

11th ASEAN Council of Physical Education and Sport (ACPES) International Conference 2025



Contribution ID: 141

Type: **Oral**

BEHIND THE BARS: EXAMINING THE IMPACT OF PHYSICAL ACTIVITY ON THE QUALITY OF LIFE OF PERSONS DEPRIVED OF LIBERTY

Thursday, October 2, 2025 5:00 PM (15 minutes)

This qualitative study investigates the lived experiences of Persons Deprived of Liberty (PDLs) at the Bureau of Jail Management and Penology (BJMP) in Tipanoy, Iligan City, focusing on their engagement in physical activity, the challenges they face in incarceration, and their coping mechanisms. Recognizing the rehabilitative potential of sports within correctional settings, the research aimed to explore how physical activity influences emotional well-being, social interaction, and personal transformation among inmates. Using a phenomenological research design, data were collected through in-depth, semi-structured interviews with five selected PDLs. Thematic analysis was employed as the primary tool for analyzing the qualitative data. This method enabled the identification of recurring patterns and core themes that captured the essence of the participants' experiences. Findings revealed three major themes: (1) emotional and psychological strain due to separation from family and confinement, (2) the significant role of trustee responsibilities and religious practices in coping, and (3) the transformative impact of sports and physical activity in fostering resilience, reducing stress, and rebuilding a sense of identity and hope. Participants described how engaging in sports helped them establish social bonds, maintain discipline, and envision personal change. The study concludes that structured physical activity can be a meaningful component of rehabilitation. It recommends expanding programs that integrate sports into correctional settings and suggests strong support for physical activity facilities and equipment to sustain PDLs' wellness within the jail.

Keywords: Person Deprived of Liberty (PDL), Challenges and Quality of Life, Physical Activity, Incarceration

Author: NAGBA, junah (MSU-IIT)

Presenter: NAGBA, junah (MSU-IIT)

Session Classification: Inclusive and Adaptive Physical Activity

Track Classification: Inclusive and Adaptive Physical Activity