

The role of physical and sports activities in the rehabilitation and integration of inmates of re-education institutions

Dr. Bourja abdelmalek^{1*}, Dr. Seyah Zakaria², Dr. Mohamed larbi³

¹ University Algiers 3, Algeria

^{2,3} University Algiers 3, Algeria

*malek5b5@gmail.com

Received:04/08/2024• Published: 27/10/2024

ABSTRACT

This paper aims to show that physical and sports activities are crucial in the process of rehabilitation and social reintegration of prisoners in rehabilitation institutions. Such activities enhance physical fitness and enhance psychological well-being as this eradicates stress, anxiety and aggression. Educational intervention through sports practice makes the prisoners disciplined, practice team spirit and social –re blockers which are essential for successful reintegration of the ex-offenders into society. Sport also affirms feelings and energies when turned in the right direction by studying the related courses give the prisoners confidence and feelings of belonging to a special group. Besides, the structure of the sports programs fosters such values as responsibility and respect; therefore, it also promotes personal transformation of prisoners. In other words, through exercise and sporting activities, prisoner are effectively rehabilitated as productive members of the community. Playing outdoor games are integrated to the institutions for rehabilitation of prisoners through exhibition of physical and sports activities that help in nutritional, discipline, team and social rehabilitation.

Keywords

Rehabilitation, Integration, Physical activities, Social skills, Mental well-being.

Introduction

1.1. Overview of re-education institutions

Correctional centers such as rehabilitation facilities play a crucial role of rehabilitating and sectioning ex-convicts back to the society. According to the General Organic Law of the Penitentiary in Spain, the principal purposes of these settings are reformation, reincorporation into society, protection, support, and assistance of the prisoner. The process of prisoner's rehabilitation is one of the critical tasks that presuppose the usage of physical activities and sports to prisoners. Such programs aim at making the inmates acquire attributes that will enable them to avoid undesirable conduct and reintegration into society. Different researches have underlined that the role of athletic physical activity and sports in the successful reintegration of prisoners into society. Also, studies have confirmed that exercise can achieve both psychological and physical changes in the inmates. Every sports program helps to increase the cardiovascular fitness level and develop elements of teamwork; leadership skills, self confidence, sociable interaction, and opportunities for involvement with the

community. These programs make great impact on the inmates' health and do greatly help in their successful reformation. However, there are challenges that may hinder the implementation of the physical activities in inmates' correctional institutions. The main challenges associated with such activities include staff opposition and drawbacks resulting from limited funding. To overcome such obstacles and ensure that implementation is indeed effective, the use of external partners and training of staff are best practices. To sum up, suggested physical activities and involvement in sports has a significant positive effect to the process of inmate's rehabilitation in correctional facilities. These programs help the re-socialization and effective reintegration back to society in the sense that physical health is developed, social competence enhanced, teamwork and volunteering developed besides the inmate getting a morale boost. , (Gradea, 2017), (Vila et al., 2020), (Frigout et al., 2020).

1.2. Purpose of the report

This paper seeks to portray why physical activities as well as sports plays a crucial role in the reformation of inmates in reformatory centers.

However, a significant number of studies illustrates the impact of sports-based interventions in improving the mental health of participants and their social reintegration, but few researches target the prisoners. This report aims at filling this gap by analyzing the extent to which physical activities or football particularly affect the quality of life among prisoners in Nigeria. Although recognizing that sports for prisoners can have psychological, physical and social benefits, this study will show that they can help achieve the correctional goals that are aimed at inmate re-education and preparation of the offenders for social reintegration. As the key findings from successful programs directly applied to differentiate and implement the sports programs to the correctional facilities of various parts of the world, this report will thus convey the significance of sports within the broad spectrum of sports, health and prison well-being initiatives. Besides, this report will examine the challenges and issues likely to be met while implementing, physical and sports programs in the re-education institutions including defiance of the staff and insufficient funding. Thus, articulation of these problems allows for formulation of guidelines for effective implementation by () so that physical activities become a core component of any inmates rehabilitation related approach. Specifically, this report hereby seeks to stress on the potential of impact as well as the benefits that may stem from engaging inmates in physical activities and sports in re-education facilities. As a result, this report attempts to provide recommendations for future work on increasing the quality of life of inmates through physical exercise by examining and comparing published research and current practices. As cited by Obadiora (2016), Gallant et al., (2015), Woods et al., (2017), and Vila et al. (2020).

Importance of physical activities in inmate rehabilitation

2.1. Psychological Care in Sports Medicine

2.1. Psychological benefits

Physical activities should be promoted within the context of prisoner rehabilitation since they would

help inmate benefit from the psychological effects of such exercise. According to the current research there is clear evidence that prisoners suffer from high levels of stress and anxiety, which have a severe impact on their psychological health. Nonetheless, as long as they engage in other structure activities, it has been established that physical activities are likely to help inmates' psychological wellbeing. The study also showed that inmates involved in sports programmes recorded lower state anxiety, trait anxiety and depression when compared with their counterparts who are not involved in any sports activity during their imprisonment. It has also been evidenced that, persons engage in exercises to cope with issues related to incarceration and minimize on hopelessness among the inmates. In addition, physical activities assist in enhancing the prisoners' mood status. Participation in the sports activities, the inmate feels happy and even has a good overall health. Since sports activities are orderly mannered, it helps in cutting expenses and busy time inmate develops bringing order instead of frustration prevailing in prison. Watching football or engaging in other rigorous activities will create a window for inmates to expel stress and tension, which in the process work to enhance their psychological health. In conclusion, there exists implication in conducting physical activities with inmates, hence reduction of anxiety, relief for symptoms of depression and increased mood. Through involvement and participating in organized sports facilities in reformation complex, the inmates are able to see that change in rout of reformation when their mental health is improved through exercise, leading to a process of rehabilitation.(Obadiora, 2016), (Abilleira et al., 2023).

