



Determination the View Points and Expectation Levels of Inmates in Prisons about Physical Education and Sports

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ABSTRACT

The purpose of this study was to determine the expectation levels and the view points of sports and Physical Education for the prisoners in penal institutions. The nature of study was consisted of the resident prisoners in penal institutions under the Ministry of Justice, its sample from 147 male inmates staying in E-type of closed prison in the province of Elazığ. The validity of $P < 0.05$ was analyzed as the level of significance at a statistics program given in the end of the research. According to the research results; prisoners had high interest in sport generally, the duration of sports should be extended, for doing more regularly conscious sports they need help from an expert absolutely; at the same time, charging a certain amount of payment to cover their own needs in prison was seen to be encouraging concerning playing sports by the various non-governmental organizations or Ministry of Justice to prisoners who exercised regularly. Also, concerning about some expecting opinions be met were revealed such as the improving sports fields and by showing necessary sensibility about making regular physical cleanings after doing sports of prisoners.

KEYWORDS: Prison, Prisoner, Physical Education and Sports, Expectation

INTRODUCTION

Physical Education and Sports (PES) is to protect the individual's physical and mental health and improve physical skills, environmental conditions and when required it is surrounded by flexible rules varying according to the characteristics of participants and environmental conditions; it is a broad-based activity covering all studies and research that based to play, gymnastics and sports (Aracı, 2004).

PES consists of acts of free play carried out by the free thought of man, all kinds of physical exercises planned and programmed, dance and other forms of expression (Orhun, 1998). In physical education, "Body" is some kind of vehicle; the purpose is an education of the whole personality. The sporting is the education of being healthy, strong, being happy, personality, and character, winning ethical values, acculturation, socialization and citizenship (Yalçın, 1995). The important thing is to participate in sports, taking pleasure while doing it, having fun, getting relax, developing social relationships. With these features, sports is a group of activities having a prominent aspect of play (Özbaydar, 1983). For that reason, sports is oriented, having specific rules and having features of competitiveness and socialization; it is a set of integrative activities depending upon the requirements such as pleasure and enthusiasm for spectators as well as those who do sports (Koruç, 1992), (Bompa, 1998).

By setting off on these definitions, we can say that the sports has the effect for the socialization of individuals, expressing themselves, contributing to the development of the people as a whole. Especially, it shows us that the prisoners seen as one of the disadvantaged groups in the society should benefit from these positive developments for having broad-based activities which allow individuals to recognize themselves and the development of personality. Those accused for some of illegal events and having characterized the rights of people convicted has been limited by certain rules. This does not mean that the prisoners do not any right.

"Prisoner" concept is used for people convicted custodial confinement sentences, people who may have committed a crime concerning the strongly probable evidence; "Detainee" concept is used for those who are penalized by the court as custodial sentence. "Remand prisoner" concept is used for those having taken custodial sentence and those undue offence (Sağlam et al., 2003).

The rate of sports facilities in prisons should be increased for increasing the rate of PES of prisoner residents of PES and created the necessary amenities should be created for doing sports of prisoners by ensuring

the active participation in existing facilities.

The target in this study by determining the levels of expectation with the perspectives of PES of the prisoners staying in the prison, being able to identify factors that affect the level of effect when they do sports, fixing, identifying to what extent they have reached the saturation while doing sports. First of all, by the help of recognizing all aspects of prisoners and determining what components will affect them while doing sports will contribute to the formation of sports consciousness by offering a solution against those?

