

Perception of Leisure in Prisoners

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Abstract

This study aimed to identify the leisure needs of prisoners and the significance of leisure activities in prisons. The research is a qualitative study designed using a phenomenological approach. Participants were selected using criterion sampling, one of the purposive sampling methods. The study group for this research consists of 21 male prisoners who have been incarcerated and are currently serving time in Manisa Open Prison. The researchers obtained the data using a semi-structured interview form, which was then analysed using content analysis methods. In terms of credibility, transferability, consistency, and confirmability of the research, direct quotations were used, the research process was explained in detail, and the agreement rate was calculated as 0.83 using Miles and Huberman's (1994) reliability formula. All data were kept ensuring verifiability. The findings revealed that most participants associate the concept of time with life and define it as the period between birth and death. Similarly, freedom is perceived as living freely and being with loved ones. The concept of obstacle or constraint is associated with being in prison. In their leisure, participants expressed a desire to spend time with their family and children when they are not incarcerated. Leisure activities in prisons are important, but also insufficient. Leisure activities should adequately contribute to working life after release.

Keywords: Prisoner, Prison, Leisure

INTRODUCTION

Human beings, as social creatures, may behave in ways that violate social norms in their daily lives. However, such behaviours can be classified as crimes and punished accordingly (Kaner, 1992). To figure out the proper punishment for criminal behaviour, it is important to have a thorough understanding of the crime and its underlying causes (Rahimov, 2014). The primary goal of punishment for criminal behaviour is not to inflict suffering on the individual who poses a threat to society, but rather to purge it of the condition that is harmful to society (Yarsuvat, 1966). Although the basic punishment involves depriving the guilty individual of their freedom, the execution phase of this punishment, aim is to reintegrate the offender into society and encourage them to respect the law of their own volition (Şahin, 2001). In line with this goal, prisons established to rehabilitate criminal behaviour have several functions such as deterring crime and preventing the tendency to commit crime. However, it is a well-known fact that individuals who are released tend to re-offend (Kızmaz, 2007). Prisons are institutions where individuals who have been found guilty and imprisoned are confined to serve their sentences (Balaban & Özen, 2015). Open prisons, on the other hand, are institutions that aim to complete the rehabilitation of prisoners with short sentences. The primary goal of penal institutions is to reintegrate individuals who have been deprived of their freedom into society in accordance with valid regulations and to prevent the recurrence of criminal behaviour through enforcement (Demirbaş, 2001).

Prison life involves living in a confined or restricted space, following the rules and regulations of the institution, and adhering to a fixed routine. The experience of living in a controlled environment, limited mobility, loss of privacy due to overcrowding, lack of social interaction, and inability to meet personal needs are all restrictive factors associated with prison life (Kızılkaya, 2014; Üney & Erim, 2019). In addition to being places where individuals are deprived of their social environment and freedom for specific reasons, correctional facilities also provide opportunities for prisoners to continue their education, acquire various professions, and engage in social, cultural, and sports activities during their leisure (Çimen, 2015; Konuk, 2016; Aygül et al., 2019; Karafazlı & Tuna, 2020). Prison education is a self-help strategy that aims to end antisocial and criminal behaviour

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through professional and academic learning activities. The goal is to help individuals become aware of the criminal justice system and their responsibilities as members of society while developing positive social attitudes (Eggleston & Gehring, 2000). Practices undertaken during a prison sentence are important to ensure individuals conform to societal norms after release and contribute to a healthy society (Jam et al., 2016). Positive outcomes of leisure activities, such as the development of social awareness, responsibility, and socialisation, have equivalent benefits to prison education. Participation in leisure activities is generally considered important for the development of strong character and personality (Ardahan & Yerlisu Lapa, 2010; Huang & Carleton, 2003). It can also have a positive impact on an individual's social life, including work and family. It is important to note that these assessments are subjective and should be clearly stated as such.

Leisure activities have been shown to have positive effects on individuals in terms of establishing social relationships and physical and mental health (Yau & Packer, 2002).

Such activities can also contribute to the progress of prisoners in line with prison rules and goals, as well as increase their welfare levels (Rouleau, 2020). From this perspective, it is evident that leisure activities aimed at developing social awareness, responsibility, and socialization have similar benefits to prison education. Accordingly, the research aimed to identify:

Prisoners' perceptions of leisure activities,

Their thoughts about their chances of managing their lives and finding a job after their release thanks to the leisure activities they received in prison,

their benefits from leisure activities.

