

## **Managing the Sports Status of Prisoners Leisure Time and Its Impact on Prison Violence**

**Mohammad Saeid Kiani\***

PhD Candidate, Department of Sports Management, Kermanshah Branch, Islamic Azad University, Kermanshah, Iran

**Milad Paydar**

B.Sc. of Social Pathology in Addiction Prevention, Kermanshah Prisons Protection Unit, Kermanshah University of Applied Sciences, Kermanshah, Iran

**Received:** November 29, 2019; **Accepted:** June 05, 2021

**doi:** 10.22054/nass.2021.13099

### **Abstract**

**Purpose:** Leisure time is one of the vital issues in the dynamics of the education process and addressing this issue can untie the knots and the key to solving its problems and finally a strategy for planning to fill the leisure time of prisoners in a desirable and appropriate way. The present study investigates the relationship between the status of sports in the leisure time of prisoners and its effect on the rate of prisoners' sleep. **Method:** The research method of this article is a library review. The researcher has reviewed the previous articles in the field of leisure and prison and searched for the keywords of leisure, prison, violence and sports. **Results:** Sport has an effect on prisoners, and sport has a positive effect on the well-being of prisoners' and the prison community. Prisoners who exercise have low levels of depression, stress, anxiety and violence among other prisoners, and exercise is a strategic way to deal with imprisonment. Exercise can reduce violence in prisoners' leisure time. **Conclusions:** Prison has been one of the most important and long-standing parts of human societies in the world. Today, the approach of human societies to prisons and prisoners has changed and reform, rehabilitation and reconstruction have become the priorities of the managers of this sector. Exercise with its educational role by creating a happy atmosphere helps the physical and mental development of prisoners. Filling the prisoners' leisure time with exercise can be useful in preventing and treating some mental and physical problems of prisoners. Sports in prison according to the findings Research reduces crime and violence in cells.

**Keywords:** Sports, Prison, Violence, Leisure Management, Sport Managements

---

\* **Author's e-mail:** mohammadsaeidkiani@gmail.com (**Corresponding Author**); miladpaydar@gmail.com

## **INTRODUCTION**

Industrialization and the introduction of technology, especially in the electronics and telecommunications industries, have led to the minimization of movement in today's societies, which is one of the main human activities, and has increased diseases (obesity, stroke, heart disease, depression, and And premature mortality and increased medical costs and economic losses of countries. Which has caused various societies, especially advanced ones, to seek solutions (Shahbazi, Shabani Moghadam, Saffari, 2019). Today, exercise is a tool to improve the level of well-being and comfort, as well as a way to develop and maintain physical and mental health in the individual. The most important consequences of exercise in terms of physical and mental health, health and social, including providing health and physical health, mental education and creating the ground for personality independence, achieving vitality and vitality and development Social skills. The above positive effects are important in all stages of a person's life from childhood to old age and are not limited to a specific period of life (Albokordi, Nouri, Nikosir Jahromi, Zahedian, 2018). Sport has manifested its wide-ranging effects, position and role even in the economy, people's health, healthy and enjoyable leisure, social relations, prevention of social corruption and growing moral deviations in society and many other applications (Hamidi, 2010). The development and promotion of physical education and sports in our society depends on a constructive and positive change in current sports programs (Alam, 2016). One of the organizations that can use sports as a tool to heal unhealthy and abnormal people (delinquents) that have somehow disrupted the order and security of society and are kept in a closed environment called prison, the Prisons Organization and security measures and it is the country's education. In this regard, sports in prisons can be used as a practical solution in educating and reforming prisoners. Research shows that the prison itself is very destructive and frustrating for many inmates because of the negative experiences they have with the prison environment, as insufficient correctional and rehabilitation measures mean that they are out of time compared to the time they leave prison they are more prepared to commit a crime ( Amtmann, Evans, & Powers 2009).

