

THE ROLE OF PHYSICAL EXERCISES IN PRISON ENVIRONMENTS CASE ANALYSIS: MAXIMUM-SECURITY PRISON

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We chose this theme in order to show that contrary to the beliefs of many people in our country, being a prisoner doesn't mean they have to give up their right to life and to social integration.

We wanted to show the prisoners that their life in prison can be less painful by practicing physical exercises, that they still have a chance after liberation to reintegrate, we tried to teach them how to "escape" with the help of sport, by influencing them in a positive way, showing them how to communicate and socialize.

And we came to the conclusion that our work was successful because in the interviews and questions we had with prisoners, the answers were positive and we changed their behavior in a good way.

Key words: prisoner, behavior, prison.

In Romania, many do not understand that being held does not mean waiving the right to life, social integration. We must show the people that need and help and understanding to be possible reintegration of Offenders. The punishment they receive for the crime committed is enough for them to have learned the lesson, do not need a second penalty after serving detention. If after release, the company continues to punish then we just push them to become recidivist. And we must show and prisoners have the chance to be reintegrated, that may have a social life both in prison and after release, they can learn new things, learn to have confidence in them again and the people. To learn that they can "escape" through sport, it positively influencing them, teaching them to communicate, to socialize.

Work tasks are to examine:

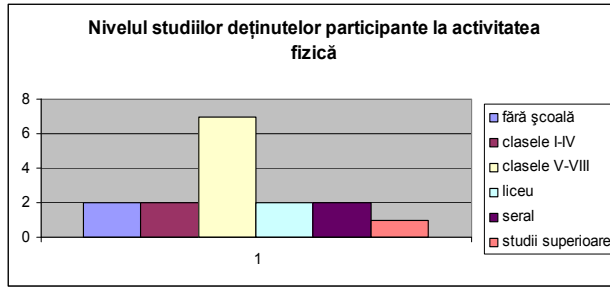
- the role of exercise in the prison environment,
- create and maintain positive social relationships living together in the prison system through the practice of physical exercise
- effect of exercise on borne detention.

Assumptions work

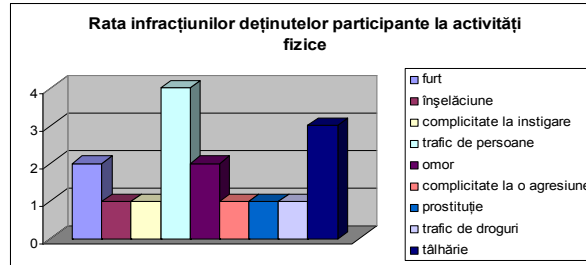
1. In the prison environment, the role of physical activity is to facilitate socialization.
2. Participation in physical activities help to accept detention.
3. People who participate in sports are preparing for the post-release.

The group studied

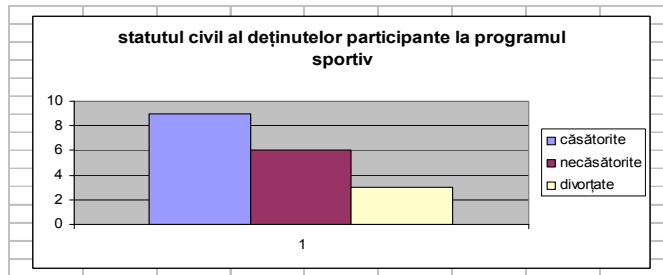
It is composed of 10 is held of all those detained, 30 held. Their ages ranged from 25 to 57 years. The level of educational studies is up to class VIII. Most come from urban, part of the working class, and are married.



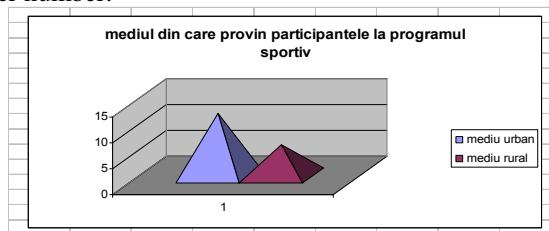
Level study that inmates did not participate in business is slow most of whom only eight classes.



