

# The Condition of the Prisoners inside the Provincial Rehabilitation and Reformatory Center Mati City

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## ABSTRACT

The condition of prisoners in detention or jails was a big issue for correctional facilities nationwide. This study was conducted to determine the condition of the prisoners inside the Provincial Rehabilitation and Reformatory Center in Mati City. The study aimed to determine prisoners' physical, emotional, and spiritual aspects inside the Davao Oriental Provincial Jail. Descriptive and quantitative methods were used in this study. The sample consisted of N=131 respondents, 116 of whom were detainees and 15 of whom were inmates. It was determined in the respondents' socio-demographic profile and prisoners' information that most respondents were 18 to 60 years old; most of the respondents were catholic, 91 were married, and 40 of them were Catholic. All individuals who participated in this study completed secondary education. Among these respondents, 35 finished secondary schooling. Out of the total, 24 individuals achieved a college education, 18 respondents completed elementary school, and one person graduated from college. The overall condition of inmates is excellent, which means that the inmates were very satisfied, and the overall condition of detainees is also excellent, which means that the detainees were very satisfied in the Rehabilitation and Reformatory Center Mati City. Moreover, in comparing the conditions between inmates and detainees. It showed that all the aspects of the condition between inmates and detainees were the same. Hence, this indicated that the condition of inmates and detainees was the same in terms of their physical, emotional, and spiritual aspects.

Keywords: Davao Oriental Provincial Jail, Mati City reformatory, prisoners, and spiritual value

## INTRODUCTION

Over the last three decades, the rate of imprisonment in the United States has risen significantly, resulting in overcrowded correctional facilities that particularly affect marginalized populations, such as racial minorities, women, and those grappling with mental health challenges or infectious diseases (Gostin et al., 2007). Similarly, in Rio de Janeiro, Brazil, the issues of overcrowding and a lack of personal development opportunities within prisons also negatively influence the health of inmates (Minayo and Ribeiro, 2016). Within these settings, exaggerated masculine behaviors and gang-related activities can arise as a means of survival for individuals who lack confidence in the prison authorities to provide a safe environment (Dolovich, 2017).

The problem of overcrowding in prisons in the Philippines is worsened by issues like poverty, corruption, and insufficient resources allocated to correctional facilities (Narag and Jones, 2017). This overcrowding not only puts pressure on the physical limits of prisons but also fosters conditions that significantly affect the health and welfare of both inmates and staff. In some instances, prisoners are compelled to sleep in dreadful conditions, such as on ladders or in restrooms, due to the excessive number of detainees. Furthermore, the effective reintegration of parolees is obstructed by healthcare issues, which have been largely neglected in studies (Pajente-Pelagio, 2008). Bautista (2005) mentions that prison overcrowding is a global concern, with correctional facilities frequently functioning beyond their intended capacity worldwide. An environment characterized by institutional instability and a disregard for the dignity of inmates results in serious physical and mental health issues. These ramifications impact incarcerated individuals and extend to staff, families, and the wider community (Minayo and Ribeiro, 2016).

According to Querobin et al. (2017), the most significant incidence of criminal activity was found among single detainees in Davao City Jail. In terms of religious affiliation, the highest participation in criminal acts was seen among Catholics and Muslims. The Bisaya ethnic group represented the largest share of the detainee population, accounting for 56.4% of the total. The most prevalent crime was the breach of the Comprehensive Drugs Act. Furthermore, Lagura et al. (2014) indicated that a substantial number of detainees were drug users, with 63 individuals (60%) identified for drug use, while 39 individuals (37%) were caught for drug trafficking. Cocaine was the most commonly confiscated substance, totaling 16 kilograms, followed by 3.7 kilograms of dried marijuana leaves. These results underscore the significant occurrence of drug-related crimes among detainees in Davao City Jail, with noticeable demographic trends related to marital status, religion, and ethnicity.

There are many conditions inside the jail, but this study focuses on the specific conditions of the prisoners in terms of physical, emotional, and spiritual conditions. This study is undertaken to answer some cited problems and to understand and know the condition of the Prisoners inside the Mati Provincial Jail.

The study aims to know the condition of the detainees inside the rehabilitation and reformatory center in Mati City. This study's overall significance centered on the Prisoners' condition inside the Provincial Rehabilitation and Reformatory Center in Mati City. This study discussed detainees' and inmates' physical, emotional, and spiritual aspects. The specific setting of this study is the Provincial Rehabilitation and Reformatory Center in Mati City. This could also be a tool to plan for further development.