The international community, especially the advanced societies, has come to the conclusion that prison cannot play a decisive role in reducing crime, and it has been repeatedly stated that in practice, prison has become a school of crime education (Ashori 2019). In addition, several empirical studies confirm the theory that legal penalties devalue surrender and follow the law and commit a crime in the future (Bernburg & Krohn 2003). Evidence shows that deviation is not just an individual issue, but by following the causes and consequences of this issue, we see that this action is part of a system or social current that threatens the lives of other people and the whole system (Qalkhanbaz et al. 2017). In today's world, exercise is used as a means of healing or rehabilitation for those who for any reason have deviated from the natural path and have physical and mental defects. If we accept that criminals and delinquents are people who have deviated from their theoretical and natural human path for various reasons and need physical and mental rehabilitation and rehabilitation, then inevitably, in order to correct and rehabilitate them, they must exercise and train. Look at the body as an effective and serious factor (Masnabadi 2018). Some researchers refer to exercise as a way to control stress, and regular exercise can release some of the harmful hormones released by stress in the body, reduce anxiety and depression, and relieve stress. And the body creates resistance in the body. Mobility in prisoners It depletes their energy and thus causes them anxiety and stress. Exercise increases prisoners' self-confidence and changes negative attitudes towards themselves and others, and provides the basis for compromise, cooperation, and proper participation in healthy social communication (Gallant, Sherry, & Nicholson 2015).

Since the phenomenon of crime and delinquency is a social problem and physical education is a social phenomenon that is related to other phenomena, and considering the valuable benefits and goals of physical education and sports that were mentioned, it is clear that physical education in reducing Delinquency has significant effects (Nezami, Alam, & Shetab Bushehri 2017). The undeniable educational role of sports activities, especially in the adolescent and young generation, prevention of diseases, prevention of many social corruptions and moral deviations are among the many other functions of this valuable phenomenon. In the meantime, the important role of sports in correcting and educating criminals and paving the way for their return to a healthy

life is not hidden from anyone. Physical education and sports is a very important and valuable factor it can create the concept of believing in health in people as a means of practical and real education. One of the goals of the prisons organization is to nurture and develop the various dimensions of the clients' personality in terms of belief and education, physical, social and psychological (Poursoliman Amiri 2018). A small percentage of people believe that the quality of life of Japanese people has stated that they have reduced their working hours so that Japanese people can exercise to improve their quality of life, to maintain health and well-being, and to compare their value with exercise. Of course, they believe more, and the most important issue can be boldly said that with the passage of life, survival and the provision of clothing and time, a higher percentage of people do not believe in food, but leisure issues improve the quality of life and doubt has replaced it (Mohseni, 2017). People are now in the process of achieving this belief. They need to strive to improve their lives. They have higher education, useful experience, and the average life expectancy of women is 81.3 years (Los Hewwood et al., 2013). The relative improvement of life and well-being of Japanese women. Different social countries pay more attention to the issue of people's leisure and recreation and finding better ways to live, and allocate the necessary facilities and budget in this regard. And ... there is a standard. The reason for various social, political and post-World War II factors and during the years of providing these facilities, use | It is economically related (Mirzaei, 2020).

Women In the past, the Dutch government valued people's actions from sports green spaces in a community of half of the population for the tourism industry and leisure and entertainment, the other half in the leisure of people, especially healthy low-income people Is. In 1984, the government expanded tens of hectares of land to its 25-year plan of 2,000 hectares, so attention to the needs of the urban area is given to the recreation of the people of the land for the recreation of the people allocated to them leisure prerequisites (Mozaffari, Astarai 2016).

## **METHOD**

The method of this research is analytical and is based on the existing research background and library review study. The researcher has reviewed the past articles in the field of leisure and prison and search for

