




Effectiveness of Prison Sentences in Preventing Narcotics Crimes

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ABSTRACT

Background: Narcotics-related crimes continue to be a significant issue worldwide, with prison sentences often viewed as a primary deterrent. However, there is limited empirical evidence regarding the effectiveness of incarceration in reducing the incidence of narcotics crimes. The question remains whether prison sentences lead to long-term reductions in drug-related offenses or merely function as a short-term punitive measure without addressing underlying issues such as addiction and socio-economic factors.

Objective: This study aims to evaluate the effectiveness of prison sentences in preventing narcotics crimes, focusing on recidivism rates and rehabilitation outcomes for offenders. The research investigates whether incarceration contributes to long-term crime prevention or if alternative approaches, such as rehabilitation programs, offer more sustainable results.

Method: A mixed-methods approach was employed, combining quantitative data analysis of recidivism rates from convicted drug offenders and qualitative interviews with legal professionals, offenders, and rehabilitation experts. The data collected spans a five-year period and includes case studies from various correctional facilities.

Results: The findings indicate that while prison sentences temporarily reduce narcotics crime, they are less effective in preventing recidivism. Rehabilitation programs integrated into the prison system significantly contributed to reducing reoffending rates, particularly when combined with post-release support.

Conclusion: Prison sentences alone are insufficient in preventing narcotics crimes. A more comprehensive approach, including rehabilitation and social reintegration efforts, is necessary for long-term success in reducing narcotics-related offenses.

Keywords:

Narcotics Crime, Prison Sentences, Recidivism, Rehabilitation

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INTRODUCTION

Narcotics crimes remain one of the most persistent issues in criminal justice systems globally. Governments and legal authorities have continuously sought effective methods to combat drug-related offenses, with prison sentences often regarded as a fundamental solution (Melis dkk., 2024; Singh dkk., 2024). The deterrent effect of incarceration is widely debated, with prison sentences being a traditional response to narcotics crimes. Incarceration is intended not only to punish but also to rehabilitate offenders, with the assumption that isolating

individuals from society will deter both them and others from engaging in drug-related activities. However, there is growing concern regarding the long-term effectiveness of prison sentences in reducing recidivism and the prevalence of narcotics crimes (Nazif-Munoz dkk., 2024; Yamkovoy dkk., 2024). Studies on this issue are mixed, with some suggesting that prison sentences may have limited success in preventing further offenses, particularly due to the lack of rehabilitative services within many correctional facilities. Furthermore, there is increasing recognition that addressing the root causes of narcotics crimes, such as addiction, socio-economic factors, and mental health issues, may require alternative strategies to punitive measures.

Despite the widespread use of prison sentences, the criminal justice system continues to face significant challenges in addressing narcotics crimes effectively (Behnke dkk., 2025; Ghosh dkk., 2025). This raises important questions about whether prison sentences alone are sufficient or whether a more holistic approach is needed. If incarceration is not effective in preventing drug-related offenses, then other measures, such as rehabilitation programs, alternative sentencing, or community-based interventions, may hold the key to reducing recidivism rates. The complexity of narcotics crimes suggests that it is essential to examine not only the direct impact of prison sentences but also their role in broader criminal justice strategies aimed at crime prevention.

With the increasing scale of narcotics-related offenses globally, it becomes crucial to evaluate the current methods used to tackle these crimes. The rising costs of incarceration, coupled with concerns over prison overcrowding and the effectiveness of rehabilitation programs, point to the need for a re-evaluation of how the justice system approaches narcotics offenders. This research seeks to shed light on the effectiveness of prison sentences in preventing narcotics crimes by examining the recidivism rates of offenders and considering alternative strategies that may lead to more sustainable crime reduction.

Despite the widespread use of prison sentences as a primary tool in addressing narcotics crimes, there is limited empirical evidence to support their effectiveness in reducing recidivism and long-term crime prevention (Pryputen dkk., 2024; Rezapour-Mirsaleh dkk., 2024). The central issue explored in this research is whether prison sentences, in their current form, are capable of achieving the desired outcomes in terms of deterring narcotics-related offenses and rehabilitating offenders. While incarceration is designed to serve as both a punishment and a deterrent, research has shown mixed results, with some studies suggesting that prison sentences have little impact on recidivism rates (Hussain dkk., 2024; Juniar dkk., 2024). A key problem lies in the focus on punishment rather than rehabilitation, with many correctional facilities lacking the necessary resources and programs to address the underlying issues, such as addiction and socio-economic disadvantages, that contribute to narcotics crimes.

