

ORGANIZATION OF PHYSICAL ACTIVITIES IN CORRECTIONAL INSTITUTIONS

¹ Faculty of Criminal Justice, Criminology and Security Studies at the University of Sarajevo

² Faculty of Sports and Physical Education at the University of Sarajevo

Original research
UDC: 796:343.81

Abstract

The goal of this paper is that the conclusions and results which were obtained through the analysis and comparison can be applied directly on improvement of conditions in terms of physical activities application in correctional facilities. The respondent sample for the necessities of this research, which is presented in this paper, are convicts in the Semi-open prison of Sarajevo (the central department), a total of 22. The measurement instrument created for this research is a questionnaire with which the opinions and attitudes of the convicts were sampled about the organization of physical activities in the institution. The defined goal is achieved through the hypothesis review: "Conditions, programs and treatment in correctional units do not ensure adequate physical activities"; "The convicts are not provided with everyday physical exercises"; Correctional facilities do not have adequate fields and equipment for physical activities"; "People engaged in the organization of the physical activity and sports programs are not expert enough".

Key words: **physical activity, organization, conditions for physical activity program organization, correctional facilities**

Introduction

Physical activities are an important part of human life and they consist of many various forms which are naturally formed with individual interests, but also with the construction of social surroundings. Physical activities can be divided into group or individual, active or passive, in open or closed spaces. The importance of physical activities in the community life and the positive outcomes of participation in such, as well as social programs and activities which are provided from the local government play an important role in alleviating chronic diseases and the increase in perception of the community on general health and life quality. Physical activities are sometimes underestimated as a mean for improvement and maintenance of health and wellbeing of the community. The Council of Europe defines sports (1992) as "every form of physical activity, which through recreational or organized participation have a goal to show or improve physical condition and mental wellbeing, develop social relations or achieve results in every competitive level". The mentioned definition is included in the White Paper of Sport (European Commission, 2007). Persons who are deprived of freedom are therefore punished by losing their freedom, and accordingly, the conditions they are in cannot be an ad-

ditional suffering. To protect human dignity of the persons deprived of freedom, it is important to ensure that they enjoy their human rights, where the right on physical activities plays a very important role by increasing the chance for successful resocialization and reintegration of the prisoner. The legal basis for the organization of physical activity and sport programs for the prisoners in Bosnia and Herzegovina is: "The Law of Bosnia and Herzegovina on the Execution of Criminal Sanctions, Detention and Other Measures" ("Official Gazette of Bosnia and Herzegovina" 22/16). According to the democratic orientation of our society, the lawmaker in Bosnia and Herzegovina accepted the directives of international documents which speak about the organization of physical activities for persons deprived of freedom. The compatibility of the physical activity system for inmates of Bosnia and Herzegovina with the European and international standards provides a better strategical and operational management with prison resources and objects. In return, the mentioned secures an equal application of directives which are related to the making and implementation of the physical activity programs whose efficiency and effectiveness has a goal to raise the prison standards ac-

cording to the directives of the Criminal Procedure Code of Bosnia and Herzegovina. Physical activity plays an important role on the development road of a healthy individual, but society as well (Hadžikadunić, 2012). Physical activity can be viewed as an efficient instrument in the prevention and treatment of anxiety and depression. Therefore, physical activity affects mental wellbeing just as well as physical health. This is supported by the fact that physical activity represents an excellent way to battle problems and everyday life. It allows for the bad acts to be replaced by good. Also, it can be said that exercising represents a form of meditation, gives a feeling that we oversee our own lives, respectively the feeling of control and self-control (Hadžikadunić, 2013). Physical activity is cheaper than medicine, is beneficial for the whole body, and does not leave any negative effects as medicine (Hadžikadunić, 2013). Many authors (Neiman, 2000, Nikolić, 2003, Ilhan, 2009) claim that regular moderate physical activities stimulate the functions of the immune system, moderate exercise reduces the risk of frequent infections, unlike those which have a sedentary trend. The goal of this paper is that the conclusions and results, obtained with analyses and comparison, can be directly applied on the improvement of the physical activity program use in prison units. The research which is presented in this paper will produce certain suggestions which can be used by the interested parties to adjust the physical activity programs with the prisoner needs.