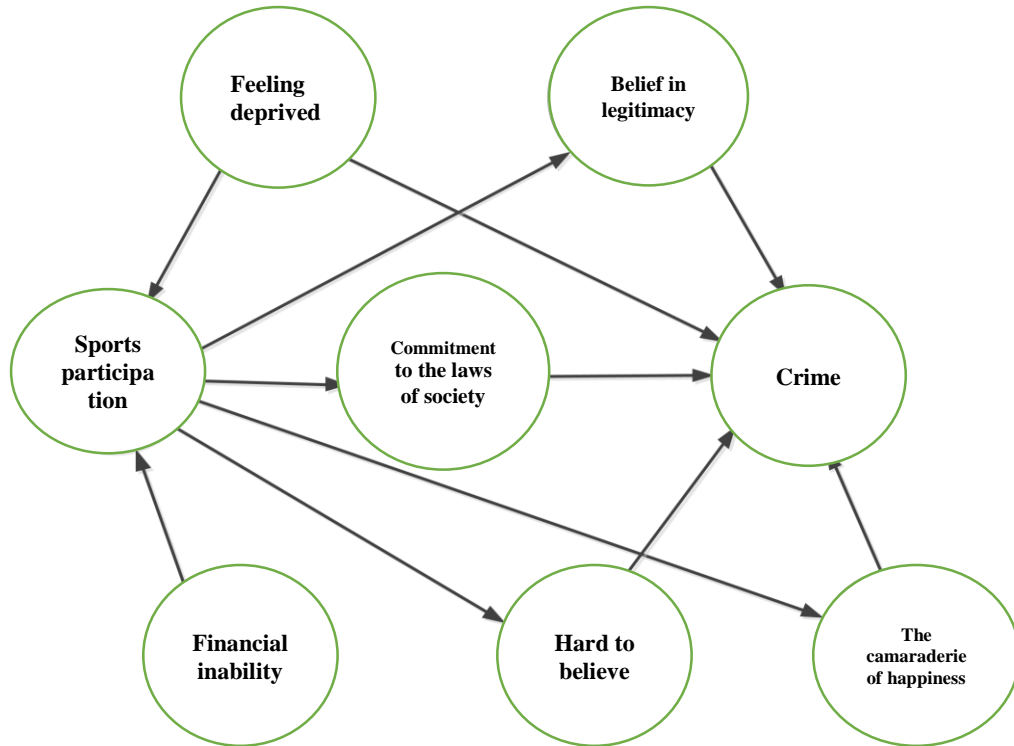
the keywords of leisure, prison, violence and sports. This study, by examining the researchers conducted in Iranian prisons, seeks to provide evidence on the type of methodology used in the research, places and legacy left over from the management of public time in prisons, and by examining and interviewing prison staff. And examines the behavior of prisoners who have exercised during their incarceration, and examines the available library evidence.

## **RESULTS**

Leisure time is the time of awakening during which a person is free from work and employment and daily social duties and can spend it arbitrarily in different areas for the enrichment of soul, body health and thought transformation (Skarðhamar 2003). Iranian prisons can help us in terms of the impact of the management system on the amount and manner of leisure time as well as the mental, intellectual and physical health of staff. The importance of leisure means that the health of the family has a direct impact on the health of the community, otherwise it will endanger the health of the community. Also, productivity in any work environment is directly related to the comfort and leisure of the staff in that work environment. Of course, the sensitivity of the leisure issue is better reflected in the place where the people in question have a direct relationship with different segments of society, in other words, lack of peace of mind will lead to a lack of proper service. Today, leisure is usually defined as freedom from stress, choice, free time, or free time from requirements. Leisure is not a deeply human phenomenon and a transient issue in life, so no one should be deprived of it. He was left with nothing to do. In other definitions, leisure time is the part of waking time when a person is free from job obligations and productive work and voluntarily rests and restores strength and relieves physical and mental fatigue (Gallant, Sherry & Nicholson 2015). Sport is recognized as a social phenomenon that is dealt with by the vast majority of society, as an effective field in culture and social behaviors. Accordingly, it should be said that new developments in the media have increased the place of sports in social life day by day. Attention to bodybuilding and sports is pervasive in today's complex world. So that less community or nation can be found that does not spend on sports and bodybuilding. It can be argued that more than half of the world's population deals with it under various headings (Soleimani 2019). Social adjustment is related to a

person's ability to communicate with others and is characterized by characteristics such as respect for the rights of others, kindness and abandonment of aggressive feelings (Solberg et al. 2017). Due to their energy and a lot of time, prisoners tend to commit offenses such as tattooing, quarreling, which by creating a space for exercise and allocating appropriate time for this work, their risky behaviors are prevented, and on the other hand in sports and leisure management Exercise, it is better to seek guidance and guidance because people when doing happy activities to Indirectly, they are more receptive to the law and accept the facts, and this can be avoided in order to reduce their differences and risky behaviors. In the sociological field, exercise is mentioned as a way to control stress. Regular and timely management of leisure time can release some of the harmful hormones released by the body due to stress; Excreted and reduces anxiety and depression and creates resistance in the body to withstand mental and physical stress (Woods, Hassan, & Breslin 2017). Professional criminals, or recurring habitual that these criminals often go on to commit crimes again. These people make up about 33 to 30% of criminals. The latter category in turn is divided into two categories. The first group is those who commit crimes due to social inconsistencies, behavioral disorders, and mental health problems, and from the perspective of clinical criminology should be subject to special security measures that are generally excluded from society. The second group are professional and real criminals who are divided into two groups: The first group are those whose criminal behavior has actually replaced mental illness. These people commit crimes to cover up their mental and psychological problems. The second group are those whose persistence in criminal behavior is the result of a process of maturity. These people enter the criminal process and see it as their profession (Khosravi & Haqiqat 2018a). Prevention, in a general sense, is all the measures that prevent the occurrence of a crime. According to Sherman, any event that results in a reduction in crime rates can be considered preventative. A set of non-criminal measures whose ultimate goal is solely or in part to limit the scope of the crime and the impossible and reduce the likelihood of crime (Khosravi & Haqiqat 2018b). Deterrence is one of the basic concepts in criminal prevention; In other words, punishments should be imposed in such a way as to

