

PHYSICAL ACTIVITY AS SUPPORTING SOCIAL REINTEGRATION PROCESS OF FREEDOM DIVESTED PERSON

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Abstract:

Cooperation and social coexistence constitutes a condition of life success and goals' realization. That is why sport, physical education or kinesthetic recreation realized in groups of young people conceives a possibility of many positive characteristic personality features' creation.

It was significant to capture relations between physical activity of persons under sentence and their progress in social reintegration. The research were conducted in two prisons in Podkarpackie Voivodeship amongst 100 men who agreed to take part in the research. There were created groups of workers and non-workers in prisons or outside as well as prisoners attending or not attending sport classes.

Aggression questionnaire (BPAQ) created by A. Buss and M. Perry [Aranowska, Rytel, Szymańska, 2015] as well as authorial interview questionnaire [Zieliński, 2013] were used to collect research material. Research results were verified with the use of V Cramer, χ^2 , C Pearson and significance level for 12 degrees of freedom.

It turns out that involvement in physical activity may become one of the ways supporting process of prisoners' recovering from maladjustment. What is curious, a type of the activity determines an intensity's diversity of prisoner's adversarial and destructive behaviours.

INTRODUCTION

Nowadays, physical activity turned out to be a very complex phenomenon. It can be perceived in the aspect of mass culture as a sport show as well as deeper values, at the service of social reintegration process. It has been written a lot in the literature of the subject about pedagogical function of physical activity and its preventive and corrective values [Rejzner 1995, Dobrzeniecki 1998]. It has been proved that sport and successes model active human's attitude that results in the future in such fields of life as work and education and it becomes a very important element in adolescence process [Rejzner 2007: 219].

According to A. Rejzner [1981] cooperation and social coexistence ability is a condition of life success and realization of aims. Therefore, sport, physical education or kinesthetic recreation realized in groups of young people make it possible to create positive personal qualities. There is a conclusion that a need of movement occurs during the whole life and it depends on non-genetic factors [Zalewska-Meler 2009: 167-168].

Current knowledge based on research elucidates, in a theoretical and empirical way, a confidence that physical activity plays a significant role in human being modeling seen holistically together with personality and social attitudes. The role of the process in the aspect of resocialization concerns mostly activities within compensating of the following behavioural deficits: disorders in a sphere of values (respect to other people, responsibility, fair play), lack of life skills (interpersonal dispute settlement, setting objectives), being disposed towards leaps of faith (disrespect to health, addictions, self-destructive behaviour, drugs), deficits in communization (feeling related to the nation and social group) [Jaworska 2012: 327].

Lessons in the field of physical culture are often introduced as one of elements of resocialization process amongst prisoners. Majority of socially awkward people, with prison sentence, are physically neglected. The reason is that they lead unhygienic way of life (incl. substance abuse, non-internalized health-promoting habits, risky behaviours) and locomotive barriers (insufficient usable area of prison cell or compulsory lack of movement). It turns out that lack of physical activity may cause deterioration of hypokinetic state as well as psycho and social functioning (lesser control of emotions and behaviours, aggression, impulsivity) [Regulation of the Minister of Justice from 10.04.2013 in the matter of ways of prison's and custodies' reactions, Dz. U. 2010, no....pos. 1067].

Motion activity in the range of: activity's triggering, abilities and interests' development, ethical cooperation learning, abreaction is of central importance [Makrut 2007: 298] as well as dealing with stress or overcoming barriers and obstacles. It is also worth to remember that physical activity develops many features valuable in criminal societies such as: strength, force, courage and artifice; that is why the features are created in prisons with respect to socially acceptable rules. It makes it possible to reduce behaviours connected with subculture differentiations. One should seek for level mutual hostility and build interpersonal relations based on correct and ethical social attitudes [Jaworska 2012: 330].

Therefore, it was significant to capture dependences of prisoners' physical activity and their progresses in a social reintegration. Practical aim is visible at this stage of considerations, i.e. substantive guides thanks to which one can modernize strategies of reintegration influence in the future. All the activities aiming at definite goals have to be predated by a trial of answering the following research questions: what's the role of physical activity in a social reintegration process of prisoners? How does the sentence' length determine reintegration process of the prisoners participating in physical activity?