The study aims to support the physical, psychological, and social development of individuals through leisure activities. It also aims to help individuals manage their emotional state in situations such as winning or losing. Additionally, the study improves individuals' readiness to adapt to life after prison and to facilitate their integration into society.

Although prisoners are separated from many social behaviours during their sentence and are under supervision, they still experience the passage of time and have leisure. It is important to understand how prisoners perceive their leisure and what activities they choose to engage in, such as learning, entertainment, and personal development. Given the significance of the research, the absence of comparable studies is noteworthy. The primary goal of this research is to investigate the perspectives of incarcerated individuals regarding leisure opportunities that may facilitate their personal development and self-expression.

MATERIAL AND METHOD

Research Design

The research was conducted using a qualitative approach with a phenomenological design. Phenomenology focuses on phenomena that are not well understood and aims to examine the lived experiences of individuals in depth (Creswell et al., 2007; Norlyk & Harder, 2010). Yıldırım and Şimşek (2008) define phenomenology as the study of such phenomena. In this context, the in-depth study of how prisoners in open prisons make sense of their leisure is the essence of the research.

Research Group

The group was selected using the criterion sampling method, which is a purposive sampling method. The study group consisted of 21 male prisoners at Manisa Open Penal Institution who met the criteria of being at least 22 years old and having a sentence of 4 years or more. The study group consisted of 21 male prisoners at Manisa Open Penal Institution who met the criteria of being at least 22 years old and having a sentence of 4 years or more.

The study group comprised individuals between the ages of 23 and 59. Of the participants, 16 have completed primary school and 5 have completed high school. 11 are married and 10 are single. Their sentences ranged from 4 to 15 years, and their releases ranged from 1 to 7 years.

Data Collection

The study employed a personal information form and a semi-structured interview form, both developed by the researchers, as data collection tools. To develop the interview form, two experts in the field were consulted to determine the conceptual framework and research questions. A 9-question semi-structured interview form was then prepared based on their opinions and a review of the literature. Selected questions from the interview form are presented below.

What is your understanding of the concept of “time”?

How do you define freedom?

What are the benefits of engaging in leisure activities in prison?

What leisure activities would you like to do if you had the opportunity here? Why?

The researcher conducted the interview after obtaining the necessary permissions from the Ministry of Justice. Data was collected through written responses to semi-structured questions, as audio recording is prohibited by prison rules.

Data Analysis

The data were analysed using the content analysis method. This method is used to explain the obtained data and to reveal concepts and relationships (Yıldırım & Şimşek, 2008). Firstly, the data were transferred to Microsoft Word to avoid data loss in the participants’ opinions and to present them. In the research, each prisoner’s answers to the questions were coded and transferred without their names. Individuals were coded as “P”, and each participant was assigned a number such as “P1, P2, P3...” to maintain anonymity. The concepts and relationships identified during the evaluations were then categorised. Findings were derived from the categorised data, and each finding was supported by quotes from the participants’ opinions.

Credibility, Transferability, Consistency, and Confirmability to Establish Validity and Reliability

According to Lincoln and Guba (1985), instead of validity and reliability, the concepts of credibility, transferability, consistency, and confirmability should be used in qualitative research.

In order to ensure the credibility of the study, we included all the information collected through the participants’ personal information form in the participants section of the study. The semi-structured interview form was designed according to expert opinion during the preparation process, and direct quotes from the participants were used.

In terms of transferability, the research group, data collection, and analysis processes were addressed and reported in detail.

To ensure consistency, two researchers coded the research data and analysed the codes comparatively. Additionally, Miles and Huberman’s (1994) reliability formula ($\text{Reliability Percentage} = \frac{\text{Agreement}}{\text{Total Agreement} + \text{Disagreement}}$) was used to calculate the agreement rate of the study, which was 0.83.

To ensure verifiability, all raw data, interview transcripts, notes, and coding related to data collection and analysis were archived and stored.

FINDINGS

Definition of Time

When examining the findings regarding the participants’ definitions of the concept of time, it becomes clear that the majority of them view time as the period between birth and death and describe it as a loss. One participant expressed that time is “living and life...” (P1) while another participant stated that “the time between birth and death can be positive or negative” (P7). P8 emphasized the value of time, stating that it is of great value and importance to them as he went to prison at a young age and realized the importance of time.

