

Hopelessness Level of Prisoners according to Their Level of Making Sport

Nurullah Emir Ekinci, and Cetin Ozdilek

Abstract—The purpose of this study is to determine the relationship among hopelessness level of prisoners according to their level of making sport in their spare time. The data are collected from Kutahya E-type indoor and outdoor prison. The identifier, such as frequency, percent and statistical sample of meaningful differences in addition to the methods for determining the independent t test, one way analysis of variance and correlation analysis was applied to the determination of the relationships meaningful. As a result, the participants levels of hopelessness, positive and showed a significant relationship has been identified at moderate levels ($p < 0.05$). In addition, according to the participants' levels of hopelessness, challenged their admission meaningful differences have been identified the sportive activities ($p < 0.05$). Participation in educational programs, conviction year, marital status, level of education the results suggested that there were no significant differences, according to the variables ($p > 0.05$). The results discussed within the framework of the literature.

Keywords -- Prison, Sport, Hopelessness.

I. INTRODUCTION

PRISONS are closed places for a group of people where they live together. In the prisons we can't find a lot of social indicator but they are places where we can find micro social indicator. The prisons are a small reflection of the society that's why it's important to investigate (Andrew, Rosie, Gwen, 2014) [1]. As prisons developed into a major part of many nations correctional system, their functions have become more specialized. The modern prison is enmeshed in a crisis of identity. A prison was unquestionably an institution geared for punishment, custody and control (Abiodun, 2012) [2].

Hopelessness, in human life, is a concept that has always. Hopelessness is the stage of looking to future pessimistically, thinking of there is no way out, believing that bad things will find himself in the future as well or everything will be worse. Both hope and hopelessness are contingent reflections of one's possibility of achieving actual future goals. Hope implies the anticipation of accomplishing plans implemented for achieving the goal, whereas hopelessness involves the provision of failure (Özçelik, Aktaş, Ocakçı, 2014) [3].

Nurullah Emir Ekinci, Research Assistant Dumlupınar University School of P.E. and Sport. Kutahya/ Turkey.
E-mail: ekinciemir@gmail.com

The American Psychological Association has been sorted as follows the signs of hopelessness:

- * Pessimistic content conversations
- * Inactivity, a reduction in the speech
- * The reduction of the expression of emotions
- * Lack of initiative
- * The reduction of responses against external stimuli
- * Speaking of people with indifference
- * Reckless and care attitudes
- * Appetite reduction
- * An increase or decrease in the sleeping hours
- * Don't pay special attention to personal care
- * Avoiding social situations (Yıldırım, 2007) [4].

Adults spend most of their life practising their profession. The profession most suitable for an individual is the one which is compatible with the individual's skills and interests, satisfying the individual's needs as well as possible. Some individuals live in peace and joy since they practice their profession fondly and willingly whereas some others take their profession negatively and cannot be satisfied because they have accidentally chosen professions which they do not have any interest in (Akalin, 2006) [5]. The main aim of this study is to find positive effect of sport on prisoners.

II. OBJECTIVES OF THE STUDY

Specific objectives for the volunteers (Prisoners of Kutahya E-type indoor and outdoor prison).

There are about 140.000 prisoners in Turkey and they are trying to maintaining their life (Çete, 2014) [6]. Freedom is restricted and both psychological and physical deprivation are experiencing in these places to withstand forces of people and dealing with this kind of negativity levels more northerly latitude lower levels. This situation can cause to anxiety, depression, hopelessness, loneliness and suicidal (Palmer, Connelly, 2005) [7].

III. METHODOLOGY

The population of this study comprised from Kutahya E-type indoor and outdoor prison. Required consents are taken by the researcher before doing this study. After giving the information to the prisoners the data are collected. 300 convicts correctly and completely answer the questions. Data collection tools were applied to prisoners by researcher personally. Data collection procedure took approximately 10 to 15 minutes.

Data collection tool

A Participant Questionnaire Form and Beck Hopelessness Scale were used for the study.

Socio-demographic form

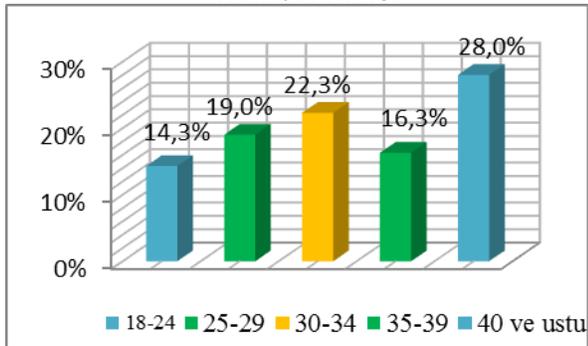
This questionnaire, based on the literature by the scientists, consisted of 10 questions regarding socio-demographic qualities of participants.

Scale

The ‘‘Back hopelessness scale’’ was developed by Beck and et al. in 1974 and adapted into Turkish by Seber in 1991. The Cronbach’s alpha coefficient of the scale was 0,86. The scale which is applicable to literate children, adolescents and adults has no time limit.