This study will allow prisoners to ventilate their condition inside the jail. This information would enlighten the administration of prisons on how to address these problems that affect the condition of prisoners. To jail personnel, this study will impart essential and valuable

ideas about the condition of the prisoners. In the same manner, this research study will make them aware of the conditions of their detainees. This study will provide essential information to students with a Bachelor of Science in Criminology to help prepare them to be good Criminologists or jail personnel. PRRC may be able to plan a way to improve their management in the area further and give attention to their prisoners' condition. To other researchers, this study will provide baseline data needed for further research.

## **METHODOLOGY**

### **Data collection**

The researcher used a survey and applied quantitative and descriptive research methods in this study—the methodology involved gathering data, tallying the responses and analyzing and interpreting the collected information. The descriptive approach was adopted because it offers a systematic method for gathering data through surveys, case studies, and user observations. This information is then analyzed to recognize patterns, characteristics, and needs (Blessing et al., 1998). Furthermore, the study included aspects of qualitative research, such as collecting data, coding, theoretical sampling, and memo writing, with the constant comparative method ensuring that the developing theory is rooted in the data (Corbin and Strauss, 2014).

The overall rating of the validators for our questionnaire was rated with 5- excellent, 4- very good, 3- good, 2- fair, and 1- poor. Researchers conducted data gathering by using a questionnaire, which the respondents answered. The data gathered with the questionnaire were encoded, tabulated, recorded, analyzed, and classified with the guidance of the statistician. In collecting data, the first thing that researchers did to seek permission to conduct the study was send a letter to the head office of Davao Oriental Provincial Jail, located in the Mati City. Second was the administration and distribution of the questionnaire; upon approval, the prison administrator set the schedule for them to fix and plan the study procedure to prevent unnecessary or harmful measures. The researchers personally went to the provincial jail and facilities to gather data on the day of the survey. Third was the retrieval of the questionnaire, where collected data was later scored, recorded, and classified with the guidance of a statistician. Fourth, data analysis and interpretation of results were based on the purpose of the study. The last one was ethical consideration, in which the researchers considered their character or moral response to each question and how they treated us, personally treated the research during the conduct of the study. The data was collected based on the study's title, and the questionnaire contents were about the physical, emotional, and spiritual condition of the prisoners in the rehabilitation and reformatory center of Mati City. The questionnaires were answerable by putting a checkmark box on every question corresponding to your choice. Before that, researchers find those expert validators and ask about their expertise by rating the questionnaire's content. After the approval of the questionnaire, the researchers coordinate with the administration of the Mati Provincial Jail in Tagbubulo, Barangay. Sainz is to allow the researchers to conduct the study.

### **Data analyses**

The researchers used Sloven's formula to calculate the sample size of the respondents, who were the inmates and detainees. Out of the total population, there were 131 participants in this study. These 131 samples were the respondents who answered the survey questionnaire to assess the condition of inmates and detainees. The data gathered from the respondents was interpreted and analyzed using statistical treatment.

In determining the first objective of this study, the data gathered from the survey

questionnaire were used to profile the respondents, who are the inmates and detainees of Provincial Jail; they were profiled in terms of religion, religion, educational background, and civil status. Presentations of the socio-demographic profile of the respondents were done through the use of tables and cross-tabulation.

In the second objective, to determine the condition of inmates and detainees, the mean range was used to assess the level of each statement under physical aspect, emotional aspect, and emotional aspect. The range of mean is stated below:

Range of mean for each Statement	Descriptive equivalent	Interpretation
3.25 – 4.00	Always	This means that the statement is observed all the time
2.50 – 3.24	Often	This means that the statement is observed most of the time
1.75 – 2.49	Seldom	This means that the statement is observed rarely
1.00 – 1.74	Never	This means that the statement is not observed since then

Ranges of mean were also used to determine the level of condition of the respondents in terms of physical and emotional aspects. The range of mean is stated below:

Range of mean for each Statement	Descriptive equivalent	Interpretation
3.25 – 4.00	Excellent	This means that the respondents are very satisfied
2.50 – 3.24	Good	This means that the respondents are satisfied.
1.75 – 2.49	Not Good	This means that the respondents are dissatisfied.
1.00 – 1.74	Poor	This means that the respondents are very dissatisfied.

In the last objective, the Mann-Whitney U test was used to compare the conditions of inmates and detainees. Mann-Whitney U test helps compare differences between two independent groups when the dependent variable is ordinal or continuous but not normally distributed (Shier, 2004). The hypothesis below is used to test the significant difference in the condition between inmates and detainees:

Null Hypothesis: There is no significant difference in the condition between inmates and detainees in terms of:

- a. Physical aspect
- b. Emotional aspect
- c. Spiritual aspect

## RESULTS AND DISCUSSIONS

This study sought to answer the statement of the problem such as the socio-demographic profile of the prisoners, the case profile of the prisoners, the condition of prisoners in terms of physical, emotional, and spiritual aspects, and compare the condition of inmates and detainees in terms of physical, emotional, and spiritual aspect inside the Rehabilitation and Reformatory Center Mati City.

