

PRISON SPORTS AND RECREATIONAL PROGRAM

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Abstract

Prison sports and recreational program explores the role of sport in prisons and its potential impact on health and well-being, institutional behavior and prisoner rehabilitation, contributing to a safer working and living environment, and helping prisoners to lead law-abiding and useful lives after release. This study aims to assess the extent of the implementation on the prison sports and recreational program for inmates in the Zambales Provincial Jail. Further, it attempts to determine the perceived benefits of this program in their well-being and physical development. This study is a descriptive survey research with the total of 210 inmates. It was found out that the extent of implementation in the individual-dual sports is highly implemented in terms of chess, while not implemented in terms of table tennis, lawn tennis, and badminton, however, the extent of implementation in team sports is high both in basketball and volleyball. On the other hand, the extent of implementation in the recreational activities is high in terms of calisthenics, while not implemented and with moderate implementation in terms of Zumba and jogging respectively. Furthermore, the perceived physical well-being benefits of the prison sports and recreational activities of the jail inmates was highly benefited in terms of physical well-being, psychological well-being, and social well-being. Thus, the proposed Enhanced Prisons' Sports and Recreational Program for the provincial jail administrators is formulated as part of the prison sports and recreational activities of the inmates.

Keywords: Prison Sports, Recreational Program, Inmates, Individual-Dual Sports, Team Sports

INTRODUCTION

Sports in prison and recreational program explores the role of sport in prisons and its potential impact on health and well-being, institutional behavior and prisoner rehabilitation (Routledge, 2013). Prison sports have an important role to play in helping to promote the health and well-being of both prisoners and staff, contributing to a safer working and living environment, and helping prisoners to lead law-abiding and useful lives after release.

Recreation is the use of time for amusement, entertainment, participation, or creativity, and frequently takes place in one's leisure time. Roberts (2001) noted that recreation includes activities whose purpose is to bring joy, fun or excitement. These activities are often pleasurable and are not taken part in out of necessity or for material rewards. In the Kentucky State Penitentiary views recreation as a way to keep inmates busy, meet the requirements for recreation as set forth by the state, and keep inmates physically active (Commonwealth of Kentucky, 2016).

Alexander (2017) emphasized that the philosophy of prison sports and recreation is that, it involves more than just allowing inmates to escape the monotony of prison life. Correctional recreation activities allow prisoners to make changes to their attitudes and behaviors, similarly, recreation programs can help reduce stress, conquer social weaknesses, and encourage physical wellness. Moreover, recreational activities allow inmates to relieve the pressure of life in prison while also promoting healthy physical, mental, and social abilities.

In addition, recreation plays a crucial role in the offender rehabilitation process because it keeps inmates occupied, increases institutional safety, is cost-effective, limits inmate trips to the infirmary, and teaches prisoners skills needed for reentering society (Alexander, 2017).

Further, prison sports and recreational program, also promote the quality of life of inmates (Marcel, 2014); which is a state of wellbeing as the ability to perform everyday activities which reflects physical, psychological, and social well-being. It is a broad-ranging concept affected in a complex way by the person's physical health, psychological state, personal beliefs, social relationships and their relationship to salient features of their environment (WHO, 1998). It was noted by Obadiora (2017) that prison environments have a bearing on inmates' quality of life.

It is important to tailor activities to individuals' levels of fitness and physical capabilities, and to take particular care with psychologically vulnerable prisoners and those with a history of eating disorders and substance misuse; this is because, Yap (2017) stated that healthy living can be achieved through discipline – avoid what is bad and nourish what is good, as well as more time on physical activities and exercise.

Inmates who are regularly engaged in sport and recreation activities report improved levels of self-esteem (Amtmann et al., 2001; Leberman, 2007; Ozano, 2008; Pedlar, Yuen, & Fortune, 2008; Sabo, 2001; Slater et al., 1992), reduced anxiety and stress (Buckaloo, Krug, & Nelson, 2009; Martos-García et al., 2009; Nelson et al., 2006), decreased depression and feelings of hopelessness (Buckaloo et al., 2009; Cashin et al., 2008; Libbus, Genovese, & Poole, 1994), decreased insomnia (Elger, 2009), and reduced levels of anger and aggression (Wagner, McBride, & Crouse, 1999).

