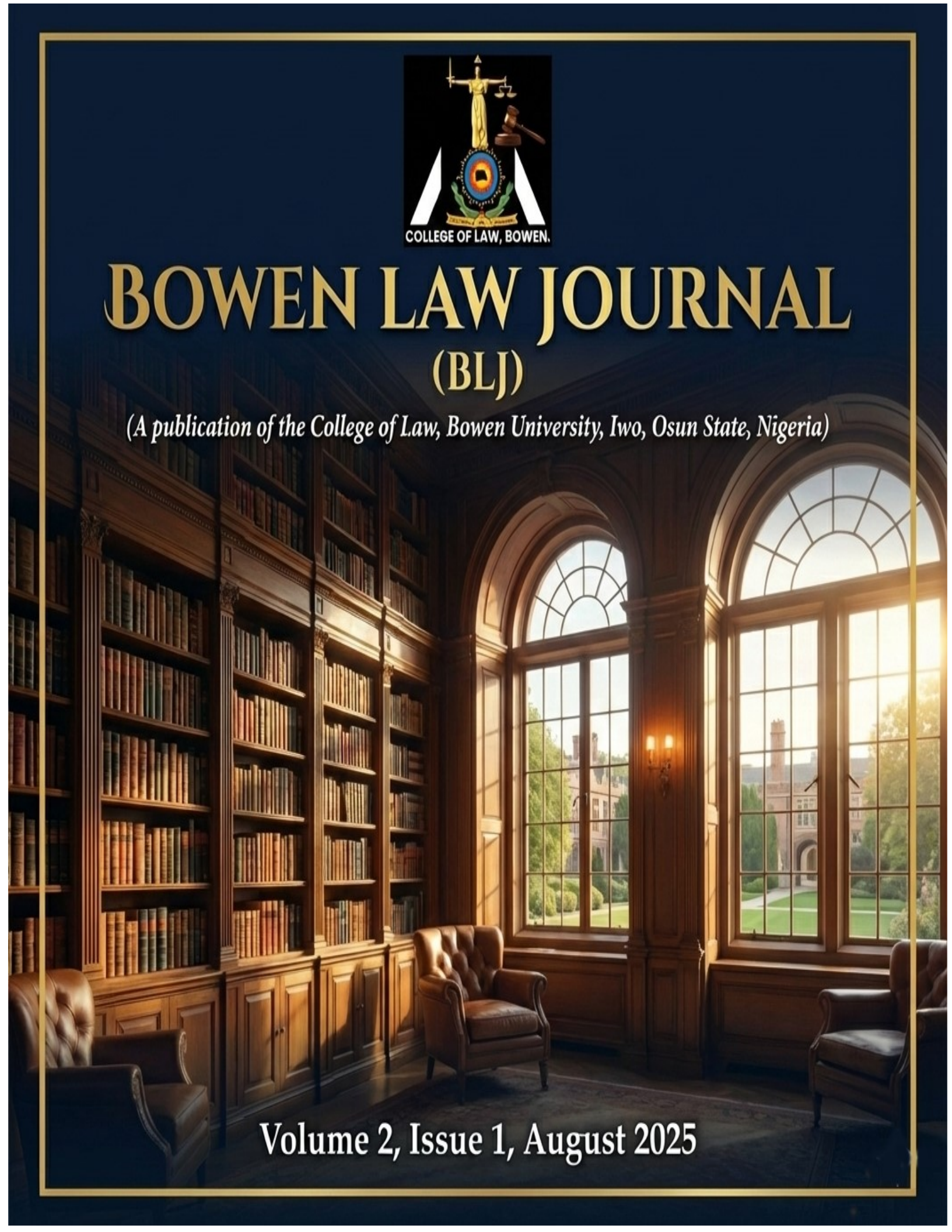
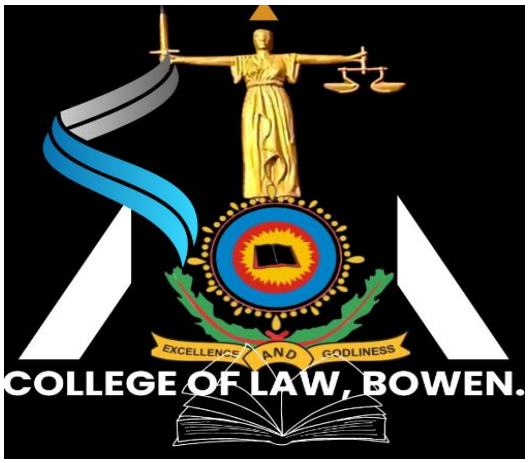

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Editorial

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This edition of *Bowen Law Journal* is not only a resuscitation of the publication but its first online edition. It is appearing at a time that the world has become a global village, interconnected and observable by technological means. The journal, the content of which is peer reviewed, is therefore purposed for global impact through the projection of the dignified visibility of its contributors.

The journal accepts contributions on all areas of the law as is apparent from the present contents that span the areas of criminal law and criminology, human rights, employment law, law and medicine, security, peace, and tourism as well as business law generally, including taxation.

The thematic coverage of this journal accommodates impactful and scholarly contributions towards the advancement of the knowledge of law and its application in society. Significantly, the journal is interested in contributions that ensure that law addresses the intricacies of human relations and dealings as well as order in the world we live in.

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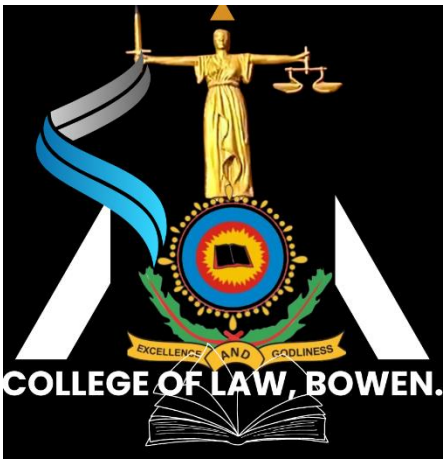
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Integrating Chromotherapy as a Measure for the Correction of Offenders in Nigeria: A Comparative Perspective

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Abstract

The Nigerian Correctional Service (NCoS) is statutorily mandated to reform, rehabilitate, and reintegrate offenders, reflecting a shift from punitive to corrective justice. However, despite progressive reforms under the Nigerian Correctional Service Act, 2019, rehabilitative outcomes remain limited due to the Service's overreliance on conventional tools such as sentence remission, education, vocational training, classification, and aftercare services. This paper adopts a doctrinal and comparative methodology to interrogate these mechanisms and argues for the integration of chromotherapy as a complementary correctional strategy grounded in behavioural science and therapeutic design. Drawing comparative insights from South Africa, Kenya and Ghana, the study highlights the growing adoption of environmental psychology and colour-based interventions in custodial reform. These countries have demonstrated that colour dynamics; through architectural design, light modulation, and visual stimuli can mitigate aggression, alleviate anxiety, and promote cognitive calmness among inmates. Such interventions align with the broader African trend towards humanised penal systems that balance deterrence with psychological rehabilitation. The paper contends that Nigeria's correctional jurisprudence must evolve beyond statutory formalism to embrace interdisciplinary innovations capable of producing measurable behavioural change. Integrating chromotherapy into correctional policy offers a low-cost, evidence-driven framework for improving inmate well-being, institutional safety, and reintegration prospects. It concludes that adopting this approach would situate Nigeria within a progressive African correctional paradigm that redefines correction as a process encompassing not only moral and vocational reformation, but also emotional and psychological renewal.

