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Life Quality in People Serving Prison Sentences in Romanian Penitentiary Institutions. Premises for Future Socio-Educational Programs

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Abstract: *The present paper aims to bring forward the impact that the quality of life has on the detainees of penitentiary institutions and the way they navigate their prison living throughout their sentence. As the parameters have shown herein, the quality of life on prison detainees differs based on their assessments of life within the confined spaces of the penitentiary, including their relationships with other detainees, the support activities they are involved in and whether they have definitely been convicted or they have been in their pretrial detention period. This prerequisite has been quite important in the evaluation of the quality of life for detainees since based on these convictions, if permanent or temporary, and through the help of the survey as method of investigation, one has been able to outline the different needs, activities, opportunities and standard of living per se of the ones placed under the confinement of the law. This assessment has put forward also the relationships that the detainees have with the participation in the socio-educational programs and medical services offered within and with the participation in the sports activities carried out, while highlighting their understanding and judgment of how they are being treated inside, thus the right to humanity and decency.*

Keywords: *penitentiary life, quality of life, detainee behavior, prison sentence.*

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Introduction

Jenkinson in **Encyclopedia Britannica** defines quality of life as "the degree to which an individual is healthy, comfortable, and able to participate in or enjoy life events" (Jenkinson, 2023). Since it is a quite subjective concept, it is fairly related to the individual's different needs and his or her perceiving of the things around him or her, including factors that are connected with the day-to-day activities such as free time, different types of relationships either with oneself or others, family, health or security.

The individual can give his or her own definition of what quality of life implies, since he or she is the one that experiences it and in the same time take the necessary steps to change it, or improve it constantly, thus assuring that the life lived is a mixture of good energy, satisfaction and well balancing all the other aspects of life.

The World Health Organization proposes an accurate definition: "WHO defines Quality of Life as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns" (World Health Organization, 2012).

While this is known to be true and applied within the context of daily life when referring to daily occurrences of the individual such as job, family, relationships or other concepts all tied together, it is no less true and appliable in other contexts as well, such as the one presented in the aforementioned paper, that is the individual that is confined by law through a prison sentence (Skowroński & Talik, 2021; Muller, 2020; Liebling, 2008; Prisons Research Centre, n.d; Tella et al., 2010).

In such a case, the quality of life differs considerably since the hypothesis that it is based on commences with the deprivation of freedom. Starting from this, one can assume that the quality of life differs considerably since the parameters of existence are confined, thus the context of culture and value systems along with goals, standards, expectations and concerns are all perceived, felt and experienced behind metal bars (Liebling, 2008; Prisons Research Centre, n.d; Tella et al., 2010; Mannocci et al., 2015).

The present paper tries exactly this, to highlight through a thorough methodology, the way in which detainees understand, grasp and deal with the things making up their living arrangement in prison, be it satisfactory or not, all in the environment of deprivation of liberty (Johnsen et al., 2011; Nilsson, 2011).

2. Theoretical Background

The quality of life on inmates may decline as a result of being locked up. The lack of several essential needs—most notably, the need for independence and autonomy as well as the need for social interaction—has led to this process. Prisoners lack favourable material circumstances or affluence, two things that improve quality of life, in general. Along with all these things, comes also a high level of low emotional intelligence which is also linked to reduced self-perceived quality of life in detainees (Harvey, 2018; Toreld et al, 2018; Dooley, 2018).

The quality of life cannot be simply measured quantitatively, but also qualitatively through the filter of psychological tools. This is more pregnant and conspicuous in prisoners, for their view on life might occur through depression, anxiety, bipolarism, the constant feeling of being trapped, or different other personality disorders that can have a tremendous impact on them (Prost et al., 2019).

