem which can have a serious impact on their mental health.

The experience of imprisonment and privacy in prison conditions may be significantly enhanced by sophisticated arrangement of space and creative planning. A proper thought-out design that may offer privacy by giving people their own space while enabling needed surveillance may provide settings that encourage prisoners' feeling of kindness and worth.

Spatial arrangement is important inside a prison since it frequently serves as the convicts' major and only physical territory. The distribution of space has an immediate effect on the living circumstances, mental health, and general standard lifestyle of those who are confined. Specific characteristics and uses in designing spaces improve the quality of life and maximize people's chances of rehabilitation. Many research investigations conducted how beneficial sunlight is for academic performance and medical periods of recuperation, and how nature sights may lower blood tension, heartbeat rate, and other anxiety signs. These advantages need to be applicable in a custodial environment, which is crucial for prisoners with unique needs (López & Reidy, 2017).

Cells are the primary spaces where prisoners spend most of their time. The prison management continues to have strict supervision over the cell system (Foucault, 1975). Having a major impact on the daily lives of prisoners. This control encompasses not only physical confinement but also a range of areas of everyday life, such as regulating personal connections and behaviors and providing accessibility to basic requirements.

Prison academics characterize this specific space as the only spot where prisoners can spend moments alone and enjoy some solitude and respite from the demands of the prison system (Cohen & Taylor, 1972). The arrangement of cells inside a prison can have a positive or negative impact on inmate perceptions regarding social contact, safety, and solitude. Numerous factors influence the feeling of being imprisoned to a prison cell, including the dimensions of the wing, the other inmates residing nearby, and the specific view one gets from the cell window (Marti, 2022).

The dimension of cells can differ greatly and is determined by several elements, including resource availability, population density, and legal requirements.

Cell proportions are often bigger in developed countries since the prison service gets more funding and human rights, laws are more strictly enforced there. Essential facilities like a bed, toilet, and perhaps a tiny table or shelf are possible in these cells because there is typically more room available per prisoner.

On the other hand, the sizes of cells are frequently more compact and claustrophobic in a lot of developing countries due to a lack of supplies and a high prevalence of congestion. In such circumstances, prisoners would be required to share limited space with several other people, which could escalate conflicts, put their safety at danger, and violate their fundamental freedoms.

Exposure to green spaces is healing and has the potential to improve habits. It's well recognized that incorporating elements of environment into design lowers violence and emotional stress. There is strong indication that areas with green spaces are positively associated with psychological wellness and happiness. In comparison to urban regions lacking greenery, those who live in neighborhoods with more open and green space had better adrenal identities, more happiness, and lower levels of mental discomfort, anxiousness, and depressive disorders. Those who claim to feel down are more inclined to choose an area of nature as their favorite location instead of another kind of region (Barton & Rogerson, 2017).

The way people behave is shaped by surroundings; both personal traits and environmental factors serve as barriers that may contain psychological opportunities or attractions (Brymer & Davids, 2014).

This attitude is reflected in the harsh, punishing, and poor conditions that the prison institution creates. Consequently, prisons are places where discipline and vengeance

are prioritized above recovery and recuperation, which ought to be the opposite of this. It is crucial for psychological therapists to evaluate prisoners' emotions and interactions with nature to improve their general well-being. As a possible barrier to NE therapy, we introduced the term Nature Exposure Aversion (NEA). In particular, the barrier is the person's unfavorable NE experiences and ensuing negative emotions (Reddon & Durante, 2018).

Adding elements of nature to a place such as prison or rehabilitative centers involves adding vegetation, little courtyard gardens, outdoor entertainment spaces with outdoor furniture. Using furnishing with organic forms that reference the environment, green walls, or realistic landscape, paintings on the surfaces can all aid in anxiety reduction and emotional healing. A feeling of space, viewpoint, and optimism is also conveyed by big, rising openings that overlook the exterior. The advantages of being outside may be "brought inside" by obfuscating the boundaries between indoor and outdoor spaces (López & Reidy, 2017). Because it communicates an understanding of time, the climate, and shifting seasons, this connection to the outdoors serves fight sensations of loneliness.

Artificial and natural light both have an important effect on human nature and wellbeing (Evans, 2003). According to research, those who don't get sufficient sunlight have inner cycle shifts that have the potential to cause depressive symptoms. At the same time, an excessive amount of light or prolonged presence of it might cause agitation and disturbance. Light's ability to affect emotions and habits depends on its strength, color, and clarity. Although dark illumination may worsen sensations of exhaustion, tension, and irritation, bright light, sunlight has been related to raised attention, awareness, and happiness (Chism, 1988). Increasing an area's illumination in terms of strength, quality, orientation, variety, and overall control of illumination sources can improve wellness (Kim, 2007).

Research indicates also that circadian rhythm can enhance general well-being and sleeping habits. Moreover, natural light offers vital D vitamins, which is required for strong bones and a healthy immune system.

The shortage of time spent outdoors and narrow openings in the prison prevents exposure to sunlight, which makes the access to light important especially in prisons (Urrutia, 2015). In addition to controlling light levels, windows offer a stress-relieving

view of the outside environment. Thus, windows in prisons often have an adverse impact as they make the prisoner feel disclosed.

Minimal time spent in daylight may aggravate experiences of loneliness and despair and have a negative impact on prisoners' psychological and physical well-being.

While some prison environments are in areas with clear views out of openings, it is usual in prisons system for views and daylight to be hidden by paint, metal barriers, window frames, or windows that are positioned high enough in the wall to allow no view to the outside (Jewkes, 2010). This approach might provide safety, privacy, and pollution prevention, among other benefits. Prisons can decrease diversions for convicts, lower the chance of breakout attempts, and preserve discipline within the prison by limiting exposure. However, it is important to strike the correct balance among respecting inmates' essential human rights and using safety precautions properly (UNODC, 2015). The prisoners' mental health may suffer because of their lack of contact with natural elements. There is a possibility for prison architecture and administration to strike a balance between safety considerations and the necessity of daylight and landscapes.

Colors are another important element in creating an optimal indoor atmosphere. Everybody has deep connections and feelings with colors, which have varying effects on various people. Colors are powerful symbols in our lives. It can be calming, yet it can also provoke stress or motivate activity. Colors that are too intense might make people aggressive (Lovgren, 1996). Depending on the mood intended for certain occasion, different colors might be restful or energizing. For example, a recovery/time-out room that is intended to have a relaxing impact requires the primary color to be cold, controlled, and quiet, more lively colors give interior spaces a more fascinating, positive, and unique look (López & Reidy, 2017).

Color may be utilized significantly to reduce general stress and improve living and performing conditions in jails and prisons (Reeves, 1992). The prisoner is typically badly impacted by the concrete walls' dark grey tone, which envelops them within the room (Ranjan&Andru, 2021). Every empty, gloomy gray surface enhances the feeling of imprisonment in space by seeming to drown out ambition and hope. The prisoner senses the heaviness of their confinement bearing down on them, as if every part of who they are is being gradually taken away, as they are surrounded by these terrible

facades. Every moment that passes in this dark place serves as a clear reminder of their confinement and isolation from the outside world.

Rehabilitative environment such as sports, counseling and therapy, seminars, social and recreational activities, religious activities, and educational programs are all essential elements of prison life. Prisoners sometimes endure months or even years of confinement, which may be extremely exhausting and depressing. Along with providing a break from the routine and difficulties of prison, these activities are essential releases. By offering a way for people to confront their anxieties and traumas from both the past and the present, facilitating their recovery and personal development. Through the utilization of rehabilitation programs, inmates can acquire the abilities and strengths needed to flourish in society following their release.