MATERIAL AND METHODS

This survey prepared for the province of Elazığ was applied to the prisoners staying in Punishment and Detention Centers of Ministry of Justice. 152 male prisoners participated in this research study. Five incorrect surveys were subtracted as a result of evaluation of variables and 147 questionnaires were evaluated. A Likert-type scale was used as totally agree, agree, partially agree, disagree, and strongly disagree in terms of the degree of participation. The data collection tool of participation boundaries was developed based on a Likert-type rating scale. Value ranges were from rated positive to negative sentiment as 5:00 to 4:21 range "totally agree", 4:20 to 3:41 range "Agree" range of 3:40-2:61 "Partially Agree" range of 2:60-1:81 "Disagree" range of 1:80-1:00 "strongly disagree". Cronbach's Alpha statistical process was made for reliability study and the reliability coefficient of applied scale was calculated as "alpha = .921".

This study consists of four sections In the first chapter , personal information; family information in the second chapter; in the third chapter ,evaluating leisure of prisoners, sport participation and interest in sport; PES perspectives, determining expectations of them in the fourth chapter were presented in the survey questions.

The data obtained at the end of the research was analyzed in the statistical program and the significance level of 0.05 was adopted for the statistical validity of the data. Personal characteristics, perspectives of PES of the prisoners and prison management with their expectation levels and the influence of the environment of the prisoners and the expectation level variables were explained by frequencies and percentages; extraction was performed, and the result extraction and discussion were performed in this direction.

FINDINGS

Prisoners' Personal Information

According to the information obtained from the surveys; % 100,1 of the

research participants has been composed of male inmates, it has been seen that 35.4% between the ages of 20-25, 29.3% between the ages of 26-30, 15.0% between the ages of 31-35, 8.2% between the ages of 36-40, 4.8% between the ages of 41-45, 7.5% at the age of 46 and above.

It has been observed that 4.8% of prisoners' lengths are 160 cm and down, 30.6% of the prisoners' lengths are 161-170 cm, 64.6% of the prisoners' lengths are above 171 cm.

It has been observed that 17.0% of prisoners' weights are 60 kg and down, 29.9% of the prisoners' weights are between 61-70 kg, 34.0% of them are between 71 - 80 kg, of weight in kilograms, between 19.0% of them are 81 kg and above.

It has been observed that 45.6% of the prisoners' birthplace are the city center, which is 22.4% percent of the prisoners' birth places are borough city, 30.6% percent of the prisoners' birthplaces are the village, 1.4% percent of the prisoners' birthplaces are town.

It has been observed that 30.46% percent of the prisoners are married, 66.0% percent are single, and 3.4% percent are divorced. While the number of siblings analyzed in the family of prisoners, it has been observed that 29.3% of the prisoners have 1-3 sister, 42.2% percent have 4-6 siblings, 15.0% percent have 7-9 siblings, 13.6% percent have ten and more siblings.

While analyzing the prisoners' education case, it has been observed that 6.1% percent of the prisoners are illiterate, 3.4% percent are literate, 21.1% percent are primary school graduates, 53.1% percent are of junior high school graduates, 12.9% percent are of high school graduates, 1.44% is a two-year vocational high school graduates, 2.0% percent are bachelor graduates.

While analyzing the prisoners' vocational case, it has been observed that 8.8% percent of the prisoners are farmers, 25.2% percent are traders, 45.6% of the workers, 7% civil servants, 12.9% percent is self-employed and 6.8% percent are unemployed.

While analyzing the prisoners' smoking and the addictive substance case, it has been observed that 65.3% of the prisoners use, 34.7% of the prisoners do not use.

Prisoners Family Information

While analyzing the prisoners' fathers education case, it has been observed that 20.4% percent of the prisoners' fathers are illiterate, 19.9% percent are literate, 35.4% percent are primary school graduates, 14.3% percent are of junior high school graduates, 14.3% percent are of high school graduates, 7% is a two-year vocational high school graduates, 2.0% percent are bachelor graduates.

While analyzing the prisoners' fathers vocational case, it has been observed that 13.6% percent of the prisoners are farmers, 25.2% percent are traders, 25.9% of the workers, 4.8% civil servants, 18.4% percent is self-employed, 23.1% percent are retired and 14.3% percent are unemployed.

