

Level of Effectiveness and Degree of Seriousness of Sports and Fitness Program of Persons Deprived of Liberty in Urdaneta District Jail Male Dorm, Urdaneta City, Pangasinan

Ian C. Dela Cruz

University of Eastern Pangasinan

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ABSTRACT

This study examined the effectiveness of sports and physical fitness programs for Persons Deprived of Liberty (PDLs) in the Urdaneta District Jail Male Dorm, Urdaneta City, Pangasinan. It aimed to determine the level of effectiveness of these programs, assess the degree of seriousness of problems encountered in their implementation, identify significant differences in perceptions between PDLs and Bureau of Jail Management and Penology (BJMP) personnel, and propose measures to enhance program implementation.

A descriptive quantitative research design was utilized, employing a structured and validated survey questionnaire. The respondents included thirteen (13) BJMP personnel and eighty-two (82) PDLs. Data were analyzed using average weighted mean and t-test to evaluate effectiveness and determine significant differences in perceptions.

Findings revealed that the overall level of effectiveness of the programs was rated as “Very Effective” (AWM = 3.58), with fitness activities such as walking and jogging receiving the highest ratings, followed by dance and sports activities. However, the degree of seriousness of problems encountered was rated as “Serious” (AWM = 3.25), highlighting issues such as inadequate supervision, limited knowledge of PDLs regarding certain activities, and insufficient time allotted for program implementation. Results further showed a significant difference in the perceptions of PDLs and BJMP personnel.

The study concludes that while these programs are beneficial, improvements in supervision, facilities, and program management are necessary to enhance their effectiveness and support inmate rehabilitation.

Keywords: Persons Deprived of Liberty (PDLs); Sports and Physical Fitness; Program Effectiveness; Jail Rehabilitation; Correctional Facilities; BJMP Personnel

INTRODUCTION AND REVIEW OF RELATED LITERATURE

Background of the Study

Depriving an individual of liberty is one of the most common sanctions imposed for violations of the law. Jails and detention facilities are established to uphold justice by ensuring that alleged offenders are brought before the legal system. Persons Deprived of Liberty (PDLs) include both convicted offenders and individuals awaiting trial. Thus, correctional institutions serve not only as places of confinement but also as venues for rehabilitation and human development.

In contemporary correctional management, there has been a paradigm shift from punishment toward rehabilitation. One essential component of this rehabilitative approach is the implementation of sports and physical fitness programs. These programs play a vital role in promoting the physical, mental, and emotional well-being of inmates. Participation in regular physical activity provides therapeutic benefits by diverting attention from negative thoughts and fostering a sense of purpose and discipline. Well-structured sports and

fitness programs can encourage inmates to adopt positive behaviors and prepare them for reintegration into society.

Globally, the use of imprisonment has increased significantly over the years. According to the World Prison Brief (2021), more than 11 million individuals are incarcerated worldwide. This growing population underscores the need for effective correctional programs that address inmates' well-being. The World Health Organization (2007) emphasized that prisoners have the same right to attain the highest possible standard of physical health. This includes access to facilities and activities that promote well-being, such as sports and physical fitness programs. Furthermore, the World Health Organization encourages governments to provide opportunities for all individuals, including those in detention, to engage in physical activities.

In many countries, particularly in Western societies, the function of prisons has evolved from punitive institutions to centers for social rehabilitation. Sports and physical fitness have become integral components of correctional programs. The Spanish Prison Administration reported that sports programs are designed to promote positive attitudes, develop life skills, and prevent high-risk behaviors while supporting social reintegration (Secretaría General de Instituciones Penitenciarias, 2017). Similarly, Neubauer et al. (2023) highlighted that legislation has evolved to incorporate sports as a regular activity in prisons aimed at re-education and reintegration.

Empirical studies support the positive impact of physical activity among inmates. Martinez et al. (2018) found that inmates who did not engage in physical activity experienced a decline in both physical and mental health, whereas those who participated in sports demonstrated improved well-being. This finding supports the assertion that physical inactivity is a significant risk factor for health problems. In the Philippine context, the Bureau of Corrections (2021) reported that sports programs in correctional facilities reduce stress, improve productivity, and foster social interaction among inmates. These programs also provide positive alternatives to negative behaviors and contribute to successful reintegration.