### Socio-demographic Profile

#### Age

Table 1 shows the age distribution of inmates and detainees. There are 5 class intervals for this distribution. Within the interval 36 to 44. 52 respondents (39.69 %) were present; this

means that the most dominant age of the respondents was the interval age from 36 to 44 years old. This is followed by the age interval 27 to 35 with 24.43 % of the sample respondents, or there are 32 respondents aged 27 to 35, and the lowest age interval is 54 to 62, with five respondents and a percentage of 3.82.

**Table 1.** Frequency and percentage distribution of the respondents according to age.

Age	Frequency	Percentage (%)	Ranking
18 – 26	24	18.32	3
27 – 35	32	24.43	2
36 – 44	52	39.69	1
45-53	18	13.74	4
54 – 62	5	3.82	5
Total	131	100.00	

This implies the highest age rank was 36 to 44 years old; this age is ordered as an adult. Adults are very active and exposed to committing such crimes because they are strong enough and very aggressive to commit the crime because of their needs.

According to Glaze and Maruschak (2010), a much higher percentage of adults were in prison or jail ages 18 to 60 years old in 2008. Adults were almost 16 times more likely than old men to be in jail prison. Among those ages 18 to 60 years old in 2009, adults were 11 times more likely than older people to be in jail or prison.

*Gender*

Table 2 shows the distribution of respondents according to gender. It shows that most of the respondents of this study are male, with 109 male respondents (83.21%) and female respondents (22 or 16.79 %) out of the total sample.

**Table 2.** Frequency and percentage distribution of the respondents according to gender.

Gender	Frequency	Percentage (%)	Ranking
Male	109	83.21	1
Female	22	16.79	2
Total	131	100.00	

This implies that the number of male respondents who committed crimes was higher than that of females. As we also observed in our society, males were exposed to different activities, like drugs, murder, robbery, and the like. There were fewer female offenders, and they did not commit serious crimes.

According to the jail warden in the provincial jail, “mostly males were exposed to committing any crime because they thought that males were stronger than females, which was an advantage for them to commit a crime. Women were the minority of offenders; they did not commit serious crimes, they did not do it so often, and their criminal careers were shorter and less professional.”

*Religion*

Table 3 shows that most detainees and inmates were Catholic, comprising 93 respondents out of 131 total samples, followed by Iglesia ni Cristo, comprising 26. The lowest frequency is Islam, which comprises 5 out of 131 samples.

**Table 3.** Frequency and percentage distribution of the respondents according to religion.

Religion	Frequency	Percentage (%)	Ranking
Roman Catholic	93	71.0	1
Iglesia ni Cristo	26	19.8	2
Baptist	7	5.3	3
Islam	5	3.8	4
Total	131	100.00	

This data showed that the most dominant religion among the respondents was Catholicism, and the lowest frequency is Islam, which comprises 5 out of 131 samples. Religious practices or values were not the reason why the members committed a crime, and there's no such religion that tolerates any activities that are not normal. This also implies that the Philippines is a Christian country or the Davao Oriental. In most religions, the people are catholic in religion. Religion (1996) demonstrates that religion operates as a collection of beliefs and an all-encompassing cultural framework that profoundly influences personal and communal experiences. In addition to diminishing the religion-hood of future offenses, religion aids inmates in managing the degrading environment, offering them a sense of purpose, worth, and strength. At the same time, they are imprisoned (Clear et al., 2000).

*Civil status*

Table 4 shows the respondents' data regarding their civil status, which is categorized in terms of single and married civil status. 131 respondents, 91 were married, and 40 were single.

**Table 4.** Frequency and percentage distribution of the respondents according to civil status.

Civil Status	Frequency	Percentage (%)	Ranking
Single	40	30.53	2
Married	91	69.47	1
Total	131	100.00	

This implies that 67.47 % of the respondents or the most dominant in terms of civil status were the married respondents because married life are not easy in some aspects of life, they committed such any kind of crime in order to sustain the needs of their family and also because of poverty and some of them has no job.

This implies that 67.47 % of the respondents, or the most dominant in terms of civil status, were married respondents because married life is not easy in some aspects of life. They commit crimes to sustain the needs of their family and also because of poverty, and some of them have no jobs.

According to Moffit (2005), the reason why the married individual is exposed to committing crime is because of poverty and the needs of their family. It is well established that lifestyle and routine activities are primary sources of variation in exposure to crime and victimization.