prevent the recidivism of the crime. The measures taken by countries against dangerous criminals can be considered in several separate categories. Research shows that exercise affects prisoners. Exercise has a positive effect on the well-being of prisoners and the prison community (Meek & Lewis 2019). Prisoners who exercise have low levels of depression, stress, and anxiety among inmates, and exercise is a strategic way to deal with incarceration (Buckaloo, Krug & Nelson 2009). People's motivations for participating in physical activity are very diverse. Some motivational factors such as social, environmental and cultural factors can affect a person's desire to participate in physical activities and sports (Walmsley 2003). Research has shown that the most important reasons or motivations for people to participate in physical activity include fitness, maintaining health, gaining vitality and pleasure, and being with friends and social interaction. On the other hand, he believes that perceived barriers are a good predictor of not doing physical activity. Obstacles, or those caused by personal perceptions, can potentially prevent the onset, continuation, or resumption of physical activity (Skarðhamar 2003). Although the World Health Organization recognizes the importance of physical activity for the well-being and health of prisoners, the results of numerous studies suggest that participation in physical activity and sports is one of the most important factors in filling leisure time. Significant contribution in promoting the level of physical, mental and social health of the community, especially prisoners. However, little research has been done on the motivation of prisoners to participate in prison sports programs. Therefore, considering the research vacuum about this important segment of society, the present study tries to answer the question of what effect the factors driving prisoners' participation and management of their leisure deaths with sports have on prisoners' behavior has it. The construction and equipping of prison sports halls is a priority for the General Directorate, and it called for the invitation of morning sports coaches to create vitality and diversity among prisoners.



**Figure 1.** Model of Relationships between Sports Participation, Social Exclusion and Delinquency in Youth Source: (Ghahfarkhi and Rashid Lamar, 2008).

## DISCUSSION

Violence is a form of destructive behavior that is used to violate the rights of others and is carried out in prison by some prisoners. In today's societies, there are always people who violate the rights of others and the basic norms of their society with destructive behaviors and break the law, and as a result, become professional criminals. Violence and aggression are one of the most destructive behaviors of prisoners (Aliverdina & Arman Mehr 2008). The researcher, after reviewing the research findings, concluded that the use and development of sports activities can prevent injuries during imprisonment. In addition to providing good entertainment for prisoners to spend their leisure time, exercise can have a significant impact on their physical and mental health. It is possible for the majority of prisoners to suffer from various physical and mental illnesses due to lack of mobility during imprisonment. Therefore,



the custodians of cultural and educational affairs of prisons are obliged to prepare special programs for other classes and sports in addition to morning sports with careful and scientific planning. Other functions of sports in the lives of prisoners, the constructive role of sports in the positive effects of education and health in the lives of prisoners is undeniable, so it can be included in the agenda as part of the educational program. It stimulated the prisoners' sense of participation in this field. Therefore, holding various competitions and creating sports such as yoga stimulates the prisoners' sense of participation in sports activities. Also, installing sports equipment in the airspace of the prison, taking test and practical tests in popular sports and awarding prizes to the winners of competitions and other such measures will cause the spread of sports among prisoners and the realization of its positive fruits. One of the important areas related to the issue of delinquency is the field of leisure and especially sports. Sports activities, especially martial arts, are topics that a large number of juvenile delinquents pay attention to (Crawford 2007). Exercise can be a mechanism to reduce social exclusion and increase social cohesion in the face of weak other absorption mechanisms. In fact, in every society, there are rejection mechanisms and absorption mechanisms, and it is important that absorption mechanisms can reduce the impact of rejection mechanisms (Besharat 2008). In the meantime, the important role and effect of group sports in correcting and educating criminals and paving the way for their return to a healthy life will be considered essential. In the present study, in addition to being able to formulate programs to improve the mental health of prisoners, to improve the relationship between prisoners, communication with prisoners and other prison officials, as well as to improve communication with family and other members of the community. It leads to liberation, which ultimately helps to create a calm environment and helps to improve the sense of security in society. For this purpose, in this study, the theoretical foundations related to the effects of exercise on dogma and delinquency have been reviewed (Walmsley 2003). Prison has been one of the most important and long-standing parts of human societies in the world. Today, the approach of human societies to prisons and prisoners has changed and reform, rehabilitation and reconstruction have become the priorities of the managers of this department. Sport, with its educational role, contributes a lot to the physical and mental growth and