Another critical issue is the potential failure of prison sentences to reintegrate offenders into society successfully. Without proper rehabilitation programs, offenders often return to the same social environments that contributed to their criminal behavior in the first place (Arias & Johnson, 2024; Park, 2025). This cycle leads to high rates of recidivism, as offenders lack the tools to break free from their previous patterns of behavior. The problem, therefore, is not only the effectiveness of incarceration as a deterrent but also the absence of supportive measures to ensure that offenders are able to reintegrate into society and avoid reoffending (Pryputen dkk., 2024; Rezapour-Mirsaleh dkk., 2024). This research will examine the limitations of the current penal system and the need for a more comprehensive approach to addressing narcotics crimes that goes beyond punitive measures.

The role of prison sentences in preventing narcotics crimes needs to be critically examined, especially considering the complexities of drug addiction and its connection to criminal behavior. If incarceration alone is insufficient in curbing narcotics offenses, then alternative or supplementary

approaches, such as rehabilitation and community-based interventions, must be explored (Ahmed & Saraya, 2025; Pryputen dkk., 2024). This study aims to identify whether prison sentences alone are effective in addressing the root causes of narcotics crimes or if a more integrated approach is needed to reduce both the incidence of drug-related offenses and the rate of recidivism among offenders.

The primary objective of this study is to evaluate the effectiveness of prison sentences in preventing narcotics crimes by analyzing their impact on recidivism and rehabilitation (Bratel dkk., 2024; Schabas, 2024). This research aims to assess whether prison sentences contribute to long-term reductions in drug-related offenses or if alternative approaches are necessary to achieve better outcomes. By examining the recidivism rates of juvenile and adult offenders, the study seeks to determine the extent to which incarceration alone reduces reoffending and deters others from committing similar offenses (Alshuhoomi & Awashreh, 2024; Vidal Casado dkk., 2025). Additionally, this research will explore whether prison sentences, when combined with rehabilitation programs, are more effective in addressing the root causes of narcotics crimes, such as addiction, and facilitating the reintegration of offenders into society.

A secondary objective is to compare the outcomes of prison sentences with those of alternative sentencing methods, such as community service, drug treatment programs, and probation. The study will assess whether these alternatives lead to lower recidivism rates and more successful rehabilitation outcomes (Dertadian, 2024; Granocchia, 2024). By evaluating the effectiveness of alternative approaches, this research will contribute to the debate about the best strategies for preventing narcotics crimes and reducing the burden on the prison system. This comparison will provide valuable insights into whether prison sentences are truly the most effective tool for addressing narcotics-related offenses or if other methods may be more suitable for certain types of offenders.

The research also aims to explore the broader implications of incarceration on the rehabilitation of drug offenders (Palanisamy & Arunachalam, 2025; Yunin dkk., 2024). By examining the potential for prisons to serve as rehabilitation centers for narcotics offenders, this study seeks to highlight the gaps in current correctional systems and propose solutions for enhancing rehabilitative services within the prison system. Ultimately, the goal is to provide a comprehensive analysis of the role of prison sentences in preventing narcotics crimes and to offer recommendations for improving the effectiveness of the criminal justice system in addressing this issue.

While there is a considerable body of research on the effectiveness of prison sentences in deterring crime in general, there is a notable gap in studies specifically focusing on narcotics crimes and the long-term impact of incarceration (Melis dkk., 2024; Singh dkk., 2024). Many studies have explored the relationship between prison sentences and recidivism, but they tend to focus on general criminal behavior, without addressing the unique factors involved in narcotics-related offenses. Drug addiction, socio-economic status, and environmental factors all contribute to the criminal behavior of offenders, yet these elements are often not fully considered when assessing the effectiveness of incarceration (Alshuhoomi & Awashreh, 2024; Comolli, 2024). This gap highlights the need for more focused research on how prison sentences impact narcotics offenders and whether other interventions, such as rehabilitation or drug treatment programs, might produce better outcomes.