Accordingly, all prison and penal farms have adequate recreational facilities for inmates, both for outdoor and indoor sports. Mini-bodybuilding gyms are available in most prison facilities, including the Muntinlupa Juvenile Training Center and the Therapeutic Community Center for inmates with drug cases.

Though, the Zambales Provincial Jail were also engaged into prison sports and recreational program, yet, it came to the researchers' knowledge from some inmates who are granted parole that sports and recreational activities inside the jail were not as actively practiced as expected with other jail infirmary in the Philippines, thus, make the prisons not physically fit and have no sense of socialization. Furthermore, the level of extent in the implementation of the said program is important to the prisons' well-being and development while inside the jail. Similarly, this is to strengthen the prison sports and recreational program of the Zambales provincial jail and its positive effects on the prisons' life and well-being.

This study, therefore, looked into the prison sports and recreational program provided and implemented by the Zambales Provincial Jail, both individual and team sports, which is an outlet to lessen the inmates' stress and agony inside the prison. Further, this also investigated the benefits of these prison sports and recreational programs to the inmates' quality of life and to propose the enhancement of prison sports recreational program to promote the physical development of the jail inmates.

Research Objectives

This study aims to assess the extent of the implementation on the prison sports and recreational program for inmates in the Zambales Provincial Jail. Further, it attempts to determine the perceived benefits of this program in their well-being and physical development. The results of the study served as basis for the enhancement of the sports and recreational program towards the attainment of the quality of life of the inmates.

Specifically, this was conducted with the following research objectives:

1. To determine the extent of implementation on the prisons' sports and recreation program in Zambales Provincial Jail in terms of the following type of activities:
 - a. Individual-dual sports;
 - b. Team sports; and
 - c. Recreational.
2. To determine the benefits are identified with prison sports and recreational activities of the Provincial as perceived by the respondents.
3. To come up with an Enhanced Prison Sports and Recreation program can be formulated to promote well-being and development of the jail inmates.

Conceptual Framework

Participation in prison sports and recreation provides inmates with opportunities to blow off steam and escape the monotony of the prison routine (Gallant, Sherry, & Nicholson, 2015). Sports and Recreation allowed inmates to develop acceptable outlets for stress, identify activities that serve as alternatives to addictions, foster interpersonal skills such as trust, cooperation, and teamwork, enhance self-esteem through realizing success with a given pursuit, increase access to new social environments, foster new interests, negotiate constraints, develop awareness of personal needs and appropriate avenues to satisfy them, develop decision-making and problem solving.

The Republic Act No. 10575, otherwise known as "The Bureau of Corrections Act of 2013" in the Philippines includes the reformation of program for the inmates such as the Sports and Recreation Program. This refers to the administration of physical and recreational engagement to achieve mental alertness and physical agility in the spirit of sportsmanship.

As part of the rehabilitation of inmates in sports category includes activities primarily of a sporting nature, including intramural programs and general recreation as available on a daily basis. This also includes informal recreation such as table games and other game activities. On the other hand, recreational program provides a wide range of activities to permit inmates to express their talents and pursue their interests in a wholesome way. This can be an important factor in reintegration into society as well as meeting the physical fitness, mental fitness, and general wellness of the inmate while he/she is incarcerated.

Therefore, the conceptual framework of the study (Figure 1) was developed based on the previous statements, wherein prison sports (both individual and team sports) and recreational activities (both calisthenics, zumba, and jogging), helps inmates to be better themselves physically and psychologically and allow them to return to society as a better individual.

