

# Physical Activity Participation of Persons Deprived of Liberty in Santiago City District Jail, Philippines

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## Abstract

**Background:** Physical activity in prison systems worldwide has been ignored for decades. The congested status of penal institutions around the country tends to breed unhealthy living conditions. Also, they are often deprived of physical activities due to limited opportunities. A person deprived of liberty means a person who has been arrested, held in lawful custody, detained, or imprisoned in execution of a lawful sentence.

**Objectives:** This study aims to determine the physical activities and the scale of physical activity satisfaction of persons deprived of liberty in Santiago City District Jail, Philippines.

**Methods:** This descriptive study utilized a survey of 140 randomly selected detainees and face-to-face interviews with 30 randomly chosen detainees. The questionnaire is divided into three parts: respondents' profiles, physical activities, and the scale of physical activity satisfaction. The interview method validated the results of the survey. Jacob G. Beard and Mounir G. Ragheb developed the Physical Activity Satisfaction Scale. It was adopted, validated, and used to determine the inmates' physical activity level of satisfaction.

**Results:** Findings show that most of the inmate-respondents are generally engaged in games or sports, dance, and other livelihood activities on an irregular basis. They also pronounced their satisfaction with their physical activities as they benefited from physiological, relaxational, educational, psychological, social, and aesthetic domains.

**Conclusion:** It can be concluded that games and sports activities are moderately and positively related to physical activities' psychological and relaxational domains of the inmates.

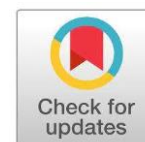
**Keywords:** person deprived of liberty, physical activity, satisfaction, inmate.

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## INTRODUCTION

Across the world, the use of imprisonment as a response to crime and social disorder has been visible in the past decades. Today, over 11 million people are imprisoned worldwide ([World Prison Brief, 2021](#)). This number includes both those sentenced to imprisonment following conviction of a crime and those held in custody before trial or sentencing ([Fair, Heard, & Jacobson, 2017](#)). In other words, there is nothing unavoidable about prison population growth. According to the [World Health Organization \(2007\)](#), prisoners have the same right to "the greatest possible degree of physical health." One of the numerous rights they have is access to all the required facilities and activities to help them maintain their health and well-being, including participation in scheduled physical exercises while confined. In addition, the primary transformational promise of the 2030 Agenda for Sustainable Development and its Sustainable Development Goals is to "leave no one behind" (SDGs). It makes it clear that all UN Member States are committed to ending poverty in all its forms, ending discrimination and exclusion, and reducing inequalities and vulnerabilities that keep people behind and hurt their potential and the potential of humanity.

Inside these facilities, prisoners' social lives are restricted ([Crewe, 2005](#); [Wacquant, 2002](#)), and physical exercise and sport, particularly in adult prisons, have gotten even less attention ([Williams, Walker, & Stran, 2005](#)). However, little is known about the implications of these practices for individuals on the inside, how sports and physical activities fit into the prison system, the circumstances being built, and the convicts' experiences and advantages from their involvement. [Coyle \(2002\)](#) says that the old books on running prisons stress the need for and benefits of physical exercise and sports for prisoners, but they don't give any directions for their growth.

Finally, in the *Benefits of Selected Physical Exercise Programs in Detention*, [Battaglia \(2013\)](#) claims that: A Randomized Controlled Trial (RCT), seventy-five male subjects were enrolled in the study and were randomly assigned to one of three groups: cardiovascular plus resistance training protocol (CRT) (n = 25; mean age 30.9 8.9 years), high-intensity strength training protocol (HIST) (n = 25; mean age 33.9 6.8 years), or a control group (C) (n = 25; mean age 32.9 8.9 years) that received no treatment. The effects of two alternative training programs on detained participants were evaluated using a repeated measure methodology. There was a pre-and post-experimental methodology

utilized. The extensive improvements in functional capability demonstrate the enormous potential of supervised exercise treatments for improving jailed people's health.