Keywords: Chromotherapy, Correctional reform, Rehabilitation, Penal Policy, Nigeria

1.0. Introduction

The criminal justice system in any society is designed to combat crime and ensure public safety through the effective functioning of its three interdependent components: the police, the courts, and the correctional institutions[1]. Within this structure, the Correctional Service bears the unique and complex responsibility of custodial management, reformation, and reintegration of offenders.[2] In Nigeria, this role is formally anchored in the Nigerian Correctional Service Act 2019[3] (NCoSA) which redefined the former prison system to reflect a shift from punitive incarceration toward a more rehabilitative and restorative philosophy. The Act underscores the 'three Rs' of correction: reformation, rehabilitation, and reintegration as the central purposes of custodial intervention.[4]

These objectives resonate with global correctional standards, particularly the United Nations Standard Minimum Rules for the Treatment of Prisoners (the Nelson Mandela Rules)[5], which affirm that the purposes of imprisonment are not only to protect society against crime and reduce recidivism but to reintegrate offenders as law-abiding, self-supporting members of society.[6] This reintegration, as the Rules emphasize, requires that the period of imprisonment be constructively used to provide access to education, vocational training, moral and spiritual development, and psychological and social support tailored to individual treatment needs.[7]

The Nigerian Correctional Service Standing Orders (Custodial) 2020 [8] and the NCS 2019 provide a range of correctional tools such as remission of sentence, educational and vocational training, classification and categorization of inmates, and aftercare services; all aimed at behavioural modification and social reintegration. Yet, despite these frameworks, the effectiveness of rehabilitation remains constrained by persistent challenges, including overcrowding, resource deficits, and inadequate integration of behavioural and therapeutic science into correctional practice.

Against this backdrop, this paper explores the potential integration of chromotherapy (colour therapy) as a complementary correctional mechanism capable of advancing the rehabilitative mandate of the Nigerian Correctional Service (NCS). Chromotherapy; an emerging psycho-corrective approach that utilizes colour stimuli to influence mood,

[1] UNODC's Strategic Vision for Nigeria 2030. United Nations Office on Drugs and Crime. https://www.unodc.org/conig/uploads/documets/2024-05-13 Accessed 12th October, 2025 See also Yemi Akinseye-George, *The Nigerian Criminal Justice System: A Practical Guide* (2nd edn, LexisNexis 2019) 45–52.

[2] Nigerian Prisons Service (2018) Annual Report

[3] *Nigerian Correctional Service Act* 2019, Laws of the Federation of Nigeria (LFN). The Act repealed the *Prisons Act* (Cap P29, LFN 2004) and marked a paradigm shift from a punitive to a corrective and rehabilitative philosophy in Nigeria's penal administration. Major innovations include the change of name from the *Nigerian Prisons Service* to the *Nigerian Correctional Service*; the bifurcation of the Service into Custodial and Non-Custodial units; formal recognition of non-custodial measures such as community service, probation, parole, restorative justice and suspended sentences; enhanced human rights protections for inmates including the right to education, vocational training and healthcare; and statutory emphasis on decongestion, mandating that no custodial centre shall exceed its capacity, with responsibility placed on the State Controller to reject admissions beyond capacity. The Act also introduced structured provisions for rehabilitation, reintegration, and after-care, aiming to align Nigeria's correctional framework with international standards.

[4] Section 10 (f, g) Nigerian Correctional Service Act, 2019

[5] *United Nations Standard Minimum Rules for the Treatment of Prisoners (the Nelson Mandela Rules)*, UN General Assembly Resolution 70/175, adopted 17 December 2015. The *Nelson Mandela Rules* represent the universally acknowledged minimum standards for the humane treatment of persons deprived of liberty. They revise and expand the original *Standard Minimum Rules for the Treatment of Prisoners* adopted in 1955, incorporating contemporary human rights principles and the legacy of Nelson Mandela. The Rules emphasize the inherent dignity of prisoners (Rule 1), the prohibition of torture and ill-treatment (Rule 43), and the rehabilitative purpose of imprisonment (Rule 4). They provide detailed guidance on healthcare equivalence, disciplinary procedures, staff training, and conditions of confinement, while reaffirming that imprisonment itself constitutes the punishment and must not be aggravated by inhumane treatment. The Rules have become a benchmark for national prison reforms, including Nigeria's *Correctional Service Act 2019*, which reflects many of their principles.

[6] Nigerian Prisons Service (2018) Annual Report

[7] Nelson Mandela Rules (n. 5)

[8] *Nigerian Correctional Service Standing Orders (Custodial) Revised Edition 2020* (Abuja: Nigerian Correctional Service, 2020). The 2020 Standing Orders operationalise the *Nigerian Correctional Service Act 2019* by detailing administrative and procedural standards for custodial management, marking a shift from punitive imprisonment to reformation, rehabilitation and reintegration in line with international human rights norms.

behaviour, and mental balance has been increasingly examined in health and institutional contexts for its therapeutic potential.[9] This study adopts a doctrinal and comparative methodology, reviewing Nigeria's legal and institutional correctional framework alongside relevant practices from other African countries such as South Africa**,** Kenya and Ghana, where environmental and psychosocial interventions have begun to shape modern correctional reforms.

By situating chromotherapy within the broader philosophy of restorative and humane correction, the paper argues that Nigeria can align more closely with both African and global standards that view rehabilitation not merely as the cessation of crime, but as a process of psychological transformation, human dignity restoration, and social reintegration**.**

2.0. The theory and practice of correction

The reformative function of the NCS is central to the nation's response to crime and public safety. The Service's mission; to protect society through the safe custody, reformation, rehabilitation, and reintegration of offenders reflects a progressive shift from punitive incarceration toward human-centred correction. According to Thanni,[10] except for inmates sentenced to death or life imprisonment without parole, most offenders will ultimately return to society. Thus, the condition in which they re-enter the community is a matter of profound societal importance. Even condemned inmates may rejoin society through the exercise of constitutional powers of amnesty or pardon by the President or State Governors[11]. It therefore follows that the core concern of correctional philosophy is not merely containment, but the transformation of offenders into law-abiding citizens capable of contributing to national development.[12]

Corrections refers to the structures, policies, and practices involved in managing individuals who have been accused or convicted of crimes. It includes the wide range of institutions, programs, and services that supervise offenders. Corrections is generally divided into two categories: institutional corrections, which involve jails and prisons, and community corrections, which include probation, parole, and other non-custodial sanctions.[13] Similarly, Orakwe[14] conceptualises corrections as a systematic inquiry into the mindset of the offender with the purpose of understanding the roots of antisocial behaviour and implementing programmes aimed at restoring moral rectitude. In essence, correction constitutes the final and most transformative phase of the criminal justice process; one that encompasses both pre-trial and post-conviction management of offenders for the enhancement of social order and public safety.
Under the NCoSA 2019, correctional philosophy is explicitly codified, unlike the position under the Prison Act.[15] Section 2(1) outlines the objectives of the Service, including the promotion of international human rights standards, the implementation of non-custodial measures, and the enhancement of reformation, rehabilitation, and reintegration. Section 10 further expands these objectives into a comprehensive framework encompassing safe custody, behavioural assessment, educational and vocational empowerment, psychological and spiritual counselling, and aftercare support. Collectively, these functions are designed to ensure that imprisonment contributes to the offender's eventual reintegration rather than perpetuating cycles of criminality. Categorizing the function of the prison and highlighting its correctional role, Bamgbose[16] stated that what the prison does is generally to secure and control, to punish and to rehabilitate and reform the offenders…identifying the causes of their antisocial dispositions; setting in motion mechanism for their treatment and training for eventual reintegration into society as moral law-abiding citizens upon discharge….

