

## Probing Study on Facilities of Competitive Sports in District Jail, Lucknow (India)

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### **Abstract:**

The purpose of this study was to evaluate organizational structure, administrative frame-work and facilities of Sports in District Jail of Lucknow in Uttar Pradesh, India. The sample of the present study was drawn randomly from the jail administrators, prisoners and physical educator(s) of District Jail of Lucknow. The size of the sample was 55 comprising 50 prisoners and 5 administrators. No physical educator(s) was found in the jail. Questionnaire taken for the study was developed by the researchers in a pilot study. It includes five sub-scales (a) Organizational Structure, (b) Administrative Frame-work, (c) Facilities of Sports, (d) Preference of Sports, and (e) Achievements in Sports. The percentile method was used in the analysis of the results. The data indicates that some of the inmate information's intended to continue their sports involvement following their release whereas some of the administrators recorded their responses to

prescribe the Government of India for the proper sports facilities in their jail. Many of the inmates would rather watch sports events on television rather than participate in one themselves.

**Keywords:** Organization; Facilities; Prisoners; Administrators; District Jail, Lucknow.

### **1.Introduction:**

A century of literature documents the effects of sports and physical activity on antisocial behavior through the targeting of underlying risk and protective factors and/or explicit behavior (Reid et al. 1994). Together with the obvious physiological benefits, sports has been shown to improve emotional and cognitive skills including self-esteem and problem-solving (Collis & Griffin 1993; Danish & Nellen 1997; Novick & Glasgow 1993; Oman & Duncan 1995; Reid et al. 1994; Ryckman & Hamel 1995; Siegenthaler & Gonzalez 1997; Svoboda 1995; Ykema 2002). These improvements can impact directly on behavioral risk factors and, as such, sports may be a useful intervention strategy in reducing antisocial behavior. Two key aspects of sports and physical activity are that they: Reduce boredom in youth; and Decrease the amount of unsupervised leisure time. Preventing and reducing boredom is important due to its reported links to depression, distractibility and loneliness (Coalter et al. 2000, Reid et al. 1994).

Diversion theories propose that participation in sport (and sport-based projects) can reduce the opportunities for young people to commit crime and provide alternative 'lifestyle choices' (Drugs Strategy Directorate, 2003). Sports programmes in this context aim at 'the casual integration of youth at risk, in order to reduce delinquency rates by encouraging the positive use of their leisure time' (Robins, 1990).

Crime prevention is not the primary objective of sport and physical activity, but it might be an extremely important by-product. This paper examines a variety of sporting activities that appear to have had beneficial effect in helping young people steer away from trouble. It examines wilderness programs, programs in which youths participate and learn skills, and programs in which the sense of belonging reduces vandalism and develops pro-social behaviours. Of particular interest are sports carnivals in Aboriginal communities. When the carnivals (organised and run by Aborigines for Aborigines) are held, they act as catalysts for social and traditional cohesion. Harmful behaviours such as petrol sniffing, heavy drinking, and violence are prohibited for the duration of the carnival, and the prohibitions hold in the short term. (Cameron and MacDougall, 2000). Rehabilitation theories are generally based on the proposition that participation in physical activity and sport can lead to improvements in mental health and pro-social behavior, which can lead to a reduction in the propensity to commit crime (Taylor et al., 2000). Prisons can even be used to improve the health of prisoners by subjecting them for a longer period to a regime that forces them to take care and to improve their health (World Health Organization, 2004).

The success of recreational activities as a means of preventing violence and property crime has not been evaluated in India so far. A few programs have been assessed internationally, and they show encouraging effects on the reduction of offending and drug use (Sherman 1997). At present, theories of crime and delinquency have not been fully integrated into the sports literature. However, there are a number of studies that have linked sport to crime reduction. Three main channels have been identified. Firstly, sport can help change behavior, increase self-esteem and self-control, instill discipline and help socialize participants. Secondly, sport can provide a means of diverting people, especially young people, from committing crime. Thirdly, sport can provide a means of rehabilitating offenders (Bailey, 2005; Coalter et al., 2000). Arnie Caplan (1996) provides a very thorough historical review of Correctional Recreation and Prior Correctional Recreation research in both the U.S. and Canada. Peter M. Carlson (2001) states that in relation to the Zimmer Amendment which limited weightlifting in federal prisons, "Prison authorities have long subscribed to the notion that positive activities for confined offenders keep them productively occupied and less inclined to other nefarious interests" Accordingly, nearly all correctional agencies throughout the country attempt to offer a recreation program among other activities that assists the personal growth of inmates and facilitates the orderly management of institutions".