One of the effectiveness standard of social reintegration process through physical activity is aggression's level indicator amongst prisoners. According to M. Jarvis [2003: 47] aggression is a kind of behaviour that results in causing resentment to others in a verbal or nonverbal form. Effective social reintegration amongst prisoners should be based on reduction of those aggressive behaviours.

METHODOLOGY OF RESEARCH

The research were conducted in two prisons in Podkarpackie Voivodeship amongst 100 men who agreed to take part in the research. With the aim of answering research questions there were created groups of workers and non-workers in prisons or outside as well as prisoners attending or not attending sport classes.

Majority (40%) of the respondents (prisoners) were workers and physically active persons. Workers and physically non-active prisoners constitute 26% of the respondents. The separate group of respondents is 20% of those who are reluctant to work and various behaviours connected with physical activity. Only 15% of the prisoners attend classes improving their level of physical activity.

Determining prison sentence length's variety was fundamental to clarify the main research problem. It turned out that the most numerous group of respondents (39%) were prisoners with up to 3 years prison sentence. Next, respondents with 3 to 5 years prison sentence constituted 25%, and prisoners with 5 to 10 years prison sentence constituted 20% of the respondents. The smallest group of respondents (10%) were prisoners with 15 and 25 years prison sentence.

Aggression questionnaire (BPAQ) created by A. Buss and M. Perry [Aranowska, Rytel, Szymańska 2015] was used to collect research material. It includes 29 statements created to measure aggressive tendencies (verbal and nonverbal) as well as hostility and anger. The respondents were to give a range of given answers in a following scale: 1 – “it does not suit me at all” up to 5 – “it suits me best”. Variety of statements in the questionnaire abstracts four key factors from others: verbal aggression (VA) – five statements, physical aggression (PA) – nine statements, hostility (H) – eight statements and anger (A) – seven statements. The authors of the questionnaire draw attention to the fact that both verbal and physical aggression indicate behavioural component of human's attitudes. Hostility (sense of animosity towards somebody, regret and sense of injustice) represents perceptive component of human's attitudes (behaviour). Anger is linked to physiological animation and that is why it presents emotional component of behaviour.

The second research tool that was used in the elaboration was questionnaire hold amongst prison officers. It includes five categories of statements, i.e. prisoner's environment, hygiene and appearance, attitude towards other people, towards themselves as well as towards additional activities. The categories used in the questionnaire enabled assessment of the prisoner in terms of his vulnerability to programmes used in prisons and concern their daily life in a prison [Zieliński, 2013]. With the use of statistical functions (V Cramer, Chi², C Pearson and significance level for 12 degrees of freedom) verification of the research results was possible.

RESULTS OF RESEARCH

Length of sentence is a variable determining prisoner's vulnerability to resocialization's influences and determining a level of relapse [Zieliński, 2013]. Having regard to accessibility of the research and specificity of criminals, they were qualified into five groups made because of length of isolation to this end. The first group was made of prisoners with prison sentence up to 3 years (table1).

Table 1. Aggression types in a context of physical activity and employment of the prisoners with up to 3 years prison sentence

Aggression		Prison sentence up to 3 years			
Aggression type	Standarized scoring range	Working persons and physically active	Working persons and physically non- active	Non-workers and physically active	Non-workers and physically non- active
Physical aggression	9-45	23	28	31	30
Verbal aggression	5-25	15	17	21	19
Anger	7-35	19	24	23	28
Hostility	8-40	35	27	28	29
General level of	29-145	68	96	103	106