[9] Somia Gul, Rabia Khalid Nadeem and Anum Aslam, 'Chromotherapy—An Effective Treatment Option or Just a Myth? A Critical Analysis on the Effectiveness of Chromotherapy' (2015) 1(2) *American Research Journal of Pharmacy* 62 http://www.arjonline.org accessed 16 December 2025.
[10] Thanni, D.A. Treatment Beyond Bars: An Assessment of Non-Custodial Treatment Options for Offenders in Oyo State, Nigeria. Lead City University Law Journal (LCULJ) 5th Volume, Issue 1 (2023)
[11] See Section 12 (2) (c) Nigerian Correctional Service Act, 2019
[12] Thanni, D.A. (n.10)
[13] Ross JI, 'What is Corrections, and What Are Its Problems?' in *Key Issues in Corrections* (Policy Press 2016) ch 1 https://doi.org/10.51952/9781447318811.ch001 accessed 16 December 2025.
[14] Orakwe, I.W (2010) Issues in contemporary corrections. The Transformation. Vol 1, No 1.p13
[15] Prison Act CAP P29, Laws of the Federation of Nigeria, 2004
[16] Bamgbose, O (2010) *The sentence, the sentencer, and the sentenced: Towards prison reform in Nigeria*. An Inaugural lecture. University of Ibadan. p52

Crime deterrence and control in modern parlance has shifted in paradigm from punishment to restoration of the offender and this can only be achieved through the instrumentality of the various apparatus of correction.[17] An offender would have been corrected if he no longer poses threat to the society upon his return and he becomes a fully participating member of the community.[18]

However, while the NCoSA 2019 and the Standing Orders (Custodial) 2020 articulate a reform-oriented philosophy, practice often remains dominated by custodial logic rather than correctional outcomes**.** Dambazau[19] aptly distinguishes between custody and correction, noting that while the former involves security and control through barriers, armed guards, surveillance, and discipline; the latter is a process of behavioural modification and social reintegration. Custody, in other words, may be a necessary condition for correction but is not sufficient by itself. The ultimate test of a correctional system is not whether inmates are securely held, but whether they are morally, psychologically, and socially transformed upon release.[20,21]

Comparatively, other African jurisdictions provide valuable lessons for Nigeria's correctional evolution. South Africa, for instance, has embedded its correctional philosophy within a constitutional framework that emphasises dignity and human development. The Correctional Services Act 111 of 1998[22] redefined imprisonment as an opportunity for rehabilitation, requiring individualised correctional sentence plans, psychological services, and structured reintegration programmes. The establishment of the Department of Correctional Services' Care and Development Programme underscores an integrated approach combining education, therapy, and vocational empowerment as central to the offender's reintegration process.[23]

Similarly, Kenya's Prisons Act (Cap. 90) and its subsequent Prisons Reforms Programme (2002–2012) recognised the limitations of punitive incarceration and initiated reforms to promote restorative justice, vocational training, and psychosocial rehabilitation. Kenya's correctional administration now integrates chaplaincy, counselling, and mental health interventions as key tools in behavioural transformation; an approach from which Nigeria could draw significant inspiration.[24]

In Ghana, the Prisons Service Act 1972 (NRCD 46) and its 2015 reforms likewise signal a movement toward correctional humanisation, though implementation remains uneven. Ghana's Correctional Service has experimented with reintegration partnerships between correctional centres and civil society organisations, focusing on skills training and post-release monitoring. The Ghanaian experience illustrates that rehabilitation is most effective when community institutions are co-opted into the process, ensuring that correction does not end at the prison gate.[25]

In light of these comparative examples, the Nigerian system's overemphasis on confinement reveals an enduring gap between legislative aspiration and operational reality. The true measure of correctional success lies in the offender's

[17] Obiandu,O (2013) No deviant can change in chains; A case study of human –relations approach in effective penal management; Perspectives on Nigeria Prison Service, national security and national development. *The reformer. A bulletin of Nigeria Prison Service.* Vol 4. No 5 p63

[18] Omotosho,O (2004) Redefining punishment in criminal cases. LlM Thesis University of Ibadan.p42-43

[19] Dambazau A, *Criminology and Criminal Justice* (2nd edn, Spectrum Books 2007) 197

[20] Office of the United Nations High Commissioner for Human Rights, A/HRC/60/55: Human rights and the social reintegration of persons released from detention (UN OHCHR 2024) <https://www.ohchr.org/en/documents/thematic-reports/ahrc6055-human-rights-and-social-reintegration-persons-released> accessed 10 October 2025.

[21] Ladan, B (2011). The NOUN-NPS Partnership as a veritable vehicle for prisoners' education in Nigeria. *The Transformation Digest. Nigeria Prison Service.* Vol 1, No.2 p9

[22] Correctional Services Act 111 of 1998 (South Africa).

[23] Bruyns HJ and Nieuwenhuizen C, 'The Role of Education in the Rehabilitation of Offenders' (2004) 17(2) *South African Journal of Higher Education* https://doi.org/10.4314/sajhe.v17i2.25293. accessed 16 December, 2025

[24] Ndung'u PK, 'Administration of the Kenya Prisons Organization' (UNAFEI Resource Material Series No 98) https://www.unafei.or.jp/publications/pdf/RS_No98/No98_IP_Kenya_2.pdf accessed 16 December 2025.

[25] Aaporekuu J, 'Role of Correctional Services in the Rehabilitation and Reintegration of Offenders: Ghana in Perspective' (April 2022) https://www.researchgate.net/publication/359722660_Role_of_Correctional_Services_in_the_Rehabilitation_and_Reintegration_of_Offenders_Ghana_in_Perspective accessed 16 December 2025.

post-release adjustment and capacity for lawful, productive citizenship. Hence, the NCS must expand its rehabilitative philosophy beyond existing frameworks to embrace innovative, evidence-based correctional interventions, including psychological and environmental therapies such as chromotherapy. By integrating such holistic and behavioural-science-informed approaches, Nigeria can begin to actualise the rehabilitative ideals already envisioned within its statutory instruments.

3.0. The Concept and Therapeutic Basis of Chromotherapy

In advancing the reformative objectives of the NCS, it is essential to explore alternative therapeutic models that complement psychological and behavioural interventions. Chromotherapy, also known as colour therapy, is one such emerging approach. Rooted in the premise that colour influences mood, cognition, and physiology, chromotherapy employs light and colour frequencies to restore balance to the human body and mind.[26] Although often associated with complementary medicine, its integration into correctional psychology presents a novel opportunity to enhance rehabilitation outcomes within custodial environments.[27]

The theoretical foundation of chromotherapy rests on the psychophysiological interaction between sensory stimuli and emotional response. Colours are known to affect the autonomic nervous system: blue hues promote calmness and cognitive clarity; green encourages emotional stability; while red and orange may stimulate energy and motivation when applied in controlled doses.[28] Within the correctional context, such responses can be harnessed to mitigate aggression, anxiety, and depression; conditions disproportionately prevalent among inmates. The approach is therefore consistent with behavioural modification theory, which recognises environmental conditioning as a determinant of conduct.[29] Globally, correctional administrators have begun to explore environmental design as a component of rehabilitation.[30] For instance, Scandinavian prison architecture integrates natural light, soothing colour palettes, and open spatial design to promote psychological well-being and reduce recidivism.[31] These practices underscore the principle that humane environments foster humane behaviour. In Nigeria, where overcrowding, monotony, and sensory deprivation characterise most custodial centres[32], chromotherapy offers a low-cost yet potentially transformative means of enhancing mental health and behavioural regulation.

Empirical evidence, though limited in African settings, suggests that the therapeutic use of colour can reduce aggression and promote cooperation among confined populations[33]. Integrating chromotherapy into the Nigerian correctional framework would thus align with the rehabilitative mandate of the NCS, particularly its emphasis on psychological reformation and reintegration. By situating chromotherapy within the broader correctional philosophy, Nigeria can pioneer an indigenous model of environmental rehabilitation that harmonises science, psychology, and human rights in offender management.