While analyzing the prisoners' mothers education case, it has been observed that 46.9% percent of the prisoners' mothers are illiterate, 12.2% percent are literate, 26.5% percent are primary school graduates, 7.5% percent are of junior high school graduates, 6.1% percent are of high school graduates, 7% percent are bachelor graduates.

While analyzing the prisoners' mothers vocational case, it has been observed that 7% percent of the prisoners' mothers are farmers, 1.4% of the workers, 7% civil servants, 2.7% percent is self-employed, 7% percent are retired and 93.9% percent housewife.

While analyzing monthly income level of families of prisoners, it has been observed that 57.1% percent of the prisoners are 750 tl and down, 34.0% percent have between 751 tl and 1500 tl, 8.8% percent 1501 tl and more.

The case of prisoners' evaluating leisure, sport interest and sport situations

While analyzing the prisoners' evaluating leisure case, it has been observed that 38.1% of the prisoners do sports, 21.1% percent of them read books, 2.0% percent do paintings, with 12.9% percent of them engage the crafts, working 5.4% percent work in the atelier, 6.1% are interested in music, 6.8% of them watch television, 7.5% of them do religious worship.

While analyzing the activities requested by prison inmates on a regular basis, it has been observed that Looking at the activities requested by prison inmates on a regular basis, making 70.1% percent request the sports activities, 10.2% request music activities, 1.4% request drawing picture activities, 12.2% request cultural activities, 6.1% demand atelier workings.

The percentages of prisoners' favorite branches for sports branches have been seen as the following; 58.5% percent of football, 4.1% basketball, 21.8% percent volleyball, 3.4% wrestling, 7.5% percent Martial arts (karate, Taekwando, kungfu, etc.), 3.4% percent boxing, 1.4% fitness branch as their favorite likings.

While looking at the desired contact for giving sports activities of prisoners, they have agreed on the issue of 46.3% percent of the prisoners want it to be given by a Physical Education Teacher, 24.5% percent want to be given by someone who is among them, 29.3% of them want it to be given by an expert from a university.

While analyzing the prisoners' doing sports situation case, it has been observed that 10.9% never do any sport, 18.4% percent do once a month, 28.6% do once a week, 11.6% do two times a week, 10.9% do three times a week, 19.7% do four times a week and more.

While analyzing the prisoners' the most reading newspaper sections, it has been observed that 17.0% read magazine, and 26.5% percent of sports, political, 26.5% percent read political things, 10.9% percent read cultural ones, economic 3.4% percent read economic, 15.6% percent read the social sections.

While analyzing the most watched television programs of prisoners, it has been observed that 25.9% percent watch sports, 21.8% percent watch the political programs, 15.6% cultural, 21.8% percent social, 12.9% magazines, 2.0% watch economic programs.

It has been seen that 20.4% percent of the prisoners say "yes" for doing sports allowance at their leisure time, 79.6% of them say "no", on the other hand, they have given an opinion for not allowing. Flour 61.9% said yes, 38.1% is saying no.

It has been seen that 61.9% percent of the prison inmates have said yes, 38.1% percent of them have said no to the question of whether there is a field sport area or not that they can do sports.

While analyzing the case of doing sport before coming to the prison, it has been seen that 63.9% of the prisoners do sports, 36.1% of them do not do any sports.

The perspectives of PES with expectation levels of prisoners

At the table 4 below, the distribution of views of the prisoners have stated has been illustrated inclined towards the determination of expectation level with perspectives of PES of the prisoners.

It has been reported as "Totally agree" at the article 8, 1, 15, 9, 19 and 10.

It has been reported as "Partially Agree" at the article 23, 2 and 6.

It has been reported as "Strongly Disagree" at the article 3 and 5.