Local studies further validate these findings. Aguinaldo et al. (2022) observed that inmates in Santiago City District Jail participated in sports, dance, and livelihood activities and reported benefits in physiological, psychological, and social aspects. Similarly, the Cebu Provincial Detention and Rehabilitation Center became widely recognized for its dance therapy program, demonstrating the effectiveness of structured physical activities in improving inmates' well-being (Najihah, 2017).

In the Urdaneta District Jail Male Dorm, various sports and physical fitness activities are implemented, including basketball, volleyball, badminton, table tennis, dance activities, and fitness exercises such as walking and jogging. These programs aim to enhance inmates' health, reduce stress, and improve their ability to cope with incarceration. Moreover, such initiatives contribute to reducing conflicts and promoting a positive environment within the facility.

Despite these benefits, several challenges hinder the effective implementation of these programs. Issues such as inadequate facilities, lack of supervision, limited knowledge of participants, and insufficient time allocation affect program outcomes. Recognizing these challenges, this study aims to evaluate the effectiveness of sports and physical fitness programs in the Urdaneta District Jail Male Dorm and identify the problems encountered in their implementation.

The importance of physical activity in correctional settings is reinforced by legal frameworks. Section 21 of the Magna Carta for Filipino Prisoners mandates that inmates be provided with at least one hour of daily exercise. Additionally, the United Nations Standard Minimum Rules for the Treatment of Prisoners (United Nations, 2015) emphasize that inmates must be treated with dignity and provided with opportunities that support their physical and mental well-being.

Theoretical and Conceptual Framework

This study is anchored on several theories that explain the role of sports and physical fitness in correctional rehabilitation. The Self-Efficacy Theory posits that an individual's belief in their ability to perform tasks influences motivation and behavior (Bandura, 1977). In this study, inmates who believe in their capacity to improve their physical fitness are more likely to participate actively in sports programs.

The Social Support Theory suggests that encouragement and interaction with others influence behavior and motivation (Yalom, 1970). In correctional settings, support from peers and facilitators can enhance participation in physical activities.

The Cognitive Behavioral Theory explains that thoughts, emotions, and behaviors are interconnected (Beck, 1976). Participation in physical activities can foster positive thinking patterns, leading to improved emotional and behavioral outcomes among inmates.

The Health Belief Model proposes that individuals engage in health-related behaviors based on their perceptions of benefits and risks (Rosenstock, 1966). Inmates who recognize the benefits of physical fitness are more likely to participate in such programs.

Furthermore, sports-based interventions have been identified as effective tools for rehabilitation and crime prevention. Meek et al. (2014) emphasized that sports programs provide positive alternatives to criminal behavior and promote social engagement. Jugl et al. (2021) also highlighted the potential of sports programs in reducing reoffending, although further research is needed to improve implementation strategies.

Studies have also shown that physical activity contributes significantly to mental health. Participation in sports has been associated with reduced symptoms of depression and anxiety, improved well-being, and enhanced social integration (Chekroud et al., 2018; Rosa & De Vita, 2018). Additionally, Vella et al. (2020) noted that sports programs can develop life skills such as resilience and mental health awareness, which are essential for reintegration into society.

The reviewed literature demonstrates that sports and physical fitness programs play a significant role in promoting the well-being and rehabilitation of PDLs. These programs contribute to improved physical health, enhanced psychological stability, and better social relationships. However, challenges in implementation remain evident, particularly in local correctional facilities.

Therefore, this study seeks to evaluate the effectiveness of sports and physical fitness programs in the Urdaneta District Jail Male Dorm and identify areas for improvement. The findings are expected to contribute to the development of more effective rehabilitation programs that support the successful reintegration of PDLs into society.

METHODOLOGY

This chapter presents the research design, population and locale of the study, data gathering instrument, data gathering procedures, and statistical treatment of data used in the study. These components were carefully selected to ensure the accuracy, validity, and reliability of the findings regarding the effectiveness of sports and physical fitness programs for Persons Deprived of Liberty (PDLs) in the Urdaneta District Jail Male Dorm.

Research Design

This study utilized a descriptive quantitative research design. The descriptive approach was appropriate as it aimed to systematically describe the current condition and effectiveness of sports and physical fitness programs implemented in the correctional facility. A survey method was employed using a structured questionnaire to gather relevant data from the respondents. Quantitative research focuses on the collection of numerical data, which allows for objective analysis and generalization of results across a specific population. This design enabled the researchers to measure the level of effectiveness of the programs and assess the degree of seriousness of the problems encountered in their implementation.