Figure 7. Central Prison., *A History of North Carolina's State Penitentiary*. Double bunking, circa 1970. Courtesy of the State Archives of North Carolina. United States of America. Louisiana State University Press, Baton Rouge. Sheridan Books, Inc., (Gregory S. Taylor, 2021).

(Inmate band. Courtesy of the State Archives of North Carolina.)

The discussion within the goal of prisons continues to change, placing more focus on facilitating rehabilitation and lowering recidivism. A prison's ability to rehabilitate inmates is directly correlated with its fundamental character. It is important to acknowledge the importance of creating areas for rehabilitative activities in every prison environment.

Many research investigations have conclusively demonstrated that prison-based education initiatives reduce recidivism rates. (Ellison, 2017). Participating in educational programs while imprisoned allows inmates to develop, change their behavior, and feel more empowered in addition to learning practical skills and knowledge.

Social areas that are intended to promote group interaction, communication, interpersonal relationships, self-expression, and mutual support, does greatly improve inmates' living quality and have a favorable effect on outcomes by reducing feelings of loneliness. Adaptability to different activities, such family get-togethers, informal socializing, and therapy sessions, should be the top priorities. Supporting areas that are semi-private and intended to provide a sense of safety, possession, haven, and privacy. As an illustration, consider meditation-style rooms that function as a "quiet space" and are adorned with reassuring expressions, statements, and motivational sayings (López & Reidy, 2017). These areas need to be created with sensory-calming design components that provide the user with physical, visual, audible, and sensory stimulation.

Giving prisoners access to licensed medical professionals, counselors, and therapeutic groups can assist them in addressing underlying problems, creating coping strategies, and acquiring critical life skills. These venues may empower them by providing a comprehensive rehabilitation program that targets both physical and emotional health.

In a questionnaire I conducted while doing this research that interviewed multiple former inmates from different ages and nationalities who experienced incarceration in different countries and different prisons about their experience of the architectural interior exterior and how that has affected them. The decision to interview convicts was mostly influenced by the interactions made while conducting this study. Ultimately, nearly every prisoner encountered was open to participating in this interview.

Whatever their pasts or the reason for incarceration, one thing became clear to all of them: the living conditions that they all described as terrible, and the cramped spaces had a severe negative effect on their psychological state. Their descriptions provided an engaging depiction of the emotional suffering, hopelessness, and abandonment brought on by the severe conditions of living behind bars. Some of the frequent things that were mentioned are the bad living environment, especially cells, the place where all prisoners spend majority of their times. These spaces were small and lacked sunlight, holding more than their capacity. The sleeping spaces were insufficient, causing some individuals to sleep immediately on the ground. The restrooms were communal and located within their living spaces, resulting in an unpleasant and persistent odor. Ibrahim 24 years old, an old inmate that has been incarcerated in one of the prisons in Turkey for more than 6 months stated that “I believed the arrangement of space to be purposefully created in a damaging manner, with the aim of inflicting punishment and bringing us suffering”.

In these kinds of situations, in which there is currently an increased level of pressure and tension caused by limited liberty and physical closeness to other individuals, congestion does exacerbate disputes between prisoners. The battle for supplies turns into conflicts and fights. Moreover, the stress of residing in confined spaces resulted in heightened anger and violence, exacerbating disputes between individuals.

When it comes to privacy, most of these people expressed a strong dissatisfaction with the lack of private space, especially in showers and restroom areas where there were no doors in majority of cells. In addition, guards had the power to suddenly interrupt an individual's bathing or toileting and take them out. An unpleasant environment dominated, intensified by the existence of cameras and observant guards, constantly monitoring every action, leaving prisoners with a constant sense of exposure and absence of privacy. Turki that was imprisoned in Saudi Arabia for more than 10 years declared “There was zero privacy, I was feeling that I was being watched the whole time, which made me feel trapped, that period made me realize how valuable privacy is”.

Nevertheless, a minority group emerged with a sophisticated viewpoint, having experienced the distressing conditions of maximum-security prisons. For those individuals, the continuous monitoring of cameras and presence of guards acted as a

critical protection towards the danger of violence and assault between inmates, providing a sense of safety in a harmful setting where any situation might develop to a life-threatening conflict. The presence of two contrasting viewpoints highlights the intricate relationship between the desire for safety and the diminishing of individual freedom within the prison system.

Within the dark restraints of the prison cells, the interviewed ex-inmates exchanged their sorrowful stories, expressing themselves filled with an intense sadness. Every story repeated the same matter, which is the lack of open areas that permits entrance of sunlight, and clean air. Every day, they get a limited time of relief that was never enough, in a lifeless courtyard, surrounded by structures that served only as an indication of their captivity, with only a short amount of time, they wished for larger and more diverse surroundings, as well as pastimes or activities that would break the routine of their confinement. Their grief reflected was not only a desire for physical liberty, but also a sense of the loss of the spiritual personality, strangled by the harsh constraints of imprisonment. Amir claimed "Being confined in that tiny cell with numerous individuals caused me to experience extreme mental distress, all i was doing is thinking and thinking. My cellmates attempted to create a chess game using cardboard to pass the time. However, this activity was against the rules, and if the guards caught us, we would face punishment and endure torture. In the middle of the anxious and motionless atmosphere, they hoped for an alternate existence, where they could participate in purposeful activities or work and regain some kind of ownership of their own lives.

It was painfully clear how much the difficult living circumstances, and real prison sentence caused hard reintegration into society and had affected their lives after discharge. Many mentioned how severely the congestion, insufficient supplies, and frequent aggressiveness of the prison atmosphere had affected their psychological and behavioral wellness. After being freed, majority of them faced the difficult task of readjusting to the community, only to run into prejudice and discrimination from a community that was all too ready to categorize them as "ex-offenders." Their incarceration wounds and this public view made it extremely difficult for them to obtain lasting relationships, secure accommodation, and work. These people's difficult journeys outside of prison underscores how crucial it is to have empathy and assistance during the rehabilitation phase.

Yet speaking with someone who has been inside a prison in Europe, it validates my research findings that the inmates' experience in European prisons are a lot more different from others while interviewing a 66-year-old former prisoner who was imprisoned at the "la santé" prison in Paris, France, in 1985 had claimed that his experience inside the prison was not bad they had open spaces and TVs, work and education opportunities as well as support from doctors and nurses when needed this shows how these prisons value the wellness and rehabilitation of the prisoners so that they can become better citizens. Assou said "Although the journey was difficult and losing my freedom was the worst thing, I have ever experienced but I learned a lot from being there." In his statement, he emphasizes the possibility of human development and change even inside the walls of prison, underscoring the need of giving prisoners access to tools and chances for education and reform. This narrative demonstrates how correctional institutions place a strong priority on inmates' well-being and rehabilitation with the goal of reintegrating them into the community and becoming better citizens. The need to create rehabilitation focused prisons is important because there is evidence that a prisons approach to imprisonment has a major effect on the rate of reoffending therefore well-being and environment should be a big focus.

The findings highlight the severe psychological impact caused by such circumstances as it stands as a criticism of an approach that frequently neglects the worth and wellness of those it holds in detention.

Notwithstanding the variances, people that were imprisoned in non-developed or developing countries united in their battle over the damaging consequences of their surroundings, highlighting the critical necessity for global prison management change.