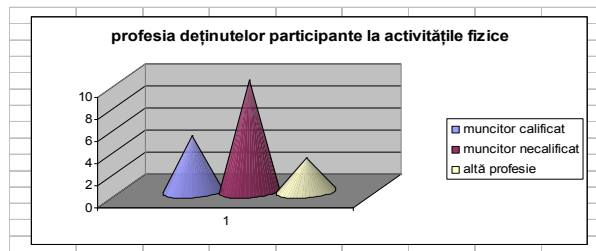
Human trafficking is the most common offense, is prostitution, murder and theft at the same level.



The participating inmates, a number is represented by the married, are the unmarried and the divorced - a lower number.



Most inmates come from urban and rural areas from the fourth.



Inmates participating in sports are part of the working class, are unskilled workers or skilled workers.

Research methods used

Questionnaire method

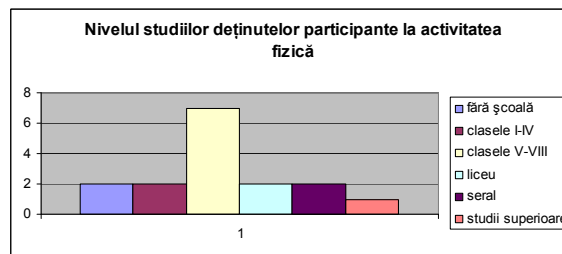
We used the questionnaire method to find data about the social and private life of the inmates about their preferences and desires, both at early stages, and at its end.

Interview method

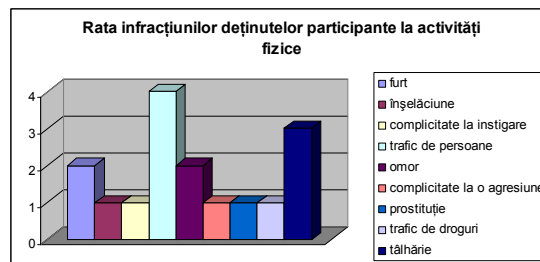
We used the technique of investigation to find the story of life each held, to know what caused it to choose this path in life. We also have reported touch with their lives before being closed and what they want after release.

The research results

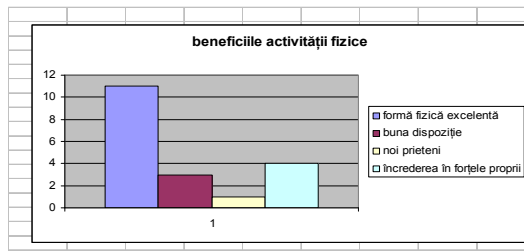
For inmates who participated in physical activity



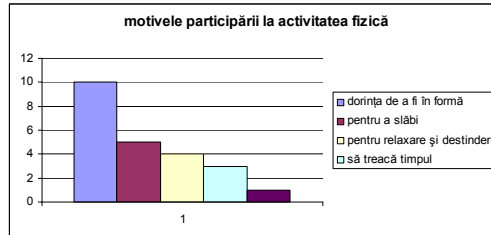
Most inmates participating in physical activity have a low education, having only eight classes. Little they are the ones that have a high level of education, secondary or higher education.



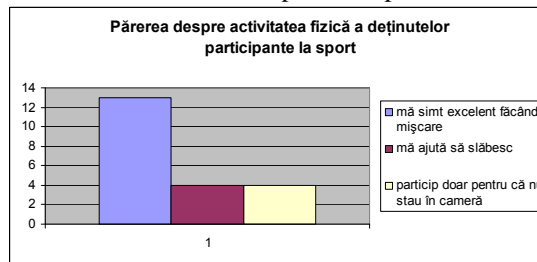
Regarding the crime largest most encountered are: human trafficking, theft, prostitution, showing that the income of people who commit these crimes is slow.