Population and Locale of the Study

The study was conducted at the Urdaneta District Jail Male Dorm, located in Urdaneta City, Pangasinan. The respondents consisted of two groups: thirteen (13) Bureau of Jail Management and Penology (BJMP) personnel and eighty-two (82) Persons Deprived of Liberty (PDLs). These respondents were selected as they are directly involved in and affected by the implementation of sports and physical fitness programs within the facility.

Validity and Reliability of the Instrument

The primary data gathering instrument used in this study was a researcher-made questionnaire. Prior to its final administration, the questionnaire underwent validation to ensure its content accuracy and suitability. It was evaluated by two (2) BJMP personnel and one (1) criminology instructor from Urdaneta City University. Their feedback and suggestions were incorporated to improve the clarity, relevance, and practicality of the instrument.

The questionnaire was assessed using a four-point Likert scale to measure its adequacy. The overall average weighted mean obtained from the validation process was 4.22, which was interpreted as very adequate, indicating that the instrument was reliable for data collection.

Data Gathering Tool

The study utilized a structured survey questionnaire checklist as the main data gathering tool. The questionnaire was based on the existing sports and physical fitness programs implemented in the Urdaneta District Jail Male Dorm. It was divided into two parts:

Part I: Level of effectiveness of sports and physical fitness programs

Part II: Degree of seriousness of problems encountered in the implementation of the programs

This structure allowed the researchers to gather comprehensive data related to both program performance and implementation challenges.

Data Gathering Procedures

Prior to data collection, the researchers secured an approval letter from the jail warden of the Urdaneta District Jail Male Dorm. A formal request was submitted to obtain permission to conduct the study and administer the questionnaires. Upon approval, the researchers personally distributed and retrieved the questionnaires from the respondents.

The respondents were informed about the purpose of the study, and confidentiality was strictly observed. Participation was voluntary, and respondents were not required to write their names to ensure anonymity. Additionally, interviews were conducted with selected respondents to supplement the data gathered from the survey.

Statistical Treatment of Data

In treating the data gathered, the following statistical methods were being used: In problem no. 1 and 3, average weighted mean was used in treating the data, the formula are as follows:

$$\sum wm$$
$$AWM = \frac{\sum wm}{K}$$

K

Where: WM- Weighted mean of respondents

AWM- Average weighted mean

K- Total number of respondents

For problem no. 2 and 4, t-test was used in utilizing and treating data. The formula as follows:

The formula is:

$$\bar{x}_1 - \bar{x}_2$$

$$t = \frac{\bar{x}_1 - \bar{x}_2}{\sqrt{\left(\frac{n_1 s_1^2 + n_2 s_2^2}{n_1 + n_2 - 2}\right) \left(\frac{1}{n_1} + \frac{1}{n_2}\right)}}$$

Where: t = computed t. value

\bar{x} = mean of a group

s_1^2 = variance of the ratings

n = number of respondents in a group

The four-point rating scale was used to determine the level of effectiveness on sports and physical fitness programs for persons deprived of liberty in Urdaneta district jail male dorm.

Scale4	Range/ Limits	Verbal Interpretation
	3.26 – 4.00	Very Effective
3	2.51 – 3.25	Effective
2	1.76 – 2.50	Moderately Effective
1	1.00 – 1.75	Not Effective

The four-point rating scale was used to determine the degree of seriousness on the problems encountered in the implementation of sports and physical fitness programs for persons deprived of liberty in Urdaneta district jail male dorm.

Scale 4	Range/ Limits	Verbal Interpretation
	3.26 – 4.00	Very Serious
3	2.51 – 3.25	Serious
2	1.76 – 2.50	Moderately Serious
1	1.00 – 1.75	Not Serious

RESULT AND DISCUSSIONS

This chapter presents the data gathered, the results of the statistical analysis done and interpretation of findings. These are presented in tables following the sequence of the specific research problem regarding the level of effectiveness and degree of seriousness of sports and physical fitness program for persons deprived of liberty in Urdaneta District Jail Male Dorm.