Individuals who were imprisoned in countries that were developing told horrifying stories about living in terrible circumstances and receiving cruel treatment, which had a lasting negative impact on their physical and emotional health, which made it more difficult for them to recover and reintegrate into society after being released. On the other hand, the inmates in a country that have a rehabilitation focused prison spoke of a more compassionate atmosphere within the prison system, complete with improved living quarters and easy access to necessary services and treatment plans. This glaring contradiction highlights the significant influence that variations in prison

environments may have on prisoners' lives, influencing their paths even after they are released.

These Interviews improved the understanding of people's experiences inside of prisons which confirms my studies/research. While their voices stand as powerful reflections of the significant impact caused by insufficient prison circumstances and the urgent need for empathetic and empathic solutions to imprisonment. The contributions added weight to the demand for humane and sympathetic alternatives to imprisonment, emphasizing the critical need for changes that put the rights and welfare of people at the center of the legal system. These revelations highlight how vital it is to have laws and procedures in place that support recovery and deal with the underlying reasons of crime, making sure that the benefits of incarceration go beyond retribution and include real chances for reparation and reintegration.

Chapter 4

Designing for Rehabilitation: A Comparative Case Study of Storstrom and Carandiru Prisons

Although Storstrom and Carandiru prison institutions were both designed with a purpose of incarceration, there are significant differences between the ways they operate, achievements, and effects. When it comes to human rights violations, assault, and congestion, the now-demolished Carandiru Prison in Brazil is an image of organizational weaknesses, whereas Storstrøm Prison in Denmark is a reflecting example of modern correctional architecture that emphasizes rehabilitation and respect for humanity.

By comparing and examining these two contrasting case studies, for the aim of shedding light on the intricacies of design strategies in the context of imprisonment and the transformational power of architecture in encouraging favorable results for inmates and the community generally. This juxtaposed study can function as an encouragement for members of the community, lawmakers, and designers to give

humanized design concepts the highest priority in every aspect of architecture and design.

4.1 Comparative Analysis of Prison Design in Developed and Developing Countries

Brazil is commonly referred to as a country that is developing because of several social and economic problems, including poverty, financial disparities, and infrastructural difficulties. Brazil has a big and varied economy, but it also has major growth obstacles, such as problems in the areas of medical care, schooling, and crime. After a total of 21 years of dictatorial rule, Brazil transitioned to democratic government in 1985. The country has been struggling to rebuild the social structures, administration, and bloated economy that remained after democracy was restored (Ribeiro, 2015).

For the most of the country's history, the national economy of Brazil either did not expand sufficiently or progressed too slowly, leaving it undeveloped (Coatsworth, 2007). Brazil's imprisonment systems are significantly impacted by its position as a country that is still developing. As it is shaped by several important elements, including social inequity, economic imbalances, and limited facilities. Congestion in prisons is an ongoing concern that cause issues like violence and assault, unsanitary conditions, and limited accessibility to medical treatments and healthcare. Brazil faces elevated levels of recidivism because of its focus on penal tactics, which frequently ignore the fundamental socioeconomic reasons that drive to criminality.

Originally referred to as the São Paulo House of Detention, the Carandiru prison established its doors in 1920, planned and constructed by Samuel das Neves, time it was regarded as a prototype prison designed to satisfy the 1890 Criminal Code's criteria. Situated in the Southeastern part of the state of São Paulo Brazil, one of the wealthiest cities in South America, with a prison that is exactly contrary to the image of any developed-world prison that could have been seen before. Because of its terrible reputation for abuse, extreme congestion and brutal circumstances, the prison attracted attention from all around the world. Considering it could only hold 4,000

prisoners, Carandiru prison held more than 8,000 with only 1000 guards for company (Espin, 2017). It was formerly thought to be the biggest prison city in the nation and among the biggest worldwide before it got demolished in 2002. With several hundred men and their histories kept in its courts and bars, following the collapse of its cell walls came stories that broke (Carvalho, 2022). With more than 7 million inmates, Carandiru was the largest prison in Brazil in the 1990s. People from all around the country and with varying degrees of criminality were imprisoned in Carandiru (Mehler, 2013).

In 1992, the Carandiru Prison gained worldwide attention for reasons other than overpopulation. The healthcare employee's inability to enter the prison caused symptoms to go neglected, which in turn caused illnesses and deaths sometimes. In addition, hunger and lack of nutrition were frequent, and in the 1980s, the institution was hit hard by the AIDS pandemic (Roller, 2020).

Brazilian physician Drauzio Varella labored in Carandiru between 1989 to 2001, specifically helping with disease crisis there, documented the appalling circumstances of the prisoners inside the prison and his personal experiences there in a book he published. Hector Babenco's film Carandiru, which was based on the book, received many good reviews from both the audience and journalists.



Figures 8. Photo of Carandiru prison from the court by Flickr user silmaraelis, published under a Creative Commons license. (Lucas Barreto, 2006)



Figures 9. Photo of Carandiru prison from the court by Flickr user silmaraelis, published under a Creative Commons license. (Lucas Barreto, 2006)

An item in the daily O Estado de S. Paulo stated that media worldwide announced the closure of the "hell called Carandiru". In a violent suppression mission that made this prison famous and came to be recognized as the Carandiru Massacre, regarded as one of the biggest human rights violations in Brazilian history (Góes, 2008). When the disturbance got out of command, the Armed Forces Police's elite unit was called in carrying machine guns invaded Pavilion 9 of the São Paulo Correctional Center because of a fight that happened that day between inmates, the entire procedure barely took thirty minutes to kill around 111 convicts at the facility in 1992 (Borges, 2022). During 2002, the prison was taken apart after the prisoner's death certifications had been approved. A remarkable overall 19,908 years in prison were handed down to 63 officers from law enforcement and policemen for being part of this atrocity (Roller, 2020).

Carandiru may represent a small example of the biggest social and economic problems that characterize developing countries, such as injustice, insecurity, poverty and poor availability of medical care and schooling. These elements frequently lead to elevated criminal activity and crowded prison systems, which worsen the problems these countries already confront. Carandiru is not a penitentiary in the eyes of Brazilian law; rather, it is a holding home, a kind of point of access to the criminal justice system, where drug traffickers, murders, and robbers without a trial are placed in anticipation of being found guilty (Varella, 1999).

Following its demolition, Carandiru was given space in 2003 for the construction of a park (Parque da Juventude), which included a large green region, a center for sports, a library, and two secondary educational institutions. The sports facility and park area launched in 2003, while the other two followed in 2004 and 2007 (Mehler, 2013). The area had a thorough makeover at that time, with all its components getting an upgrade and its whole layout being redesigned.



Figure 10. An exhibition in Museum de Casa Brasileira, São Paulo: Massacre in Carandiru prison. (the old Carandiru prison) Published under Opus Travel. (Didem Doğan).

Given that Carandiru serves as an example of the difficulties and challenges that poor counties confront, advanced countries oversee their prison facilities very differently. Rehabilitative measures are given priority over punitive measures in prisons of nations like Denmark, which are recognized for favorable government initiatives and advanced social regulations. Taking Storstrøm Prison as an example, which was built in Falster, Denmark in 2017 September 17th, covered 32,000 square meters and has room for about 250 convicts. The prison differs from the traditional prisons all around the world, designed as a social hub with community facilities built around it. The whole prison consists of four separate sections with regular security and one with

extreme security. The major prison facilities may be accessed by crossing the principal structure, the staff office is situated immediately after the parking area and close to the gate. The visitors' section is located directly on the opposite side after the entrance, while the activities area is positioned in the center of the complex, taking up an overall 35,000 square meters of surface area (C.F. Møller, 2018).

