

The Association between Physical Activity in Leisure Time and Juvenile Delinquency in Detained Boys in Yazd Prison

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Abstract

Introduction

Leisure time is one of the critical issues in the dynamics of the process youth education and training and addressing to it is a solution for bottlenecks and is the key to solve its problems and finally can be consider as a strategy to planning for a desirable and worthy leisure time. Therefore the aim of this study was to evaluate the relationship between physical activity in Leisure Time and Juvenile Delinquency in Detained Boys in Yazd city (Center of Iran).

Materials and Methods

In this descriptive correlation study, 254 boys in Yazd prison, were selected randomly according to the Morgan formula for determine the sample size. Demographic characteristics questionnaires, including Bahrami leisure time questionnaire and Bahrami delinquency rate questionnaire (2013) questionnaires were distributed among them. Finally to ensure the normal distribution of data the Kolmogorov-Smirnov test was done and for data analysis Pearson correlation, simple linear regression, one sample t-test and ANOVA test were used.

Results

A total of 254 boys, in Yazd prison, participated in this study. Our results demonstrated that there was a significant inverse relationship between training and exercise sessions and delinquency rate in imprisoned boys ($P \leq 0.05$). Also there was a significant inverse relationship between delinquency rate and the amount of interest to physical activity in imprisoned boys ($P \leq 0.05$). Between the satisfaction of spending leisure time with delinquency rate, there was a significant inverse relationship too ($P \leq 0.05$).

Conclusion

This study showed that there was a significant inverse relationship between physical activity and delinquency rate in imprisoned boys; it is suggested to be provided for Juvenile physical activity as the reduced rate of delinquency.

Key Words: Leisure time, Juvenile delinquency, Physical Activity.

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Introduction

Leisure is a series of tasks that after the release of the family and social requirements of the job, the person with fully satisfaction spend it to relax, for fun, to develop a non-profit training or voluntary social contributions (1). Leisure time is most closely linked to people's spiritual and cultural life and it has also a very close relationship with the spiritual and cultural life of the society, because one can do what he likes for leisure and so can recovers and expresses the final character of himself. The individual features of a person is often manifested in leisure time. On the other hand leisure activities are so important that they refer to as the cultural mirror of society. So how to spend leisure time is too much extent representative the cultural characteristics of a community (2).

From the social point, leisure time prevent social problem, from the economical point, increased employment and production, from the political point, prevent political crises and social unrest and from the psychological point causes mental health and ensure human health and vitality (3).

According to Khajenuri (4), leisure time is so important that it can compete with school and family and has a profound impact on social and psychological development in youth. Allen Peuroe in the book "culture of the social sciences" had distinguished between the two types of activity related to leisure time and divided them into active and passive leisure. He had written that the different type of leisure consisting of active and passive and in the late one, most people are viewer that how the other person spend their active leisure time (5).

Active leisure time consisting of activities that need physical and mental energy, such as walking, soccer, chess and passive leisure activities are those in which the person does not exert any physical or

mental energy, such as going to the cinema and watching TV.

It seems that usually leisure activities for everyone is both active and passive, but according to the high energies that adolescent have, there might be some problem if their energies don't employ in a positive direction. Therefore it is better that we choose an educational system to plan the leisure activities of adolescent in an active way and we should encourage them to exercise more, rather than to look exercise others (6).

Nowadays, the optimal filling of adolescent and youth leisure time is one of important issue concerning about this valuable and future maker people and based on numerous studies it is one of the causes of social deviations in young people. Hence, the leisure of adolescent and youth, absorbed interest of scientists involved in education and behavioral science and there is no doubt that not having a beneficial program to optimize spending leisure time provides a background for many public vice. Because people in their leisure time are duty-free and have no mental stress and pressure, it is the best time to correct bad habits and behaviors.

Many studies in field of leisure and delinquency in children have done and among them we can refer to Haji Aghayi (7). His results showed that the most important socio-cultural factors such as public education, media, peer pressure - tense family environment, social rank, moral promiscuity, lack of proper parental supervision of children and increasing wealth and prosperity, play important roles in delinquency of children. Rahmani et al. (8), in their study among 384 female students at Zanjan Universities, concluded that among leisure activities, listen to music, watch TV and talk with friends were on the first and third priorities respectively and exercise was the tenth. Although sport has the third place in

students' interest. In other words non-motor activities such as watching TV consists a major part of the students' leisure time but exercise doesn't have a considerable place. Aliverdi Nia and Arman Mehr (9), in their study concluded that delinquency decreased with increases of exercise and vice versa.