*Educational background*

Table 5 shows that all of the 131 respondents of this study have different educational background levels and are categorized as college level, college graduate, secondary level, secondary graduate, and elementary level. Of the 53 respondents of this study were at the secondary level, 35 were secondary graduates, 24 attained college level, and the other 18



respondents of this study attained only elementary level and one college graduate.

**Table 5.** Frequency and percentage distribution of the respondents according to educational background.

<b>Educational Background</b>	<b>Frequency</b>	<b>Percentage (%)</b>	<b>Ranking</b>
Elementary Level	18	13.74	4
Secondary Level	53	40.46	1
Secondary Graduate	35	26.72	2
College Level	24	18.32	3
College Graduate	1	0.76	5
Total	131	100.00	

This implies that the respondents of this study have different educational attainments, and the most dominant were those in the secondary level, followed by secondary graduate, college level, and lastly, elementary level and college graduate. Many undergraduate or secondary-level people committed crimes because they were frustrated that they would not finish their studies. Some of them were because of poverty. They did not find a stable job because they were undergraduates. Many people need work to sustain their needs, but some agencies require secondary graduates.

According to Weerman & Bijleveld (2013), educational achievement significantly influences the probability of a person becoming involved in criminal activities. A correlation exists between low academic performance or school dropout rates and an increased risk of engaging in crime. In contrast, education offers individuals the necessary skills and prospects for stable employment. Furthermore, those with higher levels of education are less prone to participate in criminal activities, as education affords better job prospects and financial security, which diminishes the motivations for committing crimes (Lochner & Moretti, 2004).

**Crime cases filed**

*Case status*

Table 6 shows the respondents’ data regarding their case status, which is categorized in terms of detainee and inmate case status. 131 respondents, 116 were detainees, and 15 were inmates.

**Table 6.** Frequency and percentage distribution of the respondents according to case status.

<b>Case Status</b>	<b>Frequency</b>	<b>Percentage (%)</b>	<b>Ranking</b>
Detainee	116	88.5	1
Inmate	15	11.5	2
Total	131	100.00	

This implies that most dominant in terms of case status were the detainee’s detainee’s detainee’s respondents because they were considered an innocent person and waiting for final judgment, they stayed confined in the provincial jails to avoid escaping the crime that they committed. Also, the provincial jails were designed to have detainees awaiting trial, and they only cater to inmates with a penalty of three years and below. On the other hand, most of the crimes committed that are punishable by more than three years are housed in other correctional institutions.

According to the jail warden in the provincial jail, “they will trust and treat their detainees well because detainees were considered as innocent people waiting for the final judgment.”

*Crime charged*

Table 7 shows the distribution of the crimes charged by the respondents. It shows that most of the respondents were accused of murder, having 52 counts or 40.49 % of the total sample, followed by drugs with 41 respondents or 31.92 % out of 131 samples, and the lowest counts in terms of crime charged is robbery, which was only 6.21 % out of 131 respondents.

**Table 7.** Frequency and percentage distribution of the respondents according to crime charge.

<b>Crime Charged</b>	<b>Frequency</b>	<b>Percentage (%)</b>	<b>Ranking</b>
Murder	52	40.49	1
Drugs	41	31.92	2
Homicide	20	15.57	3
Rape	10	7.79	4
Robbery	8	6.21	5
Total	131	100.00	

This shows that the respondents have been charged with various crimes, and the most common was murder, with 40.49 %, and robbery, with a percentage of 6.21 %. Murder is the killing of a person maliciously and intentionally. Some people commit this crime because of jealousy and hatred, to escape, and the most common intention why people commit this crime is to conceal some of the evidence in one crime.

Newman (2017) evaluates the Federal Sentencing Guidelines, pointing out that although they are intended to ensure uniformity in sentencing, their implementation frequently falls short in fairness and effectiveness. It underscores the difficulties in correctly sentencing different types of offenses, including drug offenses and violent crimes, in the federal system.

*Classification of inmates*

The table below shows the distribution in terms of classification of inmates. There are three categories: minimum, medium, and maximum. There are seven respondents out of 15 inmates in maximum security, where units are comprised of cells with sliding cell doors that are remotely operated from a secure control station. In comparison, five respondents in medium security are typically comprised of secure dormitories that provide housing for up to 50 inmates each. The smallest number of respondents was categorized as the minimum-security prisons, with three respondents. These inmates were comprised of non-secure dormitories, which correctional officers routinely patrol.