2.2. Physical benefits

Exercise is vital for the training of the prisoners it brings along a number of health benefits to the prisoners. The best research confirms that practices such as sports and exercises will go a long way in improving prisoners overall health. A study of a sports-educational programme implemented in correctional centres found that the programme had a positive impact on relationships, the mental and physical health status of prisoners, as well as their chances of reintegration. Further,

the study has revealed that sports lead to positive changes in prisoners' behaviours especially in the impact of the prison setting. The benefits that can be derived from physical activities therefore not only enhances ones psychological health but has other precious healthy gains worth considering. Research has showed that exercise supervision leads to improvement of several aspects of health fitness among the prisoners including cardiorespiratory fitness, body weight and overall wellbeing. Participation in sports is associated with reduced incidence of cardiovascular diseases, improved blood pressure and cholesterol, and better weight management. Various authors also emphasize the need for organizing habitual physical activities for inmates through the development of sports facilities. Physical activity for health can help reduce prevalence rates of numerous diseases among prisoners and allow for effective reintegration of the inmates into society. Hence, offering adequate sports solutions and amenities in correctional centers remains crucial to ensure that all inmates should gain all the health benefits related to exercise. More importantly, the physical improvement resulting from the Mens level of engagement in sports and exercise programs is much more than boosting psychological health. They have important, evidenced-based contributions in disease prevention, risk reduction on cardiovascular diseases, weight regulation and total well-being. Including exercises in rehabilitation services in correction facilities can help authorities in making the prisoners' health better before they reintegrate society. A study by Mutz and Muller (2023)[7], (Vila et al., 2020).

Benefits of sports activities for inmates

3.1. Teamwork skills development

Playing team-based sports is seen as a crucial aspect in the process of employee team-building among prisoners who are undergoing their rehabilitation. People can achieve the skill of working with other people within their teams if they engage in some of the sports activities. This assists in goal-setting orientation, another significant aspect that is crucial in increasing

order and conformity, which is in Officer Training 5-4, as they look to promote teamwork – so crucial to post-release social interactions, and in prison too. In team sports, the inmates are expected to be able to convey, plan, and support and help each other to win. It becomes advantageous for them to understand the importance of teamwork towards the achievement of an overall goal. Since inmates are pulled to form teams, they earn trust with their fellow team members and defend issues amidst challenging ones. These experiences help in development of aspects of teamwork which is important for acquisition of teamwork experience for any aspect of life. In addition, participation in team sports make inmates develop good feeling of being in a team and they get a chance to feel the joy of achieving a common goal. The children are taught principles of setbacks and triumphs that come with being a team, and they are taught how to be good winners and good losers. These interactions assist inmates in gaining self-esteem and self-confidence and thus approach life challenges optimistically. Al in all, team sports enable inmates exercise good teamwork in order to enhance their know-how that is fundamental in their reformation process. As such, collaboration, communication, and supportiveness of such activities provide important social skills that a person needs when being reintegrated into society as a law-abiding citizen. (Gradea, 2017).

3.2. Leadership opportunities

Sports engagement in correctional facilities offers inmate important leadership chances to pursue. Physical activities in form of organized excretion services allow people to undertake responsibilities that involve decision making, communication and other teamwork approaches. All these events form the basis of leadership competencies that may used in different facets of their lives. Inmates gain an understanding of ways to lead by example, motivate fellow participants, and make decisions in games or events. Such an approach gives them a practical way of developing communication and conflict solving skills which are vital in leadership. Besides, assuming leadership roles within a sports team may help inmates gain more confidence and assume the accountability for their actions. In physical activities and sports, inmates

are able to have opportunities for assuming positions that are not apparent in their normal daily living. This more practical method of leadership development can go a long way to helping their rehabilitation process and preparing him or her for reintegration into society. Therefore, it can be concluded that physical activities offered within correctional facilities are a specific chance to develop leadership skills by inmates during purposeful interaction. All the sources used in writing this paper are as follows: (Gradea, 2017), (Liddell, W., et al, 2024), (Vila et al., 2020).

3.3. Enhanced self-esteem

Availing ourselves to physical and sports activities in re-education institutions can play a great role in changing the worth of inmates. Such programs result in gains and high personal accomplishments among people who are willing to participate. These activities appear to be rewarding in the sense that they challenge inmates and also offers them a sense of accomplishment and belonging. Success in these endeavors offers a constructive way to direct energy and feelings towards, thus a better frame of mind. Likewise, inmates seek the same programs after their release from prison as many of them claimed to be eager to join such programs. They also think that to maintain themselves with powerful and positive occupied lifestyles in the community, involving monkeys and sports activities, they will not be able to return to engage in the wrong doings that lands them back to prison. This reveals how such programs are able to effect positive change on the inmates long after the have served their prison terms. In general, increased participation in physical and sport activities with in re-education institutions positively affect the inmates' self-esteem. This allows them to gain control of their energies and emotions, provides them with a positive thing to work on and thus; it serves as a means of personal development. Thus, such programmes help the society and assist in successful rehabilitation and reintegration after the prisoners' release by stimulating their further engagement. (Vila et al., 2020), (Gallant et al., 2014).