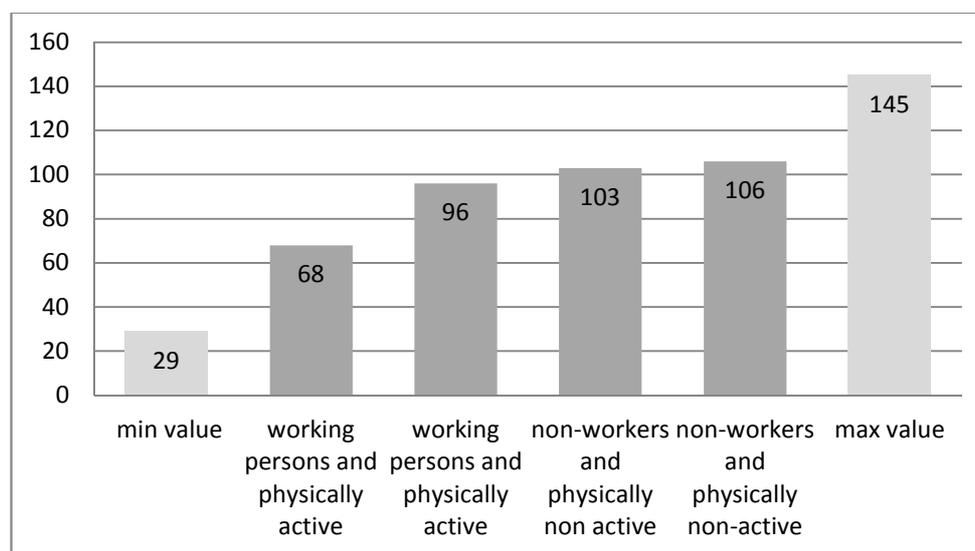
aggression					
Chi ²	7.5635				
C Pearson	0.1120				
V Cramer	0.0572				
L.of freed.	12				
Sign. level	0.8182				

Source: own elaboration

*Standardized scoring range according to proposed research procedure [Aranowska, Rytel, Szymańska, 2015]

** scoring values got during research for separate groups of the respondents

When analyzing research results presented in table 1 one can claim that workers and physically active persons in their free time are marked by the lowest level of aggression (68). The tendency is perceived when interpreting physical aggression (workers and physically active 23; workers and physically non-active 28; non-workers and physically active 31; non-workers and physically non-active 30); verbal aggression (workers and physically active 15; workers and physically non-active 17; non-workers and physically active 21; non-workers and physically non-active 19), anger (workers and physically active 19; workers and physically non-active 24; non-workers and physically active 23; non-workers and physically non-active 28), and general level of aggression (workers and physically active 68; workers and physically non-active 96; non-workers and physically active 103; non-workers and physically non-active 106). Only hostility is graded differently from other types of aggression. It revealed a tendency to raised level amongst physically active prisoners from both social spheres (workers and physically active 35; non-workers and physically non-active 27; non-workers and physically active 28; non-workers and physically non-active 29). Despite the raised level, the aggression does not diverge from the norm (8-40).



Graph 1. General level of aggression amongst prisoners up to 3 years prison sentence with taking account of standardized scoring range according to proposed research procedure [Aranowska, Rytel, Szymańska 2015] and score values got for separate groups of the respondents.

Taking account of aggression's components (physical aggression, verbal aggression, anger and hostility) one can claim that the higher engagement in both spheres of the activity the lower level of general aggression amongst prisoners with up to 3 years prison sentence (graph 1). The aggression, with taking account of interpretative procedure of the authors of the used research technique, fall within the ambit of defined, standardized limits – minimal (29) and maximal (145). It turns out that physically active prisoners (working and training – 68) characterize low level of general aggression definitely more often in comparison to those who are not interested in such a form of social functioning (non-workers and physically non-active – 106). What's interesting, professional activity (103) before sport activity (106) is a crucial submissionary factor when starting commonly socially unaccepted behaviours.

Prison officers indicate that prisoners with up to 3 years prison sentence, working and physically active, take care of their environment and hygiene as well as physical appearance. Additionally, they accept themselves and approve coprisoners, despite there are prisoners who have problem with terminable return from a pass. Similar attitude is presented by working and physically non-active prisoners. There are more often, than amongst fully physically active prisoners, arrogant attitudes towards prison personnel. They cooperate unwillingly and don't want to share their belongings with anybody. The prisoners training specified sport discipline, except acceptable behaviours (taking care of hygiene and personal appearance) sympathize with risky groups. The most socially awkward group of the respondents are prisoners who are not involved in any additional activity. Disrespect to coprisoners and personnel, unwillingness to day schedule compliance, proclivity to commit a crime in a prison is seen amongst the above prisoners. They often prompt other prisoners to aggressive behaviours.

The second analysed group constitutes prisoners with 4 to 5 years prison sentence. There is presented score correlation between aggression level and physical activity amongst prisoners (table 2).