As a result of the shift in prison function from punishment to social rehabilitation, physical exercise and sport are now part of the jail environment in the western democratic world. Prisoners are also human beings with rights, and physical activities, both recreational and educational, are essential for their development in everyday life. As stated in Section 21 of the Magna Carta for Filipino detainees: 1). If the weather allows, every prisoner not engaged in outside labor must have at least one hour of sufficient exercise in the open air each day. 2). Young prisoners and others suitable age and body physique, shall receive physical and recreational training during the period of exercise.

The researcher's goal is to involve and empower those who are marginalized and denied their freedom. Therefore, the researchers pushed for the study to be conceptualized. As a result, this research aims to establish a physical exercise program for those who have been deprived of their liberty in the Santiago City District Jail, Santiago City, Isabela, to promote balanced and harmonious living inside the institution. It will also allow them to develop their skills and use them daily. The researcher believes that the program would help every PDL become physically fit and healthy, even if they are inside the facility.

The UN Standard Minimum Rules for the Treatment of Prisoners sets the regulations for Persons deprived of Liberty. PDL is a person who has been arrested, held in lawful custody, or detained. People who are incarcerated have a right to be treated with humanity, which means they should not be forced to endure additional suffering or restraint instead of having their freedom taken away. Due to the risk factors that need to be considered and the notion of prisons, Physical Activity studies in jails around the world are very minimal. Some research focuses only on the psychological and intellectual state of the inmates. This research will reveal the status of PDL in their participation in various Physical Activities. The results of this study can be a basis for institutionalizing Physical Activity participation inside the prisons. Also, it will determine the connection between physical activity participation and the level of satisfaction of the PDL in Santiago City District Jail.

## **METHOD**

### **Study Design and Participants**

This research utilized a descriptive type of research employing survey, interview, and observation. This approach was ideal since the data gathered described current conditions, specifically the physical activity status of the inmate. According to [Calmorin and Calmorin \(2010\)](#), descriptive design is concerned with the conditions of relationships that exist; practices that prevail; and beliefs that are going on. It is also defined that descriptive research is research that focuses on the present condition. In addition, [Fraenkel, Wallen, & Hyun \(2012\)](#) also stated that a descriptive survey involves asking the same set of questions often prepared in the form of a written questionnaire to many individuals, the target respondents in this. The researchers used stratified random sampling. The prison system is divided into different blocks and cells. Each cell has a different number of PDL.

### **Research Instruments**

The questionnaire is divided into three parts: physical activity profile, physical activities, and the scale of physical activity satisfaction. The first part was utilized to determine their profile, such as their name, age, religion, civil status, height, weight, years in prison, and body mass index. The body mass index (BMI) was used to determine whether an individual is underweight, overweight, obese, or at a healthy weight for their height. The second part determined their participation in physical activities such as games/sports, dance activities, fitness activities, livelihood activities, and daily routine activities. Meanwhile, the third part determined their level of satisfaction with physical activity. The Satisfaction Scale was developed by Jacob G. Beard and Mounir G. Ragheb in 1980. The satisfaction scale was originally for leisure, but it was edited, revised, and validated for physical activity. It comprises six factors, or subscales: psychological, educational, social, relaxation, physiological, and aesthetic factors. The respondents will identify their frequency of participation in the different recreational activities in the questionnaire. A five-point Likert scale was used to determine their level of satisfaction. 5-almost always true, 4-often true, 3-somewhat true, 2-true, 1-almost never true.

This study also used the interview method to validate their physical activities and their level of satisfaction. It measures naturally occurring phenomena. The researcher also commenced documentary analysis to determine if there were any past physical activity programs for the detainees.

### Data Analysis

All data obtained from the questionnaire was encoded and analyzed in Microsoft Excel and the IBM Statistical Package for Social Sciences (SPSS). Treatment includes computation of BMI. The researchers used the metric BMI formula, weight in kilograms divided by height in meters squared (weight in kilograms/height in meters squared). The computation of frequency, mean, standard deviation, and percent distribution, which were used in problems 1, 2, 3, and 4, and Pearson r was also used in problem 5. The interpretation of physical activity satisfaction was used in the study. [Table 1](#) is the interpretation of physical activity satisfaction adopted from the leisure satisfaction scale made by Jacob G. Beard and Mounir G. Ragheb was used in the study.