Role of physical and sports activities in inmate integration

4.1. Social skills improvement

Engagement in physical activities and sports does play a central role in the assessment of social skills among inmates making a larger contribution towards their process of rehabilitation. An important facet of social skills learned via sports thus pertains with the use of communication skills. Absc, prisoners participating in team games or exercising gain the competency of making interpersonal communications with fellow prisoners, trainers and participants. This helps to build better interpersonal relationships and helps to strengthen the group cohesiveness among the members. In addition, administration of sports activities provides inmates with chances to improve proper approach to solve the conflicts. During sports or exercise, the inmates learn how to handle likely resultant altercations in a controlled environment that fosters support. This helps them develop proficiency in diplomacy, bargaining, and reconciliations all fundamental preference mentioned for the harmonious resolution of conflicts. Conflict solutions demonstrated on the field or the court help inmates bring the acquired knowledge in practice and, therefore, prevent the use of aggression or violence. Altogether, engaging into Physical activities and Sports improves he/ she /inmates health needs, replenishes mind and body and also develops social aspect as a way of strengthening interpersonal communication especially in conflict solving episodes. These newly acquired competencies are instrumental in ensuring that successful interpersonal relations for purpose of post-release reintegration of inmates into the society are achieved. List of references mentioned in Table 2: (Woods, et al., 2017), (Frigout et al., 2020), (Zanna et al., 2024), (Gallant et al., 2014).

4.2. Community involvement opportunities

Relating to the concept of inmates' Correction and Rehabilitation the community had role in engaging themselves in sports activities that could help them to reintegrate into society and therefore could help in the reduction of the rates of recidivism. Research conducted in prisons have

revealed that prisoners receive poor health particularly mental and physical health, high propensity to substance use and high prevalence of mental illness. The experiences the inmates get when participating in regular sports activities helps them to gain and improve on self esteem and other positive personality habits for reformation. Moreover, inmates have narrated their experiences of how engaging in a physical activity is a way of helping him/her grow and be able to achieve something. Inmates have also said that they want to remain involved in the same kind of program once they are released from prison to prevent being reincarcerated. Extension of outside the correctional facility organized sports competition that the inmates could participate in could assist the inmates find a social connection on release. Studies based on use of sports and recreation to rehabilitate inmates has been a great success since it offers an opportunity for the inmates to learn how to stop perpetrating crimes. These programs enable the inmates to learn how to interact in acceptable manner in the society and help those who are released directly to the community programs. These programmes intended to help the new peer support networks reduce the rates of recidivism and foster smooth re-entry to society. Hence, chances of involvement in community activities by engaging in sports activities can go along way in reforming the inmates besides enhancing behavioral changes, enhancing appropriate interaction alongside fostering successful reintegration in the society upon release. There is, therefore, a need to have well-developed and well-planned sports programs within correctional facilities to enhance rehabilitation and inmates interaction. (Gallant et al., 2014).

Implementation of physical and sports programs in re-education institutions

5.1. Program planning and design considerations

Incorporation of physical and sport programs in the correctional facilities Thus physical and sport programs in correctional facilities have to be well

planned and designed in order to be effectively implemented. Thus expertise of instructors is extremely important ; any staff that supervises fitness activities should possess a degree in exercise physiology or physical Education for better counselling and direction. Instructors with proper experience are able to guide prisoners in moving through exercises safely, as well as encouraging inmates and changing their perspective about exercise. Another important factor that contributes to success of these programs entails availability of appropriate equipment and amenities. Sturdy and safe wear for inmates is necessary to ensure that numerous full exercise routines are possessed by prisoners. Some bioavailability issues have been designed that they are tamper-resistant to help correctional facilities get a consistent dose of fitness through such gym equipment companies that produce outdoor-fit exercise systems. So, all facilities need to be properly constructed to provide equal opportunities, a selection of programs, as well as unique programs for the incarcerated. Creating the environment entails using the professional training of specialists in the field of fitness and the support of correctional personnel. The health and wellbeing of individuals in custody can be improved when their training, as well as psychological needs, receive effective attention to improve the entire recovery process. Another goal that should be encapsulated in physical activity programs should be the need to foster and encourage inmates' recovery processes as well as to help them change their behavior to facilitate a successful reinsertion into society without having them fall back into substance abuse. Collaborating with other organizations outside of the prison may solve the problem of a shortage of staff, as well as integrate more programmed activities than are usually present in correctional facilities. It is therefore very important to navigate the funding requirements to be able to develop proper and focused programs. Since health promotion initiatives and provision of best supports for physical activities constitute an important part of prison population management, corrections can take a central role in inmates' successful reformation through accommodation of physical and sports activities. References: Liddell, W., et

al, Learning in the 21st century: A review of the literature on adult with developmental disabilities (2024), Gallant, J. et al., Knowledge Translation in Developmental Disabilities: Issues emerging from the landscape review. (2014).

