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SPORT AND PRISON: EFFECTS OF SPORT-BASED PROGRAMMES ON INMATES' WELL-BEING

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THE MAIN AIM

the study wants to provide a better understanding on the efficacy of sport-based programmes as useful tool in contrasting **inactivity** and promoting **well-being** within inmates;



METHODOLOGY

- Literature review;
- Qualitative analysis concerning two pilot-projects (Italian Union of Sport for All; Cameroonian Sports Center)
- Documentary analysis;
- Participant observation;
- In-depth interviews given by inmates (n=30) and project managers (n=4);





The Context

Why Sport?

Two pilot projects

Some considerations



THE CONTEXT

<<prison is a disciplinary comprehensive apparatus that controls all individual aspects and disciplines delinquent in their habits and customs>> (Foucault, 1977)

Prisons have populations presenting a high risk of hypokinetic diseases such as heart diseases, obesity, hypertension, osteoporosis and diabetes.

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WHY SPORT?

- The negative consequences of custody can be reduced to a minimum with the principle that time spent in prison can be positively used to contrast sedentary, promote a healthier lifestyle, and aid the prevention of diseases;
- Contrasting inactivity and enhancing well-being is usually the first reason given when encouraging sports activities;
- it has been well demonstrated that daily physical activity maintains wellness and prevents a huge number of health problems (World Health Organisation, 2003, Rankinen, Bouchard, 2006)



TWO PILOT PROJECTS



right to practice sport;
to spread out a better
understanding of the social
use of sports activities
to promote a higher
awareness of the
functionality of sport in
welfare policies



private association
aimed at using
sport as a means
to educate young
people and adults

**Use of sport-based programmes as
significant part of all-encompassing
rehabilitative project**

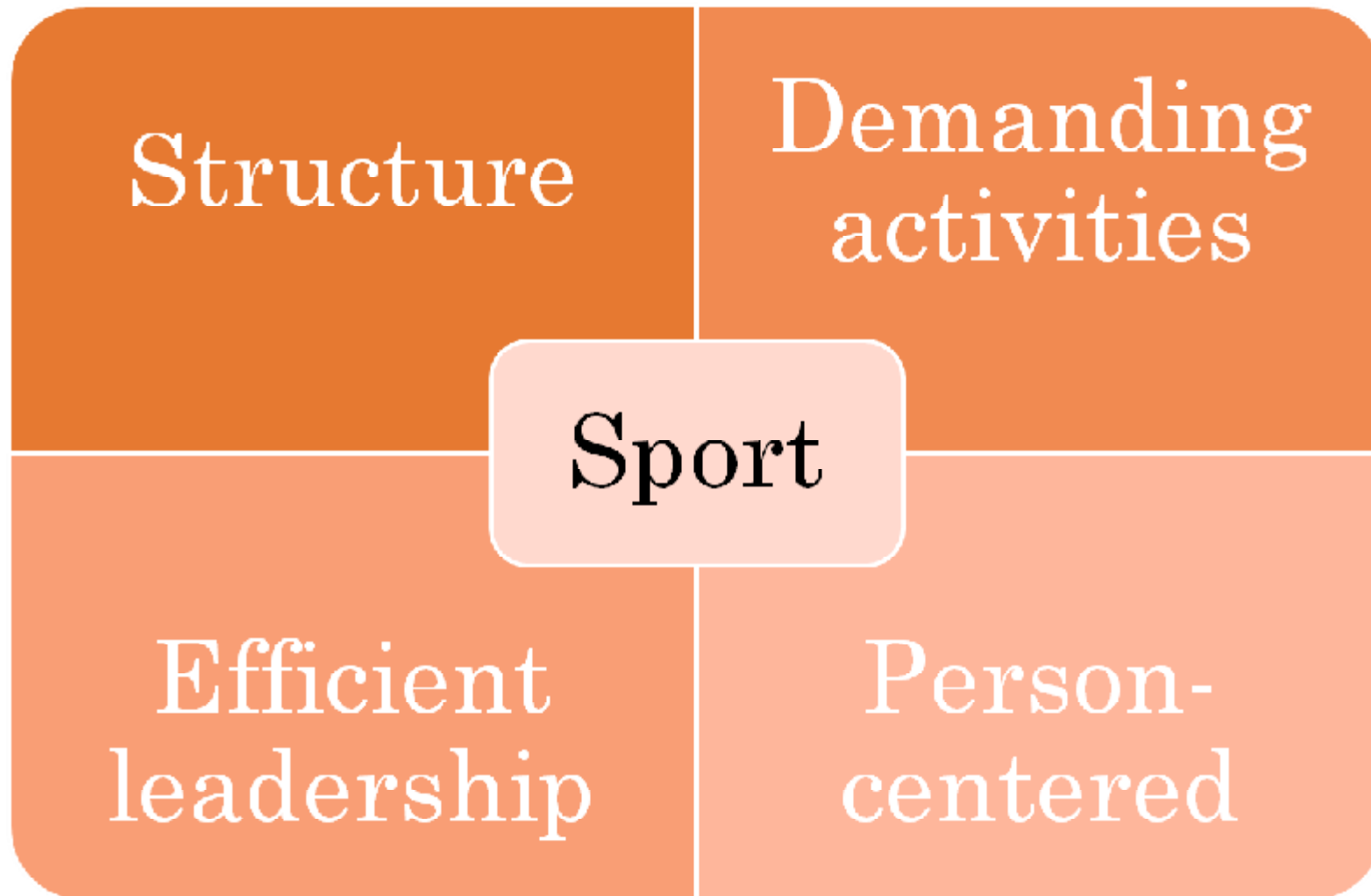


OUTCOMES

- Lower level of boredom, monotony, and oppression;
- Higher level of good social interactions; (*<<participation makes easier exchange ideas>>*)
- Physical and mental benefits;
- The setting of a different time (*<<Sport helps us to escape from a shell of isolation>>*)



WHAT KIND OF SPORT?



SOME ASPECTS CONTRASTING GOOD EFFECTS



outcomes



- 1) Difficulties to take part in the activities;
- 2) Lack of socialization into sport
- 3) Too sporadic activities
- 4) The



KEY FACTORS

- **frequency and duration:** sport involvement has to be continuous, permanent and frequent;
- **multidimensional and person-centered approach:** the individuals involved have to be engaged in activities embracing all their personal dimensions (social, educational, physical and cultural dimension);
- **networking:** more contributes are required from a wide range of actors and more community services have to be involved under a coordinated program;
- **efficient leadership,** encompassing managers, educators and volunteers; staff involved need to be aware of its social role and it has to be well prepared to deal with a wide range of social circumstances.



FURTHER DEBATES

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