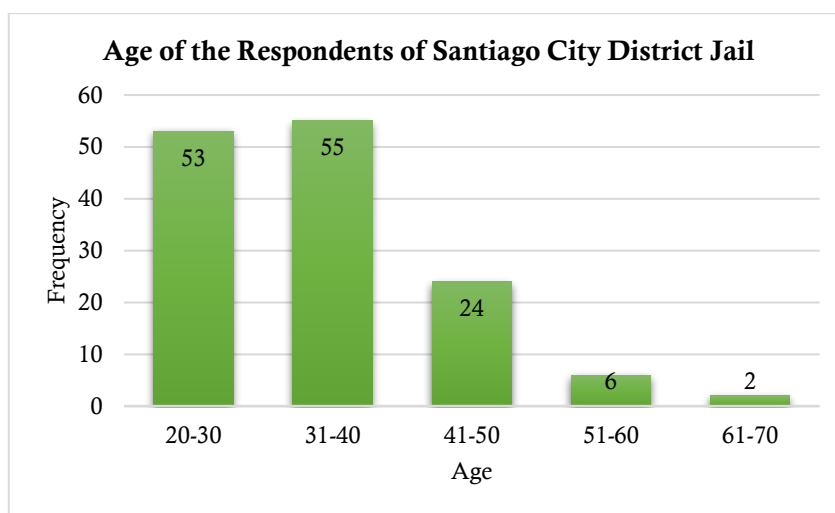
**Table 1.** The Interpretation of Physical Activity Satisfaction

Scale	Description
4.51-5.00	Highly Satisfied (HS)
3.51-4.50	Moderately Satisfied (MS)
2.51-3.5	Satisfied (S)
1.51-2.50	Not Satisfied (NS)
1.0-1.5	Dissatisfied (D)

Source: [\(Beard & Ragheb, 1980\)](#)

### RESULTS

1. What is the profile of the detainees in Santiago City District Jail in terms of (a) age, (b) civil status, (c) years in prison, (d) height, and (e) weight?



**Figure 1.** Frequency Distribution of the of Respondents According to their Age

Figure 1 shows the age of the detainees with a mean of 33.61, regarding the age range, approximately majority of the respondents is between 20 to 40 years old (77 %), and minority of the respondents is between 50 to 70 years old (23 %).

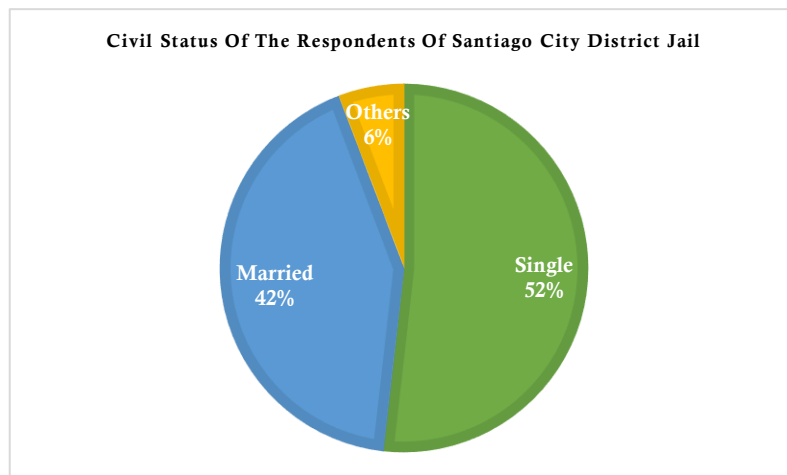


Figure 2. Frequency Distribution of the of Respondents According to their Civil Status

Figure 2 is a representation of civil status of the respondents. With a stupendous average 51.80% (74) majority of the respondents are single. And 62(44.45%) of them are married; others with 4 (5.76%) respondents are widowed and separated.

