

SPORTS ACTIVITIES IN THE PENITENTIARY

BUTURĂ Magdalena*

PhD Student-SNSPA, Bucharest, Penitentiary-Jilava, Romania

*Corresponding author: *magdalenabutura@gmail.com*

Abstract

The penitentiary and the activities carried out with the inmates have developed with the changes that have occurred in the post-decembrist society. Sport has gradually become one of the principal activities and has become an important factor in maintaining physical tone and improving the health of those in prison.

Keywords: penitentiary, sport, health

Introduction

In the recent years, the penitentiary system has identified and arranged rooms for progress of sport activities in optimal conditions. Some people were selected from the penitentiary employees, and also from prisoners for coordinating sport activities. These have an adequate sports training, being former or actual performance sportsmen. Sport fields were arranged (football, tennis, basketball), fitness rooms and necessary equipments were bought.

When we talk about sport, we address to education domain from the penitentiary. The specific of the education and of the physical education, too, consists of the fact that it exists a link between generations, especially, between the penitentiary educators and convicts. Physical education is structured by the pedagogical principles which aims at the physical development of the body.

As a social action, individually realized, physical education permits the promotion of an ideal way of the human development, resulted from the connection of several fields: health, psychosomatic harmony, increased capacity of adaptation to the environment conditions, and especially, the high level of activism in social area. Concretely, the physical education aims at physical development with a right condition, healthy, robust body, harmoniously integrated in the assembly of the other psycho-social components, which should describe a psychosocial healthy existence. They aren't practised with an interest, but for pleasure, and not as a means, but as a purpose, itself.

All sports activities are based on legal rules which coordinate the penitentiary ones.

For the beginning, we mention that the penitentiary procedures will recognize the importance of the mental and physical state of the convicts and will maintain it by means of the activities organised in an adequate way, which ensure recreation possibilities, by means of the physical exercises and insurance of the recreation conditions (Recommendation nr.R(87)3/1987).

Another important foresight is that in which the sports activities aim at the maintaining of a physical and mental suitable tone and of an adequate state of health (art.107, alin 1, OMJ 2199/28.10.2011).

The purpose of the educational activities, and, also, of the sports ones, is to ensure „social reintegration of the convicts“ (art.89 alin. - legea 254/2013).

Sports competitions represent contests which are performed on different sports fields, and they are, at least, organised with a trimestrial frequency, taking into account of the season, and of the existent material basis.

Within them, convicts usually participate who have skills in chosen sport domain, and have the doctor's notice which attests that they have a right state of health.

The sport contest in which they will be included can be organized “into penitentiary or in community, interpenitentiary, regional or within several national projects and they can be unfolded individually or in teams“ (art.5,alin.3, Decizia ANP 929/2017).

The sports competitions help to improve the qualities like: cooperation, tolerance spirit, social adaptability, team work. These motivate participants for exceeding their limits, improving their performances and behaviour change. Team sports promote the interaction between members, human values and permit exercising of the fair-play. These are optional activities and correspond to interests, skills, tendencies to sport of the participants.

Their purpose is to maintain physical state and to promote the competition spirit, by means of involvement in activities which contribute to revaluation and development of the sports skills. By means of the organization of sport activities aim at improvement, revaluation of some sport skills and stimulation of the socializing relations with other members, compliance and internalization of some behavior rules.

On the site of the National Administration of the Prisons are presented the sport contests at section „good practices “ at the system level, such as:

- The literary creation contest, theatre, sport competitions „Decks between the walls”;
- The National interpenitentiary festival „Interfest” (Jilava penitentiary);
- Convicts’ Olympics (Colibasi Penitentiary);
- The freedom cup – competition of minifootball, organized with the participation of the highschoools, from community and the teenagers team from penitentiary;
- Power-lifting sports competitions;
- National Chess Championship;
- Regional football championships.

Another component of the sportive education is realized within the programs. A first form printed of a program in education field, in the penitentiary, appeared in 1998. It was called „Educo-Sport” and aim at the maintaining of physical and mental tone, by means of physical education and sports (Nicolae Lolea, coordinator, 1998).

Another apparition was in 2002 and it was entitled „The education by means of sport”.