Table 2. Aggression types in a context of physical activity and employment amongst prisoners with 4 to 5 years prison sentence

Aggression		Prison sentence from 4 to 5 years			
Aggression type	Standarized scoring range	Working persons and physically active	Working persons and physically non- active	Non-workers and physically active	Non-workers and physically non-active
Physical aggression	9-45	23	29	33	31
Verbal aggression	5-25	25	20	20	22
Anger	7-35	16	25	24	25
Hostility	8-40	24	31	21	30
General level of aggression	29-145	76	109	104	108
Chi ²		7.0076			
C Pearson		0.1061			
V Cramer		0.0542			

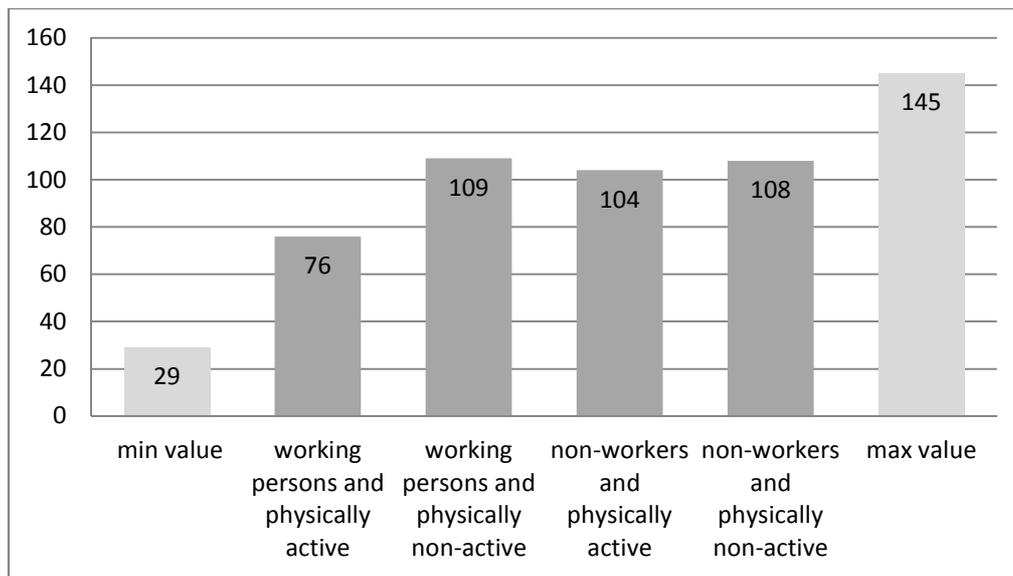
L.of freed.	12
Sign. level	0.8571

Source: own elaboration

*Standardized scoring range according to proposed research procedure [Aranowska, Rytel, Szymańska 2015]

** scoring values got during research for separate groups of the respondents

It turns out that length of sentence slightly differs aggression's level in its separate types. One still can claim that the higher level of physical and professional activity the lower level of adversarial and destructive behaviours. The prisoners who prefer active social life will only use verbal aggression in interpersonal relations, as distinct from up to 3 years prisoners.



Graph 1. General level of aggression amongst prisoners with 4 to 5 years prison sentence with taking account of standardized scoring range according to proposed research procedure [Aranowska, Rytel, Szymańska 2015] and score values got for separate groups of the respondents

In case of prisoners with 4 to 5 years prison sentence (graph 2) one can notice decrease of tendencies to aggressive behaviours with simultaneous increase of physical involvement (physically and professionally active criminals – 76; physically and professionally non-active criminals – 108). The exception is in case of working prisoners, where their aggression indicator is 109.

Prison officers bring awareness to the fact that prisoners with 4 to 5 years prison sentence, working and physically active, evince a positive attitude towards additional activities. They accept themselves and coprisoners, do not provoke others to aggressive behaviours, they aren't arrogant towards personnel. Additionally, it was noticed that they do not avoid contacts with their families. The familiar result got three other groups of prisoners in a survey research. But, according to prison officers the persons more often than physically active criminals do not accept coprisoners, don't want to help each other, are arrogant, aggressive and demanding towards personnel.

The third analyzed group of respondents are prisoners with 6 to 10 years prison sentence.