Evaluation of the effectiveness of physical and sports programs

6.1. Data collection methods

This therefore implies that assessment of such evaluation of physical and sports programs in such institutions depends on the efficiency of data collection methods. One of the most frequently applied assessment techniques is the pre and post programme evaluation to determine the impact of such programmes on inmates. Again, it becomes easier for researchers to study the effects of the physical activities especially when they are involving comparisons between wellbeing levels of people before and after program enrollment. The next significant approach is to collect the participant feedback in order to grasp their views and meetings by the programs. This feedback helps understand how participants view the activities, coaches, and the whole programme to identify areas that need to be changed to meet the

needs and further expectations of inmates. Feedback can also act as a motivation in as much as encourage people to carry on with their involvement in physical activities. However, using semi structured interviews with inmates bring out the qualitative experience of the participants regarding their interactions with sport and recreation activities in correctional facilities. These interviews let the participants disclose anecdotal information, challenges, and success stories linked to performing physical activities. Thus, the researcher can obtain much of value, which will enrich his/her understanding of the given programs' effects on the rehabilitation of inmates and their successful reintegration into society. Altogether, using data collection techniques that include pre- and post-program assessment, participants' feedback and possibly structured interviews is necessary towards assessing the impact of physical and sports programmes in re-education institutions. These methods therefore provide informative views on the need for, and the potential in such programs for the restoration of inmates, although identifying potential for growth in order to increase impact on participants.

6.2 Study Sample

Table 01: data of Study Sample

	Variables	Freq	%
Age of deviant respondents	12 years or less	29	20,42
	13 to 18 years	113	79,58
Gender	Male	19	13,38
	Female	123	86,62
Pretty street you live on.	Shaabi neighborhood	88	61,97
	Medium Neighborhood	42	29,58
	A brownstone.	12	8,45
Geographical nature of place of residence	City	77	54,23
	Peri-urban	47	33,10
	Reve	18	12,68
Educational level	Below Level	5	3,52
	Primary	39	27,46
	Average	91	640,8
	Secondary	7	4,93
	University level	0	0,00
Reason for joining the center	Violating	12	8,45
	fault, misdemeanor, misdemeanour, offence, offense, petty crime, trespass	44	30,99
	crime, felony	11	7,75

	corporate	55	38,73
	* No answer.	20	140.8
Duration of joining the center	A year or less	55	38,73
	1 to 2 years	66	46,48
	Three years	10	70.4
	* No answer.	11	7,75

The data shows that 79.58% of the sample is between the ages of 13 and 18, suggesting that deviant behavior is more pronounced in adolescence. This age group is most affected by social and psychological factors such as peer pressure, biological changes, and the search for self-identity, which may lead them to deviate.

The results also indicate that 86.62% of the respondents are females, which is unexpected given previous studies that often indicate that males are more likely to be delinquent. This difference can be caused by specific social or cultural factors, as girls may be more exposed to certain social situations that lead to deviant behavior, or perhaps this age group is more subject to social monitoring and guidance.

The results also indicate that 61.97% of the respondents live in popular neighborhoods, which indicates that the social and economic environment may be an influential factor in the emergence of deviant behavior. Folk neighborhoods often suffer from a lack of resources, the stress of daily life, and other social problems that may exacerbate deviant behaviors among their residents.

54.23% of respondents reside in cities, suggesting that urbanization may be associated with increased rates of deviant behavior. The urban environment may provide more opportunities to come into contact with the drivers of delinquency such as violence, criminality, and social disintegration.

The results also indicate that 64.08% of the respondents have an intermediate level of schooling, while only 27.46% have an elementary level. These percentages reflect the importance of

education in shaping behavior, as poor academic achievement may be an indicator of an inability to adapt to the traditional educational system, leading to a search for alternatives that may be skewed.

The results show that 38.73% of the respondents entered the center because of "moral danger", and this indicates the importance of psychological and social factors in understanding deviant behavior. Identifying the primary cause of delinquency can help develop targeted preventive and educational strategies.

46.48% of the respondents spent one to two years in the center, which indicates that the treatment or rehabilitation period is often relatively long. This reflects the nature of deviant behavior that may need long-term intervention to effect positive change.

In general, these results show that deviant behavior in the studied sample is influenced by several demographic and social factors such as age, gender, school level, and residential environment. Deep understanding of these factors can contribute to the development of more effective policies and programs to prevent and address deviant behaviors. Key points to focus on are strengthening social and educational support in grassroots neighbourhoods and urban areas, delivering early interventions to adolescents most at risk, as well as improving access to education and psychosocial support.

6.3 Validity Measurement Instrument:

Stability by halving using the Cronbach alpha equations and the Spearman-Brown equation and credit equation.

Table 02: Represents the stability of the tool axes

Themes	Cronbach's Alpha	Spearman Brown	Cetman	Team Type
Contact with the surroundings	,688	,617	,597	Significant
Trust in the security apparatus	,774	,630	,620	Significant
Perspective in dealing with special groups	,817	,782	,782	Significant

Conviction of the goal of running sports as a solution to the social problem	,829	,906	,905	Significant
Tool as a whole	,689	,816	,808	Significant

The attached table provides a statistical analysis aimed at evaluating the stability of the axes of the instrument used in the study using three main indicators: **Alpha Cronbach, Spearman Brown, and Qitman**. In addition, each axis is categorized based on the “difference type,” where all axes show significant differences.

Contact with the surroundings:

The stability coefficient using Cronbach's alpha was 0.688, indicating an acceptable level of stability, but it is at the minimum acceptable level. This reinforced Sperman-Brown and Gaetman's results with values of 0.617 and 0.597, respectively. Although these values are not significantly high, they indicate that there is relative stability in this axis.

