

Abstract

In the last 50 years, the goal of incarceration has been punishment. However, when formerly-incarcerated people are released, high recidivism rates remain a problem. Although prisons have introduced more rehabilitative measures along with their punitive measures, rehabilitation is not their main focus. Community corrections may have more of a focus on rehabilitation (Cullen & Gilbert, 2014). While there continues to be a lot of controversy surrounding its success, it has been shown that treatment programs are successful and effective when implemented appropriately, under certain circumstances, and for specific groups. In 2019, 50.5% of those on probation exited the program after completing it. Additionally, in 2019, 53.1% of those on parole exited the program following completion (Oudekerk & Kaeble, 2021). The question then becomes when to institute probation and/or parole. Guidelines, precedence, and training notwithstanding, there are flaws within these systems. To view these flaws, these systems must be examined from theoretical and actual perspectives. Theories of deterrence, strain, and evolutionary psychology all offer a different and important perspective. The application of these theories reveals some problems within these systems that have an impact on recidivism. This review is an analytical look at potential solution(s) to these problems.