The comparison between team and individual sports demonstrated that there is no significant relationship between team sports and delinquency, but individual sports significantly decrease the delinquency rate. Ahmadi et al. (10) in their study concluded that dependence to friends, religion and the use of media had the highest correlation with youth crime. Also the peer groups are important in strengthening the criminal behavior of young people. In addition reduce the content of media criminal programs, can lead to decreases of delinquency Khajenuri (4), in their study concluded that there was a significant negative relationship between organized leisure activities and delinquency behavior, but between unorganized leisure activities and delinquency behavior, there was a significant positive relationship. Agnew and Peterson (11), in their study concluded that participation in organized leisure activities has a significant negative relationship with delinquency. Hollingworth (3), in a study entitled "Participation in informal learning activities, social and leisure activities in the UK: positive results for the educational partnership," encouraged and supported young people (in care, and out of care) to participate in social, leisure and educational activities as a priority for social professionals and teachers. This study was done according to the results of previous research on the positive impact of social, leisure and informal learning activities in educational participation and achievement of young people, especially those who are disadvantaged areas.

In fact, there is no deviation regardless of how to spend leisure time. When a person's leisure times face a vacuum,

young people can be confused, there is no way to spend their free time and face to a lot of unconventional paths. So health societies are responsibility to the leisure of their members. This is why, the present study investigate the relationship between how to spend active leisure time with delinquency rate of the detained boys before entering the prison.

Materials and Methods

In a descriptive research study, the statistical population consists of all men imprisoned in Yazd city (the capital of Yazd province and Center of Iran) in August 2014 to February 2015, which estimated to be 750 persons. According to Morgan random cluster table, 254 persons were selected and questionnaires distributed among them. Finally 254 questionnaires were returned.

Informed verbal and written consent was secured from each participant for their participation after the purpose of the study was clearly explained for them. The right to refuse was respected and the information collected from the participants was kept confidential as the collected information was stored in a file without the name of study participant.

For data measurement we used three questionnaires including demographic characteristics questionnaire (including 7 question about delinquency, age, educational level, marital status, housing conditions, parent's living conditions, and siblings), Bahrami leisure time questionnaire (12) (including 24 questions about leisure time) that each of the question in this questionnaire had different options of other questions, and Bahrami delinquency rate questionnaire (12) (including 27 questions) that questions 1 to 4 were about Slender drug abuse (SDA), question 5 to 10 were about Heavy drugs abuse (HDA), questions 11 to 14 were about Micro crime (MC), question 15 to 19 were about Strong

crime (SC), questions 20 to 23 were about Bullying and harassment (BH) and question 24 to 27 were about Auto-abuse (AA). Validity and reliability of Bahrami Questionnaires have been confirmed in previous studies (12).

During the filling of questionnaires by the respondent, the researcher was present at the site and answered any questions, and give require explanations. Statistical analysis using SPSS software version 18 was done with the 0.05 error.

To determine the validity of the first part of questionnaire used in this study, content validity method was done. In this case, the questions after the final revised of supervisor and consutor send to 30 specialists (professors of sports management) via email. They eliminate structural and content problem, and calculated validity. The content of the questionnaire for the specified purposes confirmed by 10 of them.

To determine the reliability of the first part of questionnaire, after a preliminary study and determine the variance of questions, questionnaire was distributed among 25 prisoners twice within a week and Cronbach's alpha coefficient was calculated and its reliability was determined as 0.81.

To analyze the collected data, descriptive and inferential statistical methods were used. In descriptive statistics level, central

tendency indexes such as the mean, median and standard deviation (SD) of the collected data were measured. The validity tested by the confirmatory factor analysis. To test the normal distribution of data hypotheses the Kolmogorov-Smirnov test was done. For data analysis Pearson correlation, simple linear regression, one-sample t-test and variance of data were calculated. This analysis were done using SPSS software version 18 and the error level was 0.05.

Results

A total of 254 boys, in Yazd prison, with the full consent, participated in this study. The highest percent of imprisoned man had primary school education (34.3%) and only about 3.9 % had associate degree and higher, the accommodation percentage of imprisoned boys were rental housing (61.4%) and by living by parents (18.1%), about 65.7 % of imprisoned boy's parents living together and 3.5% of them had remarriage, 42.9% of imprisoned boys had three siblings and 9.5% of them don't have any siblings.

The first hypothesis

“There is a significant relationship between training sessions and delinquency rate of boys in prison”.

Pearson correlation test was used to test the hypothesis.

Table 1: Pearson correlation test to determine the relationship between sport training sessions and delinquency rate

Variable		Sport training sessions	Result
Delinquency rate	Correlation coefficient	-0.28	There is relationship
	P value	0.001	

As the above table shows there is a significant negative correlation coefficient equals to -0.28 between sport training sessions and delinquency rate ($P < 0.05$).