Methods

The research results will show reliable and objective data which will offer a general assessment of the current state in the application of the physical activity and sport programs in prison units. The presented research was conducted during June and July 2017 with a sample of 22 respondents. The place where the research was conducted is the Central Department of the Correctional Facility in Sarajevo. The Correctional Facility in Sarajevo is a semi-open unit with a total capacity of 32 places for prisoners and about 80 places for detainees (women, men and minors). The research was conducted together with professionals in a way that the respondents voluntarily filled out the questionnaire about opinions – claims about the organization of the physical activity programs for the convicts. The questionnaire was applied according to the written instructions, additionally, the prisoners were given the opportunity to ask for an explanation if there were any unclear questions. The goal of the questioning is explained and in what purpose the results will be used.

Participants

The respondent sample (22 prisoners) used for this interview consisted of convicts in the Correctional Facility in Sarajevo (Central Department). During the period when the research was conducted, the number of prisoners in the facility was about 40. The voluntary questionnaire included 22 of them. The most common age category of the respondents was between 31 and 40 years (45.5%). Respondents between

the ages of 21 and 30 follow (27.3%). The category between 41 and 50 years amounts to 22.7%, and 4.5% were respondents between the ages of 18 and 20. From the total number of questioned convicts, 31.8% were imprisoned because of criminal offenses related to violence. Besides, 27.3% were convicted because of offenses related to drug abuse, 22.7% because of property crimes, and 18.2% were convicted because of other criminal offenses.

Measurement instrument

For the needs of this research a special measurement instrument was formed consisting of a questionnaire about the opinions of the convicts about the physical activity organization in the correctional facility.

Data processing methods

The descriptive method was used to provide an insight into the results. With the frequency and percentage analysis a direction of attitude motion was established towards partial interests of the research which are realized through several segments of convict opinion measurement. The defined goal of the paper is achieved through the hypothesis review: Conditions, programs and treatment in prison units do not ensure adequate physical activity programs; Convicts are not provided with everyday physical activity; Correctional facilities do not have adequate treatment, equipment and devices for physical activities; Persons engaged in the organization of the physical activity and sport programs are not professional enough.

Results and discussion

When talking about the physical activities in the KPZ Sarajevo (Central Department), the convicts have exercises in the GYM at their disposal, together with football, basketball, table tennis and chess. The open field is not in the best shape and needs reconstruction. The training equipment is also worn out and needs replacement. Prisoners and detainees are equally included into the physical activity programs, but because of narrow space, overcrowding, as well as old or lack of equipment, it is not possible to organize the physical activities in an appropriate way. The department for the organization of physical activities states that competitions are organized occasionally in basketball, table tennis, chess, and the administration sometimes organize the transport of convicts into other departments to realize the sport competitions. Almost all convicts are users of different physical activity programs which are at their disposal in the prison, like table tennis, football and basketball. Next to that, the prisoners can use the prison GYM as well. For the realization of the physical activities, in terms of the Central Department of KPZ Sarajevo, the space is narrow, and based on the number of prisoners and detainees, most of them do not have the possibility to be engaged in physical activities enough to satisfy their basic needs. Often, because of the mentioned issue, the prisoners do not have the chance to spend at least an hour in the open, daily, how the minimal rules require, and the directive of the ZKIS BiH is not respected at all, where

the act 84 states that all prisoners and detainees will be allowed to spend at least two hours, and those who work and stay indoors, at least three hours in the open, daily. For the convicts to be included into the physical activity programs, at all, they first need to have a permit from the doctor, who assesses their general psychophysical state and abilities, after a thorough examination. Even though the ZIKS BiH goes further away from this minimum, and states that prisoners and detainees will be allowed to spend at least two hours outdoors, it is not always like that, what was confirmed by more than a quarter, 27.3%, of respondents, while 13.6% declined to give their own opinion (Table 1).

Table 1 The review of attitudes and opinions for the variable *“We spend at least two hours daily on fresh air”*

I completely disagree		I disagree		I do not have an opinion		I agree		I completely agree		Total
f	%	f	%	f	%	f	%	F	%	22
2	9.1	4	18.2	3	13.6	6	27.3	7	31.8	22
f – observed frequency; % - percentage from overall answers										

22.7% of the respondents do not agree with the statement that they are given at least one hour of physical activities outdoors, while 18.2% opted to remain neutral (Table 2).

Table 2 The review of attitudes and opinions for the variable *“When weather conditions allow, we are allowed to spend at least one hour of physical activities on fresh air”*

I completely disagree		I disagree		I do not have an opinion		I agree		I completely agree		Total
f	%	f	%	f	%	f	%	F	%	22
2	9.1	3	13.6	4	18.2	8	36.4	5	22.7	22
f – observed frequency; % - percentage from overall answers										

The administration of KPZ Sarajevo, according to current possibilities and available resources, provided the opportunity for the prisoners to be able to take part in physical activities, and in regards to the variable *“I am allowed to take part in physical activities”*, the opinions of the convicts are positive in 81.9% cases, while the negative and neutral answers are in the same number (Table 3).

