

**SAM HOUSTON STATE UNIVERSITY STUDY ON THE
EFFECTIVENESS OF THE ARK (ADULTS RELATING TO KIDS)
PROGRAM AS A MEANS OF ELEVATING THE SELF-ESTEEM
OF THE ADULT PARTICIPANTS**

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An evaluation of the ARK program was conducted to determine if there was an increase in self-concept among ARK participants in Plane State, Keagan State, and Henley State Jails. Data was collected from January 2000 through December 2003. Of those incarcerated participants in the program, 172 participants completed the pre and post-tests needed to evaluate self-concept.

The ARK Self-Concept Survey is a combination of three scales previously validated by UTMB: The Wilkerson Self-Concept Scale, the Kaplan Porkorny Scale, and the University of North Carolina Self-Esteem Scale. Using Paired-Samples T-tests, the pre and post-tests were analyzed to determine if there was a significant difference among the mean scores. The data found a statistically significant increase at a 95% confidence interval level ($p < .05$) among each of the variables analyzed.

Test	Pre-Mean	Post-Mean	Change	Sig. ($p < .05$)
Wilkerson Self-Concept Scale	31.20 (40)			
78%	37.13 (40)			
92.8%	+5.93			
+14.8%	.000			
Kaplan-Porkorny		20.58 (35)		
58.8%	28.26 (35)			
80.7%	+7.68			
+21.9	.000			
UNC				
	35.65 (50)			
71.3%	42.99 (50)			
86%	+7.34			
+14.7	.000			
Composite (A) (WSCS & KP)	51.79 (75)			
69%	65.39 (75)			
87.2%	+13.6			
+18.2	.000			
Composite (B)				

(Total) 87.44 (125)
70% 108.38 (125)
86.7% +20.94
+16.7% .000

RESEARCH SUMMARY

The research on the ARK (Adults Relating to Kids) Programs. Research performed by Sam Houston State University at Keagan State Jail and Plane State Jail has produced some astonishing results. On a Self-Esteem scale of 0-100, the average score of inmates increased from 70 (pre-ARK) to 86 (post-ARK).

While the inmates took the 16-week ARK course to learn how to give unconditional love and elevate the self-esteem of their children upon their release from prison, the research shows that the self-concept of the adult participants was dramatically elevated as a result of their participation in ARK. The importance of this finding is enormous because parents cannot give to their children what they themselves do not possess.

Dr. Tammy Garland, Ph.D completed her dissertation on the ARK Program and received her doctorate from the Sam Houston State University College of Criminal Justice. Tammy is completing her dissertation on the ARK Program this summer of 2003.

July, 2003
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