development of prisoners by creating a happy atmosphere. Exercise can be useful in the prevention and treatment of some mental and physical problems of prisoners. According to research findings, exercise in prison reduces the rate of crime and violence in cells (Walmsley 2003).

**Exercise is one of the most important programs to fill the prisoners' leisure time**

Paying attention to the clients' sports is one of the most important programs to fill the useful leisure time of the prisoners. Due to the efforts made and the need to promote the physical health of the clients, the Physical Education Department will take the necessary care to provide some of the necessary equipment and facilities and to develop the prison gym. Iran's prisons have experienced coaches in the fields of antiquity, wrestling, basketball, volleyball, darts, futsal, and bodybuilding; despite the limitations and the large number of penal population, clients are often active in their respective fields and receive the required training under the supervision of instructors (Woods, Leavey, Meek & Breslin 2020). Findings from the research show that participation in staff sports is less considered in research than inmates' sports (Naseri, Farzan, and Razavi).

**CONCLUSIONS**

As a result, physical education and sports have become popular due to their inherent attractiveness as well as the vitality of physical activity, which the majority of the general public can participate in, and as we know, mobility is one of the most important factors in causing disorder. It is in the health of the human body and has negative effects on the psyche and nerves of people and this restriction, if created for any reason, can greatly reduce the long-term efficiency of the human body. Therefore, since staying away from sports is one of the causes of social deviations and delinquent behaviors, and also considering the mobility of clients, which is due to being limited in an environment with special conditions, the mission of physical education has been doubled in order to achieve goals. The Prison Rehabilitation Office should try to generalize and expand sports to strengthen the mental and physical strength of staff, conscripts and clients, and pursuing such goals can enable participants to engage in sports after discharge from prison.

## REFERENCES

- Alam, Shahram. (2016). "Study of effective factors in increasing the efficiency of physical education lessons". Master Thesis, University of Tehran, Faculty of Physical Education and Sports Sciences (Persian)
- Albokordi, Sajjad; Nouri, Robabeh; Nikosir Jahromi; Zahedian, Seyed Fath Mohammad. (2018). The Relationship between Self-Esteem and Social Support with Depression in Male Prisoners, *Journal of Mazandaran University of Medical Sciences* 4 Number 66; Page 62.68(Persian)
- Aliverdinia, A; Arman Mehr, V. (2008). Exercise and Delinquency: An Experimental Test of Hirsch's Theory of Social Bonding, *Journal of Motor Science and Sport*, autumn and winter 2008, 6(12): 133-141.
- Amtmann, J., Evans, R., & Powers, J. (2009). Measured and perceived effects of a correctional wellness program. *Corrections Compendium*, (Persian)
- Ashori M. (2019). Alternatives to prison or intermediate punishment. Tehran. Publishing trends. Printing. (Persian)
- Bernburg, J. G., & Krohn, M. D. (2003). Labeling, life chances, and adult crime: The direct and indirect effects of official intervention in adolescence on crime in early adulthood. *Criminology*, 41(4), 1287-1318.
- Besharat, MA. (2008), Comparing Athletes' Personality Traits in Individual and Group Sports, *Journal of Psychological Science*. 6(23): 247-.332
- Buckaloo, B. J., Krug, K. S., & Nelson, K. B. (2009). Exercise and the low-security inmate: Changes in depression, stress, and anxiety. *The Prison Journal*, 89(3), 328-343.
- Crawford A (2007), *Crime Prevention and Community Safety*, the Oxford Handbook of Criminology, 4th Edition, New York, Oxford University Press.
- 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.
- Ghahfarokhi, A; Rashid Lemir, A. (2008), Social Exclusion, Youth Delinquency and Sport Participation, *Physiology Research and Management in Sport*, 9(4): 9-16.
- Hamidi, Mehrzad. (2010). *Management of Sports Organizations*. Second edition. Tehran: Payame Noor University Press; (Persian)
- Iranian Students News Agency (ISNA). (2014). News ID: kermanshah-8997 (Persian)
- Khosravi, Sh.; Haqiqat, SA. (2018a), Comparison of Attributes and Personality Types among Athletes in Collision and Non-Religious Athletes, *Journal of Knowledge and Research in Applied Psychology*, 18(2): 34-12.