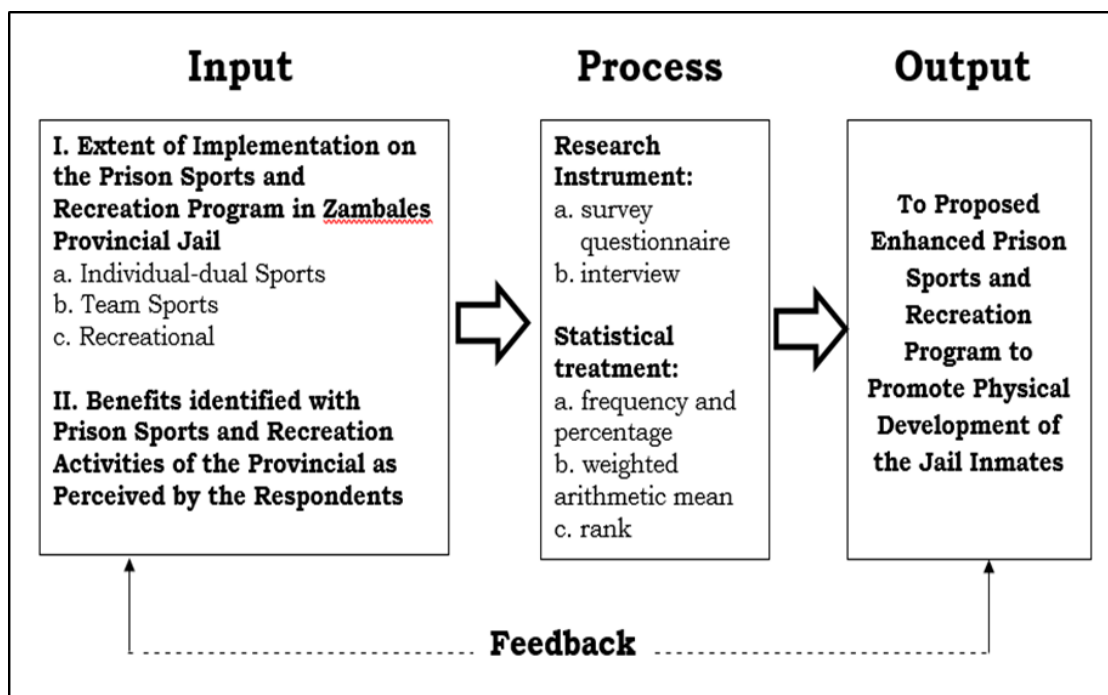


Figure 1: Framework of the Study

METHODOLOGY

This study is a descriptive survey research that determined the prison sports and recreational activities, assessing, whether or not these are implemented in the Zambales provincial jail inmates. The subject locale was chosen to identify if the Zambales provincial has a prison sports and recreational program for the inmates, for the latter to be still physically, psychologically, and socially capacitated, thus, if there is none, to proposed such program and impart knowledge and skills in relation to the proposed program implementation. The respondents of the study are the 210 inmates through random sampling.

All the data yielded from the questionnaire was analyzed and interpreted using the following statistical tools: First, weighted mean for the extent of implementation of the jail inmates in sports and recreational activities of the Provincial jail in Zambales, using a 4-point Likert scale, 4 “High”, 3 “Moderate”, 2 “Low”, and 1 “Not Implemented”. Second, also mean analysis was used for the perceived benefits of the prison sports and recreational activities of the Provincial jail inmates, using a 4-point Likert scale, 4 “Highly benefited”, 3 “Moderately benefited”, 2 “Slightly benefited”, 1 “Not benefited”.

RESULTS AND DISCUSSIONS

Extent of Implementation on the Prisons' Sports and Recreation Activities Program in Zambales Provincial Jail

a. Individual-Dual Sports

Table 1: The Extent of Implementation in Chess Individual-Dual Sport

Chess Individual-Dual Sport	Mean	Verbal Interpretation
1. Chess set are provided which includes pieces, boards, and timers to the inmates as part of their prison sports.	4.00	High
2. Every inmate has the opportunity to play chess game if they want to and are were not monopolized.	4.00	High
3. Chess game participation was strictly for fun as part of the prison sports.	4.00	High
4. Mentor-new learner coaching between inmates is encouraged by the jail authority to promote camaraderie and sense of friendship.	4.00	High
Overall Weighted Mean	4.00	High