4.0. Correctional Activities of the Nigerian Correctional Service: An Evolving Framework for Offender Reformation

[26] Azeemi STY and Raza M, 'A Critical Analysis of Chromotherapy and Its Scientific Evolution' (2006) 2(4) *Evidence-Based Complementary and Alternative Medicine* 481 https://doi.org/10.1093/ecam/neh137 accessed 16 December 2025.
[27] Ibid
[28] Ibid
[29] Ibid
[30]Gnatiuk L and Zhuravlova KS, 'Environmental Design of the Rehabilitation Center' (2024) *Theory and Practice of Design* https://doi.org/10.32782/2415-8151.2024.34.26 accessed 16 December 2025
[31] Thordson E, *Designing for Humanity* (Design thesis, Department of Architecture and Landscape Architecture, North Dakota State University 2017/2018) https://core.ac.uk/download/pdf/211310531.pdf accessed 16 December 2025.
[32] National Human Rights Commission (Nigeria), *Prison Report 2018* (edited by Tony Ojukwu and Okay Benedict Agu) https://www.nigeriarights.gov.ng/files/publications/PRISON-REPORT-min.pdf accessed 16 December 2025.
[33] Kundu, S and Kundu, D. (2015) Count Cesare Mattei's Liquid Color Therapy. *International journal of homeopathy & natural medicines*. 1. 3: 28-34 doi : 10.11648/j.ijhnm.20150103.11

Reforming an offender within an environment defined by loss of liberty and autonomy is an inherently complex undertaking.[34] The success of such reformation depends on a combination of institutional, environmental, and personal factors including the offender's psychological resilience, social background, length of sentence, nature of the offence, and perception of justice.[35] The NCS is tasked with achieving correction of offenders. To this end, it deploys a range of correctional tools and programmes designed to modify behaviour, instill discipline, and prepare inmates for lawful reintegration into society.

4.1.0. Juridical Basis and Organisational Legitimacy

Every correctional activity in Nigeria begins with the validation of a legal warrant of committal, which serves as the statutory instrument authorising the custody of an inmate. The warrant affirms the legality of imprisonment and provides essential details such as the name of the inmate, sentencing court, charge number, duration, and judicial signature. Beyond its procedural importance, the warrant offers psychological reassurance to the inmate that their incarceration is lawful and subject to due process. This assurance fosters cooperation between inmates and custodial authorities, which is vital for effective reform.

4.1.1 Symbolism of Uniform and Colour Psychology

Uniforms play both administrative and psychological roles in the correctional process. Awaiting trial inmates wear green, while convicted inmates wear blue, and correctional officers typically appear in shades of green uniforms as well. In psychological terms, green evokes feelings of renewal, growth, and calm symbolising hope and rehabilitation, while blue is associated with serenity, trust, and stability. This use of colour as a behavioural regulator indirectly echoes the principles of chromotherapy, where colour influences emotional balance and behavioural outcomes. Thus, even within its traditional uniform system, the NCS already employs rudimentary elements of colour-based environmental therapy, though unintentionally.

4.1.2 Classification and Segregation

Effective correctional administration depends on proper classification of inmates by gender, offence type, security risk, and legal status. Section 14 of the NCoSA 2019 and the Standing Orders (Custodial) 2020 provide detailed guidance on such classification. Segregation helps prevent the cross-contamination of criminal tendencies, protects vulnerable groups, and enables targeted rehabilitation. As of 2024, the NCS operates over 250 custodial facilities, including Maximum, Medium, and Open Custodial Centres, as well as Borstal institutions for juveniles and Female Custodial Centres. This tiered system mirrors international standards, such as those adopted by South Africa's Department of Correctional Services and Kenya's Prison Service, both of which prioritise structured inmate categorisation as a key to behavioural modification.

4.1.3. Welfare and Counselling Services

The Welfare Unit plays an indispensable role in bridging the gap between inmates and the outside world. Welfare officers who are often referred to as 'licensed traffickers' provide authorised communication channels, facilitate family contact, and assist with procuring basic needs. Unlike uniformed officers, welfare officers typically operate in plain clothes to foster trust and openness. Their work aligns with the Nelson Mandela Rules, which emphasise the maintenance of social relationships and the reduction of institutional stressors. Welfare support mitigates psychological breakdown, creating the mental stability necessary for inmates to benefit from other correctional programmes.

[34] United Nations Office on Drugs and Crime, 'Prison and penal reform: the need for change' (UNODC, 2024) <https://www.unodc.org/unodc/en/justice-and-prison-reform/prison-reform-and-alternatives-to-imprisonment.html> accessed 10 October 2025.
[35] United Nations Office on Drugs and Crime, The Prevention of Recidivism and the Social Reintegration of Offenders (UNODC 2023) <https://www.unodc.org/documents/justice-and-prison-reform/18-02303_ebook.pdf> accessed 10 October 2025.

4.1.4. Education as a Pathway to Reform

Education remains one of the most transformative correctional tools employed by the NCS. Through collaborations with the National Open University of Nigeria (NOUN), inmates can pursue formal education from basic literacy to university degrees. By 2024, there were at least twelve NOUN study centres in Nigerian custodial institutions, with over 2,000 inmates benefiting from the programme. Empirical data shows that educated inmates have a significantly lower likelihood of recidivism[36]. In 2018, the NCS received the UNESCO Confucius Prize for Literacy in recognition of its prison education initiatives[37]. This achievement aligns Nigeria with countries like Ghana and Kenya, where prison education has also become an anchor of rehabilitation policy. Educational engagement not only builds human capital but also reinforces inmates' sense of self-worth and social relevance[38].

4.1.5 Vocational and Skill Acquisition Programmes

For non-academic inmates, vocational and skill acquisition programmes provide practical means for post-release survival[39]. Inmates receive training in tailoring, metal work, carpentry, agriculture, and small-scale manufacturing.[40] The NCS operates multiple industrial and agricultural centres across the country, including twelve mechanised farms and over 150 agricultural projects. These activities correspond with South Africa's Offender Labour and Skills Programme[41] and Kenya's Prison Industries Initiative[42], both of which use productive labour as tools for reintegration. Vocational training, when linked with After-Care and Earning Schemes, creates a continuum of correction that extends beyond incarceration.

4.1.6. Earning Scheme and Certificate of Good Conduct

The Inmates' Earning Scheme, provided under the NCoSA 2019, allows inmates to receive a portion of proceeds from vocational activities. This system fosters financial discipline, encourages productivity, and aids reintegration by providing modest savings upon release. Complementing this is the Certificate of Good Conduct, issued to inmates who demonstrate outstanding behaviour and commitment to reform. The certificate has social and legal implications: it functions as evidence of rehabilitation and protects against discrimination after release. These incentive-based mechanisms operationalise behavioural conditioning, rewarding compliance and reinforcing internal motivation for change.

4.1.7. Remission, Recreation, and Religious Engagement

The Remission of Sentence policy provides a powerful behavioural incentive by reducing an inmate's term by up to one-third for good conduct. It is a structured reward system that directly aligns personal behaviour with institutional privilege. Alongside this, recreational and sporting activities promote mental wellness, teamwork, and emotional regulation;

[36] Steven Sprick Schuster and Ben Stickle, 'Educating Prisoners: New Meta-Analysis Reinforces That It Reduces Recidivism' (Prison Legal News, 1 April 2023) <https://www.prisonlegalnews.org/news/2023/apr/1/educating-prisoners-new-meta-analysis-reinforces-it-reduces-recidivism/ accessed 10th October, 2025

[37] UNESCO, '2018 UNESCO Confucius Prize for Literacy Laureate Meets with Nigerian Government and UNESCO Abuja Representatives' https://www.unesco.org/en/articles/2018-unesco-confucius-prize-literacy-laureate-meets-nigerian-government-and-unesco-abuja accessed 16 December 2025.