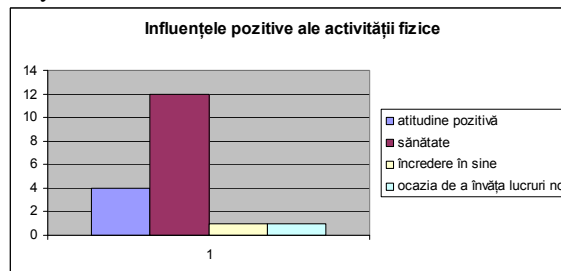
Generally held women participating in physical activity want a good physical form and obtain greater self-confidence. For each sport is important for both body and psyche.



Concern for physical appearance is what attracts them held in physical activity, they spent the day locked between four walls, that limited space of a prison cell

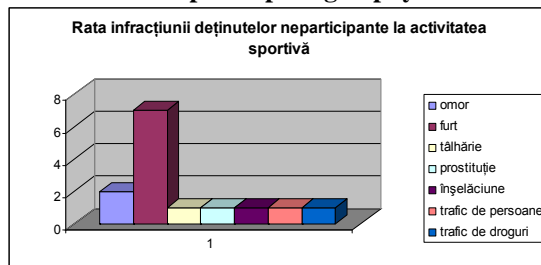


Majority opinion is that sport participants gives them hope, make them feel better by physically and mentally.

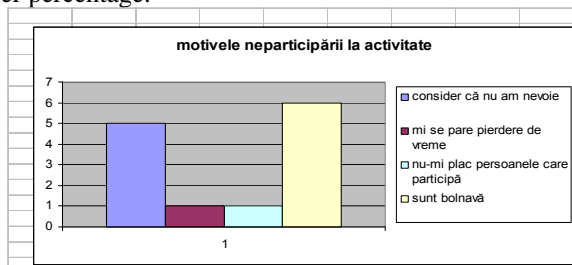


Inmates realize the importance of physical activity for that sport means health and positive attitude.

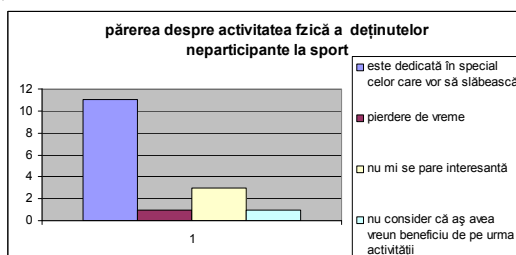
For inmates not participating in physical activity



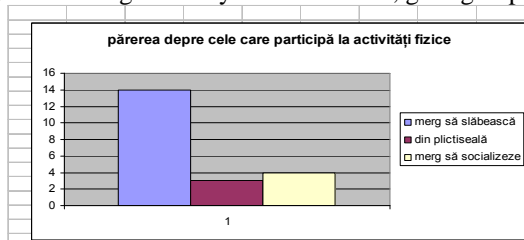
The highest percentage in the range theft offenses, and murder, following the rest of offenses, but in a smaller percentage.



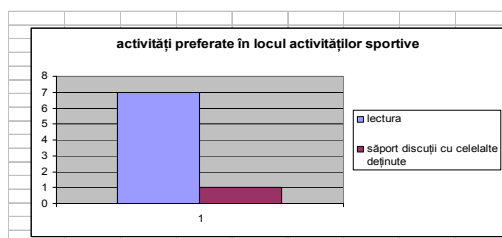
Inmates who do not consider that need work, they are not required to participate in any activity if they so wish.



Those who wish to make physical activity believe that they are intended in particular those wishing to lose weight, considering that they did not need it, giving importance to sports.

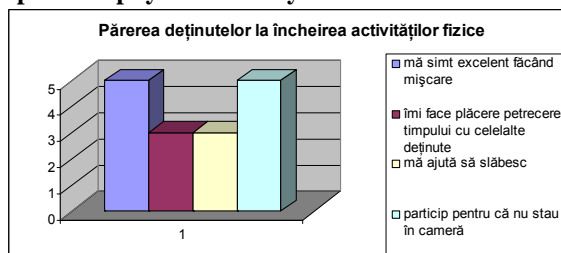


Failure is due to complete lack of interest and education.

