Health Status of inmates of Benguet Provincial Jail

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Abstract

This study sought to find out the health status of inmates regarding their physical and psychological health. It also determined the level of health practices of inmates regarding their physical and psychological health.

Factors such as age, length of detention, ethnicity, and educational attainment were used to determine whether they have significant influences on the level of physical and psychological health of inmates.

There were a total of twenty five (25) respondents from Benguet Provincial Jail.

The descriptive survey design was employed to gather data. Using checklist questionnaire as the primary tool, data was collected, tabulated, statistically analyzed, and interpreted with the use of the F-test in the Analysis of Variance and t-test.

The Analysis of Variance was used to determine the relationship between the health status of inmates and their age, ethnicity and educational attainment.

The t-test was used to determine the inmates' health status, its difference between the length of detention and the level to which the inmates do the health practices.

The findings showed that the physical and psychological health status of inmates at Benguet Provincial Jail is at moderate status which is defined as equivalent to experiencing the problems sometimes. The physical and psychological health status of inmates is significantly

affected by age, length of detention, ethnicity, and educational attainment. Inmates at Benguet Provincial Jail sometimes practice the specified health practices as remedies to the specified health problems.

Conclusions

Based on the findings, the following conclusions are drawn:

1. The physical and psychological health status of inmates at Benguet Provincial Jail is at moderate status which is equivalent or experiencing the problems sometimes.
2. The physical and psychological health status of inmates is significantly affected by age, length of detention, ethnicity, and educational attainment.
3. Inmates at Benguet Provincial Jail practice the specified health practices as remedies to the specified health problems at a moderate level which is equivalent to practicing the remedies sometimes.

Recommendations

Based on the findings and conclusions, the following are recommended:

1. Since the physical problems with the highest prevalence among the inmates at Benguet Provincial Jail are sleep problems, acid stomach, and body weakness, these should be addressed first. The number of inmates in every cell should be reduced because congestion deprives the inmates from sleeping well. Inmates should also be taught of proper hygiene to maintain good health and be allowed to exercise every morning to prevent fatigue. Also, the jail management should promote a clean environment within and around the living quarters and interiors of the prison to provide an environment that would promotes health among the inmates.
2. The jail management should design programs that would help the inmates to have a positive outlook in life for further enhance their psychological status. Counselling, workshops and spiritual gatherings could motivate the inmates, increase their well-being and change their outlook in life into an optimistic one.

3. Middle adult inmates should be helped in maintaining their high level of physical status while young and late adults should be assisted in further improving their physical health status. They should be taught to distinguish actions or situations that can lead to possible physical problem so they can report this immediately to the jail management should also provide basic health needs to the inmates such as sanitary supplies and medications.
4. The young inmates should be assisted to cope up with the stress in jail. The jail management should provide activities that will allow the young inmates to feel a sense of fulfilment and joy such as sports and crafts making. Meanwhile, families should be encouraged to visit their family member in jail to support them and to allow them to feel a sense of importance.
5. Since inmates who stayed longer in jail have better physical and psychological health status than those who stayed for a shorter period of time, the inmates who are newly incarcerated should be assisted to adjust to the new environment they are currently living. Counselling sessions should be provided by the jail management.
6. Since college graduates and the inmates with no educational attainment have worst physical health status than elementary and high school graduates, they should been encouraged to perform self-care tasks and not to take care of their health. Reinforcing their life skills and knowledge could help the inmates in improving their attitude towards their physical health.
7. The inmates with low psychological status especially the college and high school graduates should be encouraged and assisted to convert negative thoughts about failure in life to positive attitudes by encouraging them to participates in productive tasks like crafts making.
8. Since the specified health practices for physical and psychological health problems are only practiced sometimes, the inmates should be further taught on proper health practices so that they could more effectively apply these to the health problems they encounter and be able to avoid and resolve them quickly.
9. The researches shall disseminate the result and findings of the study to increase awareness and prepare for the future exposure; thus. Improving the health status of inmates inside the correctional facility.
10. The future researchers shall:

a. Conduct a further study in broader population including the other correctional facilities.

b. Determine the health facilities status of inmates in the social and spiritual aspects

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