Hence, majority of the respondents are single

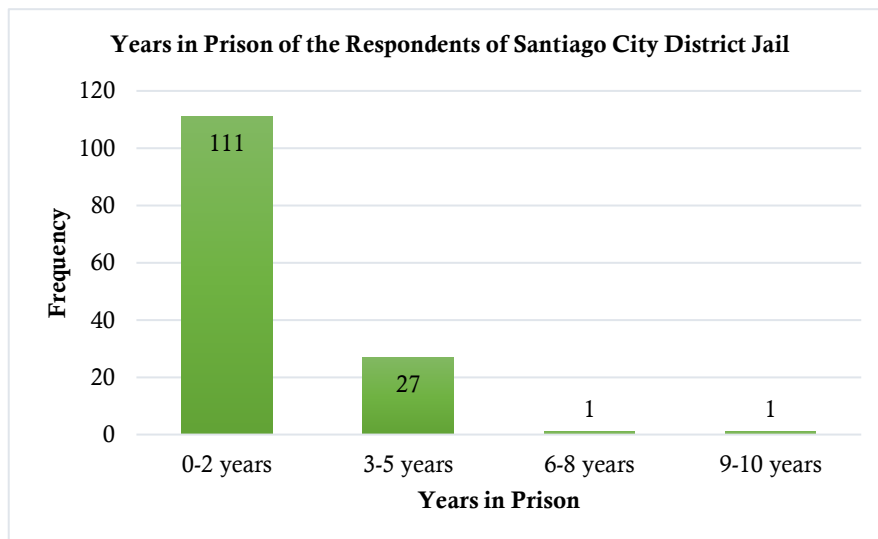


Figure 3. Frequency Distribution of the of Respondents According to their Years in Prison

The bar graph result (Figure 3) indicates that around 79.29% of the respondents were 1 and 2 years in prison and 19.29% of the respondent’s ranges between 3 to 5 years and respondents who has longest years in prison with an average of 1.43 and ranges

between 6 to 10 years. Henceforth, majority of the respondents are somewhat new in the detention jail with 1 to 2 years of stay

**Table 2.** Frequency and Percentage Distribution of the Respondents According to their weight

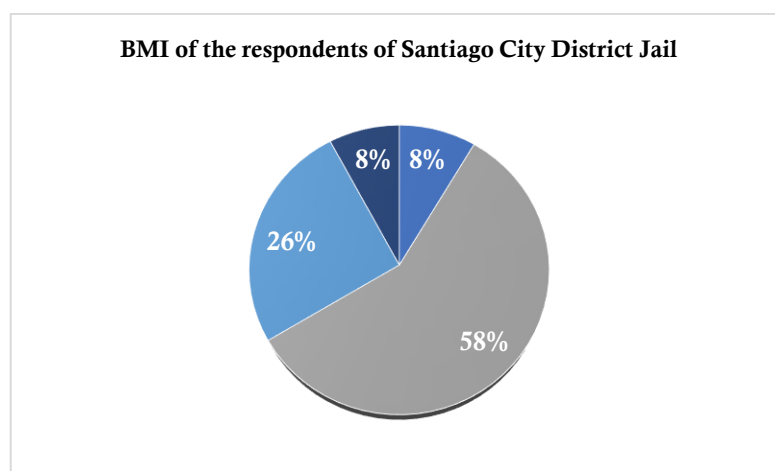
Weight	F	%
49 – 60	54	38.6
61 – 72	51	36.4
73 – 84	24	17.1
85 – 96	9	6.4
97 – 108	1	0.7
109 – 120	1	0.7
Total	140	99.9

Table 2 displays the Frequency, Percentage and Weight Distribution of the Detainees of Santiago City District Jail. As seen from the table, there are 54 or 38.6 % belongs to the 49-60 kilograms range, 51 or 36.4% of them were falls under 61-72, 24 or 17.1 of them weighs 73-84 kilograms, 9 or 6.4 % of the detainees were under 85-96 kilograms, 1 or 0.7 percent weighs 97-108 kilograms and 1 or 0.7 % is under 109-120 kilograms. Hence, most of the respondents weigh 49 to 60 kilograms.