Table 4: The View Points of PES with the Expectation Scale

Item No.	Opinions	Level % F	Any Disagree	Disagree	Partially Agree	Agree	Totally Agree	Total	\bar{x}	S
8	I want PES activities between prisons.	%	6,8	2,0	6,1	17,7	67,3	100	4,37	1,141
		f	10	3	9	26	99	147		
1	I do sports because I love the sport.	%	5,4	1,4	10,9	17,0	65,3	100	4,35	1,090
		f	8	2	16	25	96	147		
15	I believe that PES helps me use my body more effectively.	%	7,5	1,4	4,8	23,1	63,3	100	4,33	1,143
		f	11	2	7	34	93	147		
9	I believe that the PES will keep people away from bad habits.	%	7,5	2,0	9,5	19,7	61,2	100	4,25	1,187
		f	11	3	14	29	90	147		
19	I believe that everyone should do PES.	%	6,8	2,7	7,5	25,9	57,1	100	4,24	1,149
		f	10	4	11	38	84	147		
10	I believe that the sport is a useful way for spending my free time.	%	10	0	18	38	81	100	4,22	1,115
		f	6,8	0	12,2	25,9	55,1	147		
4	I'm doing the sport for a healthy life.	%	11,6	4,1	5,4	21,1	57,8	100	4,10	1,357
		f	17	6	8	31	85	147		
11	I believe that PES is an ideal attempt to throw my stres.	%	8,8	1,4	14,3	23,1	52,4	100	4,09	1,233
		f	13	2	21	34	77	147		
20	Sport has an important place for holding my spirits at high level.	%	8,8	3,4	14,3	25,2	48,3	100	4,01	1,252
		f	13	5	21	37	71	147		
7	I like to spend my free time dealing with sports.	%	9,5	3,4	13,6	24,5	49,0	100	4,00	1,277
		f	14	5	20	36	72	147		
14	I believe that PES is effective for my being patient,	%	9,5	4,1	15,0	22,4	49,0	100	3,97	1,292
		f	14	6	22	33	72	147		
13	PES helps me get a good communication between friends.	%	8,8	6,8	12,2	24,5	47,6	100	3,95	1,295
		f	13	10	18	36	70	147		
18	I want to deal with sport after my prison life.	%	11,6	5,4	13,6	25,2	44,2	100	3,85	1,352
		f	17	8	20	37	65	147		
16	I believe that the sport would establish new friendships, and fellowships.	%	9,5	7,5	16,3	23,1	43,5	100	3,84	1,319
		f	14	11	24	34	64	147		
17	I believe that the sport is effective in revealing my skills.	%	9,5	8,8	17,0	19,0	45,6	100	3,82	1,348
		f	14	13	25	28	67	147		
12	I believe that the sport will be effective in positive communication the positive with the prison officials.	%	15,6	10,2	15,0	21,1	38,1	100	3,56	1,472
		f	23	15	22	31	56	147		
22	I know very well how to do the sport.	%	11,6	10,2	23,8	20,4	34,0	100	3,55	1,356
		f	17	15	35	30	50	147		
21	I will have enough information on sporting activities.	%	11,6	12,2	22,4	17,0	36,7	100	3,55	1,391
		f	17	18	33	25	54	147		
23	I'm just doing PES to spend my spare time.	%	26,5	12,9	16,3	14,3	29,9	100	3,08	1,594
		f	39	19	24	21	44	147		
2	I do sport for being a top-level athlete after my prison life.	%	25,2	22,4	18,4	14,3	19,7	100	2,81	1,463
		f	37	33	27	21	29	147		
6	Because of doing sports have a status within the prison.	%	34,7	17,0	14,3	12,9	21,1	100	2,69	1,565
		f	51	25	21	19	31	147		
3	The prison administration supports me to do sports.	%	45,6	13,6	15,0	10,2	15,6	100	2,37	1,517
		f	67	20	22	15	23	147		
5	A sufficient amount of gym material is available in the prison.	%	61,2	11,6	10,2	4,1	12,9	100	1,96	1,433
		f	90	17	15	6	19	147		

DISCUSSION

While looking at education levels, low educational level of the sample were found at low educational level as expected. A work in a similar manner exposes a direct relationship with the level of education between the crime and crime trend. The higher the level of education, the rate decreases in crime and criminal orientation (Yücel, 1996).