Sports and Physical Fitness in Urdaneta District Jail Male Dorm

The integration of sports and physical fitness programs within correctional facilities represents a multifaceted approach aimed at promoting the well-being and rehabilitation of inmates. Recognizing the potential benefits of engaging individuals in physical activities while serving time, correctional institutions have increasingly incorporated sports and fitness initiatives into their rehabilitation strategies. Engaging in sports activities allows inmates to build social connections and a sense of community within the correctional setting. Team sports, in particular, encourage cooperation and mutual support, fostering a positive social environment that can extend beyond the confines of the correctional facility.

The integration of sports and physical fitness within correctional institutions not only contributes to the physical health of inmates but also serves as a powerful tool for rehabilitation, behavior modification, and reducing the likelihood of reoffending. It aligns with a holistic approach to corrections that recognizes the interconnectedness of physical, mental, and social well-being.

Level of Effectiveness of The Sports and Physical Fitness Program for Persons Deprived of Liberty in Urdaneta District Jail Male Dorm

Table 1 Overall Level of Effectiveness of Sports and Physical Fitness Programs for Persons Deprived of Liberty (PDLs) in Urdaneta District Jail Male Dorm.

INDICATORS	PDL	DE	PERSONNEL	DE	AWM	DE
1. Sports Activities	3.49	VE	3.20	E	3.35	VE
2. Dance Activities	3.59	VE	3.33	VE	3.46	VE
3. Fitness Activities	3.85	VE	4.00	VE	3.93	VE
Overall Weighted Mean	3.64	VE	3.51	VE	3.58	VE

Table 1 presents the overall effectiveness of sports and physical fitness programs for Persons Deprived of Liberty (PDLs) in Urdaneta District Jail Male Dorm. The overall weighted mean of 3.58, interpreted as “Very Effective,” indicates that the programs are generally well-implemented and beneficial to both PDLs and BJMP personnel.

Among the indicators, fitness activities obtained the highest weighted mean of 3.93, interpreted as “Very Effective.” This shows that walking and jogging are highly implemented and consistently participated in, contributing to improved physical health and emotional stability. Dance activities followed with a weighted mean of 3.46, also “Very Effective,” indicating that Zumba and modern dance promote enjoyment, stress relief, and social interaction. Sports activities obtained the lowest weighted mean of 3.35 but still “Very Effective,” showing that basketball and volleyball remain effective despite minor limitations in facilities.

Overall, Table 1 suggests that physical activity programs significantly support rehabilitation and well-being inside the correctional facility.

Table 2 Level of Effectiveness of Sports and Physical Fitness Programs for Persons Deprived of Liberty (PDL) in Terms of Sports Activities

INDICATORS	PDLDE	PERSONNEL	DE	AWM	DE
1. Conduct of Basketball.	3.84	4.00	VE	3.92	VE
2. Participation in Badminton.	3.33	2.00	ME	2.66	VE
3. Conduct of Table Tennis.	3.24	2.00	ME	2.62	VE
4. Conduct of Volleyball.	3.63	4.00	VE	3.82	VE
5. Participation in Board Games.	3.39	4.00	VE	3.70	VE
Overall Weighted Mean	3.49	3.2	E	3.34	VE

Table 2 shows that sports activities have an overall weighted mean of 3.34, interpreted as “Very Effective,” indicating positive engagement among PDLs.

Basketball obtained the highest weighted mean of 3.92, making it the most effective sport. This implies strong participation due to its accessibility and teamwork benefits. Volleyball followed with 3.82, also “Very Effective,” showing similar physical and social benefits. Board games recorded a weighted mean of 3.70, reflecting cognitive engagement and recreation.

However, table tennis obtained the lowest weighted mean of 2.62, interpreted as “Effective,” suggesting limited participation due to lack of equipment or familiarity. Badminton also received lower ratings from personnel.

Overall, Table 2 indicates that sports programs are effective, but improvements in facilities and equipment are needed.

Table 3 Level of Effectiveness of Sports and Physical Fitness Programs for Persons Deprived of Liberty (PDL) in Terms of Dance Activities

INDICATORS	PDL	DE	PERSONNEL	DE	AWM	DE
1. Implementation of Zumba Dance	3.79	VE	4.00	VE	3.90	VE
2. Participation in Modern Dance	3.59	VE	4.00	VE	3.80	VE
3. Participation in Street Dancing	3.38	VE	2.00	ME	2.69	E
Overall Weighted Mean	3.59	VE	3.33	VE	3.46	VE

Table 3 reveals that dance activities obtained an overall weighted mean of 3.46, interpreted as “Very Effective,” indicating strong acceptance among PDLs.