**Table 8.** Frequency and percentage distribution of the respondents according to classification of inmates.

<b>Classification of Inmates</b>	<b>Frequency</b>	<b>Percentage (%)</b>	<b>Ranking</b>
Maximum	7	46.7	1
Medium	5	33.3	2
Minimum	3	20.0	3
Total	131	100.00	



This implies that the most dominant in terms of inmate classification was the maximum or high risk. Maximum a high-risk classification of inmates that committed a high-value crime and a very dangerous person to be trusted.

According to the jail warden in the provincial jail, “maximum classification of inmates are supposedly separated to the minimum and medium as well as to the detainees because they committed a high-value crime and very dangerous person to trusted, they will be finally given a final judgment and officially convicted. But because of the lack of prison cells and budget, they mixed them into one compound but separated into the cells.”

*Condition of inmates*

**Table 9.** Physical aspects of inmates.

Item Question	Mean	Description	Interpretation
1. I exercise daily	3.93	Always	This means that the statements are observed all the time
2. I perform recreational activities just like playing basketball, volleyball, badminton, and etc.	3.60	Always	This means that the statement is observed all the time.
3. I perform recreational activities in order to avoid the possibility of diseases.	3.60	Always	This means that the statement is observed all the time.
4. I engage on physical activities like Zumba and other sports activities to develop my physical well-being	3.40	Always	This means that the statement is observed all the time
5. I submit myself in the conduct of monthly check-up to monitor my health status	3.53	Always	This means that the statement is observed all the time.
6. I am monitored by the physician every month to check my health condition	3.33	Always	This means that the statement is observed all the time.
7. I consult the physician every time I feel sick	3.20	Often	This means that the statement is observed all the time.
8. I take a bath every day to be refreshed	3.80	Always	This means that the statement is observed all the time.
9. I clean my cell every day to prevent the contamination of possible disease	3.87	Always	This means that the statement is observed all the time.
10. I ask guidance and pieces of advice from my co-prisoners regarding my health-related problems.	3.47	Always	This means that the statement is observed all the time.
Physical Aspects	3.57	Excellent	This means that the statement is very satisfied.

Table 9 shows the physical aspect of inmates. It shows that the mean results to statements 1, 2, 3, 4, 5, 6, 8, 9, and 10 are in the range 3.24 to 4.00 with a descriptive equivalent always, or those statements are observed all the time. The respondents always commit to physical activities to maintain their physical condition. Respondents always exercise daily, perform recreational activities to avoid the possibility of diseases, have monthly check-ups to monitor their health status, take a bath every day, and clean their cells every day to prevent contamination of possible diseases. Meanwhile, the mean result of statement 7 is in the range of 2.50 to 3.24, with a descriptive equivalent often observed, or this statement is followed most of the time. This means that the respondents are often observed in doing their physical activities to maintain their physical health condition.

The overall assessment indicates that the inmates' physical health received a rating of 3.57, which suggests that the inmates at the Rehabilitation and Reformatory Center in Mati City are very satisfied with their physical condition. This further implies that the staff at the Rehabilitation and Reformatory Center in Mati City closely monitors the inmates' physical health. Additionally, a weak immune system caused by malnutrition within detention facilities contributes to the prevalence of various health issues. Out of 12,000 prisoners whose health conditions were evaluated, around 20% were found to have mental health disorders, as noted by healthcare teams. Consequently, there are significant obstacles to accessing healthcare in prisons, highlighting the necessity for enhanced healthcare provisions for incarcerated individuals (Wilper et al., 2014).

**Table 10.** Emotional condition of inmates.

Item Question	Mean	Description	Interpretation
1. I join one-on-one counseling for prisoners on matters pertaining to personal problem	3.33	Always	This means that the statement is observed all the time.
2. I am sad every time I commit mistakes against my co-prisoners.	3.60	Always	This means that the statement is observed all the time
3. I am ashamed to share to the jail personnel my problems and the crime that I committed	2.80	Often	This means that the statement is observed most of the time
4. I experience homesickness every time I think about my family	3.60	Always	That means that the statement is observed all the time
5. I am bothered with the present condition, being inside the jail, that I experience right now.	2.87	Often	This means that the statement is observed most of the time.
6. I consult my co-prisoners every time I miss my family.	2.80	Often	This means that the statement is observed most of the time.
7. I prefer to approach the jail personnel when I have troubles with my co-prisoner/s.	3.33	Always	This means that the statement is observed all the time.
8. I easily get irritated when someone says that I am a criminal.	3.60	Always	This means that the statement is observed all the time.
9. I often think to escape from this penal institution.	2.80	Often	This means that the statement is observed most of the time.