Table 3. Aggression types in a context of physical activity and employment of prisoners with 6 to 10 years prison sentence

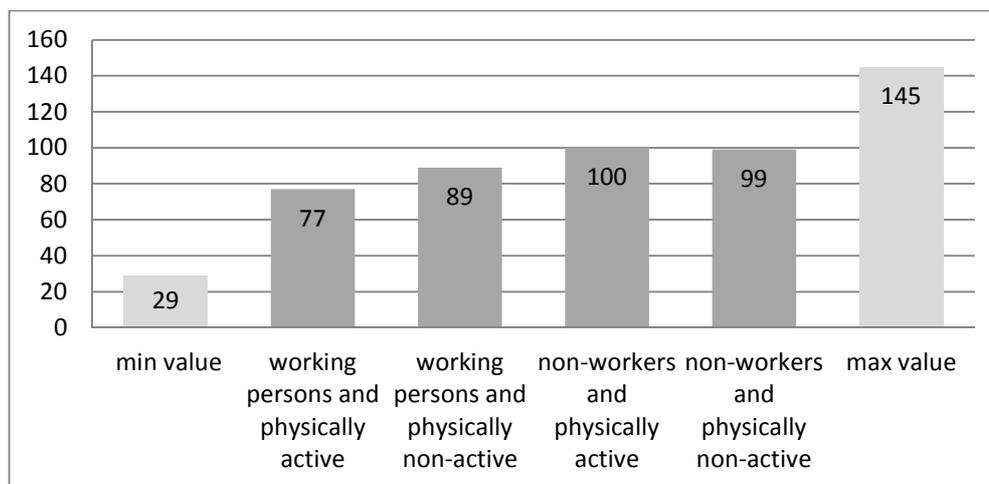
Aggression		Prison sentence from 6 to 10 years			
Aggression type	Standarized scoring range	Working persons and physically active	Working persons and physically non-active	Non-workers and physically active	Non-workers and physically non-active
Physical aggression	9-45	21	30	32	32
Verbal aggression	5-25	16	16	18	19
Anger	7-35	19	21	21	18
Hostility	8-40	22	19	31	30
General level of aggression	29-145	77	89	100	99
Chi ²	3.7553				
C Pearson	0.0813				
V Cramer	0.0414				
L.of freed.	12				
Sign. level	0.9875				

Source: own elaboration

*Standarized scoring range according to proposed research procedure [Aranowska, Rytel, Szymańska 2015]

** scoring values got during research for separate groups of the respondents

The respondents (table 3), who work and are physically active have the lowest level of aggression against the whole group – 21 points. Those who only work (30) or are only physically active (32) or lack of physical involvement (32) pretend to physical aggression more often. The similar tendencies occur in case of other types of aggression.



Graph 2. General level of aggression amongst prisoners with 6 to 10 years prison sentence with taking account of standardized scoring range according to proposed research procedure [Aranowska, Rytel, Szymańska 2015] and score values got for separate groups of the respondents.

It turns out (graph 3) that the lowest general aggression level (77 points) was observed amongst working and physically active prisoners. In case of lack of declaration concerning their participation in physical activities, general aggression level increases (workers and physically non-active 89; non-workers and physically active 99). All the behaviours are within standardized norm (29-145).

The prison officers confirm that amongst prisoners with 6 to 10 years prison sentence working and physically active respondents evince the lowest level of aggression in comparison to less physically active persons. The persons do not provoke coprisoners to aggressive action, and they usually do not use vulgarisms while talking to prison officers. The prisoners are susceptible on corrective programme classes. The higher level of aggression and maladjustment is observed amongst the prisoners who work but do not attend sport classes. They comply with day programme and schedule but attend additional activities unwillingly. Similar scoring result was achieved by groups in which prisoners do not work and are physically active or non-active. Both groups demonstrate disrespect to other people, unwillingness to cooperation and lack of readiness to help others.

The familiar scoring range is observed amongst prisoners with 11-15 years prison sentence (table 4). The higher level of physical activity the lower tendency to aggressive behaviours.

Table 4. Aggression types in a context of physical activity and employment of the prisoners with 11 to 15 years prison sentence