### **2. Procedure & Methodology:**

## 2.1 A Pilot Study:

A pilot study was taken by the researchers for the standardization of the questionnaire of the proposed study. The research revived related literature, Uttar Pradesh Prison Manual, magazines, periodicals etc. and interviewed and discuss related to the field. After thorough review literature & discussions, the researchers formed a set of questions for the proposed study. Then the questionnaires were sent to as many as 50 persons of related field in order to determine the face validity of the questionnaires. Out of 50 experts 45 (90%) returned the questionnaires after ticking the appropriate questions. Common questions from all the experts were included in the questionnaires.

After constructing the questionnaires, the researchers personally visited two district Jails i.e. Aligarh & Moradabad in Uttar Pradesh for standardizing the questionnaires based on findings obtained in a pilot study. The questionnaires were taken as valid by virtue of face validity. The questionnaires were constructed in such a way that they cover important aspects of the study. The researcher formed questionnaires for jail administrations, physical educator(s) and prisoners separately. The questionnaire for jail administrators and physical educator(s) intend to check administrative feasibility and comprised 30 and 22 questions each. Whereas the questionnaire for the prisoners intends to check the practical feasibility of available sports facilities and comprised 22 questions. Under normal circumstances, administrators and prisoners will take about 15 minutes and 25 minutes respectively.

## 2.2 Sample:

The sample of the present study was drawn randomly from the superintendent of jail and other administrators, prisoners and physical educators of District Jail, Lucknow in Uttar Pradesh, India. The size of the sample was 55 comprising 50 prisoners and 5 administrators. No physical educator was found in the jail.

## 2.3 Procedure:

After obtaining permission from Director General of Prison, Uttar Pradesh, Lucknow, the researchers contacted jail authorities of District Jail, Lucknow in Uttar Pradesh, India and discussed procedural matters and other important points regarding the proposed study. The questionnaires were filled by the administrative staff as well as prisoners of District Jail, Lucknow, Uttar Pradesh, India. It has the capacity of 3300 inmates but at present it housed 3064 persons (U.P. Jail Administration, 2010). All the senior inmates co-operated with the researcher and helped in filling-up required questionnaire from all the inmates. The researcher, alongwith obtaining responses by the questionnaire, also interviewed the selected population.

## 3. Analysis and interpretation of data:

The present study intends to explore the organizational structure, administrative frame-work and facilities of sports in District Jail, Lucknow in Uttar Pradesh, India. The dependability and generalizability of the findings of any research study, to a large extent, are determined by the techniques used for analysis and interpretation of data. The data collected were subjected to percentile technique because of the nature of the study. The analysis of the data is presented by using the variables of the study which are as follows: (a) Organizational structure, (b) Administrative frame-work, (c) Facilities of sports, (d) Preference of sports, and (e) Achievements in sports.

## 4. (1) Analysis of Data of Administrators of Jail:

**4.1 Organizational Structure:** 55 per cent of Jail administrators of District Jail Lucknow agreed that there were sports facilities in their jail whereas 35 per cent did not agree with the questions asked related with the organization of sports in jail. 10 per cent of administrators did not have any idea about the organization of sports in jail.

**4.2 Administrative Frame-work:** 4.55 per cent administrators stated that they had sent some sort of proposals related with sports to the Government of India whereas 50 per cent said that they had never submitted any proposal regarding sports to Government of India. With same ratio of per cent of jail administrators reported that Government relieved the punishment period for national level players. 45.45

per cent administrators did not have any idea about the administrative frame-work of sports in jail.

**4.3 Facilities of Sports:** 20 per cent of the administrators informed about the facilities of sports in jail in affirmation whereas 72.50 per cent told that there is no facility available for sports in jail. Remaining administrators record their responses as they did not know about the existing facilities of sports.