Table 2: The Extent of Implementation in Table Tennis Individual-Dual Sport

Table Tennis Individual-Dual Sport	Mean	Verbal Interpretation
1. Table tennis sports equipment are provided to inmates.	1.00	Not implemented
2. Every inmate has the opportunity to play table tennis.	1.00	Not implemented
3. Inmate's participation in the game was encouraged as part of prison sports.	1.00	Not implemented
4. Comparing the abilities between inmates are prohibited by the jail authority.	1.00	Not implemented
Overall Weighted Mean	1.00	Not implemented

Table 3: The Extent of Implementation in Lawn Tennis Individual-Dual Sport

Lawn Tennis Individual-Dual Sport	Mean	Verbal Interpretation
1. Playing facilities for lawn tennis are provided to inmates, though not exactly the size of the professional game.	1.00	Not implemented
2. Every inmate has the opportunity to play the game to have sense of friendship.	1.00	Not implemented
3. Participation in the game was strictly for fun as part of the prison sports.	1.00	Not implemented
4. Fair play was encouraged; ensuring that the game is free of violence and cheating.	1.00	Not implemented
Overall Weighted Mean	1.00	Not implemented

Table 4: The Extent of Implementation in Badminton Individual-Dual Sport

Badminton Individual-Dual Sport	Mean	Verbal Interpretation
1. Badminton playing equipment are provided, which are available and accessible to inmates whenever they want to play.	1.00	Not implemented
2. Every inmate has the opportunity to play the game.	1.00	Not implemented
3. Active participation was encouraged in playing the game.	1.00	Not implemented
4. Mentor-new learner coaching between inmates is encouraged by the jail authority to promote camaraderie and sense of friendship.	1.00	Not implemented
Overall Weighted Mean	1.00	Not implemented

The chess individual-dual sport performed by the inmates is perceived as high with an average weighted mean of 4.00 (rank 1) occupied the highest ranked. The item table tennis, lawn tennis, and badminton are perceived as not implemented with an average weighted mean of 1.00 (rank 2) belonging to the lowest ranked.

The overall extent of implementation in terms of individual-dual sports along four (4) areas is perceived as not implemented with a grand mean of 1.75. It implies that the provincial jail was not implementing the individual-dual sports identified as part of their prison sports program.

b. Team Sports

Table 5: The Extent of Implementation in Basketball Team Sport

Basketball Team Sport	Mean	Verbal Interpretation
1. There is enough playing area and equipment for basketball game which are accessible to inmates.	4.00	High
2. There is equal opportunity among inmates to participate; ensuring the active participation of inmates at all levels, but, faction is strictly prohibited.	4.00	High
3. Non-discrimination was emphasized by the jail authority; ensuring no political, religious, and gender discrimination.	4.00	High
4. Fair play was encouraged; ensuring that basketball is free of drugs, violence and cheating.	4.00	High
Overall Weighted Mean	4.00	High

Table 6: The Extent of Implementation in Volleyball Team Sport

Volleyball Team Sport	Mean	Verbal Interpretation
1. There is enough playing area and equipment for volleyball game which are accessible to inmates.	4.00	High
2. There is equal opportunity among inmates to participate; ensuring the active participation of inmates but, faction is strictly prohibited.	4.00	High
3. Non-discrimination was emphasized by the jail authority; ensuring no political, religious, and gender discrimination.	4.00	High
4. Fair play was encouraged during the game; ensuring that volleyball is free of drugs, violence and cheating.	4.00	High
Overall Weighted Mean	4.00	High

The basketball and volleyball team sports performed by the inmates are perceived as high with an average weighted mean of 4.00 respectively, occupied both the highest ranked. The overall extent of implementation in terms of team sports along two (2) areas is perceived as high with a grand mean of 4.00. It implies that the provincial jail highly implemented the team sports identified as part of their prison sports program.