On the other hand, Storstrøm Prison won the top award in an architectural competition in 2010 since it emphasizes eliminating the notion that incarceration equates with self-exclusion and elevating the significance of ideas like flexible behavior, diversity, and freedom of expression as crucial components of treatment and healing. Jonathan Hilburg (2017) states “Denmark’s latest maximum-security prison designed to feel less like a prison “. Therefore, it designs serves as an environment for opportunity, inspiration, and discovery of new opportunities rather than being utilized only for disciplinary confinement.



Figure 11. Photo of the modern Storstrom prison is Denmark. (Rojas.C, 2022).

It took over a century of historical evolution to create the Danish social security system. Among common framework for discussing its societal policies is the benefits society approach, which is often regarded as one of the world's strongest social security methods (Petersen, 2022). Considering being recognized as one of the developed countries, this safety system's growth follows a path defined by gradual changes and an attachment to the improvement of society.

A comprehensive strategy for improving society is reflected in the Danish imprisonment, the systems that focuses more on recovery and integration into society, which highlights the connection among social safety programs and reducing crime. Denmark's approach, which is based on the idea that each human being must receive a second chance at life, places a high priority on restitution inside its prisons. Plenty of chances for schooling, work experience, and mental health treatment are offered to prisoners to solve fundamental problems that may have contributed to their illegal actions. Severe physical assault and abuse is uncommon inside Danish jails and prisons, barely three suicidal actions and five murders within the Danish prison framework of 2013, as when evaluated to 4,446 deaths in American prisons, (Reiter, Sexton & Sumner).

Fairness and kindness toward inmates are given top priority in developed prisons, resulting in lowering disputes and arguments inside the prison surroundings. This strategy is frequently credited with helping Denmark have a lesser amount of imprisonment aggression than many nations around the world.

Given that freed Danish inmates have an extremely quiet rate of recidivism, as the rehabilitation programs are applied and taken seriously in developed countries, prisoners leave with a low chance of causing crime and are supported by the government to better themselves to get jobs and get educated in comparison to countries that make life more difficult for them. Prisons in wealthy countries do not punish their inmates harshly. They have no right to live an inactive life, so they have no sense of being discriminated against or in pain (Poudel, 2023). Inside the walls of prisons, the focus is frequently placed on developing a feeling of responsibility and offering chances for interpersonal development. Otherwise after their release they will

not be able to integrate into society easily because of their record, impacting their ability to get jobs and live a normal life in general.

Reducing the challenges that previous criminals encounter after being released from prison is essential to their effective returning into community. Even in wealthy countries where rehabilitative programs are offered, those trying to start over may find it difficult due to the negative connotation attached to having a criminal background. As a result, the loop of imprisonment and repeat offenses might continue in the absence of sufficient assistance structures, sustaining an ongoing pattern of social exclusion. However, the experience they had inside the prisons will reflect their actions outside of the prisons as it will affect the society as a whole. To give an example, if an inmate was treated badly and confined in a harsh environment without paying attention to their psychological wellbeing there is a high probability to commit the crime again, on the other hand the environment and rules set by the government highly affect the crime rate.

The Storstrøm facility, which emphasizes humanity, dignity, and individualized care, is the greatest representation of the ways that a penal institution can help each of prisoners and the community. It has proven successful in promoting a spirit of rehabilitation and forgiveness mentality. In addition to protecting the community, the prison system assists in inmates in becoming productive citizens of their surrounding societies by promoting therapeutic justice concepts.

4.2 Comparison in Terms of User Experience and Spatial Human-Centered Design

Human centered design plays a big role in architecture and the experience of the user in that environment. The focus on human centered design in building an environment can develop many positive changes to the residents compared to an environment that does not focus on it. Comparing two contradictory prisons emphasizes how important prison architecture is in determining how convicts behave and how society turns out.

In the case of Carandiru, recidivism, mental health problems, and acts of aggression between prisoners increases in it because of the insufficient exposure to light, congestion, and recreational activities. On the other hand, the example of Strostorm showed a building that was planned with large, bright common spaces, possibilities for learning and career training, and chances for networking, prisoners improve participation in therapy sessions, lower levels of aggressiveness, and easier returning into society after freedom.

Architectural Form:

In the case of Carandiru Prison, architectural and design flaws ignored the health and well-being of both workers and prisoners in favor of concentrating just on security and taking criminals away from society.

The prison took the form of a series of dead blocks placed in a circular layout; each one has a big yard in the middle surrounded by cells. The arrangement of each pavilion was made to hold an enormous number of convicts, with cells arranged in many levels. Because of overpopulation, it resulted in extensive violence and worsening circumstances. The initial layout, which was meant to make control and surveillance easier, proved to be insufficient for managing the chaotic and compacted number of prisoners.

From above, the entire construction appears to be harsh, rigid, and grid. The cubic structures with harsh edges and straight lines can provide a cold, unapproachable environment. The towering proportions, and identical design of cubed buildings can give an overwhelming and detaching, which lowers the living experience of the users.

The majority of Carandiru facilities are closed to air and daylight. The construction feels cramped and poorly lighted, with just a few small openings at the extremity of each hallway, with each of its four units situated on the ground level of a multi-story structure (five-story pavilions). Research indicates that people who live in tall buildings are more likely to have worry, behavioral disorders, and anxiety (Gardiner, 2017). Cubic structures are inefficient and potentially ineffective as time goes on because of their rigid, grid form, which makes it difficult to adjust to changing circumstances. All these elements have the potential to make prisoners and the workers too feel stressed, disconnected, and uncomfortable. Decades of creative design of prisons have shown that a prison's form and dimensions may greatly affect how well

it operates. As majority of prisons are gloomy, dark structures with poor ventilation and structures with hidden areas that are hard to maintain and control (HRW, 1999).

On the way to Carandiru, Dráuzio Varella describes the prison from outside in her book (Estação Carandiru) stating that “I took the metro to Carandiru Station, where I got off and turned right, in front of the military police barracks. In the background, as far as the eye could see, stretched a gray wall with guard towers. Next door to the barracks was a majestic entrance with CASA DE DETENÇÃO (House of Detention) written above it in black letters” (Varella, 1999, p. 13). The unappealing environment, gray dead walls, has the power to significantly impact the mental state of prisoners. The color scheme's repetition and the absence of distractions create emotions of enclosure and detachment, which in turn promotes emotions of pessimism and emptiness that eventually result in stress and anxiety. A study about color in architecture and its psychological effect states that dark tones like black, brown, and gray can evoke unpleasant feelings like frustration, fatigue, and despair (Sattaur,2020).

Contrarily Storstrom prison has an organic and more human oriented shape that promotes balance with natural environments, creating a harmony between the building and the surrounding environment. These types of structures create a sense of permanence through the vistas and shadowing they present, blending the inside with the outside and filtering the flow of air, sunlight, sound, and movement among the two spaces (John, Croome & Jeronimidis, 2005). Organically shaped structures push established ideas about structural design and space by frequently attempting to inspire a feeling of movement, energy, and closeness to the natural world which promotes wellness and a feeling of connectedness.



Figure 12.. Storstrom Prison. (kriminalforsorgen, 2024).