**Table 3.** Frequency and Percentage Distribution of the Respondents According to their Height

Height	F	%
54 – 57	2	1.4
58 – 61	1	0.7
62 – 65	50	35.7
66 – 69	65	46.4
70 – 73	12	8.6
No response	10	7.1
Total	140	99.9

Table 3 divulges the height of the respondents. Were three (3) of them are under 54-61 with a percentage of 2.1. And majority of the respondents are falls under 62-69 with a walloping average of 82.1 %, 12 of them are under 70-73 (7.1%). And 10 of the respondents have no response (7.1%).



**Figure 4.** Percentage Distribution of the of Respondents According to their Body Mass Index

The pie graph (Figure 4) is the representation of Body Mass Index (BMI) of the respondents. 81 out of 140 respondents are considered normal with a walloping percentage of 58% as shown on the figure 4, 36 (26%) of the respondents are considered overweight, 23 out of 140 (16 %) respondents considered underweight and obese. Hence, majority of the respondents are normal, but there are respondents’ who are overweight, underweight, and obese.

**2. What are the Physical Activities of detainees in Santiago City District Jail in terms of (a) games/sports activities, (b) dance activities, (c) fitness activities, (d) livelihood activities, (e) daily routine activities?**

**Table 4.** Descriptive Statistics of Physical Activities of the Respondents According to Game/Sports Activities

Physical Activities	%	Average Frequency in a Month (AFM)	SD
Badminton	4.29	6.50	11.54
Basketball	83.57	10.26	11.17
Table Tennis	3.57	8.80	12.44
Volleyball	27.86	10.59	11.89
Others	2.14	15.33	12.86
Overall	24.286	10.298	11.3148

In terms of physical activities, Table 4 shows that most of the respondents spend their leisure time in playing basketball with the percentage of 83.57 % (AFM=10.26; SD=11.17), they opined that this activity is the easiest and available inside the district jail. In the words of the respondents:

*“Para malibang, yun naman kasi talaga ang libanga namin e. At sa pag lalaropo ng basketball iwas nayung high blood na imbis na humigaang gawin mo nalang ay mag laro. (For recreational*



*purposes, that is the only recreational activity that we do inside the jail. And in playing basketball we can avoid hypertension, instead of lying the whole day, we do play)*"

It is a good point to note that the second to fifth topmost physical activities of the detainees were volleyball with a percentage of 27.86 (AFM=10.59; SD=11.89), table tennis and badminton has 7.86 %, (AFM=15.3; SD=23.98). Badminton and Table tennis are not regularly played inside the jail because of the lack of facility and equipment. Others, prefer to play board games like chess and scrabble (AFM=15.33; SD= 12.86). They say that is intellectually challenging activity and available anytime.

**Table 5.** Descriptive Statistics of Physical Activities of the Respondents According to Dance Activities

Physical Activities	%	Average Frequency in a Month (AFM)	SD
Aerobics	3.75	3.80	1.64
Modern Dance	15.71	4.72	6.95
Zumba	65.00	6.97	9.26
Pilates Movement	2.86	12.75	12.84
Mass Demo	9.29	5.54	7.51
Others	0.00	-	-
Overall	19.286	6.757	8.7254

Table 5 divulges that the respondents sporadically indulge themselves to Zumba as their dance activities with a percentage of 65.00 (AFM=6.97; SD=9.26). According to them, Zumba is the best way of relieving their stress and anxiety and it is also a way for them to refresh their minds and for them socializes with their co-inmates. In the words of a respondent:

*"Zumba at modern dance pokasi noon pohindipo naming nagagawayun at ngayonna experience na naming yunngayon at para narinmakapag exercise. (Zumba and modern dance because we don't have any experience with that when we were outside the jail and as for our exercise also)"*

This is also the most available dance activity inside the jail. Findings from this study is like that of [Buckaloo, Krug, & Nelson \(2009\)](#), which shows that exercise provides inmates with a productive way of coping with and managing stress and increases social interaction, which can aid the offender in contributing to society upon release. Aside from Zumba, the detainees prefer modern dance with 15.71 % (AFM=4.72; SD=6.95). According to them, they favor to perform this type of dance activity especially pop dance during programs. Very few of the detainees are in aerobics, pilates movement and mass demo with 15.9 % (AFM=22.09; SD=21.99).