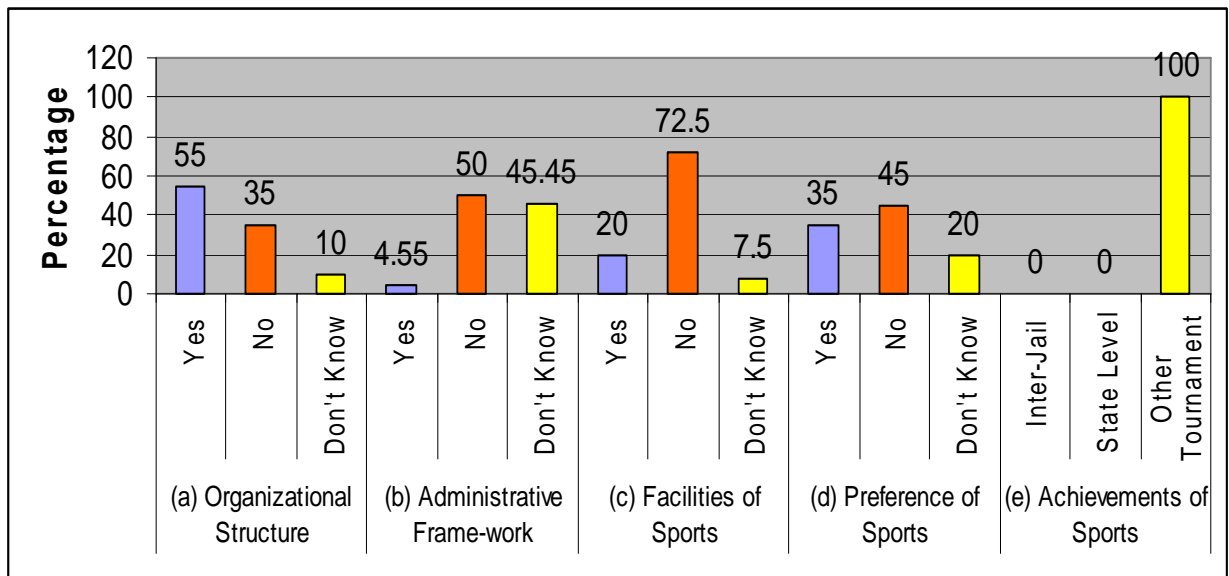
**4.4 Preference of Sports:** 35 per cent of administrators preferred sports facilities and its governance in their jails whereas 45 per cent recorded that they did not prefer facilities for sports in their jail. 20 per cent of administrators recorded that they did not have any idea about the preferred facilities for sports in their jail.

**4.5 Achievement of Sports:** 100 per cent of administrators responded that their inmates participated at others tournaments.

The result is shown in the following graph no. 01

Graph-01

Analysis of Data for Administrators



### 5. Analysis of Data of Prisoners of Jail:

**5.1 Organizational Structure:** 44 per cent of prisoners of District Jail Lucknow agreed that there were sports facilities in their jail whereas 56 per cent did not agree with the questions asked related with the organization of sports in jail.

**5.2 Facilities of sports:** 15.60 per cent of the prisoners informed about the facilities of sports in jail in affirmation whereas 76 per cent told that there is no facility available for sports in jail. Remaining prisoners recorded their responses as they did not know about the existing facilities of sports.