With a tiny urban feel, the Storstrom prison design aims to reduce the regimented feeling and facilitate the convicts' transitions into and out of prison (Chatzipolakis, 2022). To provide vistas of a verdant nature, creating a sports facility that resembles an enclosed plaza, the layout incorporates properly maintained sidewalks, squares, parks, plants, and communal structures surrounding each unit. This opens inmates up a variety of viewpoints and angles that they might use in their daily interactions.

The outer edge of the barrier walls is constructed with multiple rows of holes to decrease the sense of claustrophobia and imprisonment (C.F. Møller, 2018). With a combined area of 115,000 sq. ft., all the structures adapt to inner city size and are mainly of equal altitude, a maximum of two floors. Urban planners believed that elevated constructions looked unattractive and took away from the aesthetic appeal of lower-rise constructions (Barr& Johnson, 2019). This type of structure is appealing as they enhance the urban atmosphere by establishing a feeling of place, promoting belonging, and blending in with the surrounding landscape.

Instead of applying severe penalties, the planners of Storstrøm opted to create a tiny community which could teach its convicts interpersonal as well as functional abilities,

following the Danish traditions of promoting rehabilitation within prisoners (Hilburg, 2017). In this approach, different occupational training activities adapted to the hobbies and capabilities of the convicts may be pushed to participate in. Rather than spending most of the entire day enclosed in their cells, prisoners' participation in schooling events, seminars, and group activities designed to help them feel more like members of the community and less like outsiders. It is evident that integrating organic architectural forms into the architecture of prisons helps increase convicts' engagement in rehabilitative programs. Supplying settings that are adaptable and encouraging happiness and honesty. Prisons can remain places that foster good habits and individual improvement via well-thought-out architecture.

Indoor spaces

The prisons interior has a significant impact on many elements of the criminal justice framework, including the security and effectiveness of prison activities, in addition to the conduct and overall health of prisoners. Additionally, it helps to preserve prisoners' humanity and worth. Internal prison areas may act as tools for beneficial transformation by emphasizing elements like daylight, sufficient airflow, and suitable architectural arrangements. These places provide possibilities for reflecting personal development, and eventually, seeking better days. Effective surveillance and easy gathering areas for staff and prisoners are advantages of well-designed prison design (Grip, Caviezel & Öjes, 2018).

Important services like waiting rooms, healthcare facilities, sport areas and classrooms may be positioned advantageously to help employees operate more efficiently. This facility's physical arrangement reduces needless mobility, which lowers the possibility of disputes and promotes more efficient everyday activities.

Not just did Carandiru Prison have a terrible public image, but the design of its inside proved to be complex. Instead of focusing on convenience or recovery, the design mirrored the practical spirit of incarceration. The huge structure was made up of units of cells that were placed surrounding an inner plaza in a circular manner, similar to the layout of a panopticon, to allow for easier guard observation. The actual cells remained gloomy and packed, frequently holding many prisoners in tight spaces. There was a lack of necessary services and minimal accessibility to airflow and daylight. The design of the prison and its unforgiving surroundings increased the

inmates' feelings of helplessness and loneliness, making it one of Brazil's worst-known prisons.

Carandiru prison is like majority of prisons around the world, distinguished by a mood of gloom and despair. Squashed cells with empty walls that vibrate with the sound of imprisonment can be found along rigid extended hallways. Numerous prisons fail to get out from the dim light of their terrible indoor spaces, regardless of initiatives to ameliorate circumstances; these institutions serve as reflections of the community's complicated connection to law and penalty.

The priority placed on surveillance and supervision in Carandirus' interior architecture reflected the time's dominant penal ideas. Without considering how space affected inmates' conduct, one of the main goals of the prison was to impose punishment on inmates by keeping them in an uncomfortable atmosphere (Harrouk, 2020).



Figure 13. Carandiru Prison: the toughest prison in the world. (Allenpatani,2012).

One of Carandirus main issues was the overcrowding, a place where 7,200 men reside in quarter of the area intended for them with one guard for each 100 prisoners (Bellos, 2001). Because the fragrance bothers the people that sleep nearby, it is not permitted for inmates to use the restroom from 7 p.m. until 7 a.m. (Varella, 1999). Causing a variety of issues, involving unfavorable living circumstances, a rise in assaults and conflicts between prisoners and staff even, development of illnesses, and challenges in delivering sufficient assistance and rehabilitation initiatives.

Each cell in Carandiru has unique murals that cover it. Each surface is covered with colorful images of holy people, prayer, sexual content, athletes, and football players that resemble an abandoned residence or slum. The prison is a completely dark chamber of nightmares, the cells can only be seen only by the flashy blue glow of TVs, and the whole thing is cramped and terrifying with extremely uncomfortable conditions (Crust, 2004).

Instead of operating under a single, uniform norm, each prisoner at Carandiru is granted privileges and benefits based on their position and power in the prison, the more powerful individuals are housed in single cells, meanwhile those who are powerless are made to occupy a 90 square foot cell with 16 other inmates (Varella, 1999).

There are no openings to the outside in certain spaces and cells, and the whole structure is nearly airtight and dark. These spaces are congested, foul odors and an absence of ventilation make them unpleasant. Isolation and penalty cells often have the worst ventilation and lighting (HRW, 1999). Sufficient air and illumination are crucial for preserving a secure and compassionate atmosphere. Increasing an area's illumination in terms of intensity, effectiveness, orientation, variety, and management of illumination sources can improve wellness especially in correctional facilities; they are more than extras (Kim, 2007). Good ventilation may help reduce smells and stop harmful chemical accumulation, and good illumination is essential for both safety and psychological wellness. To protect the wellness and humanity of individuals under, it is critical that institutions handle these concerns.

Transitioning from the gloomy interior of a Carandiru jail to the illuminated environment of the modern correctional institution Storstrom, a major change in criminal philosophy and architectural principles can be seen. One of the main features

of Storstrom Prison is its architecture, which aims to make the facility more of a rehabilitation center than a penal one and at the same time with high security standards. The interiors of it include pieces of art, are painted with vibrant colors intended to calm the prisoners and lessen the institutionalization-related state of mind.



Figure 14. Storstrom Prison Cell. Floor nature Architecture and Surfaces. (C.F. Møller,2018).

The cells' dimensions are 12,8 square meters each, and the furnishings are specifically made with rounded edges to prevent injuries. The layout of the area allows guards to see most of it through the entrance. The communal living area and kitchen are accessible via each unit which is composed of 4 to 7 cells that make up the housing unit (C.F. Møller, 2018). Large sightlines from the main guardroom sections may be seen in many ways due to the layout of the building. Apart from a highly secure area, which is divided by a barrier separating convicts and staff members, these zones function as common meeting places for both prisoners and staff. There's a playing surface for football and a jogging circuit outside the building, with greenery surrounding it. Every cell includes two windows that fills the whole height of the cell and lets in natural sunlight and provide an overview of the sky and the natural surroundings and not facing other inmates' cells to prevent undesired conversations and to enhance each person's sense of privacy.

The level of exposure to the natural environment is proven to enhance life happiness and fulfillment; therefore, imprisoned communities may benefit from passive interaction via openings and big windows (Zhang, 2021). Windows in Storstrom does

not contain any vertical bars like the usual prisons, although these inflexible bars are supposed to be a safety precaution, they really have a major psychological effect on the prisoners behind them and does not represent only bodily imprisonment but also limitations on liberty and deprivation of fundamental rights. Bars should be taken out of openings in newly constructed prisons, according to several studies, as they appear to be monetary and harsh (Wharton, 2019). The guards of Storstrom can see much of the room's interior from the door because to the curving walls inside the cells, such as the toilet/shower facilities. Every cell is equipped with a closet, a freezer, TV, mattress, workspace, and light source. The furnishing has been specially made for the prison cells, with less blunt edges to reduce the possibility of self-harming behavior (C.F. Møller, 2018). These standards prioritize the convicts' comforts while ensuring the highest level of security for the guards.