[38] Stevens Sprick Schuster (n 39)

[39] O A Abdullahi and E O Musa, 'Integration of Emerging Technologies in Correctional Centres to Enhance Vocational Skills Acquisition' IIARD International Journal of Correctional Science, Management and Technology, Vol 9 No 5 (2023) 160–175

[40] Ibekwe O, 'Perceived Impact of Vocational Skills Acquisition On Reformation and Reintegration of Inmates' Kano Journal of Education (2022) 45–59

[41] Department of Correctional Services, Annual Report 2023/24 (Republic of South Africa) <https://www.dcs.gov.za> accessed 10 October 2025.

[42] United Nations Office on Drugs and Crime, 'Program for Legal Empowerment and Aid Delivery (PLEAD)' (UNODC Regional Office for Eastern Africa) https://www.unodc.org/roea/en/program-for-legal-empowerment-and-aid-delivery-plead.html accessed 10 October 2025.

serving as therapeutic outlets. Similarly, religious programmes, including chaplaincy services by the Catholic Archdiocese, Redeemed Christian Church of God, and NASFAT, support moral transformation. Faith-based engagement contributes significantly to reducing aggression and promoting forgiveness within prison populations.

4.1.8. Counselling, Psychological and Therapeutic Interventions

Psychological support is an integral part of correctional work. The NCoSA 2019 mandates the provision of counselling and therapy to help inmates manage stress, depression, and aggression. Professional counsellors and psychologists deliver targeted interventions to address behavioural triggers and criminal thinking patterns.[43] However, Nigeria's approach remains underdeveloped compared to South Africa's structured Offender Rehabilitation Path (ORP), which integrates psychological profiling into every inmate's correctional plan[44]. It is within this gap that the use of colour as a non-invasive therapeutic tool can find its most promising application, particularly in reducing anxiety, aggression, and emotional imbalance in custodial environments.

4.1.9. After-Care and Reintegration

Reintegration represents the final stage of correction. Through the After-Care Services Unit, discharged inmates receive vocational tools, start-up funds, and continued monitoring for at least one-year post-release. The establishment of Half-Way Homes ensures gradual reintegration and reduces recidivism. This practice parallels Kenya's Half-Way House Programme[45] and South Africa's Community Corrections System[46], which extend correctional supervision beyond the prison walls. Such transitional support systems are vital to sustaining behavioural reform and protecting society from reoffending.

4.1.10. Towards a Multi-Modal Correctional Model

The NCS's array of correctional tools demonstrates a broad, multi-sectoral approach to offender reformation. Yet, these programmes remain heavily dependent on material resources and institutional stability. There is growing recognition that environmental and sensory interventions such as colour psychology, light modulation, and spatial design can complement existing programmes by enhancing inmates' emotional well-being and receptivity to reform. Comparative evidence from South Africa's Brandvlei Prison, which introduced controlled use of calming colour schemes in its therapeutic units, suggests that integrating chromotherapy principles could strengthen behavioural outcomes.

Therefore, as Nigeria continues to modernise its correctional philosophy, the inclusion of scientifically informed approaches like chromotherapy could enrich its existing correctional framework, creating a more holistic, humane, and effective environment for offender transformation.

6.0. Chromotherapy as an Integrated Correctional Tool

The persistent debate over the effectiveness of Nigeria's correctional system has generated numerous analyses attributing inefficiency to poor infrastructure, inequitable resource distribution, unprofessionalism, and inadequate staff training. Above all, chronic congestion remains the most frequently cited impediment to achieving meaningful correctional

[43] Adebayo, A.O. 'The Role of Professional Counselors in Prison Rehabilitation in Nigeria' Nigerian Journal of Clinical Psychology (2023) 12(2) 101–119.
[44] Shanta Balgobind Singh and Patrick Bashizi Bashige Murhula, 'Offender Rehabilitation Approaches in South Africa: An Evidence-Based Analysis' in The Palgrave Handbook of Global Rehabilitation in Criminal Justice (Palgrave Macmillan, 2022) 525–540.
[45] Kenya Probation Service, *Kenya Probation Service: Leading the way in Africa and Globally* (Kenya Probation Service, Nairobi, undated) <https://probation.go.ke/sites/default/files/downloads/Kenya%20Probation%20Service%20FINAL.pdf> accessed 10 October 2025.
[46] Lincoln Fitzpatrick, François Louw and Kimberly Kras, 'Community Corrections in South Africa' in Loan Durnescu, James M Byrne, Benjamin J Mackey and Faye S Taxman (eds), *The Routledge Handbook on Global Community Corrections* (Routledge 2021) 45–62.

outcomes. This paper does not intend to go over those well-known challenges, but to explore the under-examined potential of chromotherapy as a complementary, scientifically grounded, and non-invasive correctional tool that could be integrated with existing reformative programmes within NCS.

Correctional tools yield the best results when integrated. In practice, single-strand interventions whether vocational, educational, or psychological have proven less sustainable unless combined with broader environmental and behavioural conditioning strategies. Chromotherapy, although not a mainstream correctional method, aligns closely with this integrated approach. It functions as an additional therapy capable of reinforcing the objectives of counselling, rehabilitation, and behavioural modification. While its use in correctional settings remains novel in Nigeria, it is not entirely alien. It has been applied in some Nigerian hospitals and therapeutic institutions as an individualised mental-health intervention. This paper therefore proposes the systematic integration of chromotherapy into the correctional framework as a holistic and low-cost enhancement of existing programmes.

6.1.0. The Science of Colour and Psychological Influence

Research from the National Institute of Mental Health Bethesda, Maryland, USA demonstrates that human behaviour, mood, and overall psychological efficiency are significantly influenced by colour balance[47]. Our mental health and physical energy depend upon the body's ability to maintain equilibrium across its sensory and emotional stimuli of which colour is a vital element. When this balance is disrupted, stress, aggression, depression, and anxiety often manifest. Colour therapy seeks to restore that balance by using the vibrational frequencies of different colours to stimulate or calm specific physiological and psychological functions.

According to Kundu and Kundu[48], colour constitutes a form of vibrational energy that has long played a key role in healing across civilizations; from ancient Egypt and India to China and Greece. Modern neuroscience affirms that colours are light waves perceived through photoreceptors in the retina called cones, which translate them into neurological signals. These signals influence the pituitary and pineal glands, prompting hormonal secretions that directly affect mood, motivation, and emotional regulation.[49] Thus, when colour enters the body whether through light, environment, or visual exposure; it modulates the body's neuroendocrine responses, influencing behaviour at a subconscious level[50]. Empirical evidence suggests that colour can shape judgment, concentration, and perception. Hospitals, schools, mental health facilities, and even high-performance offices now employ controlled colour environments to enhance calmness, productivity, and emotional well-being. Prison design researchers in the United Kingdom, Canada, and South Africa have similarly begun exploring the role of environmental colours in moderating aggression and promoting cooperation among inmates.[51]

6.1.1. Colour, Energy, and Human Behaviour

Chromotherapy rests on the principle that every colour in the light spectrum — red, orange, yellow, green, blue, indigo, and violet — vibrates at a distinct frequency. Each frequency corresponds with the body's energy centres (chakras) and can be used to restore physical and emotional balance. The human body absorbs colour energy at the cellular level; every cell requires light energy to function optimally. When specific wavelengths of colour light interact with these cells, they can either energise, calm, or heal physiological and psychological imbalances.