10. I like to settle my problem alone rather than asking a help from my co-prisoner or jail wardens	3.60	Always	This means that the statement is observed all the time.
Emotional Aspects	2.87	Good	This means that the respondents are somewhat satisfied

Table 10 shows the emotional aspect of inmates. It shows that the mean results to questions number 1, 2,4,7, 8, and 10 are in the range of 3.25 to 4.00 with the descriptive equivalent always, or they are observing all the time those said items. It simply implies that the respondents are always sad every time they commit mistakes against their co-prisoners, always experience homesickness every time they think about their family, always get irritated when someone says that they are criminals, and always like to settle their problems alone rather than asking help from their co-prisoners or jail wardens.

The average scores for questions 3, 5, 6, and 9 fall within the range of 2.50 to 3.24, which corresponds to the descriptive equivalent of “often.” This indicates that the respondents frequently experience the scenarios posed by those questions. Regarding the overall emotional well-being of inmates, the findings suggest that respondents feel somewhat satisfied with their emotional state at the Rehabilitation and Reformatory Center in Mati City, reflected by an average score of 2.87. These results are influenced by various prison-related issues, including inadequate physical facilities and insufficient amenities such as dining areas, recreational spaces, chapels, classrooms, or places where inmates can enjoy solitude apart from the isolation of their cells. Bruce and Larweh (2017) emphasize that the presence and quality of prison amenities, including recreational areas, dining facilities, and overall infrastructure, are crucial for addressing inmates’ psychological and emotional needs. The absence of these facilities can lead to feelings of neglect, isolation, and unhappiness, which may adversely affect prisoners’ self-worth and general well-being.

**Table 11.** Spiritual aspects of inmates.

Item Question	Mean	Description	Interpretation
1. I join the monthly mass initiated by the jail administrators.	3.20	Often	This means that the statement is observed most of the time.
2. I experience prayer meetings and worships.	3.67	Always	This means that the statement is observed all the time.
3. I ask help from God to strengthen my faith unto Him.	3.60	Always	This means that the statement is observed all the time.
4. I attend spiritual fellowship inside the jail.	3.27	Always	This means that the statement is observed all the time.
5. I confess my sins to the priest, pastor, or other religious leaders.	2.73	Often	This means that the statement is observed most of the time.
6. I seek pieces of advice to the chaplain who is assigned in this penal institution.	2.73	Often	This means that the statement is observed most of the time.
7. I cooperate in the religious activities conducted by the jail administrators like bible study and/or praise and worship.	3.20	Often	This means that the statement is observed most of the time.

8. I pray so that the Lord will grant me mercy and peace of mind.	3.53	Always	This means that the statement is observed all the time.
9. I pray before going to sleep at night.	4.00	Always	This means that the statement is observed all the time
10. I ask forgiveness and repentance of my trespasses to the Almighty God.	3.67	Always	This means that the statement is observed all the time
Spiritual Aspect	3.36	Excellent	This means that the respondents are very satisfied.

Table 11 shows the spiritual aspect of inmates. It shows that the mean results for questions 2, 3, 4, 8, 9, and 10 are in the range of 3.25 to 4.00, which means always. The respondents always commit to religious activities to help inmates reform themselves. Respondents are committing prayer meetings and worship, asking help from God to strengthen their faith in him, praying before going to sleep at night, and asking forgiveness and repentance of their trespasses to the Almighty God. Meanwhile, the mean results of questions 1, 4, 5, 6, and 7 are often in the range of 2.50 to 3.24. This means that the respondents are observed most of the time, and each of the questions above showed that they often commit religious activities and ask God to help them and for forgiveness.

In summary, the spiritual dimension of the inmates scored 3.36, indicating that those in the Rehabilitation and Reformatory Center in Mati City feel quite fulfilled regarding their spiritual needs. This also suggests that the Rehabilitation and Reformatory Center staff in Mati City consistently supports and facilitates religious activities to aid the inmates in their journey toward rehabilitation. Faith is of utmost importance; it is a powerful force for overcoming challenges and promotes personal improvement in alignment with one’s beliefs. Participation in religious activities significantly fosters hope, purpose, and personal growth for those imprisoned (Clear et al., 2000).

**Table 12.** Condition of inmates.

Condition of Inmates	Mean	Description	Interpretation
Physical Aspect	3.57	Excellent	This means that the respondents are very satisfied.
Emotional Aspect	2.87	Good	This means that the respondents are satisfied.
Spiritual Aspect	3.36	Excellent	This means that the respondents are very satisfied.
Condition of Inmates	3.26	Excellent	This means that the respondents are satisfied.