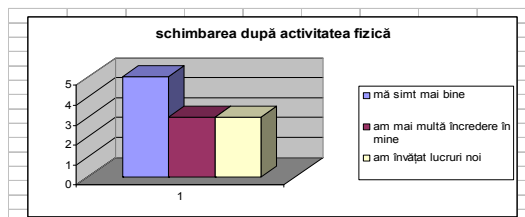


Those who do not prefer to read instead of physical activity, or to sit in discussions with other detainees, they are not important for physical movement.

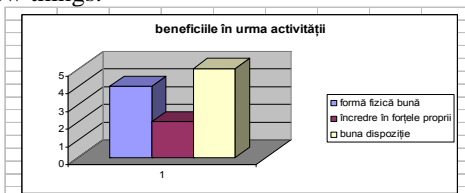
For inmates who participated in physical activity



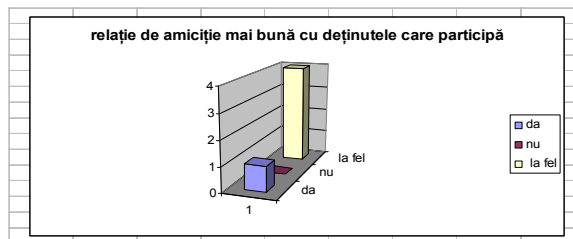
Most participants in physical activity, said at the end that was beneficial to them, they feeling great, making them happy spending time with the other held and helping them lose weight. They also participated in order not to stand in view, the desire to do something interesting.



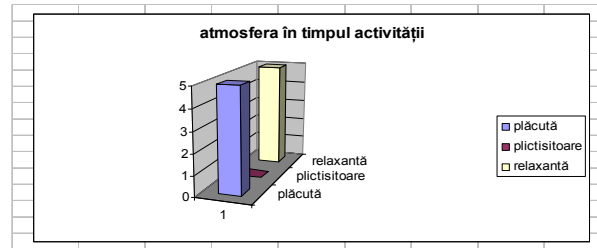
The most important change after physical activity is improvement of the well, self-confidence, learning some new things.



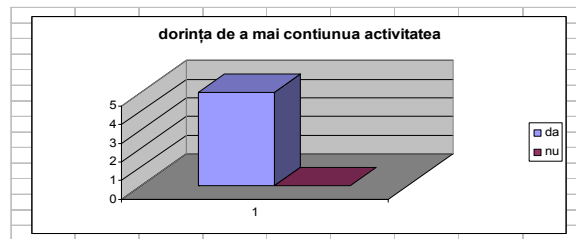
Inmates were noted after sports activity, they have a better physical shape, and a state of good humor.



The relationship of friendship has remained as the most participants and some of them even better.



All the inmates claim that the atmosphere of the activities was a pleasant and relaxing, which is an important achievement both for prisoners and for the case study.



All the inmates want to continue physical activity after release, they having a positive and beneficial impact on them, especially since some of them in detention were introduced first in sport.

Conclusions

Under the first hypothesis, the role of physical exercise is to facilitate socialization. Was seen to improve communication between inmates participating in physical activity, strengthening of friendship relations between them, forming new ones.

According to the second hypothesis which relates the acceptance of detention with physical activity, the prison environment, many individuals living together of different social backgrounds, with different education levels make the sentence even more unbearable. sporting activity is a way for them to spend day in a pleasant and relaxing. Participating inmates have noticed that after sports feel to improve mood, motion provides increased energy, help them to maintain their figure. All they want after leaving the prison to provide practicing physical activity.

According to the third hypothesis, sport means education program for the reintegration after release. Sports Program was able to make a positive change in terms of increasing self-confidence in their forces, and it is important that they know they can manage themselves, sharing their help after release, and reducing the risk of become recidivist.

This case study is a pilot study conducted in order to bring to the attention of society the importance of physical activity in rural prison role and influence they have in educating prisoners. Penitentiary system in Romania should give more importance to physical activity for prisoners, to organize sports programs and to provide sports wallpaper deserved place in prison.

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