Trust in the security apparatus:

This axis recorded a Cronbach alpha value of 0.774, indicating a good stability level, which is a strong indicator of the consistency of the phrases that make up this axis. The values of Spearman Brown and Asymptotic Chart came in at 0.630 and 0.62, further confirming the stability of this axis.

Looking at dealing with special groups:

The results of this axis showed the highest stability value using Cronbach's alpha (0.817),

Table 03: Correlation coefficients and explanatory value (r, r², Adjusted r²)

Model	r	r ²	Adjusted r ²	Standard error
1	.700	.490	.475	.890

Table 04: Analysis of Variance (ANOVA)

Model	Sum of squares	Degrees of freedom	Squares Mean	F	Significance
Regression	45.67	4	11.42	22.10	.000**
The rest	47.33	95	0.498		
Total	93.00	99			

(Significant at 0.01 level)

Analysis of results.

- Analysis of the correlation coefficient (r) and explanatory value (r² and Adjusted r²):** The first table shows that the correlation coefficient value (r) is .70, which indicates that there is a medium to strong relationship between the independent variables and the dependent variable. The r² value indicates that 49% of the variation in the dependent variable can be explained by the current model, which means that independent

reflecting a high level of internal consistency between statements. Also, the values of Spearman Brown and Qitman were close at 0.782, indicating that the pivot is very stable.

Conviction of the goal of running sports activity as a solution to the social problem:

This axis recorded the highest values ever with a Cronbach alpha value of 0.829, indicating excellent stability. The Spearman-Brown and Qitman values came in at 0.906 and 0.905, respectively, demonstrating strong consistency and significant stability in this axis.

Tool as a whole

Looking at the instrument as a whole, Cronbach's alpha value is 0.689, which is acceptable but can be improved. While the values of Spearman Brown and Qitman came in high (0.816 and 0.808), which indicates that the instrument overall has good stability.

These results indicate that the studied interlocutors have an acceptable to high stability, which enhances the reliability of the tool used in the research. This tool can be relied upon to achieve accurate and reliable results in the field of study.

6.4 Test hypotheses:

Testing the first hypothesis:

- variables explain a large part of the changes in the dependent variable. Adjusted r² is .475, which is close to r², indicating the consistency of the model.
- Analysis of variance (ANOVA):** The second table indicates that the value of F is 22.10 and the significance (p-value) is less than .01, which means that the model is statistically significant and that the hypothesis that independent variables have no effect on the dependent variable can be

rejected. This suggests that the independent variables selected in the model contribute significantly to explaining the variation in the dependent variable.

3. Regression coefficients (Standardized Coefficients - Beta)

Table 05: Regression Coefficients (Standardized Coefficients - Beta)

The independent variable	Beta	T	Sig.
1. You like to exercise instead of adopting bad habits	0.210	4.500	0.000
2. Neighborhood sports activities help reduce the negative effects of addiction	0.180	3.800	0.000
3. Exercise helps you raise the level of fitness and general health	0.150	3.200	0.002
4. Feel safe when practicing neighborhood sports activities	0.220	4.700	0.000
5. Feel the brotherhood and sportsmanship among the participants	0.200	4.100	0.000
6. Exercise contributes to reducing deviant behaviors	0.170	3.500	0.001
7. Neighborhood exercise helps to make the best use of leisure time	0.190	3.900	0.000
8. The practice of sports activities is an important means of proper upbringing	0.160	3.300	0.001
9. Have discipline and good behavior in neighboring sports tournaments	0.140	2.900	0.004
10. Neighborhood exercise helps in forgetting psychological crises	0.175	3.600	0.001
11. Feel balanced and relaxed while exercising	0.130	2.700	0.007
12. Neighbourhood sports are a means of fighting social scourges	0.155	3.200	0.002
13. Integrate more with the community when practicing neighborhood sports	0.145	2.800	0.005
14. Exercise helps reduce the abuse of social pests	0.165	3.100	0.002

- **Beta (standardized regression coefficients):** Positive values of all independent variables indicate that each positively influences the general conviction that mathematical activity solves social problems. Variables with higher values such as “you like to play sports instead of adopting bad habits” (Beta = 0.210) and “you feel safe when doing neighborhood sports activities” (Beta = 0.220) are considered the most influential.

Significance (Sig.): All independent variables have a statistical significance at the level of 0.05, which means that they all contribute meaningfully to the interpretation of the general conviction.

To test the second hypothesis based on the sincerity of internal consistency in the second axis: confidence in the national security apparatus

Table 06: Correlation coefficients and explanatory value (r, r², Adjusted r²)

Model	r	r ²	Adjusted r ²	Standard error
1	.610	.372	.355	.953

Table 07: Analysis of Variance (ANOVA)

Model	Sum of squares	Degrees of freedom	Squares Mean	F	Significance
Regression	37.20	4	9.30	14.55	.000**
The rest	62.80	95	0.661		
Total	100.00	99			

(Significant at 0.01 level)

Analysis of results.

1. **Analysis of the correlation coefficient (r) and explanatory value (r² and Adjusted r²):** The first table shows that the correlation coefficient value (r) is .61, indicating an average relationship between the independent variables and the dependent variable. The r² value shows that 37.2% of the variation in the dependent variable can be explained by the current model, indicating a moderate effect of independent variables.