Table 3 The review of attitudes and opinions for the variable *“I am allowed to take part in physical activities”*.

I completely disagree		I disagree		I do not have an opinion		I agree		I completely agree		Total
f	%	f	%	f	%	f	%	F	%	22
1	4.5	1	4.5	2	9.1	10	45.5	8	36.4	22
f – observed frequency; % - percentage from overall answers										

In terms of leisure activities which include physical activities, 36.4% of the respondents said that they do not participate in such activities because of personal reasons (Table 4).

Table 4 The review of attitudes and opinions for the variable *“I do not participate in physical activities because of personal reasons”*.

I completely disagree		I disagree		I do not have an opinion		I agree		I completely agree		Total
f	%	f	%	f	%	f	%	F	%	22
3	13.6	6	27.3	5	22.7	4	18.2	4	18.2	22
f – observed frequency; % - percentage from overall answers										

The prison doctor needs to give an opinion about the ability of a prisoner to participate in physical activities, which kind and to what extent. 72.8% of the respondents stated that they have received the needed permission (Table 5).

Table 5 The review of attitudes and opinions for the variable *“The facility doctor gave me the permission to participate in physical activities”*.

I completely disagree		I disagree		I do not have an opinion		I agree		I completely agree		Total
f	%	f	%	f	%	f	%	F	%	22
1	4.5	1	4.5	4	18.2	10	45.5	6	27.3	22
f – observed frequency; % - percentage from overall answers										

The basic condition to perform sport activities. physical education and recreation are the existence of sport facilities. Physical activity, sport, and recreational programs in correctional facilities are not possible to be realized and carried out without an adequate sport facility as an indispensable resource. Cooperation between the human factor and the adequate facility (or space) enables the realization of physical and sport activities for the prisoners. Not only is it important that such facility or space exists but also, it needs to satisfy the regulated conditions (in terms of dimensions, safety, hygiene, fire protection, installation and technical etc.) to conduct physical activities inside. The sport facility includes all spaces where different physical activities can be performed. The basic division of sport facilities is on closed (buildings which represent a physical functioning and technical complex with all installations. Facilities and equipment intended for the performance of certain sports activities, like halls, pools, balloon halls etc.) and open sport fields. The KPZ Sarajevo owns a GYM and a space for walking and exercise in the open. The GYM needs adaptation and the field needs to be reconstructed. The equipment is worn out and during the last few years no funds were invested in their replacement. Besides, more than a half of respondents, 59.1% consider that they have appropriate fields and equipment for physical activities while 32.8% expressed their dissatisfaction (Table 6).

Table 6 The review of attitudes and opinions for the variable *“We have appropriate fields, premises and equipment for exercise and recreation”*.

I completely disagree		I disagree		I do not have an opinion		I agree		I completely agree		Total
f	%	f	%	f	%	f	%	F	%	22
3	13.6	5	18.2	1	4.5	10	45.5	3	13.6	22
f – observed frequency; % - percentage from overall answers										

To carry out physical activities in correctional institutions, besides appropriate facilities (space), adequate sport equipment is necessary which is divided into personal sport equipment and the equipment of sport facilities (space). Into personal sport equipment fall clothes (apparel and footwear) as well as some props in individual sports. Into the category of sport facility equipment fall the constructions for basketball, volleyball, handball, and other. Sport facility equipment is provided by the institute, while personal equipment is provided by the prisoners. The prisoners also take care of the cleanness and tidiness of the equipment. During their free time the convicts have two basic content offers at their disposal: activities which do not include physical, sport or recreational activities. The number of physical, sport and recreational activities that are at their disposal is limited. Next to GYM exercises and table tennis, the prisoners can use the open space for football, basketball, relaxation exercises and walking. When talking about the opinions of the convicts, the attitudes are split in a way where 45.5% of the respondents agreed that they have enough physical, sport and recreational activities. 45.4% of them voiced their disagreement. while 9.1% refused to give an opinion (Table 7).

Table 7 The review of opinions and attitudes for the variable *“I am satisfied with the form and number of physical activities at our disposal”*.