Perceptions of Freedom

The research findings indicate that prisoners conceptualize freedom primarily as living without dependence and limitations as well as being with their loved ones. The participants expressed similar viewpoints on this subject matter. For instance, one participant described their understanding of freedom as “living without constraints” (P1), while another defined freedom as “the ability to make decisions freely autonomously” (P8). Furthermore, a participant highlighted the importance of being with family and loved ones, stating: “While I am imprisoned, my main concern is not simply being released from confinement, but rather being reunited with my family and loved ones. However, in a broader sense, true freedom means being able to actualise our thoughts, desires, and aspirations”, as exemplified by P4.

Upon examination of the findings, there exists a significant difference between the time when the prisoners were free and their current situation, highlighting the value of freedom and liberty. For instance, P7 shared that although they cannot compare their current situation to freedom, they now have a better understanding of its value. “I have deeply realized the value of freedom” (P12). “When I was old enough to make decisions on my own, of course, I noticed a huge difference” (P8).

Meaning of Constraint

According to the findings on the dimension of the constraint of prisoners, they generally perceive being in prison and not having the freedom to do as they wish as a limitation and constraint. For instance, one participant described it as “being in prison” (P11), while the other two participants expressed it as “being prevented from completing desires” (P10) and “inevitably having limited certain aspects of life and interpersonal relationships” (P15).

Another significant finding is that participants perceive the inability to be with their family and loved ones as a constraint. According to Participant 4, it is the inability to often meet with loved ones and family.

Perceived Leisure Outside Prison

Participants expressed a strong desire to spend more time with their families, stating that they would prioritize family time if they were released from prison. During the interviews, one participant shared, “I would only want to spend time with my family because I realized the value of everything here” (P8). Another participant said, “My family is my everything, spending time with my family” (P18). A third participant expressed a desire to play games and tell fairy tales to their family and children (P19).

Imprisoned individuals want to engage in social activities with their families, such as going to the cinema, picnics, and exhibitions. Additionally, they express a desire for more information about their work, as well as opportunities to attend courses and engage in personal development activities. Participants’ views on these issues are presented below.

“My priority would probably be to spend a good time with my family, it could be going to the cinema or having a picnic with all my loved ones or going on holiday with my wife” (P4).

“Going to the cinema, going to the seaside, walking in the parks, and being alone for a while” (P12).

“I would make sure to attend all useful classes to strengthen myself” (P16).

Perceived Leisure in Prison

Those in prison have limited opportunities for leisure activities due to scheduling conflicts with work hours. However, according to participant feedback, engaging in such activities, even if infrequent, can lead to the acquisition of new knowledge, particularly in social contexts. For instance, one participant stated, “I do not participate because I work most of the time” (P6), while another expressed, “Free time activities are very few...” (P21). Additionally, individuals who participated, albeit minimally, shared their opinions as follows.

One stated, “I have been involved in all kinds of activities and I am working both to be useful for myself and to be useful for my fellow prisoners, it is better to work with morale” (P9).

“I learned a lot of valuable skills and feel better equipped for life outside of prison,” stated P10.

The individuals explained that playing volleyball, a sport offered in prison, helped them forget about their incarceration, pass time quickly, and feel disconnected from the outside world. This interest in volleyball contributes to their psychological well-being, as well as their social and physical health. It was determined that volleyball reduces stress among prisoners. For instance, one participant highlighted the health benefits, stating that it helps with sports and relieves stress, allowing for a temporary escape from daily life. Another participant emphasised the psychological benefits, stating that it provides a temporary distraction from life’s challenges. (P17).

The research indicates that individuals also express interest in learning to play musical instruments. Individuals desire to engage in physical activities more frequently due to their perceived health benefits and ability to deter negative habits. Additionally, individuals seek personal development opportunities and strive to enhance their professional skills. The following are some examples of participant opinions:

“The gym is beneficial for health, and smoking is not.” (P13).

“I would like musical instrument courses to be opened and to increase award-winning cinema activities. Then, I may even participate in them.” (P4).

“I would like to get various vocational training certificates because we have so much time here.” (P10).

DISCUSSION

This section discusses the findings on the perception of leisure among prisoners in open prisons.