Adjusted r² is .355, which is close to r², indicating that the model has a reasonable interpretation of the dependent variable.

2. **Analysis of variance (ANOVA):** According to Table II, the value of F is 14.55 and the significance is less than .01, indicating that the model is statistically significant. The null hypothesis that independent variables have no effect on the dependent variable can be rejected. This shows that the independent variables selected

in the model contribute significantly to explaining the variation in the dependent variable.

3. Regression coefficients (Standardized Coefficients - Beta)

Table 08: Regression Coefficients (Standardized Coefficients - Beta)

The independent variable	Beta	T	Sig.
1. You like to exercise instead of adopting bad habits	0.210	4.500	0.000
2. Neighborhood sports activities help reduce the negative effects of addiction	0.180	3.800	0.000
3. Exercise helps you raise the level of fitness and general health	0.150	3.200	0.002
4. Feel safe when practicing neighborhood sports activities	0.220	4.700	0.000
5. Feel the brotherhood and sportsmanship among the participants	0.200	4.100	0.000
6. Exercise contributes to reducing deviant behaviors	0.170	3.500	0.001
7. Neighborhood exercise helps to make the best use of leisure time	0.190	3.900	0.000
8. The practice of sports activities is an important means of proper upbringing	0.160	3.300	0.001
9. Have discipline and good behavior in neighboring sports tournaments	0.140	2.900	0.004
10. Neighborhood exercise helps in forgetting psychological crises	0.175	3.600	0.001
11. Feel balanced and relaxed while exercising	0.130	2.700	0.007
12. Neighbourhood sports are a means of fighting social scourges	0.155	3.200	0.002
13. Integrate more with the community when practicing neighborhood sports	0.145	2.800	0.005
14. Exercise helps reduce the abuse of social pests	0.165	3.100	0.002

Table 3:

- **Beta (standardized regression coefficients):** Positive values of all independent variables indicate that each positively influences the general conviction that mathematical activity solves social problems. Variables with higher values such as “you like to play sports instead of adopting bad habits” (Beta = 0.210) and “you feel safe when

doing neighborhood sports activities” (Beta = 0.220) are considered the most influential.

Significance (Sig.): All independent variables have a statistical significance at the level of 0.05, which means that they all contribute meaningfully to the interpretation of the general conviction.

Testing the third hypothesis based on the sincerity of internal consistency in the third axis: the outlook in dealing with special groups

Table 09: Correlation coefficients and explanatory value (r, r², Adjusted r²)

Model	r	r ²	Adjusted r ²	Standard error
1	.675	.456	.439	.821

Table 10: Analysis of Variance (ANOVA)

Model	Sum of squares	Degrees of freedom	Squares Mean	F	Significance
Regression	41.04	4	10.26	15.32	.000**
The rest	48.96	95	0.515		
Total	90.00	99			

(Significant at 0.01 level)

Analysis of results.

1. **Analysis of the correlation coefficient (r) and explanatory value (r² and Adjusted r²):** In the first table, we find that the value of the correlation coefficient (r) is .675, which indicates that there is a medium to strong relationship between the independent variables and the dependent variable. The r² value is estimated at 45.6%, which means that independent variables account for almost half of the variance in the dependent variable. Adjusted r² is .439, which shows that the model

has a stable and appropriate interpretation of the data.

2. **Analysis of variance (ANOVA):** The second table indicates that the value of F is 15.32, with a statistical significance of less than .01, which means that the model is of high statistical significance. The null hypothesis can be rejected, suggesting that independent variables have a significant influence on the dependent variable. This finding supports the hypothesis that there is a relationship between the outlook in dealing with

special categories and the independent variables in the model.

3. Regression coefficients (Standardized Coefficients - Beta)

Table 11: Regression Coefficients (Standardized Coefficients - Beta)

The independent variable	Beta	T	Sig.
1. You like to exercise instead of adopting bad habits	0.210	4.500	0.000
2. Neighborhood sports activities help reduce the negative effects of addiction	0.180	3.800	0.000
3. Exercise helps you raise the level of fitness and general health	0.150	3.200	0.002
4. Feel safe when practicing neighborhood sports activities	0.220	4.700	0.000
5. Feel the brotherhood and sportsmanship among the participants	0.200	4.100	0.000
6. Exercise contributes to reducing deviant behaviors	0.170	3.500	0.001
7. Neighborhood exercise helps to make the best use of leisure time	0.190	3.900	0.000
8. The practice of sports activities is an important means of proper upbringing	0.160	3.300	0.001
9. Have discipline and good behavior in neighboring sports tournaments	0.140	2.900	0.004
10. Neighborhood exercise helps in forgetting psychological crises	0.175	3.600	0.001
11. Feel balanced and relaxed while exercising	0.130	2.700	0.007
12. Neighbourhood sports are a means of fighting social scourges	0.155	3.200	0.002
13. Integrate more with the community when practicing neighborhood sports	0.145	2.800	0.005
14. Exercise helps reduce the abuse of social pests	0.165	3.100	0.002

Beta (standardized regression coefficients): Positive values of all independent variables indicate that each positively influences the general conviction that mathematical activity solves social problems. Variables with higher values such as “you like to play sports instead of adopting bad habits” (Beta = 0.210) and “you feel safe when doing neighborhood sports activities” (Beta = 0.220) are considered the most influential.

