

FACTORS AFFECTING THE LEVEL OF PARTICIPATION IN RECREATIONAL ACTIVITIES AMONG THE DRUG ADDICTED OFFENDERS OF KANDAKADU TREATMENT AND REHABILITATION CENTRE

Bandara D.M.C.¹, Jayasinghe M.R.M.A.^{1*} and Perera S.J.²

¹Department of Sport Sciences and Physical Education, Faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka, Sri Lanka

²Department of Natural Resources, Faculty of applied sciences Sabaragamuwa University of Sri Lanka, Sri Lanka

*dmcbandara1993@gmail.com

Recreational activities (RA) can be defined as activities people do in order to refresh their bodies and minds and make their leisure time more interesting and enjoyable. This study was to identify the factors affecting the level of participation in recreational activities among the drug addicted offenders of Kandakadu Treatment and Rehabilitation Centre (KTRC). Rehabilitates at KTRC were categorized into six classes. Two hundred (n = 200) drug addicted offenders were selected for the questionnaire survey through a stratified random sampling design, stratified by their class. Secondary information from the administration of KTRC indicated a low level of participation in RA among rehabilitates, and the fact was confirmed by an initial question in the questionnaire, where it confirmed that 57.5% interviewees are only participating in RA for less than three times a week. The questionnaire consisted 32 questions and divided in to two main parts; (a) demographic information and (b) factors affecting the low level of participation in RA. Factors affecting the low level of participation in RA were sub categorized to interpersonal, social, educational and external factors and the rehabilitates agreement to 19 possible factors were scored by their using a 5 level Lickert scale. Data were analyzed and presented using Microsoft Excel 2013, while the relationships were established through Pearson Chi-Square correlation using SPSS (Ver.21). Results suggested that the low level of participation in RA are most affected by interpersonal factors, social factors and, educational factors, on which 46.8%, 44.75% and 43.6% agreed respectively, whereas 70.9% disagreed that the external factors have an impact. Statistically, the number of RA participated in a typical week positively correlated with the “desire for sports (r = 0.659, p value = 0.000) and the “desire for exercises & relaxation” (r = 0.680, p value = 0.000). Further, the low level of participation in RA positively correlated with the interpersonal factors such as “feeling tired after participating in RA” (r = 0.630, p value = 0.000), “fear of injury during participating in RA” (r = 0.592, p value = 0.000) and “being not interested in RA” (r = 0.579, p value = 0.000). It is recommended that the participation in RA should be made compulsory for the drug addicted offenders during their leisure time (between 16:00–18:00hrs) during rehabilitation as it will increase their wellbeing before reintegration to the society.

Keywords: *Recreational Activities, Treatment and Rehabilitation Centre*