Prisoners’ “Time” Definitions

Although time for prisoners is often viewed as simply the period between birth and death, it becomes apparent that time holds significant value once one becomes incarcerated. A review of the literature shows that individuals from different cultures exhibit a range of behaviours based on their respective traditions and customs. There are instances where common characteristics are displayed in the assessment of leisure time across various regions of the world, irrespective of religious sects and beliefs. The utilization of leisure time is an important aspect of society. Differences in leisure activities can be attributed to developments in applied techniques, technology, and industry. For instance, Roberts (2011) highlights the effects of late development in different parts of the world.

Although individuals may not be fully aware of the concept of time, the fact that this awareness is heightened when one is a prisoner highlights the importance of making effective use of free time. While the perception of time can be relative, individuals often randomly use this immeasurable concept. Therefore, it is important to make efficient use of time that cannot be regained (Gürbüz and Aydın, 2012). Individuals should receive education on time management and leisure approaches at a young age to raise awareness.

Perceptions of Freedom

Constraints are factors that cause individuals to exert more effort to participate in leisure activities, reduce opportunities, and prevent them from reaching the desired level of satisfaction (Gürbüz & Henderson, 2014). According to this definition, while leisure is considered good, constraints are expressed as issues that must be overcome in order to achieve desired outcomes (Jackson & Henderson, 1995). When examining prisoners’ statements about freedom and constraints, it becomes clear that their desire for independence reflects their approach to freedom, while their imprisonment highlights their perception of obstacles and constraints.

Neulinger (1974) proposed that perceived freedom is the primary determinant of leisure. According to Neulinger, an individual’s desired action is determined by their own choice and the situation in which they want to act. Siegenthaler and O’Dell (2000) support this view. The importance of being able to make independent decisions under pressure is also highlighted for prisoners. When analysing studies, perceived freedom is a significant determinant of leisure time. However, variables such as gender, age, and social status can influence the dimensions of perceived leisure (Unger & Kernan, 1983).

When evaluating prisoners in their free state compared to their current situation, an incomparable difference is observed. They talk about their inability to do what they want and the intensity of emotional factors. The prisoners state that losing their perception of freedom has made them realize its true meaning. In a review of the literature, Wu et al. (2010) found a positive and significant correlation between perceived freedom and participation in leisure time activities. It is recommended that individuals be informed about leisure time activities and education to increase their participation opportunities. From this perspective, prisoners can maintain their perception of freedom through leisure activities. However, in order to feel truly free during these activities, individuals must choose to participate voluntarily (Siegenthaler & O'Dell, 2000). To fully benefit from leisure activities, individuals must be intrinsically motivated rather than influenced by external factors. This can be achieved by prioritising perceived competence, perceived control, flow, and participation in activities (Witt & Ellis, 1985).

The concept of freedom is crucial in measuring prisoners' leisure behaviours. Therefore, the limited number of leisure activities offered to prisoners, which results in their inability to make a voluntary choice of activity, undermines their perception of freedom. Leisure experts can diversify the range of activities available to prisoners, enabling them to make positive contributions to their personal development.

Perceptions of Constraints

The literature shows that the development of models to identify the factors that prevent individuals from participating in leisure activities identifies three main categories of factors that limit participation. These categories are individual, interpersonal, and structural factors. To benefit from leisure activities, it is crucial to identify the constraints that limit participation. This is important both for the individual and society as a whole (Temir & Gürbüz, 2012). Research on leisure constraints suggests that personal and social factors are more influential in the participation stage, while structural factors are more influential in the realization stage (Öcal, 2012). The findings obtained from prisoners according to the theory of hierarchical leisure constraints, it was found that they had cognitive, emotional, and behavioural attitudes toward leisure activities. They tended to be aware of time management due to the current isolation. In terms of hierarchical order among prisoners, external factors play a more dominant role than internal factors in restricting activities.

The prison environment is seen as an inhibiting condition for activity, and it reveals the current state and meaning of freedom for individuals. Furthermore, Atasoy et al. (2015) found significant correlation coefficients between leisure perception and perceived constraints on leisure participation. As the constraints to an individual's leisure increase, their awareness of leisure also increases. Quantitative research in the field supports the findings of this study. The study found that prisoners have a greater understanding of the meaning and importance of leisure and consciously engage in leisure activities. This shows that the value of leisure during imprisonment leads to a better perception of its value. A better understanding of the importance and meaning of leisure for adults can lead to conscious participation in activities. Differences in the perception of free time contribute to diversity in activity choices (Kara et al., 2018).