Zumba dance obtained the highest weighted mean of 3.90, showing high participation and enjoyment. This suggests that structured group exercises are effective in promoting both physical fitness and emotional well-being. Modern dance followed with 3.80, also “Very Effective,” highlighting benefits in coordination, expression, and social interaction.

Street dancing recorded the lowest weighted mean of 2.69, interpreted as “Effective,” indicating lower participation possibly due to limited interest or structure.

Overall, Table 3 shows that dance activities are effective tools for rehabilitation and emotional release.

Table 4 Level of Effectiveness of Sports and Physical Fitness Programs for Persons Deprived of Liberty (PDL) in Terms of Fitness Activities

INDICATORS	PDL	DE	PERSONNEL	DE	AWM	DE
1. Conduct of Walking Exercise.	3.83	VE	4.00	VE	3.92	VE
2. Conduct of Jogging Exercise.	3.87	VE	4.00	VE	3.94	VE
Overall Weighted Mean	3.85	VE	4	VE	3.93	VE

Table 4 shows that fitness activities obtained the highest overall weighted mean of 3.93, interpreted as “Very Effective.”

Jogging recorded the highest indicator mean of 3.94, followed closely by walking at 3.92. This indicates that simple aerobic exercises are highly effective and widely practiced inside the facility. These activities improve cardiovascular health, endurance, and mental well-being while requiring minimal equipment.

Overall, Table 4 highlights fitness activities as the strongest component of the program in terms of effectiveness.

Table 5 Significant Difference Between the BJMP and PDL on their Level of Effectiveness of Sports and Physical Fitness Programs

Indicator	T-Value	P-Value	Remarks
Sports Activities	7.764	0.000	Significant
Dance Activities	4.019	0.000	Significant
Fitness Activities	-3.689	0.000	Significant

Table 5 shows significant differences between PDLs and BJMP personnel perceptions across sports, dance, and fitness activities, with all p-values at 0.000.

This indicates that while both groups agree the programs are effective, they differ significantly in their level of assessment. These differences may be due to variation in roles, experiences, and exposure to program implementation.

Overall, Table 5 suggests the need for improved alignment between implementers and participants.

Table 6. Degree of seriousness on the problem encountered in the implementation of effectiveness of sports and physical fitness programs for persons deprived of liberty (PDL) in Urdaneta District jail male dorm

Indicators	PDL	DE	Personnel	DE	AWM	DE
Available facilities for sports and physical fitness activities program.	3.21	S	4.00	VS	3.61	VS
Non enjoyment of exercise.	1.89	MS	1.00	NS	1.45	NS
Willingness of PDL to participate in the sports and physical fitness activities.	3.23	S	3.00	S	3.12	S
Unable to perform physical activities during unfavorable weather conditions.	2.11	MS	4.00	VS	3.06	S
Knowledge of PDL about sports and physical activities program.	3.30	VS	4.00	VS	3.65	VS
PDL request in relation to their medical condition.	3.16	S	4.00	VS	3.58	VS
Access of PDL to medical attention when accidents happen during the conduct of activities.	3.20	S	4.00	VS	3.60	VS
Unable to join the program due to disabilities.	2.12	MS	4.00	VS	3.06	S
Availability of equipment used in conducting sports and physical activities.	3.16	S	3.00	S	3.08	S
Time allotted in conducting sports and physical activities.	3.27	VS	4.00	VS	3.64	VS

Jail Officers in supervising the PDL while implementing the sports and physical activities.	3.34	VS	4.00	VS	3.67	VS
Available fund for the observance of sports and physical fitness activities program.	2.96	S	4.00	VS	3.48	VS
Overall Weighted Mean	2.91	S	3.58	VS	3.25	S

Table 6 shows an overall weighted mean of 3.25, interpreted as “Serious,” indicating that several issues affect program implementation.

The most serious problem is jail officer supervision (3.67, Very Serious), followed by knowledge of PDLs (3.65) and time allocation (3.64). These indicate gaps in management, orientation, and scheduling.

Other concerns include facilities, funding, medical restrictions, and disability limitations. However, non-enjoyment of exercise was rated “Not Serious,” showing that PDLs generally enjoy the programs.

Overall, Table 6 highlights the need for better supervision, improved communication, and resource support.