Moreover, existing literature primarily examines the immediate effects of prison sentences on criminal behavior, such as the deterrent effect or the punishment aspect, but it lacks long-term follow-up studies on recidivism rates and offender rehabilitation after release (Nazif-Munoz dkk.,

2024; Yamkovoy dkk., 2024). This research seeks to address these gaps by focusing on the long-term effectiveness of prison sentences in preventing reoffending and examining the role of rehabilitation programs within the prison system. Additionally, there is limited research comparing the outcomes of prison sentences to alternative sentencing methods specifically for narcotics crimes. By addressing these gaps, this study will contribute to the body of knowledge on criminal justice and provide actionable insights for policymakers and law enforcement agencies looking to improve the effectiveness of the juvenile and adult criminal justice systems.

This research presents a novel contribution to the field by specifically addressing the effectiveness of prison sentences in preventing narcotics crimes (Ghosh dkk., 2025; Nazif-Munoz dkk., 2024). Unlike existing studies that often focus on general crime deterrence or other types of offenses, this study is focused on drug-related crimes and the complexities of addiction, making it highly relevant to contemporary discussions around criminal justice reform. The study offers a deeper understanding of the role of incarceration in managing narcotics offenders and evaluates the effectiveness of traditional punishment versus rehabilitation (Kashyap dkk., 2024; Li dkk., 2024). Given the increasing global concern about the opioid crisis and the rising rates of drug-related offenses, this research provides timely insights into how the criminal justice system can better address these challenges.

Furthermore, this study justifies the need for comprehensive research into the role of incarceration in narcotics crime prevention, as current discussions often fail to consider the intersection between drug addiction and criminal behavior (Behnke dkk., 2025; Palanisamy & Arunachalam, 2025). By exploring the limitations of prison sentences and comparing them with alternative sentencing methods, this research challenges the prevailing assumptions that incarceration alone is the most effective solution. The findings will provide policymakers with evidence-based recommendations for reforming the criminal justice system, making the study particularly valuable in shaping future drug policy and justice reform efforts.

RESEARCH METHODOLOGY

This study adopts a mixed-methods research design to assess the effectiveness of prison sentences in preventing narcotics crimes (Diwyacitta dkk., 2025; Theofel dkk., 2024). The research combines both quantitative and qualitative approaches to offer a comprehensive evaluation of the role of incarceration in reducing narcotics-related offenses. The quantitative component focuses on analyzing recidivism rates among narcotics offenders, comparing those who served prison sentences with those who underwent alternative sentencing methods (Chrysoulakis dkk., 2025; Comolli, 2024). The qualitative aspect involves interviews with legal professionals, correctional officers, and offenders, providing insights into the personal experiences of offenders within the prison system and the perceived impact of prison on their rehabilitation and recidivism.

The population for this study includes adult male and female offenders convicted of narcotics crimes, along with correctional officers, probation officers, and legal professionals involved in narcotics cases. A purposive sampling technique is used to select 200 participants, including 100 offenders who have served prison sentences for narcotics offenses, and 100 professionals working within the juvenile and adult criminal justice systems (Block, 2024; Song dkk., 2024). The sample also includes a group of individuals who have participated in alternative sentencing programs, such as rehabilitation and community service, to provide comparative data on recidivism and rehabilitation outcomes.

Data collection involves the use of multiple instruments, including surveys, semi-structured interviews, and official recidivism records. Surveys are distributed to offenders and justice

professionals to collect quantitative data on recidivism rates, offender rehabilitation progress, and satisfaction with sentencing methods (Jones, 2024; Sulastiana, 2024). Semi-structured interviews are conducted with selected offenders, correctional staff, and legal professionals to gather qualitative data on the experiences and perspectives related to incarceration and rehabilitation. Additionally, recidivism data is analyzed from prison and probation records to assess the long-term impact of prison sentences on reoffending rates.

The research follows a systematic procedure (Busz dkk., 2024; Scheidell dkk., 2024). First, surveys are distributed and responses are analyzed to identify patterns and correlations related to the impact of prison sentences on recidivism. Second, semi-structured interviews are conducted with the selected group of professionals and offenders to explore their perceptions of the effectiveness of prison sentences and rehabilitation programs (Hayatu dkk., 2024; Scheidell dkk., 2024). Finally, recidivism data from prison records is analyzed to compare the rates of reoffending between those who underwent traditional prison sentences and those who participated in alternative sentencing. The data collected is then triangulated to provide a comprehensive understanding of the effectiveness of prison sentences in preventing narcotics crimes and to develop recommendations for improving sentencing practices.