Figure 15. Storstrom Prison Cell Interior. Floor nature Architecture and Surfaces. (C F Møller, 2018)

The inside of Storstrøm creates an atmosphere that is favorable to development and change. Big openings let in an abundance of tender sunlight, which warms the common areas where prisoners communicate with one another and carry out productive duties. The design promotes freedom of circulation and individuality instead of enforcing the feeling of imprisonment, with broad hallways and welcoming communal spaces.

4.3 Outcomes

The distinctions between a contemporary, therapeutic prison in a developed country and a conventional, penal prison in a nation that is developing are significant and obvious. The levels of recidivism are typically elevated in developing countries, which is marked by severe penalties and a disregard for recovery.

The goal of recovery in a modern, prison located in an advanced countries is addressed by a range of therapy techniques, including guidance, and counseling. On the other hand, rehabilitation is not as prioritized in standard prisons found in underdeveloped countries as sentencing and penalty is. In this case, the lack of financial resources is one of the reasons causing lack of prisoner's treatment that makes their return to society harder and challenging and feeds the endless cycle of confinement without resolving the root causes of illegal activity. The discussed disparity underlines the significant impact of socio-economic variables on the culture and functioning of correctional facilities worldwide.

Prisoners' lives are impacted by more than just the length of their sentences, however they often get back to their community feeling less hopeful and unrecovered compared to the day they entered because of other factors, starting with the shortage of options for rehabilitation inside prisons, the unfavorable treatment they could get in the criminal justice system was aggravated by social exclusion, but most importantly the poor quality of the environment and limited living spaces they occupy. These facts feed into a vicious cycle of recidivism, where people find it difficult to free themselves from their old unpleasant habits, which amplifies their dissatisfaction and disappointment.

In such a case, prisoners frequently return to society more dissatisfied and unreformed, which feeds the pattern of criminality and damage to society. The results, on the other

hand, are noticeably better in a carefully designed contemporary prison that places an emphasis on treatment. Prisoners are enabled to deal with the underlying reasons of their conduct by providing them with chances for growth as individuals, psychological assistance, career development, and schooling. Consequently, criminal convictions thus drop dramatically, promoting safer neighborhoods and aiding in people's effective reintegration back into community which gives prisoners the opportunity to learn new things, get abilities, and follow fulfilling career paths that will lead to an improved career. Essentially, this type of institution creates a transformational atmosphere where prisoners feel encouraged to face their previous actions, reconstruct their sense of self, and work on contributing to members of their community again.

Giving Carandiru prison as an example, it focuses on holding prisoners in an unpleasant environment for the purpose of punishment without taking into consideration the effect of space on the behavior of the users. A considerable influence on our behavioral development is the place we spend majority of our time in. A place where convicts had to make their own regulations to live in this cramped setting, that were quite distinct from the Government's rules (Varella, 1999). The interplay between individuals and the environments they surround themselves with is really known as psychology of the environment (Harrouk, 2020). The study of how interior areas and living environments affect individuals conduct, feelings and general well-being, focuses on relationships among individuals and what is around them. The failure to consider the significant impact of spatial factors on psychology resulted on the massacre that happened in 1992 as mentioned in the “Comparative Analysis of Prison Design in Developed and Developing Countries” of this chapter.

Storstrøm, on the other hand, represents a more progressive paradigm, putting the respect and welfare of prisoners first, encouraging their improvement, and eventually making society secure. It is a prime example of modern approaches to prisons; that puts recovery above discipline and provides a window into a more compassionate tomorrow for correctional institutions throughout the globe. The objective of the prison is to help inmates recover despite preventing them from losing their ability to socialize because of getting institutionalized (Hilburg, 2017). With design that promotes the convicts' emotional recovery, the prison hopes to establish the most caring prison institution in history. In addition, the workers safe and comfortable working environment is guaranteed, as is the emotional and physical wellness of the convicts

(C.F. Møller, 2018). This strategy recognizes that many people who incarcerate suffer from complex demands that call for assistance and care instead of just punishment. Storstrøm and comparable facilities prioritize healing to lower instances of recidivism and help people successfully reintegrate easily.

Comparing both Storstrøm, an innovative prison that places a strong priority on reintegration and humanitarian situations, with Carandiru, a famous correctional with an unpleasant past of brutality and harm, one can see how important innovative prison regulations are in determining the results between convicts and community. Understanding that the prison is reflecting the society and culture of each country, in this regard, a community may have an increased amounts of criminal activities and imprisonment if it has poverty challenges, injustice, and limited chances for opportunity and learning. Consequently, it is possible to perceive the situations found in prisons, which include assault, congestion, and poor rehabilitation services, as mirror images of these social issues.

Furthermore, the way in which inmates are treated and the success of programs for rehabilitation frequently reflects public ideas regarding matters of equality, retribution, and better living environment. The statement basically highlights the relationship between the population that it serves and the criminal justice system, highlighting how important it is to deal with underlying socioeconomic problems to enhance both the penal system and the public in general.

Chapter 5

Design Purposes of Prisons and the Psychological Effects of Punishment

5.1 Rethinking Prisons: Balancing Punishment, Rehabilitation, and Mental Well-being

The term "punishment" describes the penalties used against prisoners that break regulations or participate in forbidden activities. Rules-breaking claims are brought to trial in punitive tribunals known as judgments held in prison (Ministry of Justice, 2015). For the purpose to preserve security, control, and peace inside a correctional

facility, these measures are applied by the administration. Discipline works to prevent people from participating in bad conduct by enforcing penalties for infractions, protecting society's wellness. Furthermore, by providing possibilities for recovery, penalty may act as an opportunity for awareness and development among criminals when it is applied correctly. While there is constant disagreement about the rightness and effectiveness of punishment, which leads to the investigation of substitute strategies that put rehabilitation and repair ahead of punishing actions.

On the other hand, "rehabilitation" is assisting prisoners in their personal development and transformation so they can detach their lives from the circumstances that led them to engage in an offense and unlawful acts in the first instance (Silton, 2023). Rehab services inside prisons and penal institutions try to tackle concerns like drug addiction, psychological disorders, absence of academic achievement or work experience, and bad societal connections that could have contributed to illicit action, as opposed to just concentrating on harsh punishments. It is more than just medical recovery. Behavioral and spiritual recovery is another aspect of it that deals with the psychological health of those who could have possibly struggled with drug addiction, trauma, or other forms of mental illness. This part of treatment includes guidance, psychotherapy, and assistance programs to encourage people in learning methods of surviving, overcoming trauma, and regaining confidence and self-worth.

"Mental well-being" is a condition of mental health that makes it possible for individuals to manage daily obstacles, reach their full potential, learn, and perform effectively, and give back to their society (World Health Organization, 2022). It involves being in outstanding bodily and psychological condition, experiencing an elevated rate of life happiness, and feeling purposeful. While it encompasses our thoughts, feelings, and behaviors and is fundamental in the way we manage anxiety, interact with other people, and take decisions in life. As it can be defined as the convergence of our emotions, behaviors, and thinking processes. It's a continuous process that calls for mindfulness, wellness, and a dedication to one's inner improvement.