IV. FINDINGS AND ANALYSIS

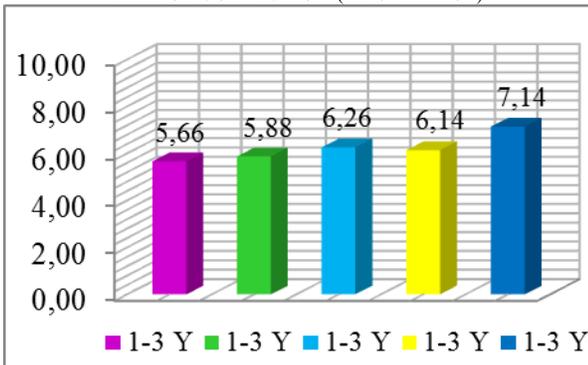
GRAPH I
PARTICIPANT AGE



Sources: Field survey, 2014

This aspect presents the analysis of the data gathered from the questionnaire distributed. This was done by using graph to show the demographic data. From the above graph, it has been found that (% 28) of prisoners are aged forty and older.

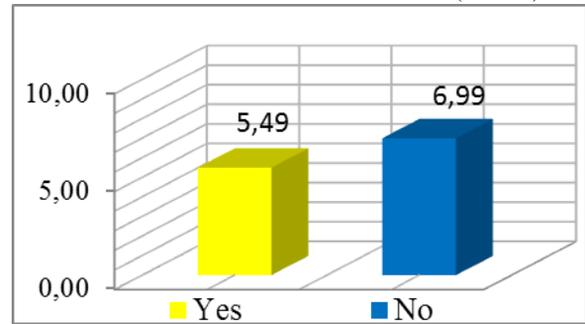
GRAPH II
TIME OF CONVICTION (ANOVA TEST)



Sources: Field survey, 2014

From the above graph, convicted time of prisoners (5,663±4,298) 1-3 year, (5,875±4,114) 4-7 year, (6,257±4,705) 8-11 year, (6,137±4,120) 12-15 year, (7,14±5,150) 16 years and more. According to these differences time of conviction hasn’t a meaning full impact on hopelessness ($f_{298-4}=1,014$; $p=0.401$; $p>0,05$).

GRAPH III
PARTICIPATE TO SPORT ACTIVITIES (T-TEST)



Sources: Field survey, 2014

From the above graph, convicted who participate to sport activities result was found (5,489±4,054), convicted who doesn’t participate to sport activities result was found (6,991±4,862). According to these results impact of sport activities was found meaning full ($t_{299}=-2.890$; $p=0.004$; $p<0,05$).

V. CONCLUSION

From the study carried out, the results show that participation in educational programs, conviction year, marital status, level of education the results suggested that there were no significant differences, according to the variables. Between participating sportive activities and hopelessness level of prisoner’s significant differences has been found. This result shows us importance of sport on hopelessness level of prisoners. That’s why it’s important to provide sportive activities and also make suitable places for prisoners where they can spend their spare time.

Opportunity for prison staff to attend workshops and seminar on recreational and sporting activities should be created to enhance their professional competence. Skillful and better performance at sporting activities should be part of the criteria for recommending prisoners. This study can be a useful source of information for guidance and psychological counseling services which have a role in choosing profession in prison.

Limitations of the Research

The study was conducted at Kutahya E-type indoor and outdoor prison. Therefore, the results cannot be generalised for all prison inmates.

ACKNOWLEDGEMENTS

We thank all prisoners participating in the study.

REFERENCES

- [1] P. Andrew, M. Rosie, L. Gwen, ‘‘Sport in a Youth Prison Male Young Offenders Experiences of a Sporting Intervention’’ *Journal of Youth Studies*, Vol. 17, No. 3, 381–396, 2014. <http://dx.doi.org/10.1080/13676261.2013.830699>
- [2] S.J. Abiodun, S.J, ‘‘Assessment of Sports Activities in the Reformation Programs of Prison Inmates in South-Western Nigeria’’ *Department of Human Kinetics and Health Education, Faculty of Education, University of Ilorin, Nigeria*. (2012).

- [3] C. C. Ozcelik, E. Aktas, E. A. Ocakcı, "Impact of Choosing a Profession on Hopelessness Level of First Year University Students" MÜSBED 2014;4(1):10-16.
<http://dx.doi.org/10.5455/musbed.20140207083728>
- [4] S. Yıldırım, "Anaokulu Öğretmenlerinde Tükenmişlik Düzeyi ve Umutsuzluk Düzeyleri Arasındaki İlişki" *Yayımlanmamış Yüksek Lisans Tezi. Yeditepe Üniversitesi Sosyal Bilimler Enstitüsü*, İstanbul (2007).
- [5] O. Akalın, "Okul öncesi öğretmen adaylarının mesleki algıları ile geleceğe yönelik umut düzeylerinin karşılaştırılması" *yüksek lisans tezi* Marmara Üniversitesi Eğitim Bilimleri Enstitüsü 2006.
- [6] www.cte.adalet.gov.tr Yıllara göre istatistiksel dağılım 15,4,2014.
- [7] E. J. Palmer, R. Connelly, "Depression, hopelessness and suicide ideation among vulnerable prisoners" *Criminal Behaviour and Mental Health*, 2005, 15(3), 164-170.
<http://dx.doi.org/10.1002/cbm.4>