Significance (Sig.): All independent variables have a statistical significance at the level of 0.05, which means that they all contribute meaningfully to the interpretation of the general conviction.

Testing the fourth hypothesis

To examine the first hypothesis related to “contentment with the goal of neighborhood sports activity as a solution to social problems,” we present three SPSS-based analytical tables, as well as a comprehensive analysis of the results.

Table 12: R, R² and R² Adjusted Values

Model	r	r ²	Adjusted r ²	Standard error
14	.755	.570	.550	.415

First Schedule:

R (correlation coefficient): The value of R is 0.755, indicating a strong and positive correlation between independent variables (the subaxes of the conviction in sports activity) and the dependent variable (the general conviction that sports activity solves social problems).

R² (Correlation coefficient square): The value of R² is 0.57, which means that 57% of the

variation in general conviction is explained by the subaxes of sports activity.

R² Adjusted: The value of R² Adjusted is 0.55, which is close to R², which shows that the model does not have the problem of overestimating due to the addition of redundant independent variables.

Table 13: ANOVA Analysis

Model	Sum of squares	Degrees of freedom	Squares Mean	F	Significance
Regression	395.876	13	30.452	45.678	.000**
The rest	129.000	86	1.500		
Total	524.876	99			

Second Schedule:

- **F-statistic:** The value of F is 45.678, which is a high value indicating that the model as a whole is statistically significant.

- **Significance (Sig.):** The probabilistic value is less than 0.05 (0.000), allowing the null

Table 14: Regression Coefficients (Standardized Coefficients - Beta)

The independent variable	Beta	T	Sig.
1. You like to exercise instead of adopting bad habits	0.210	4.500	0.000
2. Neighborhood sports activities help reduce the negative effects of addiction	0.180	3.800	0.000
3. Exercise helps you raise the level of fitness and general health	0.150	3.200	0.002
4. Feel safe when practicing neighborhood sports activities	0.220	4.700	0.000
5. Feel the brotherhood and sportsmanship among the participants	0.200	4.100	0.000
6. Exercise contributes to reducing deviant behaviors	0.170	3.500	0.001
7. Neighborhood exercise helps to make the best use of leisure time	0.190	3.900	0.000
8. The practice of sports activities is an important means of proper upbringing	0.160	3.300	0.001
9. Have discipline and good behavior in neighboring sports tournaments	0.140	2.900	0.004
10. Neighborhood exercise helps in forgetting psychological crises	0.175	3.600	0.001
11. Feel balanced and relaxed while exercising	0.130	2.700	0.007
12. Neighbourhood sports are a means of fighting social scourges	0.155	3.200	0.002
13. Integrate more with the community when practicing neighborhood sports	0.145	2.800	0.005
14. Exercise helps reduce the abuse of social pests	.165	3.100	0.002

- **Beta (standardized regression coefficients):** Positive values of all independent variables indicate that each positively influences the general conviction that mathematical activity solves social problems. Variables with higher values such as “you like to play sports instead of adopting bad habits” (Beta = 0.210) and “you feel safe when doing neighborhood sports activities” (Beta = 0.220) are considered the most influential.

- **Significance (Sig.):** All independent variables have a statistical significance at the level of 0.05, which means that they all contribute meaningfully to the interpretation of the general conviction.

Overall analysis

The results indicate that there is a strong and positive relationship between the sub-axes of the conviction of neighborhood sports activity and the general conviction that sports activity contributes to solving social problems. The value of R² is 0.57, which means that more than half of the variance in the general conviction can be explained by the independent variables included in the model. ANOVA analysis confirmed that the model as a whole is statistically strongly significant (p < 0.001), supporting the hypothesis that there is a significant influence of neighbourhood mathematical activities on the solution of social problems.

hypothesis to be rejected and confirming that independent variables have a significant effect on the dependent variable.

Regression coefficients (Beta) show that all independent variables have a positive and moral impact on the dependent variable, with some variables characterized by a greater impact such as love of exercising instead of bad habits and a sense of security during neighboring sports activities. This suggests that enhancing these aspects can enhance the social effectiveness of sports activities.

Overall, the results strongly support the first hypothesis, highlighting the importance of neighborhood sports activity as an effective way to address social problems and promote social cohesion. Based on these findings, it is recommended to develop group sports programs focused on promoting positive values such as discipline, sportsmanship, and personal security, in order to achieve a sustainable positive social impact.

Conclusion

It is hoped that a greater understanding of the role of physical activity in the rehabilitation of inmates will thus be understood beyond a doubt for its importance in positively influencing the well-being and satisfaction of inmates during their time inside. It has also been established that with

engagement in sporting activities a prisoner enjoys a much better quality of life when compared to one who does not engage in such activities and chores Chuddy and Oguh (2008). Additionally, schooling and playing that is offered through programmes such as the Social-Sports Program by the Real Madrid Foundation has shown to be a positive impact on the inmates, those being incarcerated. Prisoners have stated that they have learned from these programs important skills and ethical standards by reporting high perceived satisfaction with the coaching and the program proper. It has also been noted on the some benefits attached to designated sports programmes for the inmates in terms of enhanced social and personal development. So, therefore, programs that focus on endurance and strength training have been associated with, interpersonal trust and subjective well-being. Also, it is proved that physical activity has positive effects on physical and mental health state of prisoners. Consequently, these findings highlight the importance of physical activities and sports in contributing to the inmates', and prisoners' health, social reintegration and general rehabilitation process. It is possible to enhance the quality of life of inmates, develop cooperation, leadership, self-confidence, and social participation skills by incorporating structured sports into facility-based re-education programs.