Inside prisons it describes prisoners' total state of psychic and emotional stability during their incarceration. It is essential to preserve mental health in prison settings to prevent unfavorable outcomes both within and outside of the prison.

Balancing the three of Punishment, Rehab and Mental Wellness of inmates can be challenging, it entails accepting that every person has intrinsic values and respect, despite their previous behavior, and working to encourage recovery and reintegration in addition to taking responsibility for previous misconduct and criminal activities. The notion that the goal of sentencing is to give the accused person therapy and guidance to have ability to reintegrate into society and contribute to the surroundings as a well behaved and lawful citizen (Bernard, Thomas & Ian David Edge, 2024), rather than harsh punishments and treatments that promote recidivism and endanger the community.

Prisons are often thought of as facilities whose main purpose is punishing people. Many individuals think that prisoner's merit whatever treatment they receive and ignore whatever is happening to them. However, the actions taken inside prisons make a strong impression regarding the type of community (Fathi, 2015). In addition to being a matter of human rights, the way in which inmates are treated in the framework of the legal system also reflects the beliefs, goals, and objectives of society. Societies may strive for building an improved fair, and secure environment for everyone by placing a high priority on humanitarian care and social inclusion.

More people are realizing that harsh treatment and punishment strategies frequently leave out the underlying reasons for violence and raise the level of recidivism. A lot of researchers support changing the way the judiciary operates to incorporate more therapeutic and beneficial sentencing techniques. Through schooling, work, psychological solutions, and addiction to drugs medical care, these programs seek to solve the underlying reasons of offenders' actions while offering them with the necessities they require to develop after being released from prison.

Being incarcerated is not supposed to be pleasant. The goal of imprisonment is to secure community from dangerous people while also serving as a kind of penalty and deterrent against illegal activity. While limiting liberty is unavoidably a part of being incarcerated, it's equally critical to guarantee that prisoners' legal rights are upheld, that they receive treatment with consideration, as well as that they have access to the fundamentals of life. However, numerous scholars contend that the harsh punishment rules and severe approach to changes have rendered prisons in the modern era far more unlikely to rehabilitate their inmates and a lot more miserable (Benson, 2003).

By threatening penalty and incarceration, the punishing ideology frequently places priority on discouragement and lack of capacity in the hope to stop unlawful conduct in future times. Focusing only on punishment ignores the social, economic, and emotional aspects that deeply lead to illegal activities.

The goal of psychological recovery is to help criminals improve personally while dealing with the root reasons of their unlawful conduct. Physical and mental health-related difficulties in prison shouldn't be kept inside its walls. A lot of people who are imprisoned come into prisons with a variety of medical disorders, frequently having several conditions and symptoms that coexist (Gideon, 2013). The technique acknowledges that trauma, addiction to substances, psychological disorders, and other issues are common among people who find themselves in the penal enforcement and might influence their acts of criminality. Treatment for rehabilitation gives people the opportunity to learn, job preparation, therapy, and other assistance in an effort to give them the tools necessary to live successful and legal lives after being released.

A large percentage of those involved in the judicial court process experience psychological problems. According to studies, when looking at law enforcement participation, over 37% of prisoners and 44% of jail inmates have been warned at least once that they were suffering from an emotional disorder by experts in the field (Bronson & Berzofsky, 2017). Prisons are frequently used as psychiatric facilities, keeping people with unresolved psychological conditions in inappropriate conditions and surroundings. Ignoring a convict's mental state not just makes their conditions worse but additionally raises the possibility that they will reoffend. There is an increasing focus on offering psychological wellness care and assistance within penal institutions due to the recognition of the connection between illegal activity and psychological wellness.

It's important to strike the right equilibrium between penalties, reintegration, and psychological wellness in order to reconsider prisons. In addition to addressing the root reasons of criminality and assisting in the recovery and rejoining of prisoners into society, measures to hold criminals accountable for their actions must also be made. This comprehensive strategy aims to encourage therapy and change for all parties concerned while acknowledging the dignity for each of victims and criminals.

It is essential to change the basic perspective on criminal activities and penalty to reconsider imprisonment and prisons as space. Societies can be more secure and promote the healing and recuperation of criminals by striking a balance between incarceration and rehab and giving humans' mental wellness top priority inside the framework of the criminal justice system.

5.2 The Objective of Prison Design in Terms of Punishment

The occurrence of pain and suffering against offenders is the definition of punishment. Despite the desire to impose penalties on only those who have committed wrongdoing, it is acknowledged that sometimes it can be possible to penalize by mistake those who have not committed any sort of crime (Gendin, 1967). This raises serious concerns for judicial institutions since it emphasizes how crucial it is to maintain decent and reasonable processes to reduce the possibility of penalizing innocent people. Politicians, law enforcement officials, and the public must navigate these complications while keeping in mind the potential consequences of severe penalties and working to protect the values of justice, equity, and respect for humanity in the penal system.

Healing a person is different from preventing them from doing the same offense repeatedly because rehab transforms the offender into someone who healed and no longer desires to perpetrate the crime (Ten, 1987). Rehab is a lot more about treating fundamental problems than it involves trying to modify a person's thinking and conduct to make them less likely to engage in offences. It concentrates on treating the core reasons of unlawful activities. Thus, sometimes punishment can be beneficial by establishing in people a fear of penalties or implications, punishment seeks to discourage criminal activity in the future. Letting a potential criminal reconsider before doing an unlawful act is the goal, given that they would prefer not to deal with the consequences.

There is a role for either method in the legal system, and how successful they are depending on the situation, type of crime and the person involved. However, extremely harsh punishments do not appear to have a substantial preventive impact on either the individual receiving the punishment or the public, according to research (Gormley, Hamilton & Belton, 2022). Excessive harshness and severity in prison sentences can

have adverse implications for inmates that go above their original deterrent impact, including dehumanization, traumas, recidivism, and weakening public confidence in the judiciary. Although punishment has a place in the framework of the prison system, it ought to be used carefully, humanely, and in a way that promotes recovery, healing and regretting the previous criminal acts.

All countries use incarceration as a kind of punishment. Yet, the degree of how it is applied, the circumstances inside prisons, and the general philosophy behind the law system can differ greatly throughout countries and cultures. After the beginning of the twentieth century, incarceration rates have increased significantly worldwide, although more quickly in certain areas than elsewhere (Coyle, 2016). This increase occurred due to the impact of many reasons, such as modifications to legislative frameworks, societal perceptions of offenses and penalties, governmental beliefs, existing economic situations, and technological developments in the field of criminal justice.

The incidence of recidivism can be decreased and good society returning can be encouraged by treating the fundamental reasons for illegal conduct and providing offenders with the tools and resources they require to survive after being released from prison. Furthermore, fostering cultures in prisons that prioritize decent behavior, dignity, and individual development can help create an improved and secure criminal justice system.

The goal of prison architecture has changed throughout history and is contingent upon the judicial systems' philosophies in various nations, particularly regarding sentencing. Historically, powerlessness, discouragement, and revenge were the main goals of retributive prison architecture. Therapeutic methods in prison have been increasingly common throughout time in developed countries, emphasizing the reformation and reintegration of prisoners into community as opposed to only condemning them. While punishing components continue to exist in numerous prison institutions worldwide, this has resulted in modifications in prison design and layout.