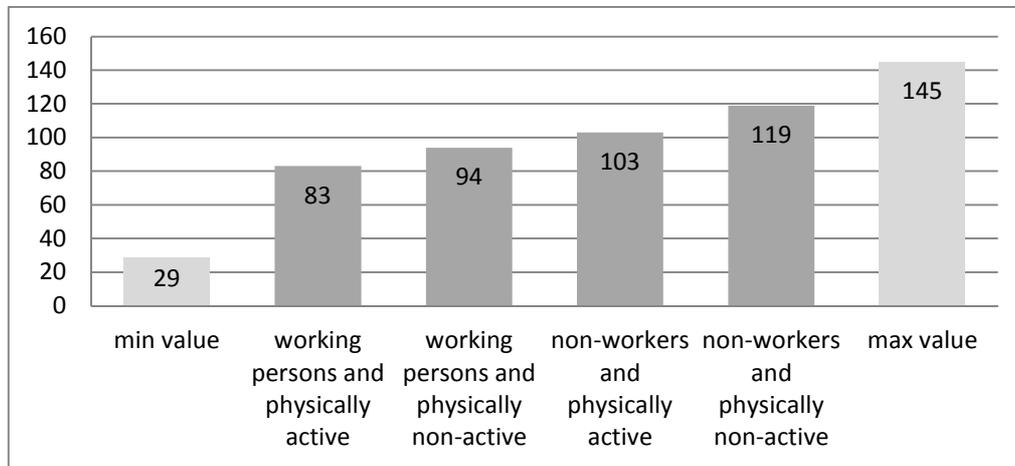
Aggression		Prison sentence from 11 to 15 years			
Aggression type	Standarized scoring range	Working persons and physically active	Working persons and physically non- active	Non-workers and physically active	Non-workers and physically non-active
Physical aggression	9-45	27	26	33	39
Verbal aggression	5-25	12	15	19	22
Anger	7-35	20	24	22	24
Hostility	8-40	24	30	29	34
General level of aggression	29-145	83	94	103	119
Chi ²		2.2999			
C Pearson		0.0609			
V Cramer		0.0310			
L.of freed.		12			
Sign. level		0.9988			

Source: own elaboration

*Standarized scoring range according to proposed research procedure [Aranowska, Rytel, Szymańska 2015]

** scoring values got during research for separate groups of the respondents

The state is proven by the analysis of general aggression (graph 4) and opinions of prison officers. Although the level is within the norm (29-145) the tendencies to lower aggression level are observed as a result of prisoners' greater involvement in physical activity.



Graph 3. General level of aggression amongst prisoners with 11 to 15 years prison sentence with taking account of standardized scoring range according to proposed research procedure [Aranowska, Rytel, Szymańska 2015] and score values got for separate groups of the respondents

The least aggressive and prone to corrective activities group of prisoners are those who work and are physically active. The prisoners evince positive behaviours specified in POR scale questionnaire. According to prison officers the exception is unpunctual return from the pass and irrational demands. The research showed that non-working and physically non-active prisoners have problems with other prisoners' acceptance towards whom they prefer aggressive attitudes very often. They randomly have problems with self-acceptance (self-mutilation, they can not explain their behaviour and proclivity to actions contrary to the rules). The prisoners do not attend corrective classes.

Table 5 . Aggression types in a context of physical activity and employment of the prisoners with 16 to 25 years prison sentence

Aggression		Prison sentence from 16 to 25 years			
Aggression type	Standardized scoring range	Working persons and physically active	Working persons and physically non-active	Non-workers and physically active	Non-workers and physically non-active
Physical aggression	9-45	21	31	0	37
Verbal aggression	5-25	14	18	0	23
Anger	7-35	16	26	0	29
Hostility	8-40	22	24	0	37
General level of aggression	29-145	72	99	0	126

Chi ²	1.2386625
C Pearson	0.0533
V Cramer	0.0323
L.of freed.	8
Sign. level	0.9962