During a test in the city of New York, it was understood that 92 percent of the arrestees convicted of robberies and 80 percent of the home thieves had used drugs. United States Bureau of Justice Statistics (1988) reported that the cause of entering the jail at the time they committed the crime was under the influence of any illegal substance (U.S. Bureau of Justice Statistics, 1988) every day.

Robbery, burglary, half of the perpetrators of such crimes was users

of any drugs for every day. 1986 survey showed that 43 percent of all prisoners convicted of committing crimes in the previous month had been using drugs every day. With adding the legal substances such as alcohol, the odds approximately doubled. As a result of this scan, it was shown that many inmates started to use drugs after criminal career began (USBureau of Justice Statistics, 1986).

Education has a direct relationship with the crime and criminal tendencies (Yücel, 1996; Hawkins et al., 1986). Although it uses the same material, which has a good level of education, and a hindering factor in protecting people against crime seems to orientation (Hawkins et al., 1986). Despite using the same material, an existing good level of education seems to be a hindering factor in protecting people against crime.

In 1992, in the study conducted retrospectively of Anthony Maden and his colleagues in England for 1751 male prisoners on drug use prior entering the prison; it was found that 755 of the prisoners (43%) used substance (drugs) and 34 percent of them used cannabis, 9 percent of them used opioids, 9 percent of amphetamines, 5 percent of the them used cocaine, 3 percent of them used barbiturat-sedating and 1 percent of them used volatiles. Before arresting, the intravenous usage ratio was 11%. Substance ratios used were 68 percent opioid, 57 percent amphetamine intravenously. It was identified that including of 7 percent of opioid, 1 percent cocaine, 2 percent amphetamines, for a total of 11 percent addictive on other psychoactive substances at the level of substance dependence. It was also identified that there were differences in usage and dependence preferences between whites and blacks due to differences in socio-cultural structure (Maden et al., 1992).

Average income levels of the prisoners in prison in Turkey are in line with the overall average level of income. The lower and middle income has constituted the vast majority of the sample. When the level of education and income are taken into account and if we add to this situation the habit of substance use, this group can be said to constitute a group at risk for crime and criminal orientation. Also, fall in the social and economic levels caused by substance use may increase the propensity for crime of the prisoners. Fall in social and economic levels caused by substance use.

All prisoners should have the right to participate in cultural activities and education programs targeted for development of human personality (UN 14 December 1990 Article 6).

The concept of leisure is usually defined as freed from all obligations or the connections for both the individual and others, a time request to be contended with an event (Tezcan, 1982:9-10). In other words; leisure time is spent on the request of himself at the time of not working for individual, except for their official duties and except the obligations of life (Bucher and Bucher, 1974; Kilbaş, 1995:28).

According to Abadan, leisure is the use of the individual at any time except individual work / business hours; the time of sleep, commuting for work and time spending out of the essential requirements (such as body cleansing, dining) (Abadan, 1961: 3). According to Tezcan, leisure is expressed as the time used for relaxation, entertainment, personal development or social success as being free after the individual's work and other tasks (Tezcan, 1982:10).

The best possible conditions must be met by taking into account the benefits of victims with the help and contribution of society and social institutions for adapting to the society again (UN. December 14, 1990 Article 10).

It is defined as Sports facilities, its own specific work and the preparatory training of sports activities and branches, accordance with national and international events be made, building, site, and fields having units (field, bleachers, toilets, showers, locker rooms, etc.) that meet the needs of athletes and spectators before and during sports activities (Anshel et al., 1991). If a general description is done; sports facilities can be considered as every kinds of sports offering either active or passive dispersion opportunity, operating in a variety of purposes, built by public or private entities. (Raglin, 1992).