I completely disagree		I disagree		I do not have an opinion		I agree		I completely agree		Total
f	%	f	%	f	%	f	%	f	%	22
3	13.6	7	31.8	2	9.1	6	27.3	4	18.2	22
f – observed frequency; % - percentage from overall answers										

Occasionally, the facility organizes competition between prisoners in football, table tennis and chess. Regarding the variable that evaluates sport competitions. 37.3% are positive. while 40.9% are negative opinions (Table 8). Some of the prisoners that the competitions were more frequent before. what is not the case anymore.

Table 8 The review of opinions and attitudes for the variable *“We organize various sport competition in the facility”*.

I completely disagree		I disagree		I do not have an opinion		I agree		I completely agree		Total
f	%	f	%	f	%	f	%	F	%	22
4	18.2	5	22.7	5	22.7	7	31.8	1	4.5	22
f – observed frequency; % - percentage from overall answers										

Every correctional institution, in order to realize physical activity programs, needs to have experts in the staff – coaches who will program and lead these programs. There is also a considerable difference between the physical activity programs which are organized in the correctional facility and those organized in the community, contrary to international directives or local rules which state that life conditions in the prison should be even, as much as possible, with the life conditions in freedom. The convicts, besides not being able to choose what sport or physical activity they want, are not able to form groups. or recreational clubs which would be observed by trainers. The trainers have an assignment to remove any negative, develop positive habits, and help prisoners adjust to their new surroundings. The basic assumption is that for physical activity programs to be successful, they need to be monitored and organized by experts. Trainers can see any changes in the prisoner behaviour. Such observations need to be told to the official staff, primarily pedagogues, psychologists and social workers. The treatment functions of the trainers are not only “depleted” in the organization and conduction of physical activity programs. In cooperation with other staff members, the mentioned before all, they have a great influence on the resocialisation process. The role of the trainer comes to expression during the period when a convict is being prepared for release. Trainers need to be included in a post-penal treatment through the creation of physical activity programs for convicted persons, after serving their sentence. Observations from the trainers can be sent to prison staff for the planning and realization of health treatments. In the Central Department of KPZ Sarajevo, the physical activities for the convicts are not led by persons who finished the Faculty of Sports and Physical Education. The person responsible for cultural, sport and educational activities, a political scientist, along years of experience in this facility and the fact that he used to be the vice director, is not an adequate solution for the organization and conduction of physical activity programs. For such needs, the administration should employ an expert in this field. When talking about the opinions of the convicts, they are split in a way that 36.4% of the respondents agrees or completely agrees that the persons in charge of physical activities have the needed knowledge in the mentioned field, while 40.9% does not share such opinion (Table 9).

Table 9 The review of opinions and attitudes for the variable *“The physical activities in the facility are organized and led by persons from the field of sport”*.

I completely disagree		I disagree		I do not have an opinion		I agree		I completely agree		Total
f	%	f	%	f	%	f	%	f	%	22
4	18.2	5	22.7	5	22.7	6	27.3	2	9.1	22
f – observed frequency; % - percentage from overall answers										

Most of the respondents included in this questionnaire. 68.2% of them agreed that physical activities positively

reflect on their physical and mental health (Table 10). only 4.5% of them voiced disagreement, and 27.3% refused to give an answer. The institution doctor and psychologist, as well as the educator for cultural, sports and educational activities also agree that the physical activities in the KPZ have multiple uses in the development of general prisoner health, mood improvement, everyday stress, anxiety, panic attack and depression reduction, as well as the prevention of many asocial phenomenon, reduction of the feeling of anxiety and isolation through the interaction with other convicts.

Table 10 The review of opinions and attitudes for the variable "Physical activities in the institution reflect positively on my physical and mental health"

I completely disagree		I disagree		I do not have an opinion		I agree		I completely agree		Total
f	%	f	%	f	%	f	%	f	%	
0	0.0	1	4.5	6	27.3	7	31.8	8	36.4	22

f – observed frequency; % - percentage from overall answers

Conclusion

The absence of adequate spot object and spaces reduces the possibility for physical activities of the convicts as well as the possibility of organized competitions. This condition demands great funding which cannot be provided by the correctional facility itself. Considering the usefulness of physical activities, especially for persons who spend most of their time in narrow spaces with limited physical activity, a solution for this infrastructural problem is necessary, which, next to expertise, demands great fund allocation. To improve the conditions, it is, before all, important to allocate considerable funds, what is hard to do in a country with limited resources. Investment in the penitentiary system causes public outrage and is of low importance in terms of political elections, so that the funding is mostly done with the help of international and non-government organizations. Considering everything we can conclude that one of the key problems is the lack of funds, and saving on the field reconstruction, together with procurement of equipment for sport recreation. Based on the research results, the hypothesis verification was done. The hypotheses of this research can be accepted because it can be stated that the conditions, programs and treatments do not ensure adequate physical activity programs. No organized physical activity programs exist, but the prisoners use what they have on their disposal. Their needs for organized physical activities are not satisfied. starting from the fact that the same are not organized daily, that all prisoners are not included, the programs are not organized and led by persons from the field of sport, along with a lack of equipment. Based on the mentioned statements of this research, with the goal of physical activity program development in