The authors claim that physical education and sport, alongside the others activities have the main purpose to contribute not only at maintaining an optimal state of health, but also to education of moral-volitional qualities of the persons deprived of freedom (Laurentiu Laiu, coordinaeur, 2012).

The book is structured in five modules, as follows: bodybuilding, table tennis, football, basketball, volleyball.

1. Bodybuilding

Considering that an increased number of persons deprived of freedom (over 90 %) claimed the access to special halls, for practicing the bodybuilding, the implementation of this modul is considered relevant.

The activities especially act on development of qualities and physical capacities, but they have favorable influences, on development of intellectual, affective and moral capacity. The person deprived of freedom realized the need of promotion of an ideal way, by the point of view of harmonious evolution of the body, and also, psychologically.

The purpose of this module is reflected in the asimilation of the necessary information for acquisition of the exercises’ right execution, but at the moment when the involved people will leave the penitentiary, so, they can apply the acquired knowledge, in freedom, too. So, the main purpose of this module is that to initiate of persons deprived of liberty, who hadn’t the chance to practice this domain. Also, in the case of those who practiced this sporting discipline, offers the chance of the continuation of the training, and in the detention period, so, the gained physical form will not suffer.

Another purpose is that, during the module’s derulation, to improve the motric potential: force, speed, rezistance, once with the development of volitional, individual, capacity and also, autodiscipline. The following

activities can be valorified: the assignment of a task, team work, exercising of some active life skills, which offers utility to the time spent in penitentiary and also to fitness halls.

The work sessions are in number of two per week, which lasts twelve weeks, and the manner of theoretical information's presentation is interactive. At the final of every session, the participants will know the specific exercises for muscle groups, which were treated during these sessions and will learn the right way of the training performing.

2. Football

Due to these features and to the positive effects, the football, practised on a adequate field or on one smaller, can supply for a traditional means' part of physical education and also, together with the other sporting disciplines, contribute to realising the physical education purpose, successfully.

Within this sporting discipline, it's recommended that the number of the participants don't overcome sixteen persons. It is aimed the education of motric qualities (speed, force, skill, resistance) and the development of the specific football match's habitude.

The module has 14 sessions, minimally a session per week.

The football is a sport practised in open air, is a show which unifies the people, create emotions, generates new situations, by means of the technique and tactics. In penitentiary space, it creates the normality situation and the feeling of liberty, during the whole game, a distinctive important aspect in development of social and necessary skills in society.

3. Volleyball

The introduction of the volleyball game within the program „The education by means of the sport” contribute at the diversification of the sportive activities' offer and of the physical education for convicts, offering an alternative of the penitentiary time, to the expanding their perspectives, on the range of the sports, practised in team, and also, encouraging the adoption of a healthy lifestyle, the health's maintaining and psychosomatic balance. Also, being a team sport, encourages the positive social interactions, stimulates the development of the competitive spirit and of the capacity to assume the responsibility.

The purposes of this module, learning and understanding the notions and the rules of this volleyball game and the acquiring of the elementary techniques, specific to this sport.

The module has 16 sessions with a frequency of two hours per week.

Table tennis

The persons deprived of freedom, of all ages, express a special interest in physical exercises, movement and to any form of game or competition.

The table tennis, a less practised sport in our country, both as an individual sport and as in teams, ask from participants accessible efforts to anyone and display, beside the skill, a wide range of moral values (discipline, rightness, respect for the coordinator, teammate, opponent and umpire), contributing to the formation of some features of will and of the character, solid ones.

The module has 15 sessions, with a frequency of one session per week.

Conclusions

The recorded progresses within these activities can be highlighted by means of the initial, periodic and final ones, made by the sports monitor, which coordinates the activity.

Cultivating the physical skills, developing the resources of the body, embellishing and ennobling the body, the sport contributes at the fulfilling of the convicts' personality.

The sports contests, the programs of physical culture, and sport are levels of assistance of the convicts with wide accessibility in the general prison population that can be developed in the medium and long term by allocating the minimum necessary of human and material resources. If the period of detention is for the most of

the convicts, is a period of capping, sports programmes and activities offer them the opportunity to create social assets, represented by affirmation, development and extinction. For those who are incarcerated, the sport is absolutely necessary, as their living space is limited, the movement is also reduced, and the sedentary lifestyle is easily installed.

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