Sports facilities established by real or legal entities in Turkey operate depending on "*Special Physical Education and Sports Facilities Regulation*". It is defined as a drop -in (places opened) for the purpose of physical education and sports activities by real or legal entities. (Linn, 1975) Sports facilities prisoners are put at the service of good conditions to the prisoners in accordance with these definitions and explanations and the prisoners should benefit from the Sports facilities without a problem.

It was seen that 4.1 percent of the prisoners said yes, 95.9 percent of them said no to the question of whether it had status or not from the justice ministry, municipalities and various non-governmental organizations, because of dealing with sports of inmates in the prison.

When the award is given after the behavior, it makes the likelihood of the behavior be seen increases in the future. The award can be tangible and intangible property. The correct selection of the nature and

amount of the award is important at motivating by using reward. The coach should know better the personality and socio-cultural characteristics of the athlete for the right usage of the prize (Konter, 2006)

The conditions must be employed for a good salary to the prisons that will contribute to the improvement of the financial situation of their own and their families at the country's labor market and re-integration (UN. December 14 1990 Article 8).

CONCLUSION AND RECOMMENDATIONS

It was expressed that the prisoners had an awareness of sports by the research results "totally agree" clause sports have an awareness of the prisoners, the conditions has to be improved for increasing the sports events, need to improve conditions for sports events, performing the sports competition amongst prisons would be suitable and it would be effective to spend their leisure time of the prisoners by doing sports seen positive opinions.

Positive opinions were expressed for having done sports for being away from the stress of the prisoners and for a healthier life by the research results of the "I agree" item that will be effective in terms of developing communication with people around us and socialization.

In generally; it can be said that the prisoners in the form of agreeing expression views adopt Physical Education and Sport, it is an important factor for relieving the stress, it has an effective way for good communication with each other of the people and it will affect greatly for being patient, they generally know how to do sports.

Sports is the event of tolerance in it. Tolerance has a functional way at the sport life as well as almost every sphere of human life. The inmates see leisure activities as part of the sport by the research results of "Partially Agree" clause, but a positive opinion is stated that it will be effective for gaining a status for themselves in prison,

The prison administration should make efforts to improve the necessary facilities for doing sports for by the results of the study of the "I agree" clause, for providing support from other institutions or organizations for the purchase of sports equipment or it is seen that they describe an idea to be helped by the budget of the prison will be sensibility.

As a result; In this study, the purpose of research for the province of Elazığ, removing the elements that constitute an obstacle to do sports for Prisoners in Prisons under the Ministry of Justice removing the elements that constitute an obstacle to do sports and providing more benefit and healthy environment regarding creating sport awareness and more healthy utilization of the area of sport of the prisoners in the prison. In order to do this, we need to know their personality, educational status, family structure, perspectives of sports and doing sports, what elements will affect the level of expectation of the sports. More successful, become willing for spare time in prison of jail inmates, overcoming the problems more easily at their work and administration of the prison may do sports with inmates to establish a dialogue with the administration of the prison and following that showing the necessary sensitivity to body cleanings and they must work together to solve the problems by helping in the issue of improving prison conditions.

It can be said that it will be more useful giving physical education and sport courses by a person skilled in this area. The sport must be taken as being a profession during this process; we have to consider Physical Education Teachers and experts (academics) in this field as a potential trainer or an elite individual in professional meaning.

Sports competitions the prisoners are join can be organized amongst institutions attached to the Ministry of Justice prisons and detention houses. By the use of prisoners' skills in these sports competitions; it can be said that it will be effective for socialization of problematic prisoners and decrease in the rate of making problems.

Also, various gifts (financial aid, documents, clothing, etc.) can be given by going to the rewarding way to winning inmates in sporting competitions, In this case, it will accelerate the process of adaptation of prison inmates and a significant positive effect can be said on the levels of expectation of the prisoners.

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