**Table 6.** Descriptive Statistics of Physical Activities of the Respondents According to Fitness Activities

Physical Activities	%	Average Frequency in a Month (AFM)	SD
Walking	89.29	28.20	6.28
Jogging	67.14	24.65	10.05
Running	42.86	26.75	16.64
Push-ups	64.29	17.24	12.17
Curl-ups	17.86	17.96	12.92
Barbells/Dumbbells	65.71	18.47	11.90
Others	0.00	-	-
Overall	57.857	22.212	12.0690

In terms of fitness activities, the respondents claimed their fitness activity often through walking as shown on the [Table 6](#), with a percentage of 89.29 (AFM= 28.20; SD=6.28). They opined that this fitness activity is the easiest to do. Aside from running, the detainees preferred to do jogging as well with 67.14% (AFM=24.65; SD=10.05). According to them, they do jog for their self-satisfaction and for enjoyment. Running (42.86%; f=26.75; SD=16.64); Push-ups (64.29%; f=17.24; SD=12.17); Curl-ups (17.86%; f=17.96; SD=12.92) and Barbells/Dumbbells (65.71%; f=18.47; SD=11.90) are considered set of fitness activities that requires muscular strength and muscular endurance. In the words of a respondent:

*“Para lang po makapag exercise kami, kami na p o mismo ang gumagawa ng mga barbells gawa po ito sa mga sobrang semento salikod na pinapatayuan ng building tasnilalagaynaminsamgalata. (For us to have physical exercise, we improvised our own barbells these are made of extra cement coming from the debris of the building then we placed it in a can)”*

They seldom execute these activities because they do not have enough facility or space for them to run and equipment such as barbells and dumbbells.

**Table 7.** Descriptive Statistics of Physical Activities of the Respondents According to Livelihood Activities

Physical Activities	%	Average Frequency in a Month (AFM)	SD
Weaving	12.86	8.17	12.06
Dressmaking	6.43	11.67	13.81
Jam Making	5.00	11.71	12.82
Foot Spa	4.29	2.50	1.64
Electrician	12.86	10.78	12.52
Craft Making/Recycling	27.143	11.45	10.50
Others	1.43	2.50	2.12
Overall	10.000	8.396	11.3023

The respondents spare their time in doing livelihood activities as shown in [table 7](#). First in their list is craft making/recycling (27.143%; f=11.45; SD=10.50), aside from craft

making/recycling detainees preferred to do electrician and weaving as well with 25.72 % (AFM=18.95; SD=24.58), the respondents also fill in their livelihood activities in dressmaking, jam making and foot spa with of 15.72 % (AFM=25.88; SD=28.27) and other livelihood activities like hair cutting with of 1.43 % (AFM = 2.50; SD=2.12).

According to them, the products that they developed in these livelihood activities are being sold, for their living. They used their income in buying basic needs like food and stuffs such as soap, shampoo, and detergent soap. In the words of a respondent:

*“Marami ikaming pwedeng pangkabuhayan gaya ng pagawa ng tocino, longganisa, tinapay at chicharon. Pwedeng mga wallet nagawa sa sachet ng kape at shampoo pati na rin sinulid at karayom. At yung mga karaniwang tinitinda dito kapag may dumadalaw kagaya ni din ng pastillas, polvoron at pancake. May inimate kasi ng nakatoka dun sa pagluluto ng mga pagkain. (There are lot of things that we can do as for our livelihood activity such as making tocino, longganisa, breads and chicharon. We also make wallet made of recycled sachet of shampoo and coffee and needles and threads. And the common products that we merchandise when there are visitors such as pastillas, polvoron and pancakes because there are inmates assigned to cook)”*