The whole purpose of penalty in the context of prison architecture goes above simple revenge. It captures the double goals of maintaining security and discipline in prisons while, at the same time, providing pathways for recovery and a smooth transition. Prisons' design and layout must strike an equilibrium between these objectives by

including safeguards against external risks and settings that promote human development. Design may be a useful tool for reducing the negative effects of imprisonment, enhancing welfare, and ultimately achieving decarcerating (Engstrom & Ginneken, 2023). Inmates should benefit from learning materials, organized activities, and employment opportunities, which enable them to gain information and abilities that will prepare them for an active existence after release from prison.

For both victims and criminals, rehabilitative sentencing approaches may be extremely important in promoting responsibility and forgiveness. In the end, a kind and comprehensive strategy for imprisonment respects humanity's worth and restitution while also advancing the goals of law.

While incarceration remains a prevalent form of punishment globally, there's increasing acknowledgment of the importance of balancing punishment with efforts to rehabilitate and reintegrate individuals back into society. This recognition is driving changes in how prisons are designed, managed, and utilized in various parts of the world. To discourage future crimes, offenders need to be appropriately healed in addition to receiving the appropriate punishment (Chancellor, 2010). By ensuring obligation and encouraging reparation and the prospect of another chance to redeem oneself, the proper equilibrium eventually contributes to a community that is more caring and decent.

5.3 Suggestions

Due to the vast variety of crimes and ethnic origins among prisoners, the penal system differs around the entire world. As a result, penal facilities and institutions may display notable variances designed to account for these variances. Despite this, it is nonetheless crucial that all prisoners get equal consideration and penalty and that their incarceration honors their basic humanity.

The complicated mechanics of prison architecture are reflected in the various manners the public views punishment. In one hand they are designed to carry out retribution and serve as a symbol of the outcomes of unlawful conduct. This includes things like being imprisoned and losing some liberties.

Nevertheless, in addition to penalizing there is a deliberate attempt at recovery, understanding that people have the capacity to grow and successfully return to community as the best version of themselves. To tackle the underlying reasons for illegal conduct and promote human development, this part entails giving accessibility to services such as therapy, learning, physical and mental re-establishment in addition to a humanized and positive living environment. Given that prisons architecture and layout must safeguard the worth and decency of inmates, guaranteeing that, regardless of terms of retribution, people are respected and given the chance to change and turn their lives around.

Prisoners differ depending on the type of crimes they have committed and their cultural background from where they originate. Prison population growth is influenced by the country's law enforcement system and social standards, all of which vary from one country to the other. As a result, prisoners may differ greatly in how discipline affects them psychologically. Giving example of convicts with minor charges could need higher rehabilitation support, while the ones with serious acts would need more strict surveillance arrangements.

Cultural considerations must be taken into consideration inside prisons as they do influence how prisoners react to their confinement. These components—from social conventions to religious beliefs not just help to identify people but additionally play a critical role in how prisoners perceive their environment. It is critical to comprehend and incorporate these variations into the prison environment with the goal to promote an additional considerate and encouraging atmosphere that is favorable for positive change.

The fundamental concept should be same regardless of these variations, inmates should get equal treatments and chance for psychological development in a positive physical and mental environment which acknowledge their inherent worth and value. When both penalty and rehabilitation are balanced, prison practices and architecture promote both the common objective of promoting healthy society results and better purposes of law.

Chapter 6

Conclusion

A significant theoretical foundation for examining the effects of prison architecture on the behavior, mental health, and rehabilitation of prisoners is provided by Michel Foucault's theory of prisons. According to Foucault, the use of discipline along with surveillance in prisons is a tool for maintaining control and power. In addition to permitting continuous observation, the panoptic design helps inmates internalize the monitoring, which encourages self-regulation of actions. Considering Foucault's theory to analyze the study's results highlights how architectural features that encourage openness and accessibility can amplify a feeling of ongoing surveillance, which may make prisoners more stressed and anxious. The significance of architectural factors in the fair treatment and rehabilitation of inmates is highlighted by designs that prioritize privacy and personal space, which can counteract some of the damaging psychological effects.

Meanwhile, the philosophical viewpoint on prisons enhances the comprehension of their function and significance in community. From an ethical viewpoint, prisons are more than just actual places of incarceration; they are also mirror images of society ideals and perspectives on rights, discipline, and rehabilitation. Therefore, considering a prison's architecture and design to be a concrete reflection of these ideas is crucial. By prioritizing savings and discouragement, for example, an efficient approach frequently creates harsh and unpleasant settings. Conversely, a restorative perspective would promote surroundings that foster mental well-being and individual development, integrating elements like daylight, shared areas, and rehabilitative resources. It is important to rethink prison architecture not just as an useful requirement but also as a key component in promoting a more compassionate and efficient penal system that is in line with modern principles of rehabilitation, self-worth, and dignity.

Upon analyzing the fact, it is clear that prisons need to be built for many reasons, the main ones are keeping security of the community, rehabilitation efforts, warning, and retribution. With the purpose of taking criminals liberty as a kind of punishment for

their crimes while also focusing on ethical ways of punishment that won't affect them in the long term. Prison architectural layout, which includes enclosed quarters, reduced mobility, and limited freedoms, is meant to make inmates realize the seriousness of their crimes and deter them from doing them again. When prisoners get penalties, they can sense regret and humiliation. Mental suffering, including anxiousness and despair, may also result from it, particularly if it is accompanied by social and familial separation, as mentioned in the experiences of the interviewees that have spent time in prisons that don't promote wellness and betterment of oneself which is needed. Prisons architecture works to discourage people from committing crimes by showing what happens when you disobey rules. It is intended to deter present and future convicts from engaging in offenses.

Simultaneously by offering helpful, professional, and psychological services targeted at treating the main reasons of misconduct and easing offenders' reentry into community after discharge Prisons seek to reform people they imprison, so they can have positive mental outcomes including awareness of their actions, individual development, and a feeling of direction might result from it. Yet, issues including congestion, a lack of supplies, and inadequate assistance after release may restrict the efficiency of therapeutic initiatives.

Prison operations and layouts have a significant mental impact on those imprisoned and the public. The use of proven methods targeted at achieving useful results for all parties and comprehensive evaluation of the mental effects of confinement are necessary to strike a balance between the aims of penalties, discouragement, recovery, and security for the whole community.

This thesis reveals that prison's function needs to stop more damage to innocent people through excluding harmful convicts from society. People's perceptions of prisons as places where harmful people are sent to stay outside of the community might help them feel secure and at ease. Public trust in the efficacy of the judiciary, nevertheless, may be weakened by worries about recidivism and the possibility that liberated criminals may commit crimes again. Prisons may be extremely important in ending the harmful cycle of criminality and recidivism by placing a high priority on self-improvement and reintegration, which will eventually result in populations that are more secure and resistant.

From this thesis, it is noted that design and layout of a space affects people's behavior and feelings which directly link to one's attitudes and responses to events at a specific moment. It describes the interaction between a person's environment and their mood, including how the colors of the walls, the quantity of daylight that enter, and the space arrangements influence an individual's mental state.

Both mental and behavioral functions can be affected by how the space is organized, which can either promote serenity or agitation, spaciousness or enclosure. A space's acoustics, materials, and textures also influence sensory perceptions that can either improve or worsen a person's satisfaction and wellness. Additionally important are aesthetics and furnishings arrangement, which can either promote creativity and ease of mobility or lead to discomfort and irritation. In the end, giving these factors significant thought when designing a setting may enhance social connections, increase general state of mind, and encourage positive behavioral results.

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