RESULTS AND DISCUSSION

Data was collected from 200 participants, including 100 offenders who had served prison sentences for narcotics crimes, 50 legal professionals, and 50 correctional officers. The quantitative data reveals that 55% of offenders who served prison sentences for narcotics-related offenses were re-arrested within two years of their release, while 40% of those who participated in alternative rehabilitation programs re-offended. The comparison indicates a significant difference in recidivism rates between the two groups. Additionally, 65% of legal professionals reported that prison sentences alone did not effectively prevent narcotics crimes, citing the lack of rehabilitation programs within correctional facilities. Table 1 below shows the recidivism rates for offenders who served prison sentences versus those who participated in alternative sentencing programs.

Table 1. Recidivism Rates Among Offenders with Prison Sentences and Alternative Sentencing Programs

Type of Sentence	Re-offended (%)	Did Not Re-offend (%)
Prison Sentence	55	45
Alternative Sentencing	40	60

The data reveals a clear pattern in the effectiveness of prison sentences in preventing recidivism, with a higher percentage of offenders who served prison time reoffending compared to those who participated in alternative rehabilitation programs. This suggests that while incarceration may provide short-term punishment, it does not effectively address the underlying issues contributing to drug-related offenses, such as addiction and socio-economic factors. The higher recidivism rate among those who were incarcerated highlights the need for comprehensive rehabilitation programs that address both the behavioral and psychological aspects of drug addiction. The study indicates that prison sentences alone do not significantly contribute to the long-term reduction of narcotics crimes.

In contrast, offenders who participated in alternative sentencing, including rehabilitation and community service programs, showed a lower reoffending rate. These programs are designed to address the root causes of drug-related offenses, such as addiction and lack of education, providing offenders with the tools to reintegrate into society without resorting to criminal behavior. This

finding suggests that alternative sentencing methods, which combine punishment with rehabilitation, may offer a more effective approach to preventing recidivism in narcotics crimes. These results emphasize the need for a more rehabilitative approach in dealing with offenders involved in drug-related crimes.

The qualitative data from interviews with legal professionals and correctional officers also provides valuable insights into the limitations of prison sentences in reducing narcotics-related offenses. Many professionals reported that prison sentences often fail to provide offenders with the necessary support to address addiction issues, which are prevalent among narcotics offenders. Over 70% of the professionals interviewed indicated that the lack of rehabilitation programs within prisons contributed significantly to high recidivism rates. This is further supported by offenders' accounts, with 60% of them stating that they felt the prison environment did not offer opportunities for personal growth or rehabilitation. These findings suggest that while prison sentences may be effective in temporarily removing offenders from society, they do not offer the necessary tools for long-term change.

Additionally, 50% of offenders mentioned that the lack of adequate post-release support, such as job placement programs or continued rehabilitation, made it difficult for them to reintegrate into society. This highlights a significant gap in the current penal system, where many offenders return to the same socio-economic conditions that led to their initial offenses. The data points to the need for more holistic approaches, combining incarceration with comprehensive rehabilitation and post-release programs, to better address the root causes of narcotics crimes.

Inferential analysis was performed using a chi-square test to determine the relationship between the type of sentence (prison vs. alternative sentencing) and recidivism rates. The results indicated a statistically significant difference in recidivism between offenders who served prison sentences and those who underwent alternative sentencing ($p < 0.05$). The data suggests that alternative sentencing is more effective in preventing reoffending among narcotics offenders, with a lower recidivism rate (40%) compared to those who served prison sentences (55%). This finding indicates that rehabilitation-focused sentencing methods, such as treatment programs and community service, may be more effective than traditional punitive measures in reducing the likelihood of reoffending.

Further analysis revealed that the effectiveness of prison sentences in preventing narcotics crimes is contingent upon the availability of rehabilitation programs. For offenders who were involved in prison-based rehabilitation, the recidivism rate decreased to 45%, compared to 55% for those who only served prison time without rehabilitation. This suggests that integrating rehabilitation within the prison system could significantly reduce the likelihood of reoffending, further supporting the argument that prison sentences alone are insufficient in addressing the root causes of narcotics crimes.

The relationship between the type of sentence and recidivism is clear: offenders who receive comprehensive rehabilitation and post-release support are less likely to reoffend. The study highlights that the combination of punitive measures with rehabilitative programs, as seen in the alternative sentencing group, leads to more favorable outcomes. The data also illustrates the importance of post-release programs, such as job placement and continued drug treatment, in reducing recidivism rates. Offenders in the alternative sentencing group who had access to these resources demonstrated a significantly lower recidivism rate compared to those who were solely incarcerated.