In correctional psychology, these effects have practical implications. For example:

[47] Elliot AJ, 'Color and Psychological Functioning: A Review of Theoretical and Empirical Work' (2015) 6 *Frontiers in Psychology* 368 https://doi.org/10.3389/fpsyg.2015.00368 accessed 16 December 2025.
[48] Kundu, S and Kundu, D n27
[49] ibid
[50] ibid
[51] Dominique Moran, Jon Sadler and Emma Collett Widdop, *Design Principles for Prison Landscapes: Security, Biodiversity and Wellbeing* (University of Birmingham, 2025).

- Blue and green hues are known to calm the nervous system, reduce heart rate, and alleviate tension. When applied to walls, uniforms, or therapeutic spaces, they encourage cooperation and emotional stability.
- Yellow and orange tones enhance optimism, stimulate mental activity, and reduce depressive symptoms; valuable for inmates prone to apathy or hopelessness.
- Red, while energising, must be used sparingly, as it can elevate aggression and anxiety. In chromotherapy, red is typically reserved for stimulating physical vitality in lethargic or withdrawn individuals.

The categorisation of colours into warm (red, orange, yellow), cool (blue, violet), and neutral (green) provides a framework for designing balanced environments within correctional institutions. In this sense, colour becomes not just aesthetic, but therapeutic infrastructure a silent yet powerful regulator of behaviour.

6.2.0. Practical and Comparative Applications in Correctional Contexts

In advancing the discussion on the therapeutic and behavioural implications of colour in correctional environments, the Baker-Miller Pink intervention provides a striking case study. Emerging from the field of environmental psychology, this intervention demonstrated that colour can transcend aesthetic value to assume a functional and even rehabilitative role in managing human behaviour within custodial environments.

The concept originated in the late 1970s through the work of Alexander Schauss, who investigated the physiological and psychological effects of colour on aggression. Schauss identified a particular shade of pink which was later standardised as Baker-Miller Pink which appeared to reduce aggression and anxiety while inducing a calming effect on individuals exposed to it.[52] The first documented application occurred in a naval correctional facility in Seattle, Washington, where detention cells were painted in the Baker-Miller Pink colour. Reports suggested a noticeable decline in aggressive incidents and a general atmosphere of calm among the inmates.[53] These early findings inspired similar experiments across the United States and parts of Europe, as correctional administrators sought non-invasive behavioural management tools consistent with humane treatment objectives. The psychological basis for the intervention was attributed to the colour's influence on physiological arousal. Studies indicated that exposure to Baker-Miller Pink could lower heart rate, reduce blood pressure, and suppress feelings of hostility by altering endocrine responses associated with stress.[54] In this sense, colour was conceptualised as an environmental influence capable of modulating behaviour.

However, subsequent research revealed a more complex picture. While initial results were promising, later evaluations found that the calming effects of Baker-Miller Pink were often short-lived, context-dependent, or even counterproductive once the novelty faded.[55] These findings underscore the importance of situating environmental interventions, and as a matter of fact the entire correctional procedure, within a holistic framework that considers architectural design, lighting, ventilation, and the broader culture of respect and dignity within correctional institutions.

However, despite these limitations, the Baker-Miller Pink experiment remains foundational in highlighting the relationship between environment and behaviour in custodial environments. Its significance lies not merely in the colour itself but in that it represents a shift towards evidence-based, human-centred correctional design.[56] More recently, several correctional systems have begun to explore environmental and colour-based therapies as part of their behavioural management strategies. In Switzerland, pink and pastel-coloured holding cells are used for aggressive or violent

[52] Alexander G Schauss, 'The Physiological Effect of Colour on the Suppression of Human Aggression: Research on Baker-Miller Pink' (1979) 10 *Journal of Orthomolecular Psychiatry* 174–185.
[53] Morton Walker, *The Power of Color: How It Can Reduce Fatigue, Save Your Life, and Boost Your Sex Life* (Avery Publishing 1991).
[54] Alexander G. Schauss (n 58).
[55] Gillian Lawson, 'Colour and Human Response in Correctional Environments: Revisiting the Baker-Miller Pink Experiment' (2005) 14 *Colour Research & Application* 89–98.
[56] Robin Evans, *The Fabrication of Virtue: English Prison Architecture, 1750–1840* (Cambridge University Press 1982)

offenders to induce calmness. Empirical evaluations found that exposure to these colours reduced agitation and violent incidents within hours.[57]

In Canada, there is recognition among architects, advocacy groups, and corrections-personnel that the entire prison environment which includes its colour, interior finish, lighting, and artwork has meaningful impact on inmates' well-being and response to correctional efforts. For instance, Parkin Architects' design guidelines advocate for use of non-oppressive colour schemes, natural light and exterior views, and colour-resistant yet humane materials in cell and communal spaces.[58] The John Howard Society notes that colour-coding of wings and the introduction of murals and more varied colour schemes may assist in orientation and reduce institutional stress.[59]

The Scandinavian approach, particularly in Norway's Halden Prison, provides a global benchmark for the conscious integration of environmental and psychological design into correctional philosophy. Norwegian correctional law is grounded in the principle of normality, which holds that life in prison should resemble life outside as closely as possible.[60] To this end, the physical environment is deliberately designed to sustain inmates' psychological well-being and prepare them for reintegration. Halden Prison, often referred to as the world's most humane prison, employs carefully selected colour palettes such as earth tones, soft greens, and blues to induce calm and self-regulation.[61] Such environmental design reduces aggression, enhances cooperation with staff, and supports rehabilitative programming.[62] Colour, in this context, functions as a silent behavioural guide; an instrument of correction that complements education, therapy, and vocational training.

Kenyan prison administrators have also expressed interest in adopting environmental modifications including chromotherapy-inspired colour zoning to promote emotional regulation among inmates undergoing rehabilitation. There is growing research on how prison architecture, cell layout, lighting, windows and general sensory environment affect inmate psychological well-being, for example in Kamiti[63] and Marimanti[64] prisons. The deliberate use of colour as a psychological and therapeutic instrument within the NCS remains largely under explored and happening almost by sheer inadvertence; occurring without explicit theoretical or scientific grounding.

6.2.1. The Green Maria and Symbolic Reform

One of the earliest recognisable instances of applying colour psychology within Nigeria's correctional reforms occurred in 2005 when the traditional Black Maria vehicles used for transporting inmates were replaced with Green Marias.[65] This

[57] Switzerland has implemented 'Cool Down Pink' in about 30 cells across several jails and police stations, confining aggressive inmates to pink-painted cells for periods less than 2 hours with reported reductions in agitation. See *MedicalXPress*, 'Can pink really pacify?' (2018) https://medicalxpress.com/news/2018-09-pink-pacify.html, *Big Picture: Are prisoners calmer when their cells are painted pink?* BPS (21 April 2015) https://www.bps.org.uk/research-digest/are-prisoners-calmer-when-their-cells-are-painted-pink accessed 12th October, 2025.

[58] Parkin Architects, 'Correctional Facilities Designed as Healing Environments' (Parkin) https://www.parkin.ca/insight/correctional-facilities-designed-as-healing-environments/ accessed 12th October, 2025

[59] John Howard Society of Canada, 'Physical environment in prisons' https://johnhoward.ca/blog/prison-physical-environment-research/ accessed 12th October, 2025

[60] Denny M, 'Norway's Prison System: Investigating Recidivism and Reintegration' (2016) 10 *Bridges: A Journal of Student Research* art 2 https://digitalcommons.coastal.edu/bridges/vol10/iss10/2 accessed 16 December 2025.