c. Recreational Activities

Table 7: The Extent of Implementation in Calisthenics as Recreational Activities

Calisthenics	Mean	Verbal Interpretation
1. Doing calisthenics every morning upon waking up and before breakfast was done as part of morning exercise.	4.00	High
2. Every inmate is encourage and has the opportunity to participate in the recreation activities.	4.00	High
3. Faction between inmates during the recreational activities is strictly prohibited by the jail authority.	4.00	High
4. Non-discrimination was emphasized by the jail authority; ensuring no political, religious, and gender discrimination.	4.00	High
Overall Weighted Mean	4.00	High

Table 8: The Extent of Implementation in Zumba as Recreational Activities

Zumba	Mean	Verbal Interpretation
1. Zumba dance exercise 5-6 days per week between 30-60 minutes long.	1.00	Not implemented
2. Everyone was encouraged to participate in Zumba dance regardless of fitness level, age, or dance ability.	1.00	Not implemented
3. Appropriate attire was well-reminded to the inmates for comfortable moves.	1.00	Not implemented
4. Non-discrimination was emphasized by the jail authority; ensuring no political, religious, and gender discrimination.	1.00	Not implemented
Overall Weighted Mean	1.00	Not implemented

Table 9: The Extent of Implementation in Jogging as Recreational Activities

Jogging	Mean	Verbal Interpretation
1. Enough running space is available within the provincial jail for the inmates.	3.00	Moderate
2. Everyone was encouraged to jog everyday regardless of fitness level and age.	3.00	Moderate
3. Appropriate attire was well-reminded to the inmates for safety and comfortable moves.	3.00	Moderate
4. Doing warm-ups before jogging, to condition the muscles and bones.	3.00	Moderate
Overall Weighted Mean	3.00	Moderate

The calisthenics recreational activity performed by the inmates is perceived as high with an average weighted mean of 4.00 (rank 1) occupied the highest ranked. The item Zumba is perceived as not implemented with an average weighted mean of 1.00 (rank 3) belonging to the lowest ranked.

The overall extent of implementation in terms of recreational activities along three (3) areas is perceived as moderate with a grand mean of 2.67. It implies that the provincial jail moderately implemented the recreational activities identified as part of their prison sports and recreation program.

Benefits identified with Prison Sports and Recreational Activities of the Provincial as Perceived by the Respondents

Table 10: Physical Well-being Benefits of the Prison Sports and Recreational Activities

Physical Well-being Benefits	Mean	Verbal Interpretation
1. Sports recreational activities help prevent different diseases such as stroke or heart diseases, hypertension, diabetes, cancer, etc.	4.00	Highly benefited
2. Improved the quality of sleep, increased energy levels, healthy early year's development, reduced unhealthy behaviors such as smoking, reduced mortality, effective pain management and improved quality of life in ageing.	4.00	Highly benefited
3. Maintained a healthy weight; sports can burn calories and build muscle.	4.00	Highly benefited
4. Healthier body organs; as the body is working more, body organs are stronger.	4.00	Highly benefited
5. Healthier bones which reduced the chances of developing osteoporosis.	4.00	Highly benefited
6. More energy; as the body adapts to increased activity levels, natural energy boosted which make someone feel less tired all day long.	4.00	Highly benefited
7. Feeling young and active regardless of the age, physically energized and mentally active.	4.00	Highly benefited
Overall Weighted Mean	4.00	Highly benefited

Table 11: Psychological Well-being Benefits of the Prison Sports and Recreational Activities

Psychological Well-being Benefits	Mean	Verbal Interpretation
1. Improved concentration and helps keep key mental skills sharp as aged; which includes critical thinking, learning, and using good judgment.	4.00	Highly benefited
2. Reduced stress; one's mind is distracted from daily stressors and avoid of getting bogged down by negative thoughts.	4.00	Highly benefited
3. Improved mood and outlook in life.	4.00	Highly benefited
4. Boosted self-confidence and improved self-esteem; the sense of achievement one's get from learning new skills and achieving the goals can increase life satisfaction.	4.00	Highly benefited
5. Improved leadership skills; the opportunity to be mentor coaching with other inmates, winning and losing together are inclined to adopt a team mind-set which leads to strong leadership qualities over time..	4.00	Highly benefited
6. Reduced anxiety and happier moods; the human brain chemistry changes through the release of endorphins (feel good hormones) during sports activity, which can calm anxiety and lift one's mood.	4.00	Highly benefited
7. Reduced the risk of depression; the more active in sports you are, the lower the chance/rate of having depression while inside the jail.	4.00	Highly benefited
Overall Weighted Mean	4.00	Highly benefited