**Table 8.** Descriptive Statistics of Physical Activities of the Respondents According to Daily Routine Activities

Physical Activities	%	Average Frequency in a Month (AFM)	SD
Cooking	74.29	24.05	10.48
Cleaning	92.14	26.50	8.52
Tooth Brushing	97.86	29.53	3.17
Taking a Bath	99.29	29.64	2.53
Grooming	92.86	29.54	2.75
Washing Clothes	94.29	23.55	10.76
Dish Washing	88.57	26.36	8.89
Others	0.00	-	-
Overall	91.327	27.026	7.7686

Another important issue to consider was the daily routine activities of the respondents as evident in the [Table 8](#). Taking a bath (99.29%; f=29.64; SD= 2.53), brushing teeth (97.86%; f=29.53; SD= 3.17) and grooming (92.86%; f=29.54; SD=2.75) are set of activities that first given consideration by the respondents. According to them, they were forbidden to escape practicing proper hygiene because it is important even though they are inside the jail. Aside from taking a bath, brushing teeth and grooming, the detainees preferred also to do cooking (74.29%; AFM = 24.05; SD = 10.48) and cleaning (92.14%; AFM = 26.50; SD = 8.52) inside the jail. While washing clothes and dishes with 182.86

% (AFM=49.91; SD=19.65). These activities are done because according to them, they need to observe cleanliness inside the jail. In the experience of a respondent:

*“May mgatagalaba at dependesayo kung mag bayadka. At minsanakonalangang nag lalaba. Lahatnaman kami kaya mag labakasoyung space saposo. Kaya minsan nag papalabanalang kami Kasihalimbawa 30 kaming mag lalabatapos 30 kaming mag lalabaedisiksikanna kami doonposopoyunhindinawasa at hindirin kami sabaysaby nag lalaba. By schedule poyun. (There are hired person to wash our clothes and it depends to you if you want to pay. Sometimes I’m doing it for myself. All of us can wash our clothes but the problem is the space in the pump-well. For an instance, there are 30 persons to wash their clothes and it can’t accommodate us all, that’s why it is by schedule)”*

### 3. What is the level of physical activity satisfaction of the respondents?

**Table 9.** Summary of Descriptive Statistics of the Satisfaction Index

	M	SD	Description
Psychological Domain	4.40	0.94	MS
Educational Domain	4.47	0.96	MS
Social Domain	4.41	1.03	MS
Relaxational Domain	4.50	0.96	MS
Physiological Domain	4.50	0.95	MS
Aesthetics Domain	4.28	1.16	MS
Overall	4.42	1.00	MS

*4.51-5.00: Highly Satisfied (HS); 3.51-4.50: Moderately Satisfied (MS); 2.51-3.50: Satisfied (S); 1.51-2.50: Not so satisfied (NSS); 1.00-1.50: Dissatisfied (S)*

**Table 9** was the summary of all the areas, it manifests that the respondents were honestly and reasonably satisfied on the importance of recreational activities especially on the relaxational and physiological aspects. On that manner, inmates were motivated in doing those recreational activities. Although it was done during leisure time and not that so often, were the inmates desire to perform recreational activities on keeping themselves active and physically fit. In the words of a respondent:

*“Ayun nga, nakatutulong saamin yun kasisa sport doon naming naibibigay lahat ng lakas naming, yung liksi naming at yung galing naming sa pag didiskarte. (That’s it, we give our strength in sports, and we develop our agility and our strategy)”*

And avoiding themselves from stress, anxiety, and depression. While educational, social, psychological and aesthetics domains of recreational activities hold true as well.

According to Mukiza (2014) he stated that first there was a statistically significant decrease in the rate of depression, low levels of worry, stress, boredom, anxiety, aggression, identity loss, remorse, danger associated with improvement among prisoners who regularly engaged in some form of physical activity compared to those who did not. Second, prisoners who engaged in physical activity showed a marked improvement in their social skills and fitness levels. Third, it was revealed that prisoners who engaged in exercise on sport did so for the enjoyment, fun and the good feeling that the activity offered. He said that engagement in physical activity provides a good outlet for prisoners to think thorough some of these demands as a way of learning to adapt.

