The impact of sports on the rehabilitation of prisoners and preventing future criminal behavior

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Abstract: Sports programs have been used as a method for the rehabilitation of prisoners and have shown significant improvement in the behavior and mood of prisoners. These sports programs can help prisoners learn new skills in areas such as personal discipline, cooperation, and mutual respect.

Studies have shown that sports can significantly improve the level of stress and anxiety in prisoners and increase their sense of calm and satisfaction. Sports can be presented as an alternative path for prisoners to engage in healthy and beneficial activities instead of engaging in criminal activities.

In addition, sports programs in prisons can help prisoners develop a greater sense of power and self-confidence. This feeling may lead to prisoners having less inclination to commit crimes and becoming positive and useful members of society in the future.

Overall, sports can be an effective solution for the rehabilitation of prisoners and preventing future criminal behavior. This method can help prisoners learn new skills and become more engaged with society.

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