Constraints may prevent adults from being aware of the free time available to participate in activities. This is particularly evident in the case of prisoners.

Perceived Leisure Outside Prison

According to prisoners, spending time with their families outside of prison is highly valued and better understood after experiencing incarceration. Zabriskie and McCormick (2001) conducted a study to examine the effect of participation in family leisure activities on family perception. The study found that family leisure activities have a vital value to individuals and that they enhance quality of life by reducing family crises and facilitating adaptation. Additionally, the study found that leisure activities are more satisfying than other activities. It is important to note that the study only focuses on the effect of family leisure time activities on family perception. It is believed that prisoners experience difficulties in adapting to prison conditions and being away from their families. To address this, group leisure activities can be provided to improve their leisure satisfaction. These activities should be equivalent to those that can be done within a family.

Individuals can become aware of their values through the constraints they face in daily life. In the literature, various researchers (Crawford & Godbey, 1987; Alexandris & Carroll, 1997) have classified leisure constraints. According to these classifications, prisoners prefer to spend time with their family members, the people they feel closest to, in the absence of physical and external constraints (such as prison conditions).

Perceived Leisure in Prison

Although prisoners report limited activities, it is evident that they are developing socially, acquiring new knowledge, and becoming better prepared for life outside. To further enhance their development, more physical activities should be offered and existing opportunities should be improved and expanded to maximise the benefits. Lapa and Köse (2018) conducted a study to identify factors that restrict individuals' participation in the Directorate of Supervised Release. The study highlights the benefits of active guidance for physical activity during leisure, which is beneficial for an individual's physical and psychological well-being and important for social integration.

Sarı and Kaya (2016) found that effective use of leisure leads to positive outcomes and supports individual success factors. It is believed that engaging in leisure activities is crucial for prisoners to maintain and improve their cognitive abilities. According to Wang et al. (2005), leisure activities can reduce the risk of cognitive impairment and if performed consistently can also enhance mental and social skills. The research shows the importance of leisure activities for prisoners to improve themselves and adapt to society during the process of isolation. Psychological, sociological, and cognitive approaches can be positively influenced by leisure activities.

The primary purposes for which individuals engage in leisure activities are to have fun, to socialise, and to relax. Secondary purposes include physical development and maintaining good health (Lapa & Ardahan, 2009). According to Güngörmüş and Yenel (2020), leisure activities provide opportunities for individuals to participate either individually or as a group. They reinforce the sense of freedom and satisfaction and play an important role in the physical, emotional, and social development of individuals through participation.

Frey and Delaney (1996) suggest that prisoners tend to engage in passive leisure activities rather than active ones. It is widely acknowledged that leisure sports programs are crucial in correctional studies, as they can help rehabilitate offenders and reduce recidivism (Link & Williams, 2017). Leisure activities are believed to reduce potential conflicts among prison groups. Social activities have been shown to have a positive impact on depression, social anxiety, and risk-taking behaviours, while also improving individuals' social skills and reinforcing a sense of responsibility (Reddon et al., 1996). Prisoners' participation in group recreational activities can actively contribute to increasing social cohesion. Such activities can facilitate the process of returning to normal life for disadvantaged individuals, while also fostering a sense of belonging to society.

The prisoners stated that leisure activities help them forget bad habits, contribute to personal development, and improve their understanding of culture and art. The suggested activities to be implemented in prisons, developed by leisure specialists, are expected to reinforce positive aspects of individuals.

Büküşoğlu and Bayturan (2005) conducted a study to investigate the impact of leisure activities on psychosocial situations. The study found that individuals exhibited asocial, anxious, and timid behaviour before participating in leisure activities. However, after active participation in leisure activities, individuals showed positive psychological and spiritual development. Although recreation and physical activity in leisure provide many positive benefits, they are rarely used as a rehabilitative practice in the prison system (Williams et al., 2005). To promote the personal and social development of prisoners, a variety of activities can be offered to help them choose leisure activities that match their interests. These activities should have a therapeutic quality to prepare them for life after prison. The use of recreation experts to provide variety is considered an important approach for helping prisoners adapt to social life after prison, which can lead to positive outcomes.