Table 12 shows the condition of inmates in terms of physical, emotional, and spiritual aspects. It shows that the physical and spiritual elements are both excellent, which means that the inmates in the Rehabilitation and Reformatory Center in Mati City are very satisfied with their physical and spiritual aspects. Meanwhile, in terms of their emotional aspect, it shows that their emotional aspect is good, which means they are somewhat satisfied in their emotional aspect. The overall condition of inmates is excellent, which means that the inmates are very satisfied in the Rehabilitation and Reformatory Center in Mati City.

According to the European Council on Refugees and Exiles (2015), prisoners can have medical check-ups done on arrival by the prison health staff. Clinical protocols will be followed, and individual medical records will be kept for further treatment. Prisoners with infectious diseases will be treated separately to prevent the transmission of illnesses to other prisoners. The prisoners will receive those services more effectively, while the prison health staff will have better working conditions and an improved overall environment.

*Condition of detainees*

**Table 13.** Physical aspects of detainees.

Item Question	Mean	Description	Interpretation
1. I exercise daily.	3.60	Always	This means that the statement is observed all the time.
2. I perform recreational activities just like playing basketball, volleyball, badminton, and etc.	3.67	Always	This means that the statement is observed all the time.
3. I perform recreational activities in order to avoid the possibility of diseases.	3.63	Always	This means that the statement is observed all the time.
4. I engage on physical activities like Zumba and other sports activities to develop my physical well-being.	3.55	Always	This means that the statement is observed all the time.
5. I submit myself in the conduct of monthly check-up to monitor my health status.	3.31	Always	This means that the statement is observed all the time.
6. I am monitored by the physician every month to check my health condition.	3.34	Always	This means that the statement is observed all the time.
7. I consult the physician every time I feel sick.	3.29	Always	This means that the statement is observed all the time.
8. I take a bath every day to be refreshed.	3.76	Always	This means that the statement is observed all the time.
9. I clean my cell every day to prevent the contamination of possible diseases.	3.80	Always	This means that the statement is observed all the time.
10. I ask guidance and pieces of advice from my co-prisoners regarding my health-related problems.	3.49	Always	This means that the statement is observed all the time.
Physical Aspect	3.54	Excellent	This means that the respondents are very satisfied.

Table 13 shows the physical aspect of detainees. It shows that the mean results for questions 1, 2, 3, 4, 5, 6, 8, 9, and 10 are in the range of 3.25 to 4.00, which means always. The respondents always commit to physical activities to maintain their physical health aspect, such as exercising daily, just like playing basketball, volleyball, and badminton, performing recreational activities to avoid the possibility of diseases, engaging in physical activities like Zumba, taking a bath every day and clean their cell every day to prevent contamination of possible disease.

The overall assessment indicates that the physical well-being of the detainees scores an average of 3.54, suggesting that those at the Rehabilitation and Reformatory Center in Mati City are quite pleased with their physical condition. This also indicates that the staff at the Rehabilitation and Reformatory Center in Mati City consistently monitors the inmates' physical health of the inmates. Throughout the year, they offer a variety of indoor and outdoor sports activities, programs, tournaments, and leagues, which include basketball, volleyball, billiards, table tennis, and chess. Engaging in recreational sports provides inmates with a structured opportunity to enhance their physical fitness, alleviate stress, and encourage positive social interaction among one another (Caplan, 1998).

**Table 14.** Spiritual aspects of detainees.

Item Question	Mean	Description	Interpretation
1. I join the monthly mass initiated by the jail administrators.	3.31	Always	This means that the statement is observed all the time.
2. I experience prayer meetings and worships.	3.53	Always	This means that the statement is observed all the time.
3. I ask help from God to strengthen my faith unto Him.	3.68	Always	This means that the statement is observed all the time.
4. I attend spiritual fellowship inside the jail.	3.34	Always	This means that the statement is observed all the time.
5. I confess my sins to the priest, pastor, or other religious leaders.	2.72	Often	This means that the statement is observed most of the time.
6. I seek pieces of advice to the chaplain who is assigned in this penal institution.	2.82	Often	This means that the statement is observed most of the time.
7. I cooperate in the religious activities conducted by the jail administrators like bible study and/or praise and worship.	3.23	Often	This means that the statement is observed most of the time.
8. I pray so that the Lord will grant me mercy and peace of mind.	3.54	Always	This means that the statement is observed all the time.
9. I pray before going to sleep at night.	3.90	Always	This means that the statement is observed all the time.

10. I ask forgiveness and repentance of my trespasses to the Almighty God.	3.81	Always	This means that the statement is observed all the time.
Spiritual Aspect	3.39	Excellent	This means that the respondents are very satisfied.