Therefore the null hypothesis rejected and research hypothesis can be verified and it can be concluded that “there is a significant negative relationship between

sport training sessions and delinquency rate in boys before going to prison”.

The second hypothesis

“There is a significant relationship between interest in physical activity and delinquency rate of men in prison”. Pearson correlation test was used to test the hypothesis.

Table 2: Pearson correlation test to determine the relationship between interest in physical activity and delinquency rate

Variables	Statistics	Delinquency rate	Results
Playing Card	Correlation coefficient	-0.02	There is no relationship
	Significance	0.75	
Art works	Correlation coefficient	-0.09	There is no relationship
	Significance	0.16	
Music	Correlation coefficient	-0.21	There is relationship
	Significance	0.001	
Computer	Correlation coefficient	-0.11	There is no relationship
	Significance	0.07	
Phone	Correlation coefficient	-0.20	There is relationship
	Significance	0.001	
Television	Correlation coefficient	-0.04	There is no relationship
	Significance	0.56	
Parks and Recreational places	Correlation coefficient	-0.10	There is no relationship
	Significance	0.11	
Family	Correlation coefficient	-0.09	There is no relationship
	Significance	0.14	

As the result of above table shows:

The correlation coefficient between leisure times and music is -0.21 that is negative and significant (P<0.05).

The correlation coefficient between leisure times and phone is -0.20 that is negative and significant (P<0.05).

Therefore it can be concluded that “there is a significant negative relationship between

the ratings in interest in physical activity and delinquency rate of participants in prison”.

The third hypothesis

“There is a significant relationship between pleasure of leisure time and delinquency rate of boys in prison”.

Pearson correlation test was used to test the hypothesis.

Table 3: Pearson correlation test to determine the relationship between pleasure of leisure time and delinquency rate

Variable		Leisure time	Result
Delinquency rate	Correlation coefficient	-0.63	There is relationship
	P value	0.001	

As the above table shows there is a significant negative correlation coefficient equals to -0.63 between pleasure of leisure time and delinquency rate ($P < 0.05$). Therefore the null hypothesis rejected and research hypothesis can be verified and it can be concluded that “there is a significant negative relationship between pleasure of leisure time and delinquency rate in boys before going to prison”.

Discussion

Time as a dimension of social life can be an important platform for the underlying patterns and social relations. In the age of modern technology, time and time management are an integral part of human social life. In this context, enrich the leisure time to strengthen religious, national and cultural identity and development of the consciousness must be at the center of leisure planning.

Our results demonstrated that there was a reversed significant relationship between delinquency rate of boys before going to prison and training sessions, interest in physical activity and pleasure of leisure time. Our results are in same line with the studies of Sarabandi (13), Nikakhtar (14), Haji Aghayi (15), Rahmani (8), Khajehnouri and Hasheminia (4), Agnew and Petersen (11) but didn't confirm the results of Ahmadi et.al (10), Meshkani and Meshkani (16), Shafie et.al. (17),

Aliverdina and Arman Mehr (9) and Vegner study (18).

One of the important areas that are associated with delinquency, is leisure time and in particular exercises. Exercise activities is a subject that many of delinquent juveniles are interested in because it improves their body abilities and lead to self-actualization. These activities can also compensated enough the deprivation factors that the person is facing

and suffering from them. In addition they can be considered as opportunities for social mobility. Researchers believes that young people who spend their leisure time in doing recreational activities such as sports are less likely to have deviant acts, because they likely have no time for crime. Research and experimental studies found a reverse and/or direct relationship between sport and delinquency (19, 20). For example Kelly (21) meta-analysis states that there is a relationship between all kind of exercise and delinquency in school.

It is recommended that for preventing new problems, such as drug use, which is the basis for different types of offenders, sociologists and those involved in the social sciences more do some important work. They can study the demographic characteristics of adolescents and provide solutions to increase social interests and present approaches that join them to the traditional values of community and prevent their delinquency.

Limitation of study

- The method used to infer causal correlation and causal comparison can't give general understanding of results.
- Some of the boys don't contribute properly in filling the questionnaires.
- Having a mental illness by some participants completed a questionnaire, has been out of control researcher.
- Generalizability of the results of the project to the rest of juvenile prisoners, should be taken with caution.

Conclusion

This study showed that there was a significant inverse relationship between physical activity and delinquency rate in imprisoned boys; it is suggested to be provided for Juvenile physical activity as the reduced rate of delinquency.

Conflict of interest: None.

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