Table 7. Significant Difference Between the BJMP and PDL in their Perception on the Degree of Seriousness on the Problems Encountered in the Implementation of Sports and Physical Fitness Programs

Indicator	T-Value	P-Value	Remarks
Problems Encountered	-17.372	0.000	Significant

Table 7 shows a significant difference between PDLs and BJMP personnel perceptions of problems encountered ($p = 0.000$).

This means both groups experience and interpret issues differently. PDLs experience direct limitations, while personnel focus on implementation concerns.

Overall, Table 7 highlights the need for better coordination and shared understanding in addressing program issues.

Table 8. Proposed Measures to Improve the Relationship of Sports and Physical Fitness Program for Persons Deprived of Liberty in Urdaneta District Jail Male Dorm

Key Area	Objective	Programs Catered	Target Participants
Qualified Supervision	To ensure that the program is supervised by qualified personnel to provide proper guidance and ensure safety.	Qualified Personnel	PDL and BJMP Personnel
2. Having a proper place indoors for the execution of programs.	To make sure that the exercises are still conducted despite the weather conditions.	Provided space for Sports and Physical Activities.	PDL and BJMP Personnel
3. Conduct of Adaptive Sports Program	To cater individuals with varying physical abilities.	Wheelchair racing / Hand cycling	PDL and BJMP Personnel
4. Regular conduct of Sports and Physical Fitness	To maintain the mental and physical wellbeing of the PDL.	Scheduled plan for the activities.	PDL and BJMP Personnel

CONCLUSIONS

This chapter presents the conclusions drawn from the findings of the study and the corresponding recommendations derived from the results.

Conclusions

Based on the data gathered and analyzed, the following conclusions were established:

First, the level of effectiveness of sports and physical fitness programs for Persons Deprived of Liberty (PDLs) in the Urdaneta District Jail Male Dorm was perceived as very effective. This indicates that the programs significantly contribute to improving the physical, mental, and social well-being of the participants.

Second, there was a significant difference between the perceptions of the respondents regarding the level of effectiveness of the programs. This implies that PDLs and BJMP personnel have varying perspectives, which may be influenced by their roles, experiences, and level of involvement in the program.

Third, the degree of seriousness of the problems encountered in the implementation of the programs was rated as serious. This suggests that despite the effectiveness of the programs, several operational challenges still exist and need to be addressed.

Fourth, there was also a significant difference in the perceptions of respondents regarding the seriousness of the problems encountered. This further emphasizes the need to align the views of both PDLs and BJMP personnel in order to improve program implementation.

Finally, the study identified several measures that can enhance the sports and physical fitness program. These include ensuring qualified supervision, providing proper indoor facilities, implementing adaptive sports programs, and maintaining regular conduct of activities.

RECOMMENDATIONS

Based on the conclusions of the study, the following recommendations are proposed:

The Bureau of Jail Management and Penology (BJMP) should seek partnerships with non-government organizations (NGOs) and other stakeholders to support the construction and improvement of sports and physical fitness facilities. Emphasis should also be placed on safety measures, including first aid training for personnel, to ensure a secure environment during activities.

Furthermore, BJMP is encouraged to collaborate with educational institutions that specialize in sports, physical education, and rehabilitation. Such partnerships can provide technical expertise, additional resources, and program development support.

It is also recommended that BJMP allocate sufficient budget for the training of personnel assigned to facilitate these programs. Training should include skills in group management, conflict resolution, and safety protocols. Additionally, funds should be designated for acquiring appropriate and specialized equipment suited for correctional settings.

The development of adaptive sports programs is highly encouraged to ensure inclusivity among PDLs with disabilities. Activities such as wheelchair-based sports and modified exercises can promote equal participation.

Lastly, PDLs themselves are encouraged to maintain active participation and a positive mindset toward these programs. Their engagement is essential in sustaining the benefits of sports and physical fitness, ultimately contributing to their overall well-being and successful reintegration into society.

Future researchers may expand the study to multiple correctional facilities to allow broader comparison and improve the generalizability of findings. Qualitative methods such as interviews and focus group discussions

may also be utilized to gain deeper understanding of the experiences, motivations, and challenges encountered by PDLs and BJMP personnel in sports and physical fitness programs. Furthermore, future studies may examine the long-term effects of these programs on behavioral change, mental health, discipline, recidivism reduction, and social reintegration of PDLs after release.

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