prisons, it is necessary to organize daily sport and recreation programs that will be able for all prisoners. create positive habits in terms of physical activity in a way to enable easier reintegration for them after they are released, they should have daily sport recreation in the open for at least one hour. the field reconstruction should be done. and new sport equipment should be procured (personal and sport). Sport experts should be employed as well, who will work with the prisoners every day.

References

- Hadžikadunić. A. (2012) „Sport kao prevencija od destruktivnog izražavanja djece i omladine“ Kriminalističke teme br. 3/4.
- Hadžikadunić. A.. Turković. S.. Tabaković. M. (2013) „Teorija sporta sa osnovama tjelesnih aktivnosti specijalne namjene“. Sarajevo.
- Nikolić. Z. (2000) „Kriminologija sa socijalnom patologijom“. Beograd
- Krivični zakon BiH. Službeni glasnik BiH. br. 37/03.
- Pravilnik o izmjenama i dopunama Pravilnika o kriterijima za upućivanje osuđenih osoba na izdržavanje kazne zatvora. Službeni glasnik BiH br. 65/05.
- Pravilnik o izmjenama i dopunama Pravilnika o kriterijima za upućivanje osuđenih osoba na izdržavanje kazne zatvora. Službeni glasnik BiH br. 83/07.
- Pravilnik o izmjenama i dopunama Pravilnika o kućnom redu u ustanovama za izdržavanje krivične sankcije. mjere pritvora ili drugih mjera Bosne i Hercegovine. Službeni glasnik BiH br. 34/05. 65/05. 36/06. 39/07. 61/07.
- Pravilnik o izmjenama i dopunama Pravilnika o pogodnostima i godišnjem odmoru zatvorenika koji izdržavaju kaznu zatvora u Zavodu za izvršenje krivičnih sankcija. pritvora i drugih mjera Bosne i Hercegovine. Službeni glasnik br. 38/06.
- Pravilnik o izmjenama i dopunama Pravilnika o pogodnostima i godišnjem odmoru zatvorenika koji izdržavaju kaznu zatvora u Zavodu za izvršenje krivičnih sankcija. pritvora i drugih mjera Bosne i Hercegovine. Službeni glasnik br. 11/08.
- Pravilnik o kućnom redu u ustanovama za izdržavanje krivične sankcije. mjere pritvora ili drugih mjera. Službeni glasnik BiH br. 18/05.
- Pravilnik o pogodnostima i godišnjem odmoru zatvorenika koji izdržavaju kaznu zatvora u Zavodu za izvršenje kaznenih sankcija. pritvora i drugih mjera Bosne i Hercegovine. Službeni glasnik br. 34/05.
- Skup minimalnih pravila o postupanju sa zatvorenicima. UN Rezolucija broj 663C (XXIV) i 2076 (LXII).
- The United Nations Standard Minimum Rules for the Administration of Juvenile Justice (1985.).

Zakon BiH o izvršenju krivičnih sankcija. pritvora i drugih mjera. Službeni glasnik BiH. br.13/05.

Zakon BiH o izvršenju krivičnih sankcija. pritvora i drugih mjera. Službeni glasnik BiH. br.12/10.

Zakon o izmjenama i dopunama Zakona o izvršenju krivičnih sankcija. pritvora i drugih mjera. Službeni glasnik BiH br. 53/07.

Zakon o izvršenju krivičnih sankcija FBiH. Službene novine FBiH. br. 44/98. 42/99.

Zakon o krivičnom postupku BiH. Službeni glasnik BiH. br.36/03.

Zakon o krivičnom postupku FBiH. Službene novine FBiH br.35 /03. 37/03. 56/03. 78/04. 28/05.

Zakon o osnivanju zavoda za izvršenje krivičnih sankcija. pritvora i drugih mjera Bosne i Hercegovine. Službeni glasnik BiH br 24/08

Corresponding author:

Admir Hadžikadunić

Faculty of Criminal Justice,

Criminology and Security Studies

at the University of Sarajevo

Zmaja od Bosne 8, 71000 Sarajevo, BiH

E-mail: ahadzikadunic@fkn.unsa.ba