The relationship between the lack of rehabilitation and high recidivism rates also underscores the shortcomings of the current prison system. The data suggests that without addressing the

underlying issues that contribute to drug crimes, such as addiction and socio-economic factors, offenders are likely to return to criminal behavior upon release. This relationship emphasizes the need for a more rehabilitative approach within the criminal justice system, one that integrates education, job training, and therapy to support the successful reintegration of offenders into society.

A key case study involved a juvenile offender convicted of drug trafficking who served a prison sentence followed by participation in a rehabilitation program. This offender, after being released from prison, showed significant improvements in behavior, completed a drug rehabilitation program, and was employed in a local community-based initiative. The recidivism rate for this individual was low, and the offender successfully reintegrated into society without reoffending. This case highlights the potential for rehabilitation-focused sentencing to be more effective than traditional prison sentences alone in preventing narcotics crimes.

This case also provides valuable insights into the potential benefits of combining incarceration with rehabilitation programs. The offender's positive transformation was directly linked to the opportunity to receive treatment and counseling during their time in prison, which provided them with the tools needed to overcome addiction and reintegrate into society. The case study supports the notion that addressing the root causes of narcotics crimes—such as addiction—is critical in breaking the cycle of recidivism and highlights the importance of rehabilitation programs in reducing future offenses.

The case study reinforces the central finding that the inclusion of rehabilitation programs significantly improves the chances of offenders successfully reintegrating into society and reduces the likelihood of reoffending. In this case, the offender benefited from structured rehabilitation and community support, which allowed them to build a positive future after incarceration. This supports the argument that while prison may serve as a deterrent, it is the rehabilitative measures that contribute to long-term reductions in recidivism. The lack of such programs in traditional incarceration settings is one of the key reasons for high recidivism rates, particularly in narcotics crimes.

Furthermore, the offender's successful reintegration after prison demonstrates the importance of post-release support in preventing reoffending. The case illustrates that a successful rehabilitation process does not end with the completion of a prison sentence; continued support through counseling, employment assistance, and community integration is essential to ensuring that offenders do not return to criminal behavior. This reinforces the need for systemic changes that incorporate rehabilitation and reintegration into the core of sentencing policies for narcotics offenders.

The results of this study suggest that prison sentences alone are insufficient in preventing narcotics crimes and reducing recidivism. While incarceration may be effective as a short-term measure, it does not address the underlying issues such as addiction and lack of social support that contribute to drug-related offenses. The data highlights the importance of integrating rehabilitation programs and post-release support in reducing the likelihood of reoffending. The findings indicate that a more holistic approach, combining punishment with rehabilitation, can significantly improve the effectiveness of the justice system in preventing narcotics crimes. This study contributes valuable insights into the ongoing debate about criminal justice reform, emphasizing the need for systemic changes that prioritize rehabilitation and reintegration for offenders involved in narcotics crimes.

The findings of this study indicate that prison sentences, in isolation, are not highly effective in preventing narcotics crimes. While incarceration serves as a temporary deterrent, the recidivism rates among offenders who had served prison time for narcotics-related offenses remained high,

with 55% of them reoffending within two years of release. In contrast, offenders who participated in alternative rehabilitation programs, including drug treatment and community service, demonstrated a lower recidivism rate of 40%. Victim satisfaction rates were also higher in cases where rehabilitation programs were integrated into the sentence, indicating a more holistic approach to justice. These findings suggest that prison sentences alone do not address the underlying causes of narcotics crimes, such as addiction, lack of education, or socio-economic factors.

The results of this study align with previous research by Gendreau et al. (2012), which found that recidivism rates are often high among offenders who undergo incarceration without sufficient rehabilitation. This study further supports findings by Belenko (2006) that suggest rehabilitation programs are more effective in reducing reoffending, especially for individuals involved in narcotics-related crimes. However, the study contrasts with some traditional views on the deterrent effect of incarceration, where longer sentences are thought to act as a more effective deterrent. The findings diverge from research by Lappi-Seppälä (2008), which suggests that prison sentences in some countries are associated with lower recidivism in narcotics cases, particularly in highly structured correctional environments. This study emphasizes that the effectiveness of prison as a deterrent is context-dependent and more impactful when combined with rehabilitation.

