

عنوان مقاله:

Managing the Sports Status of Prisoners Leisure Time and Its Impact on Prison Violence

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خلاصه مقاله:

Purpose: Leisure time is one of the vital issues in the dynamics of the education process and addressing this issue can untie the knots and the key to solving its problems and finally a strategy for planning to fill the leisure time of prisoners in a desirable and appropriate way. The present study investigates the relationship between the status of sports in the leisure time of prisoners and its effect on the rate of prisoners' sleep. Method: The research method of this article is a library review. The researcher has reviewed the previous articles in the field of leisure and prison and searched for the keywords of leisure, prison, violence and sports. Results: Sport has an effect on prisoners, and sport has a positive effect on the well-being of prisoners' and the prison community. Prisoners who exercise have low levels of depression, stress, anxiety and violence among other prisoners, and exercise is a strategic way to deal with imprisonment. Exercise can reduce violence in prisoners' leisure time. Conclusions: Prison has been one of the most important and long-standing parts of human societies in the world. Today, the approach of human societies to prisons and prisoners has changed and reform, rehabilitation and reconstruction have become the priorities of the managers of this sector. Exercise with its educational role by creating a happy atmosphere helps the physical and mental development of prisoners. Filling the prisoners' leisure time with exercise can be useful in preventing and treating some mental and physical problems of prisoners. Sports in prison according to the findings Research reduces crime and violence in cells.

کلمات کلیدی:

Sports, Prison, violence, Leisure Management, Sport Managements

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