Table 14 shows the spiritual aspect of detainees. It shows that the mean results to questions 2, 3, 8, 9, and 10 are in the range of 3.51 to 4.00, which means always. The respondents always observe those item questions to reform themselves. Respondents always attend spiritual fellowship inside the jail, pray so that the Lord will grant them mercy and peace of mind, pray before sleep at night, and ask forgiveness and repentance of their trespasses to the Almighty God. The mean results of questions # 1, 4, 5, 6, and 7 are 2.5 to 3.50, which means often. This means the respondents usually observe those questions above with the descriptive equivalent of usually.

The spiritual dimension of the detainees registered a score of 3.39, indicating that those in the Rehabilitation and Reformatory Center in Mati City are quite content. This also suggests that the staff at the Rehabilitation and Reformatory Center in Mati City consistently oversee the religious activities within their facilities to assist the detainees in their rehabilitation, with mass being a regular component of the prison community's spiritual engagement. O'Connor and Perreye (2013) highlight those religious initiatives in prison environments—often integrating worship, faith-based counseling, and spiritual growth—play a significant role in fostering positive behavioral shifts among inmates.

**Table 15.** Condition of detainees.

Condition of Detainees	Mean	Description	Interpretation
Physical Aspects	3.54	Excellent	This means that the respondents are very satisfied.
Emotional Aspects	3.05	Good	This means that the respondents are satisfied.
Spiritual Aspects	3.39	Excellent	This means that the respondents are very satisfied.
Condition of detainees	3.33	Excellent	This means that the respondents are very satisfied.

Table 15 shows the status of detainees concerning their physical, emotional, and spiritual well-being. It indicates that the physical condition is rated as excellent, signifying that the inmates at the Rehabilitation and Reformatory Center Mati City are very content with their physical health. In contrast, the emotional and spiritual aspects are regarded as good, suggesting that the detainees are pleased with their emotional and spiritual well-being. Regarding the overall condition of the detainees, it is also rated as good, indicating their satisfaction with the facilities at the Rehabilitation and Reformatory Center Mati City. Additionally, inmates receive medical check-ups conducted by the prison health staff upon arrival. Clinical protocols are implemented, and individual medical records are maintained for subsequent treatment. Nowotny (2017) highlighted the importance of health care in prisons for meeting the intricate medical needs of incarcerated individuals. The study found that



numerous inmates enter prison with existing physical and mental health issues, underscoring the necessity of accessible health services.

*Comparison of condition between inmates and detainees*

**Table 16.** Comparison of Condition between Inmates and Detainees.

Hypothesis	Test	Significance	Decision
The distribution of Physical Aspect is the same across inmates and detainees.	Independent-Samples Mann Whitney U Test	0.57	Retain the null hypothesis
The distribution of Physical Aspect is the same across inmates and detainees.	Independent-Samples Mann Whitney U Test	0.87	Retain the null hypothesis
The distribution of Emotional Aspect is the same across inmates and detainees.	Independent-Samples Mann Whitney U Test	0.64	Retain the null hypothesis
The distribution of Condition Aspect is the same across inmates and detainees.	Independent-Samples Mann Whitney U Test	0.48	Retain the null hypothesis

The table above shows the comparison of conditions between inmates and detainees. It showed that all the aspects of the condition between inmates and detainees were the same.

**CONCLUSION**

Based on the study’s findings, it was determined that most respondents were 36 to 44 years old, while the least represented age group was between 54 and 62 years old. Additionally, 109 respondents were male, with the majority identifying as Catholic and the lowest being of the Islamic faith. Among the respondents, 91 were married and 40 were single. The study included 53 respondents at the secondary education level, and regarding their case status, 116 were classified as detainees and 15 as inmates. The data shows that most respondents faced charges related to murder, with 52 cases accounting for 40.49 %, whereas the least common charge was robbery, comprising 6.23 % of the total sample.

Regarding the inmates’ conditions, their physical and spiritual well-being were rated excellent, indicating high satisfaction. At the same time, their emotional state was deemed good, suggesting a reasonable level of satisfaction. Overall, the inmates’ conditions were rated good, reflecting their contentment with the Rehabilitation and Reformatory Center in Mati City.

Regarding the detainees’ conditions, the physical aspect was rated excellent, indicating high satisfaction. In contrast, emotional and spiritual elements were evaluated as good, suggesting adequate satisfaction in these areas. The overall condition of detainees was also classified as good, implying a moderate level of satisfaction with the Rehabilitation and Reformatory Center in Mati City.

Furthermore, it was noted that all aspects of the condition between inmates and detainees were consistent, indicating that both groups experienced similar conditions concerning their physical, emotional, and spiritual well-being. Thus, it can be concluded that the conditions for inmates and detainees are alike.

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