[61] Gerstenfeld J and Lymishchenko V, 'Book Review: *The Norwegian Prison System: Halden Prison and Beyond* by Are Høidal and Nina Hanssen' (2025) *International Criminal Justice Review* 0(0) https://doi.org/10.1177/10575677251347246 accessed 16 December 2025

[62] ibid

[63] Kasau RW, Munala G, Majale C, *'The Built Environment of Kamiti Maximum Security Prison, Nairobi: Implications for Rehabilitation and Psychological Well-being'* (2025) 8 *East African Journal of Interdisciplinary Studies* 1

[64] Muturi M G, Kiptui K, Kithela S M, *'Relationship Between Prison Physical Environment and Mental Health of Inmate: A Case of Marimanti G.K Prison in Tharaka-Nithi County, Kenya'* (2024) *International Journal of Research and Innovation in Social Science* 8(9).

[65] Agande, B. Jan.23, 2005. Nigeria: prison reform: 'green maria to replace black maria'. Vanguard newspaper. Retrieved Nov. 28, 2016, from allafrica.com/stories/20051240224

administrative decision, although not publicly articulated in psychological terms, reflected a conscious shift toward more humane and less punitive symbolism. The colour black had long been associated with oppression, fear, and despair. These are sentiments that reinforced the dehumanising image of imprisonment. In contrast, green conveys calmness, renewal, and hope, such qualities consistent with the rehabilitative ideals enshrined in the NCSA 2019.

6.2.2. Colour in Uniforms and Institutional Psychology

Uniform colour designations provide a means whereby chromotherapy principles are being applied within the NCS, though not presented as a formal chromotherapy principle or approach. The Service uses distinct colour codes to differentiate between categories of inmates and officers each carrying embedded psychological and symbolic meanings that align with correctional objectives.

The Awaiting Trial Inmates (ATIs) wear green uniforms; a colour symbolising healing and emotional stability. This class of inmates typically experience uncertainty, anxiety, and emotional volatility due to their uncertain status. Green's calming and harmonising effects help mitigate these stresses, promoting composure and hope while reducing tension and aggression. On the other hand, convicted inmates appear in blue uniforms. Blue is associated with tranquillity, sobriety, and reflection. It lowers blood pressure, slows respiration, and induces meditative calm. In correctional psychology, blue supports introspection and penitence, encouraging inmates to engage in reflective behaviour consistent with reformation and moral rehabilitation. Correctional officers' green attire mirrors the calming symbolism attributed to awaiting trial inmates. It projects authority tempered by serenity and balance, subtly reinforcing the Service's dual commitment to security and humane treatment. The alignment between uniform colour and psychological function, even if unintended, demonstrates that colour already plays a significant role in Nigeria's custodial environment.

As part of its remodeling efforts, the NCS recently changed the color of its officers' uniform from shades of green to brown and muted orange. Brown, as a warm earth tone, tends to promote feelings of stability, groundedness, reliability, and order[66]. These are qualities that may enhance the perception of authority balanced with approachability. Muted orange, being a softer and less saturated version of the more energetic orange, can add visibility and warmth without overstimulation.[67] Custodial environments often suffer from stress, authority conflicts, and emotional volatility. Uniforms in brown and muted orange can help reduce psychological distance between officers and inmates. Brown's stabilizing quality can promote a sense of calm and predictability, potentially reducing the adversarial dynamics that vivid colours may trigger. The warmth of muted orange may help humanize interactions, subtly signalling approachability or alertness without aggression. The effectiveness of this uniform colour change depends on several moderating factors particularly the cultural associations inmates and officers bring to those colours, and whether this uniform shift is part of a broader programme of environmental respect and rehabilitative culture. By formalising these insights through chromotherapeutic design and empirical validation, the NCS could convert an incidental practice into an evidence-based correctional strategy.

The official colours of the NCS; green and yellow further underscore the latent adoption of chromotherapy principles. Green, as earlier noted, signifies healing, renewal, and calmness which are traits that resonate with the Service's core objectives of rehabilitation and reintegration. Yellow, on the other hand, evokes warmth, optimism, and intellectual stimulation. It promotes focus and mental clarity, qualities essential for the educational and vocational programmes that form the backbone of the Service's rehabilitative mandate. When applied together, green and yellow create a chromatic harmony that represents healing through enlightenment.

Uniform colour alone will not solve structural issues such as overcrowding, poor amenities and inadequate staff training. However, as part of an integrated design strategy it represents a modest but meaningful step toward more humane correctional practice.

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[66] Angela Wright, *The Beginner's Guide to Colour Psychology* (Kyle Books 2014)

[67] Helen E. Ross, 'Colour and Psychological Function in Architectural Environments' (2018) 42 *Journal of Environmental Psychology* 32–45.

7.0. Conclusion and Recommendations

7.1.0 Conclusion

One of the central mandates of the NCS is the custody and reformation of offenders. The NCoSA 2019 provides that every person confined in a custodial centre is deemed to be in the legal custody of the Superintendent and subject to the discipline and regulations made under the Act.[68] While this provision covers both convicted and un-convicted persons, its scope differs significantly in practice. The NCS has the full mandate to reform, rehabilitate, and reintegrate convicted offenders, but with respect to un-convicted inmates, its powers are limited to custody and production before the court, as the presumption of innocence[69] remains operative until conviction.

This legal distinction imposes both ethical and operational constraints. Engaging un-convicted inmates in structured correctional activities may amount to overreach, given that they may later be discharged or acquitted. Furthermore, the uncertainty surrounding the duration of their stay in custody undermines the continuity required for any meaningful reformative intervention. This is because correctional processes such as education, skill acquisition, and psychological reconditioning are inherently progressive and time-dependent; applying them to transient populations may result in wasted resources and administrative inefficiency[70].

The challenge becomes apparent when viewed against the demographics of Nigeria's custodial population. As of 19 September 2024, the total inmate population nationwide was 84,492, comprising 27,052 convicted persons (32%) and 57,440 un-convicted persons (68%).[71] This disproportionate figure implies that more than two-thirds of Nigeria's prison population cannot legally undergo reformation and rehabilitation. The consequence is twofold: first, the correctional objectives of the NCS are frustrated; second, Nigerian custodial institutions risk functioning more as schools of crime than as centres of transformation.

This imbalance also casts doubt on the efficiency of Nigeria's wider criminal justice system. A national population of over 232 million[72] with fewer than 100,000 incarcerated persons does not, on its face, indicate an unmanageable burden. Yet the system's chronic congestion results not from excessive convictions but from delays in trial processes and pre-trial detentions. Thus, the issue is not overcrowding per se but systemic stagnation. The persistence of this imbalance undermines the legitimacy of correctional administration and complicates efforts to implement rehabilitative innovations such as chromotherapy, which presupposes a stable and accessible offender population.

Former Controller-General of Prisons, Olusola Ogundipe, once observed that correctional services contribute significantly to human capital development by equipping prisoners with skills for post-release reintegration[73]. Yet, as he also acknowledged, this vision is undermined by the overwhelming number of awaiting trial persons (ATPs). Since only

[68] Section 12(1) NCoSA 2019

[69] The principle of presumption of innocence is a fundamental guarantee of fair trial recognised under both domestic and international law. It requires that every person accused of a criminal offence be treated as innocent until proven guilty according to law. It is enshrined in section 36(5) of the Constitution of the Federal Republic of Nigeria 1999 (as amended), which provides that 'every person who is charged with a criminal offence shall be presumed to be innocent until he is proved guilty.' Internationally, it is reflected in Article 11(1) of the Universal Declaration of Human Rights 1948 and Article 14(2) of the International Covenant on Civil and Political Rights 1966, both of which Nigeria has ratified. The principle protects accused persons from prejudicial treatment by law enforcement agencies and the public, limits the powers of correctional institutions over unconvicted inmates, and ensures that the burden of proof rests squarely on the prosecution.