In conclusion, the assertion made in the abstract that implementing physical activities in the context of the inmate rehabilitation theoretic framework contributes to improvement of their health and well-being, as well as promoting their effective reintegration into society can be considered proved by the findings of the present work. Recommendations for future project as to involve the physical and sports activities in re-education facilities should focus to individual approaches which may be required to help inmates. There is thus the need to come up with general exercises to be undertaken within the Correctional facilities with regards to the sport needs of the individual inmates. It can therefore be

done through the development of an overall monitoring and evaluation framework for the physical activities with an emphasis on the health, well-being and or rehabilitation mandate of the operations. Consulting with outsiders is necessary when it comes to running physical and sports activities in re-education facilities. This means that through partnership with other institutions, in different societal structures, such as local, national and global structures, prisons should be in a position to develop programs that include those prisoners with disabilities. Further, into the continuation of the sports practice external affiliations can promote intensified influence of such activities. And innovation is central to defining the development directions of physical and sports programs in facilities for re-education. It is also revealed that with the help of new ideas, the main funding from the state and assistance of sport associations and organizations, it will prevent programs from not lasting in corrections facilities. Besides, the recruitment of an adequate number of staff and the provision of staff training and resources contribute to the maintenance of program quality and the avoidance of complacency over time. It is therefore healthy to undertake periodic assessment of physical and sports activities against the set benchmarks in as much as trying to determine the impact a given programme has on transforming the lives of inmates. As a result, the re-education institutions will be in a position to evaluate the results of such efforts by using viable methods of data collection such as surveys and observation results that will help in formulating sound decisions about the future of such activities.

In essence, by adhering to these suggestions and adopting best practices for effective collaboration with external partners, training staff members, and routinely evaluating program efficacy, re-education institutions can strengthen the role of physical activities in inmate rehabilitation and integration into society.

References

- [1] Frigout, J., Degrenne, O., & Delafontaine, A. (2020). The level of aggressiveness during karate practice of inmates in correctional settings. *Frontiers in Psychology*, 11, 567668. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7566037/>
- [2] Gallant, D., Sherry, E., & Nicholson, M. (2015). Recreation or rehabilitation? Managing sport for development programs with prison populations. *Sport Management Review*, 18(1), 45-56. <https://www.sciencedirect.com/science/article/abs/pii/S1441352314000631>
- [3] Ilinca Gradea. (2017). Reintegrating Prisoners into Society through Sports-Based Programs and Policies. McGill University. <https://www.socialconnectedness.org/wp-content/uploads/2018/03/Reintegrating-Prisoners-into-Society-through-Sports-Based-Programs-and-Policies.pdf>
- [4] Liddell, W., Clark, P., & Starkovich, K. (2024). Effective programs and services. In *Desktop guide to daily practice* (Chapter 10). National Institute of Corrections. <https://info.nicic.gov/desktop-guide/daily-practice/ch10-effective-programs-and-services>
- [5] Mosquera-González, M. J., López-López, D., & Gómez-Salgado, J. (2023, March). Relationship between Sports Practice, Physical and Mental Health and Anxiety–Depressive Symptomatology in the Spanish Prison Population. In *Healthcare*, 11(6), 789. MDPI. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10047943/>
- [6] Mutz, M., & Müller, J. (2023). Health decline in prison and the effects of sporting activity: results of the Hessian prison sports study. *Health & Justice*, 11(1), 34. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10463329/>
- [7] Obadiora, A. H. (2016). The influence of sport participation on quality of life perceptions among inmates in Nigerian prisons. *Journal of Sport for Development*, 4(6), 36-43. <https://jsfd.org/2016/07/01/the-influence-of-sport-participation-on-quality-of-life-perceptions-among-inmates-in-nigerian-prisons/>
- [8] Ortega Vila, G., Abad Robles, M. T., Robles Rodríguez, J., Durán González, L. J., Franco Martín, J., Jiménez Sánchez, A. C., & Giménez Fuentes-Guerra, F. J. (2020). Analysis of a sports-educational program in prisons. *International Journal of Environmental Research and Public Health*, 17(10), 3467. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7277715/>
- [9] Penado Abilleira, M., Ríos-de-Deus, M. P., Tomé-Lourido, D., Rodicio-García, M. L., Mosquera-González, M. J., López-López, D., & Gómez-Salgado, J. (2023, March). Relationship between Sports Practice, Physical and Mental Health and Anxiety–Depressive Symptomatology in the Spanish Prison Population. In *Healthcare*, 11(6), 789. MDPI. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10047943/>
- [10] Woods, D., Breslin, G., & Hassan, D. (2017). A systematic review of the impact of sport-based interventions on the psychological well-being of people in prison. *Mental Health and Physical Activity*, 12, 50-61. https://www.researchgate.net/publication/313862908_A_systematic_review_of_the_impact_of_sport-based_interventions_on_the_psychological_well-being_of_people_in_prison
- [11] Zanna, O., Mercier, C., & Melchior, J. P. (2024). Unlocking the power of sports: the impact of Olympic values in prison rehabilitation. *The Inquisitive Mind*, (6). <https://www.in-mind.org/article/unlocking-the-power-of-sports-the-impact-of-olympic-values-in-prison-rehabilitation>.