- Khosravi, Sh.; Haqiqat, SA. (2018b), Comparison of Brain-Behavioral Activity among Individual and Group Athletes, *Journal of Neurological Psychology*, 3(2): 82-86
- Los Hewwood et al., (2013). Bachelor's thesis in social sciences and high school cooperation in the six districts of Mashhad, Faculty of Social Sciences (Persian)
- Masnabadi, Azam. (2018). The role of sports in the correction and training of prisoners, General Administration of Prisons and Security and Training Centers of Markazi Province, Zanda Organization website, Research in the organization. <http://markaziprisons.ir> (Persian).
- Meek, R., & Lewis, G. (2019). The benefits of sport and physical education for young men in prison: A exploration of policy and practice in England and Wales. *Prison Service Journal*
- Mirzaei, Mohammad. (2020). Exercise program model, Karakhanlu University PhD thesis, A Study of Islamic Leisure Time in the Science and Research Branch of Tehran High School Male Students, A Study of How to Spend Time in the Research and Training Office of the Organization of Physical Education and Leisure of Students of the University of Tehran (Persian)
- Mohseni, Manouchehr. (2017). Spending leisure time of high school students Leisure in Rasht, Vice Chancellor for Research, University of Guilan, Tehran (Persian)
- Mozaffari, Simin; Astarai, Narges. (2016). A study of Abedinzadeh, Survey of leisure time of 14-18 female students (Persian)
- Naseri, Zeinab; Farzan, Farzam and Razavi, Seyed Mohammad Hossein, (2017). A Study of the Status of Sports Participation in Prison, *The Second National Conference on New Approaches to Education and Research*, Mahmoudabad, <https://civilica.com/doc/702102> (Persian)
- Nezami, Maryam; Alam, Shahram; Shetab Bushehri, Seyedeh Nahid. (2017). Determining the effective factors on the development of women's physical education and sports in the Islamic Republic of Iran, *Sports Management*, No. 54, pp. 515-5 (Persian).
- Poursoliman Amiri, Roghayeh. (2018) The relationship between physical activity and exercise with the occurrence of crime in different groups of male prisoners in Babol prison, Master Thesis in Sports Management, Islamic Azad University, Central Tehran Branch (Persian).
- Qalkhanbaz, Ahmad; Khazaei, Salman; Afshari, Maryam; Soheilzad, Mokhtar; Farazi, Reza. (2017). Factors related to the repetition of imprisonment among prisoners in Tuyserkan in 5935 *Journal of Forensic Medicine*, 53, winter and spring (Persian).

- Shahbazi, Mehdi; Shabani Moghadam, S; Saffari, Marjan. (2019). Public Sports Necessity, Barriers and Solutions. 4(67):7. (Persian)
- Skarðhamar, T. (2003). Inmates' social background and living conditions. *Journal of Scandinavian studies in criminology and crime prevention*, 4(1), 39-56.
- Solberg, P. A., Methlie, P., Gloersen, J., Hustad, S., Skogrand, H., Husebye, E. S., & Raastad, T. (2017). Changes in body composition, power and hormonal status during and after a prisoner of war exercise in Norwegian Navy Special Operations Command (NORNAVSOC) recruits. *Journal of Science and Medicine in Sport*, 20, S88.
- Soleimani, H. (2019), the need to institutionalize ethics in sport, accessible at [vista.ir](http://vista.ir).
- Walmsley, R. (2003). *World prison population list* (pp. 1-6). London: Home Office.
- Woods, D., Hassan, D., & Breslin, G. (2017). Positive collateral damage or purposeful design: How sport-based interventions impact the psychological well-being of people in prison. *Mental Health and Physical Activity*, 13, 152-162.
- Woods, D., Leavey, G., Meek, R., & Breslin, G. (2020). Developing mental health awareness and help seeking in prison: A feasibility study of the State of Mind Sport programme. *International Journal of Prisoner Health*.