Table 12: Social Well-being Benefits of the Prison Sports and Recreational Activities

Social Well-being Benefits	Mean	Verbal Interpretation
1. Enhanced communication skills with other inmates, provide a chance to unwind and engage with team mates.	4.00	Highly benefited
2. Eliminates discrimination between inmates; getting involved and participated in sports activities with other inmates can be a great way to break down barriers and challenge discrimination.	4.00	Highly benefited
3. The feeling of enjoyment with other inmates; doing sports activities are enjoyed because it's fun, which someone more likely to keep doing it.	4.00	Highly benefited
4. Making friends and connecting with inmates; being around with others is good for the mental and social networks which will maximized one's energy by doing sports with others.	4.00	Highly benefited
5. Developed a good team work which enhanced cooperation, coordination, and accountability of everyone.	4.00	Highly benefited
6. Developed the sense of fair play within inmates; will avoid cheating and harassment between them.	4.00	Highly benefited
7. Obeyed and respected the rules of the game; which enhanced the obedient side of the inmates	4.00	Highly benefited
Overall Weighted Mean	4.00	Highly benefited

The jail inmates perceived to be physically, psychologically, and socially benefited with the prison sports and recreational activities performance with an average weighted mean of 4.00 occupied the highest ranked. The overall perceived benefits along three (3) areas is perceived as highly benefited with a grand mean of 4.00. It implies that the jail inmates perceived to be highly benefited with the prison sports and recreation activities program implemented by the Zambales provincial jail.

Table 13: Proposed Enhance Prison Sports and Recreation Program

Implementation	Activities	Expected Outcomes
1. Availability of sports and recreation facilities and equipment. This is to cater all the identified sports and recreational activities in the study, since the inmates perceived to be highly benefited.	1. Sports equipment such as table tennis table and net, lawn tennis net should be provided by the jail administrators to be use by the inmates	1. Physically fit inmates 2. Improved mental awareness, assertiveness, and lowers the level of depressions 3. Develop camaraderie between inmates
2. Individual-dual sports performance. This is to set program of activities in the conduct of chess, table tennis, lawn tennis, and badminton.	1. Chess games can be done during their vacant hours, since this does not require physical activity, rather mental and alertness activity. 2. Table tennis, lawn tennis, and badminton can be done in the afternoon around 4-6pm trice a week in a form of friendly competition with inmates. This can be done simultaneously whatever they prefer.	1. Improved the well-being of the inmates.
3. Recreational activities performance. This is to explore the inmates in other recreational activities they already know.	1. Zumba instructor should be hired to initiate the program, which can be done early in the morning every day.	1. Zumba dance can promote the holistic well-being of the inmates through dancing.

CONCLUSIONS AND RECOMMENDATIONS

It was concluded that the extent of implementation in the individual-dual sports is highly implemented in terms of chess, while not implemented in terms of table tennis, lawn tennis, and badminton. The extent of implementation in team sports is high both in basketball and volleyball. The extent of implementation in the recreational activities is high in terms of calisthenics, while not implemented and with moderate implementation in terms of Zumba and jogging respectively. And, the perceived physical well-being benefits of the prison sports and recreation activities of the Zambales provincial jail inmates was highly benefited in terms of physical well-being, psychological well-being, and social well-being.

The proposed Enhanced Prisons' Sports and Recreational Program was developed as part of the prison sports and recreational activities of the inmates. The provincial jail administrators should evaluate whether or not their perception as well as the inmates' perception on the perceived benefits of prison sports and activities are achieved, through conducting invitational tournament with Filipino athletes.

For a wider scope of study, related research undertaking parallel to this study are strongly encouraged to enhance the prison sports and recreational activities of inmates with positive effect in their holistic well-being.

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