

## **Availability and the Utilization of Recreational Facilities for Prison Inmate Rehabilitation**

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**Abstract :** The paper examines the availability and the utilization of recreational facilities for prison inmate's rehabilitation in Nigeria. In order to carry out the study the researchers visited sampled prisons in the six geo-political zones in Nigeria. Instant assessment of available recreational facilities was carried out. Inmates were asked to tick a self-design questionnaire that was validated by experts in the Departments of Physical and Health Education, Delta State University and the College of Physical Education, Mosogar on available recreational facilities and activities engaged in by them. The data collected was subjected to percentage analysis. The study revealed that there is little or no standard recreational facilities in all the prisons visited. Considering the role physical activities play in the overall development of individuals physically, mentally, emotionally, morally, and socially it was recommended that the authorities of the Nigerian prisons should as a matter of urgency include recreational activities as a means of reforming and rehabilitating prison inmates. To achieve the desire to rehabilitate prison inmates the researchers also recommended that facilities and equipment should be made available in all prisons in Nigeria.

**Keywords :** facility, prison, recreation, rehabilitation

**Conference Title :** ICSRD 2020 : International Conference on Scientific Research and Development

**Conference Location :** Chicago, United States

**Conference Dates :** December 12-13, 2020