Social isolation and quarantine practices may lead to the development of various mental disorders, such as stress, depression, anxiety, and related disorders. These conditions may arise due to individual reactions to the challenging circumstances and coping mechanisms which vary depending on personality structure (Aktürk, 2020; Tecirli et al., 2020). In situations such as incarceration and isolation, individuals may experience

uncontrolled use of leisure or fail to recognize the value of leisure opportunities already available in their daily lives due to an increase or limitation of leisure. According to Karaca and Lapa (2016), individuals can be saved from this dilemma by effectively managing their increased leisure time, preventing negative emotional states, and supporting psychological well-being through participation in leisure activities and strategies to overcome obstacles encountered during leisure. The classification of prisoners as disadvantaged and the marginalization and stigmatization of these individuals by society are major problems, both individually and socially. The constant encounter with the existing problem situation and the inability to reach a final solution exacerbate these issues. Leisure activities that are adapted to the available possibilities and wishes of the individual can play a mediating role in overcoming these problems.

According to prisoners, playing volleyball has physical benefits and can help relieve stress. They also report that it has helped them to lead a healthier lifestyle in prison, both physically and mentally. By focusing on sports and relaxation, they can temporarily forget about external stressors. In terms of physiological, psychological, and social development, it is crucial for prisoners to feel part of society, to prevent isolation, and to have access to leisure activities like other individuals. This is particularly important for sports that require group participation.

Üney and Erim (2019) conducted a study to examine the effects of physical exercise on 98 male prisoners in Balıkesir Kepsut L Type Closed Prison. The study compared two groups who regularly engaged in sports with two groups who did not. The results indicate that physical activity is important in preventing aggressive behaviour and that individuals who engage in sports are more likely to use a confident approach to cope with stress. Meek and Lewis (2012) conducted a study in various prisons in England and Wales to examine the role of sport in supporting prisoners' health. The study evaluated health promotion methods through physical education by examining reports published by the prison administration. It has been emphasised that sports practices make a significant contribution to achieving the goal of a prison environment that supports cognitive and physical health. Therefore, more research is needed to develop the necessary infrastructure. O'Toole et al. (2018) conducted a study in Mountjoy Prison in Dublin, Ireland, in which 30 male prisoners participated. The study aimed to investigate the effects of exercise on the mental health of prisoners. The study measured depression, anxiety, stress, self-esteem, and anger levels before and after personal weights, stretching routines, and yoga exercises. The results showed that exercise programs have the potential to improve the mental health and well-being of prisoners.

Prisoners who have the opportunity to develop individually through sporting activities offered during leisure time can improve socially, physically, mentally, and cognitively. When individuals feel comfortable expressing themselves through activities, they improve their self-esteem and overcome negative personality traits. In addition, providing activities that encourage group participation can foster a sense of community during the post-release process.

CONCLUSIONS AND RECOMMENDATIONS

Upon examining the responses regarding prisoners' perceptions of leisure activities in open prisons, it is evident that most of the participants consider the leisure activities offered within the institution to be important. Many feel that the range of activities is insufficient while some express that such activities provide a brief respite from the prison environment.

The prisoners' perception of time is enhanced during their time in prison, indicating a lack of awareness of time outside prison. Similarly, individuals who are not incarcerated may also lack awareness of time and leisure, resulting in a form of leisure unawareness outside of prison. Individuals should be made aware of this situation at an early age through leisure education. Prisoners should be reformed so that they are better adapted to social life through leisure activities outside their duties. In cases where individuals are incarcerated, it is important to provide leisure activities in prisons. This helps to prevent social isolation, reduces the likelihood of reoffending, and has a positive impact on the individual, which can extend beyond the individual to their environment, family, and society, resulting in positive social interactions.

Leisure activities are practices, either individual or group-based, aimed at reducing social maladjustment. Leisure specialists can act as mediators to help prisoners improve their quality of life, address individual, family, and prison-related problems, rehabilitate them, and prevent them from engaging in criminal behaviour after release. The importance of leisure activities lies in their quality and necessity. Although most participants engage in leisure activities, prisoners often complain about the wasted time spent indoors, defining it as unproductive. In order to avoid this, it is important to employ leisure specialists who can support activities on-site, which helps maintain the diversity of leisure activities and keep individuals' cognitive and physical health at an optimal level.

To prevent prisoners from reoffending, it is crucial to address emotional and behavioural issues that deviate from societal norms. This can be achieved through leisure activities and social integration after release, as well as by providing adequate educational and employment opportunities. Considering these approaches, it is believed that leisure activities in prison can make significant contributions during and after the period of imprisonment.

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