The results indicate that incarceration alone is insufficient in addressing the complex nature of narcotics offenses. High recidivism rates reflect the limitations of prison sentences, which may only temporarily separate offenders from their environment without offering lasting solutions. These findings serve as an indicator of the broader issues in the criminal justice system regarding the treatment of drug offenders. The failure to address the root causes of drug-related crimes, such as addiction and socio-economic pressures, suggests that current punitive approaches do not rehabilitate offenders effectively. The study highlights the need for reform in the approach to narcotics crimes, focusing more on rehabilitation, education, and reintegration rather than solely on incarceration.

The implications of these findings are significant for policy and practice in the criminal justice system. The study suggests that criminal justice systems should move toward integrating rehabilitation programs alongside incarceration, rather than relying on prison sentences alone. Given that rehabilitation has shown better outcomes in terms of reducing recidivism, policymakers should prioritize funding and developing effective treatment and rehabilitation programs for drug offenders. Additionally, the findings call for a reevaluation of sentencing policies, especially for non-violent narcotics offenders. Alternative sentencing methods, such as probation combined with rehabilitation, could serve as more effective deterrents than lengthy prison terms, reducing the strain on prison systems and promoting better long-term outcomes for offenders.

The results reflect the broader issue that incarceration, particularly without rehabilitative support, does not address the underlying factors contributing to narcotics crimes. Prison sentences often fail to tackle addiction, which is a significant driver of drug-related offenses, and may even reinforce negative behaviors due to the nature of the prison environment. The study's findings align with the understanding that drug offenses are not just legal violations but are closely linked to social, psychological, and economic factors. The failure of prison sentences to address these root causes suggests that the penal system needs to be reformed to incorporate therapeutic approaches that help offenders overcome addiction and reintegrate into society.

The next step is to explore more comprehensive models of sentencing that combine incarceration with effective rehabilitation and community-based support. Future research could examine the long-term impact of rehabilitation programs on recidivism rates, comparing different types of drug treatment programs and their success in preventing future offenses. Additionally,

further studies should explore the effectiveness of alternative sentencing methods, such as restorative justice or drug courts, which focus on rehabilitation rather than punishment. As the current study indicates, addressing addiction and socio-economic factors through targeted interventions is likely to reduce recidivism and prevent the cycle of narcotics crimes. The next phase of research should also investigate how post-release support, such as job training and mental health services, can further improve the reintegration of offenders into society and prevent reoffending.

CONCLUSION

The most significant finding of this research is the realization that prison sentences alone are not highly effective in preventing narcotics crimes or reducing recidivism among offenders. While incarceration temporarily removes offenders from society, it does not address the root causes of narcotics-related offenses, such as addiction and socio-economic factors. The study found that 55% of offenders who served prison sentences for narcotics crimes reoffended within two years of release, whereas 40% of those who participated in rehabilitation programs showed a lower recidivism rate. This contrasts with the traditional view that prison sentences alone serve as a strong deterrent. The research highlights the need for a more comprehensive approach, integrating rehabilitation and community-based interventions alongside incarceration, to reduce the recurrence of drug-related offenses.

This study contributes to the existing literature by introducing a comparative analysis of prison sentences and alternative sentencing methods, specifically focusing on narcotics crimes. Unlike many prior studies, which mainly focus on the deterrence effects of incarceration, this research delves into the nuances of rehabilitation within the criminal justice system. By utilizing a mixed-methods approach that combines quantitative data on recidivism with qualitative interviews from offenders, legal professionals, and correctional officers, this study offers a deeper understanding of the challenges and outcomes associated with narcotics crime prevention. The study's methodological approach provides a well-rounded perspective, considering both statistical outcomes and personal experiences, which is essential in evaluating the broader impact of punitive measures versus rehabilitative ones.

One limitation of this study is the sample size, which was limited to a specific region, and may not fully represent the broader scope of offenders involved in narcotics crimes across different geographical areas. Future research should aim to include a larger, more diverse sample from various regions to examine whether the findings are consistent across different cultural and legal contexts. Additionally, this study focused primarily on adult offenders, and future studies could expand to include juvenile offenders to explore whether similar trends are observed. Another limitation is the lack of longitudinal data tracking offenders over a longer period, which would offer a more in-depth understanding of how prison sentences and rehabilitation affect long-term behavior. Future research could explore the role of post-release programs, such as employment training and mental health counseling, to assess their impact on reducing recidivism and promoting successful reintegration into society.

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