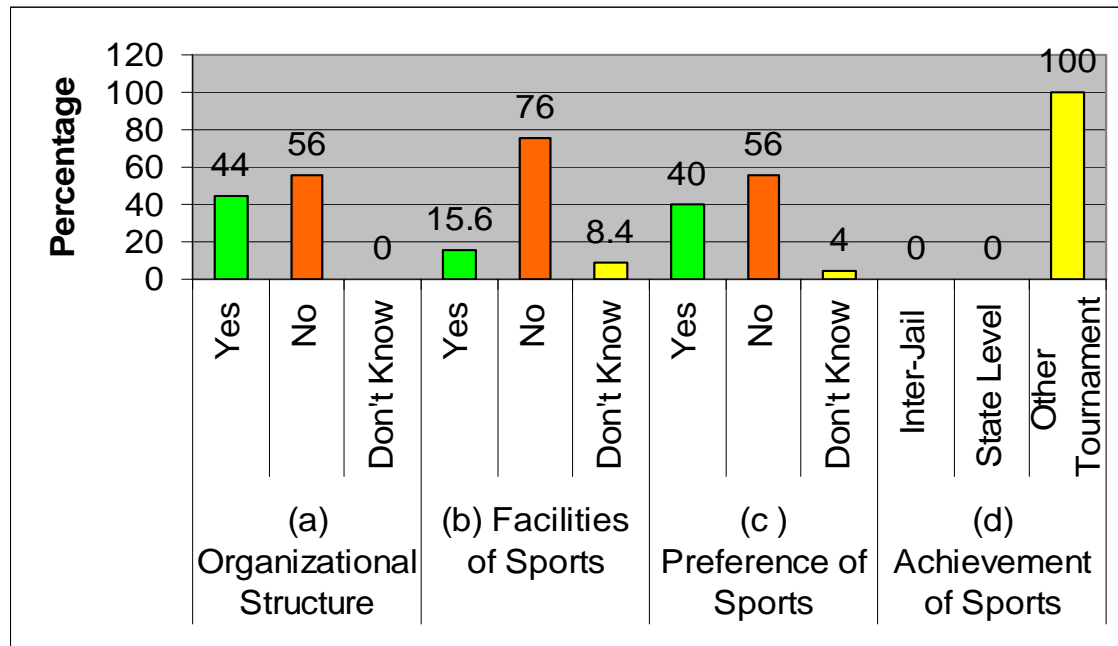
**5.3 Preference of Sports:** 40 per cent of prisoners preferred sports facilities and its governance in their jails whereas 56 per cent recorded that they did not prefer having facilities for sports. 04 per cent recorded that they did not have any idea about the prefer facilities for sports in their jail.

**5.4 Achievement of Sports:** 100 per cent of prisoners responded that they had participated in other tournaments.

The result is shown in the following graph no. 02

Graph-02

Analysis of Data for Prisoners



## 6. Discussion:

It is quite difficult to assess the accuracy of the responses especially of the prisoners because of the fact that they are living under the jail administration. There is an extensive literature on other programmes which have been introduced in to prisons to reform inmates. The general conclusion from the researcher's survey of a District Jail, Lucknow is that there is a dearth of sports facilities in the jail. Many inmate respondents did not express the view that recreational sports programs in prison were beneficial for their long-term rehabilitation. They all felt that sports facilities must be an integral part of their daily prison life for several other reasons. Almost all the respondents were very adamant in their belief that the availability of sports facilities & its related programs in prison are an absolute necessity. An over whelming majority of these issues tend to have a major impact on social control within the correctional system.

Most respondents do not take part in any of the sports programs with a focus on their rehabilitation; they do so because they don't have to do anything else and the accessibility of these facilities, if any. Respondents in the study claim that these programmes of sports or yoga camps help relieve stress, frustration and alleviate boredom, they help develop and maintain self-esteem, and they help create friendships of common interests inside the prison.

The data indicates that some of the inmate information's intended to continue their sports involvement following their release whereas some of the administrators recorded their responses to prescribe the Government of India for the proper sports facilities in their jail. Many of the inmates would rather watch

sports events on television rather than participate in one themselves. There was no physical educator in the jail, even though Model Prison Manual (2003) of India suggests that every jail should have a general as well as physical educator.

### **7. Conclusion:**

The inmates of today continue to express their discontent regarding prison life. They argue that, just because they have been courted in some cases, that doesn't make them vulnerable of maltreatment in the society. Living condition, food, & recreation are the main aspects which are often referred to by inmates as their "rights" as human beings. Government & Non-Government Organizations alongwith other responsible citizens of our country should extend their hands to ameliorate the conditions of sports facilities in our jails throughout country, so that the inmates may be less stressful and more amicable towards society.

### **8. Recommendations:**

There should be a post of physical Training Instructor to conduct program of demanding physical activities for Jail inmates. Along with the unemployment and poverty, sports and recreation programs should be viewed as the establishment of a general strategy to improve the opportunity of improvement in jail inmates. Recommendations are made for the development of sports or recreation programs as a preventative role for youth-at-risk; and the development of sporting and recreation facilities and opportunities for inmates including financial assistance for sports facilities and development of any existing facilities. Government should allocate separate budget for intensive sports programs aiming for the rehabilitation and to promote wellness, a healthy life style and decrease medical treatment as envisaged by the World Health Organization (2003).

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