#### 4. What is the relationship between the respondent’s physical activities and their level of satisfaction?

**Table 10.** Pearson r Analysis between physical activity participation indices and Satisfaction indices to physical activity

		Psychological Domain	Educational Domain	Social Domain	Relaxational Domain	Physiological Domain	Aesthetic Domain	Physical Activity Satisfaction
Games or	r	-.186*	-.142	-.090	-.205*	-.113	-.115	-.153
Sports Dance	p	.028	.094	.292	.015	.183	.175	.070
Activities	r	.105	.079	.074	.044	.063	.059	.077
Fitness	p	.215	.353	.386	.606	.461	.492	.367
Activities	r	-.136	-.131	-.029	-.089	-.045	-.026	-.081
Livelihood	p	.110	.122	.731	.294	.597	.761	.343
Activities	r	.149	.010	.063	.068	.108	.007	.071
Daily Routine	p	.080	.910	.462	.427	.204	.938	.405
Activities	r	-.071	.001	.028	-.109	-.013	-.044	-.037
Engagement in	p	.407	.994	.745	.202	.876	.603	.660
Physical	r	-.060	-.074	.013	-.097	-.003	-.038	-.046
Activities	p	.478	.382	.879	.255	.973	.657	.586

\*. Correlation is significant at the 0.05 level (2-tailed).

Table 10 divulges that participation to games or sports activities is significantly related to their psychological domain satisfaction indices,  $r = -.186$ ;  $p = .028$ . Another significant result to their relaxational domain satisfaction indices,  $r = -.205$ ;  $p = .015$ .

This result was parallel to the study of Vaiculius, Kavaliauskas, & Radisauskas, (2011) stressing that the physically active inmates is statistically significantly higher than in physically inactive inmates ( $p = 0.033$ ). Self-esteem and contentment with psychological state in physically active inmates.

#### DISCUSSION

Based on the analysis, the respondents are generally into games or sports activities to feel relaxed and free from anxiety, stress, and depression. All indicators and domains of

their physical activities revealed positive feedback. It is noteworthy to mention that the following indicators gained the highest values; a) active physical activity participation, b) relaxation, c) stress relief, and d) self-development. This result was parallel to the study of [Vaiculius, Kavaliauskas, & Radisauskus \(2011\)](#), stressing that the physically active inmates are statistically significantly higher than physically inactive inmates. Self-esteem and contentment with the psychological state in physically active inmates. In addition, the study by [Mukiza \(2014\)](#) also proves that there was a significant decrease in the rates of depression, stress, boredom, anxiety, aggression, and danger associated with improvement among prisoners who regularly engaged in some form of physical activity. Findings from this study are like those of [Buckaloo, Krug, & Nelson \(2009\)](#), which show that exercise provides inmates with a productive way of coping with and managing stress.

Based on the domains, it gives the impression that the respondents are significantly satisfied with psychological and relaxational. Games or sports activities were found to gain the highest level of correlation with satisfaction indices. And it has a relationship to the respondents' level of satisfaction in the psychological and relaxation domains. [Mukiza \(2014\)](#) then revealed that prisoners who engaged in exercise and sports did so for their enjoyment and fun. Physical activity gives prisoners a good way to think and relax, which helps them learn how to adapt.

## CONCLUSION

The results show a great realization for the respondents in participating in physical activities, especially in games or sports. Also, the respondents are motivated to participate in physical activities because it helps them relax, relieve themselves from anxiety, stress, and depression, restore, and be physically fit. The respondents are generally engaged in various physical activities but on an irregular basis and reasonably delighted in their participation in physical activities, especially in the psychological and relaxation domains.

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#### CONFLICT OF INTEREST

The author hereby declares that this research is free from conflicts of interest with any party.

#### AUTHOR'S CONTRIBUTION

Niño N. Baldonado is the lead author of this research. He is over-all in charge of the writing process. Peter John A. Villaflores interpreted the data analysis from the statistician. Geneviv G. Dayag and Esperanza L. Buado prepared the questionnaire and coordinated with the Bureau of Jial Management and Penology. Christian V. Ramos, Gil Vincent T. Dela Cruz and Rhealyn G. Martinez helped in the production and presentation of the paper and Ana Maria L. Demot revised and improved the data analysis.

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