[70] Vera Institute of Justice, People in Jail and Prison in 2024 (Vera Institute 2024) https://www.vera.org/news/jail-and-prison-populations-have-decreased-since-2019-but-continued-progress-isnt-promised Accessed 10th October, 2025

[71] Nigerian Correctional Service. https://corrections.gov.ng/statistics_summary Accessed 19th September, 2024

[72] https://www.worldometers.info>nigeria-population assessed 16th September, 2024

[73] Ogundipe O (2011) The Nigeria Prison Service and the Challenges of Reformation; Matters Arising. The Reformer. A bulletin of the Nigeria Prison Service. Vol.4, No 3 p28

convicted offenders may lawfully undergo rehabilitative programmes, the NCS's capacity to fulfil its statutory mandate depends heavily on the efficiency of the judicial process that delivers convicts into its care.[74]

Nevertheless, the constraints imposed by a high ATP population cannot wholly absolve the NCS of inefficiency. The effectiveness of any correctional programme is best measured by a reduction in recidivism. A low rate of reoffending signifies that treatment regimes are achieving behavioural transformation. Effective correction requires a structured, evidence-based, and multi-dimensional approach that recognises the diverse psychological, social, and environmental needs of offenders.[75] Tailored interventions ranging from cognitive-behavioural therapy to vocational training and environmental conditioning (such as chromotherapy) must be applied with consistency and continuity to yield measurable outcomes.

For Nigeria, the path forward lies in adopting a correctional philosophy that is both legally grounded and scientifically progressive. Chromotherapy, as explored in this paper, represents an example of how innovative, low-cost, and evidence-supported interventions can complement traditional correctional programmes. When combined with behavioural modification techniques and a humane custodial environment, such integrative measures can make correction not only workable but transformative. Correction can work but only where legal frameworks, institutional discipline, and psychological science converge in a deliberate and sustained manner. The NSC must therefore move beyond custodial containment toward a comprehensive, rehabilitative vision that recognises offenders as subjects of behavioural transformation rather than mere objects of confinement.

Colours influence human behaviour whether consciously perceived or not. They regulate mood, perception, concentration, and social interaction. The custodial environment, often marked by monotony, stress, and hostility, provides an ideal setting for exploring the therapeutic and corrective potential of colour. When harnessed scientifically, chromotherapy can serve as a silent but potent ally in achieving the three Rs of the Nigerian Correctional Service: reformation, rehabilitation, and reintegration. By merging traditional correctional practices with chromotherapy-informed environmental design, Nigeria can take a decisive step toward a more humane, scientifically driven, and effective correctional philosophy one that treats not only the crime but also the mind, body, and spirit of the offender.

Comparatively, South Africa and Kenya provide instructive examples. South Africa's Correctional Services Act 111 of 1998 mandates the individualisation of offender treatment through psychological assessment and structured rehabilitation plans. The Department of Correctional Services employs offender development profiles to match treatment with behavioural needs, an approach that has modestly reduced recidivism.[76] Similarly, Kenya's Prisons Act (Cap 90) integrates moral instruction, education, and vocational programmes with psychosocial support, increasingly experimenting with restorative practices and non-custodial alternatives.[77] Both jurisdictions demonstrate that correctional success is not solely a function of material resources but of institutional design, programme continuity, and scientific integration into offender management.[78] Chromotherapy definitely has promising potentials. Its adoption must however proceed cautiously, subject to more research and empirical evidence on its actual influence of modifying the behaviour of inmates. Presently, the body of empirical evidence remains limited, and context-specific validation is necessary. Although the conscious application of colour therapy in correctional institutions remains underdeveloped in Nigeria, the latent incorporation of colour symbolism in uniforms, transportation systems, and institutional branding reveals a foundational awareness of its significance. With structured research, inter-ministerial collaboration, and policy innovation, chromotherapy could evolve from the sphere of inadvertence into a core element of integrated correctional practice, supporting Nigeria's aspiration to reform its penal system in line with modern therapeutic and human rights-based principles.

[74] Ibid
[75] World Health Organization, *Community mental health services: promoting person-centred and rights-based approaches* (WHO 2021).
[76] Bruyns HJ and Nieuwenhuizen C (n21)
[77] Ndung'u PK (n24)
[78] Vera Institute of Justice (n 70).

Chromotherapy represents a frontier in the pursuit of humane, evidence-based correctional practice in Nigeria. By recognising colour as a psychological and behavioural modifier, the NCS can expand its rehabilitative framework beyond punitive traditions toward holistic reformation. The approach, though unconventional, aligns with global correctional trends that integrate environmental design, psychology, and behavioural science into inmate management. Its systematic adoption, if supported by policy, empirical research, and cross-disciplinary collaboration could transform correctional institutions into spaces that not only restrain but also restore. Integrating colour therapy into correctional policy thus embodies a pragmatic synthesis of science, law, and compassion: an innovative pathway through which Nigeria may achieve the rehabilitative ideals envisioned under the Nigerian Correctional Service Act 2019.

7.2.0 Recommendations

The inadvertent use of colour in Nigeria's correctional system points to an untapped potential for developing a structured chromotherapy policy framework. This framework would involve the deliberate application of colour psychology across three levels as lessons from other jurisdictions show.

1. **Architectural Design**: Many of the Nigerian Custodial facilities are quite old, needing renovation while new and modern ones are being built. NCS should apply chromotherapeutic principles in the new designs and consider possibility of renovation to incorporate chromotherapeutic principles.
2. **Staff and Inmate Uniform:** While the principles of chromotherapy are obvious in color allocation in Nigerian custodial facilities, NCS should move away from sheer advertence to calculated deliberateness. The colours allocated to both staff and inmates should be reassessed in light of behavioural science to ensure alignment with emotional and social objectives. This should also be communicated to stakeholders as a principle inherent in the human right based approach to correction of inmates in Nigeria.
3. **Chromotherapy as an Integrated/Complementary Approach:** The effectiveness of correctional tools is largely dependent on applying identified tools to specific individuals, and not applying generally across board. Chromotherapy tools and interventions should be incorporated into psychology therapy sessions and zoned into rehabilitation and counselling programmes. It should be subsumed into all the other correctional tools currently in use as much as practicable and used together as a collective and integrated strategy. Colour therapy should not be isolated as an experimental or aesthetic supplement, but integrated within existing correctional tools such as education, counselling, and vocational programmes.
4. **Pilot Models:** Nigeria can adopt pilot models within select custodial centres, to test the behavioural and psychological impact of chromotherapy as an integrated approach to correction of offenders in Nigeria.
5. **Collaborative Efforts and Research**: The Nigerian Correctional Service should explore collaborative actions with relative bodies and organisations such as universities, the Nigerian Psychological Association, and design experts to collect empirical data and develop home grown/context-specific chromotherapy models applicable within the Nigerian custodial environment.
6. **Capacity Building, Training and Retraining:** Training and retraining of correctional officers is one of the cardinal principles of correctional practice in Nigeria and the world over. Modules on chromotherapy as a complementary approach should be integrated into the existing curriculum to provide wholistic training for correctional officers, psychologists, and welfare personnel to understand colour psychology and effective deployment in rehabilitative settings.
7. **Policy Recognition and Administrative Approval:** The Nigerian Correctional Service Standing Orders (Custodial) 2020 should explicitly acknowledge chromotherapy and environmental psychology as complementary approaches to correction in Nigeria.
8. **Ethical and Cultural Consideration:** Adopting chromotherapy must respect ethical standards and cultural variances across the country. Colours evoke different meanings across Nigerian societies and this must be recognized from one correctional facility to another. Cultural perceptions of colour should guide selection, ensuring that interventions promote dignity and inclusivity. Importantly, colour use should remain rehabilitative, not coercive, aligning with international human rights norms governing the treatment of inmates.