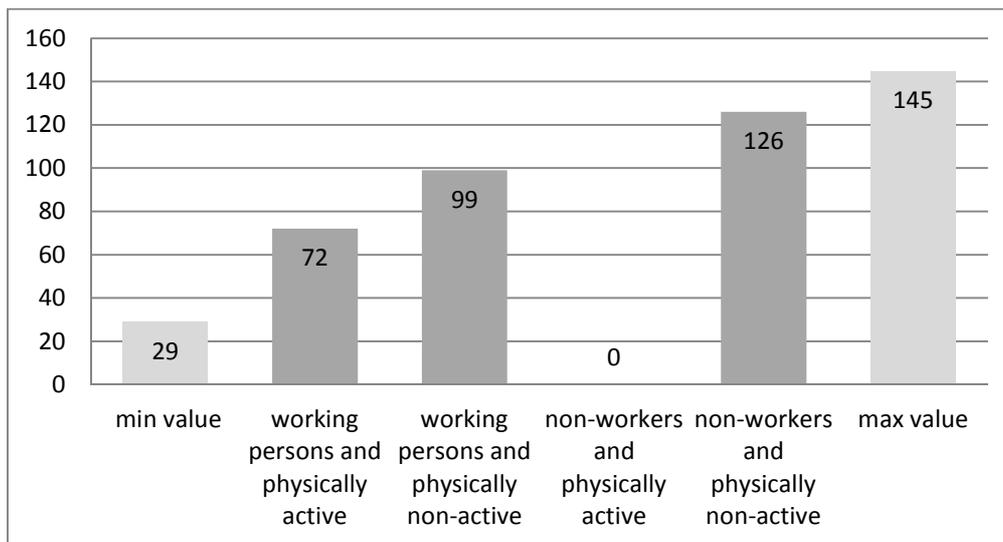
Source: own elaboration

*Standardized scoring range according to proposed research procedure [Aranowska, Rytel, Szymańska 2015]

** scoring values got during research for separate groups of the respondents

Similar tendency to above presented scoring aggression ranges is observed amongst prisoners with 16 to 25 years of prison sentence (table 5). Working and physically active prisoners are marked by physical aggression at 21 points, verbal aggression at 14, anger – 16 and hostility – 22 points. General level is within the norm and it's the lowest amongst physically active persons (72).

Charting results of the research (graph 5) enabled detection of differentiation of general aggression's level amongst prisoners in a context of their physical activity. The lowest level of the aggression is observed amongst working and physically active respondents – 72 points. The result of 99 points got working but physically non-active prisoners. The highest score (126 points) next to standard value that equals 145 points, got non-workers and physically non-active during isolation sentence.



Graph 4. General level of aggression amongst prisoners with 16 to 25 years prison sentence with taking account of standardized scoring range according to proposed research procedure [Aranowska, Rytel, Szymańska 2015] and score values got for separate groups of the respondents.

It turns out that prisoners with up to 25 years prison sentence, working and physically active, are marked by optimal motivation to additional activities, positive attitude towards themselves and others, they do not provoke other prisoners to aggressive behaviours. They take care of their personal appearance and hygiene. Whereas working and physically non-active prisoners have problems with adjustment to day schedule in a prison. They don't care about their environment and personal hygiene. The highest level of aggression and the lowest level of corrective effectiveness is observed amongst non-working and physically non-active prisoners. The persons from the group often get into conflicts with other prisoners, they often

use vulgarisms, they rarely contact with their families and prefer aggressive activities as a way of problems' solution.

CONCLUSIONS

It was crucial to capture relations between physical activity in a broad sense of persons under sentence and their vulnerability to reintegration activities. The used statistical functions do not confirm statistically significant differentiation amongst the respondents. The analysis of the results enabled the author of the paper to make the following conclusion: involvement in physical activity may become one of ways supporting a process of prisoners' excluding from maladjustment. What's curious, the type of the activity determines intensity variety of adversarial and destructive behaviours. One can claim that the most effective way of people's reintegration is first of all their active participation in sport activities. Aggression's level goes down thanks to sport, not depending on its type, and respondents behaviours are not so far from socially accepted rules. Consolidation of the prospectively positive state may become a fact of prisoners' professional activation. Professional job, except adaptive function, also has modernization values of human's personality. It is known that activity, even on a cell level, constitutes a crucial factor in human being subsistence. Therefore, any kinesthetic stagnation may result in negative influences on human's body and impede social reintegration of the criminals simultaneously.

The presented research results do not constitute a comprehensive analysis of the issue. They point at definite tendencies concerning the problem and may be an introduction into solution of a very important problem of people's resocialization preferring socially unaccepted behaviours.

Extension of the research area, its wider differentiation (for example because of sex etc.) may extend reliability and accuracy of the research and it can influence creating new more effective strategies of corrective activities.

Physical activity used as a tool in reintegration process should be based on the following values: socialcentric, allocentric, intellectual, perfectionistic, emotional, health and moral [Makurat, 2007, p. 298]. It should be an inseparable way of reintegrated work with socially awkward children, youths and adults. Value of the activity in the process of prisoners' reintegration is conditioned by a choice of appropriate activities, sport exercises in it, appropriate preparation and control so as to conduce effectively to improvement and preservation of psycho and social health.

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