Another aspect rigorously correlated to a different level of quality of life amongst detainees is the type of sentence they are receiving. The tougher their sentence the harder their imprisonment life along with everything the latter brings. Therefore, the life they are living under the hardships of a tougher prison is significantly more press ant and feels heavy on the individual, in comparison to a fairly lighter sentence in which the individual lives under much better conditions, in which the facilities he enjoys can also range for better food, to better living arrangements to even sporting or leisure activities or even educational opportunities such as a library, studying for different diplomas, etc. (Bosworth & Kellezi, 2013; Skowrońsk & Talik, 2018; Skowrońsk & Talik, 20120a, 2020b; Schalock, 2004).

Quality of life in people serving prison sentences also englobes a more or less precarious state of health. Either they already come to prison with a deteriorating health state or they pick up the habits inside, such as smoking, drug abuse or alcohol use, increasing the death toll among detainees, as well as increasing the occurrence of different diseases or mental disorders (Dolinska-Zygmunt & Mokrzynska, 2013). Engaging in sporting or leisure activities can detrimentally change the life of a prisoner for the better. Naturally, this is still connected to the type of sentence they are serving and also to the type of institution they are into, for tougher sentences and tougher institutions, as mentioned earlier, imply, without a doubt, a much harsher deprivation of liberty. Notwithstanding, is the constancy with which a detainee returns to prison, if it is his first criminal offence or if he keeps coming back as a repeat offender (Barquin et al., 2019; Gullone et al., 2009; Skar et al., 2019).

Recidivism is a consequence of precarious living conditions and quality of life outside prison, in freedom. Factors such as the inability to earn an income, poor education, or other lack of resources, all of these lead to the exclusion of the individual and ultimately to bad decision that amount to returning on a regular basis to prison. It is not an uncommon aspect of the detainees' lives, but a social matter that powerfully highlights that the quality of live matters also outside of the depravation of liberty (Bellass et al., 2022; Muller, 2020; Skowrońsk & Talik, 2020a; Zwemstra et al., 2009).

The methodology used in this article tries to analyze the physical aspects generating from living in prison to the psychological and emotional ones as the individual carries his sentence through a different or new quality of life. The emotional background as well as the current one triggers all sorts of feelings such as confusion, anxiety or even the feeling of being unsafe. The physical background tends to be associated with by now common aspects such as overcrowding conditions, cleanness of cells and sanitation, heating or even the nature of meals being eaten, all of which may or may not lead to different health issues (De Smet et al., 2017; Putri et al., 2020; Saeed et al., 2021; Skowrońsk & Talik, 2022).

On the other hand, there can be positive characteristics as well while living life under a prison sentence, and these can be linked to better organization, in all aspects of it including here accommodation, food, health, but also in the way the prisoners are being treated by the prison staff, that is with respect and still not violating all the other rights that an individual might have, even if he is doing time (Ilie et al., 2017; Mannocci et al., 2018; Norhilmi et al., 2020; Skowrońsk & Talik, 2022).

All of the above outline the theoretical frame that this article aims to reach. The quality of life in prison sentences depends on the detainee's sentence, the institution, the living arrangements and conditions, the perspective and feel of how a day goes by of each one of the prisoners. While the support activities, such as sports or walking or just spending time in the free air, along with the mental and physical positive characteristics the latter entitle, the quality of life in prisoners of people serving prison sentence can either be a constructive or a cynical experience (Kemal & Asmamaw, 2015; Panisch et al., 2018; Thaneerat et al., 2022).

3. Research Methodology

3.1. Research objectives

The objectives of this research are the following:

O1: Creating and applying a form for: assessing the violent behavior and addictions of detainees, assessing their participation in support activities in the penitentiary, as well as identifying their views and assessments on the quality of life they have in prison;

O2: Identify the influence of certain characteristics on deprivation of liberty and imprisonment (type of deprivation of liberty, length of current sentence served and total length of time spent in prison, throughout life) on their assessments of quality of life which they have in the penitentiary;

O3: Identify the existence of statistically significant relationships between violent behavior and addictions of detainees and their assessments of the quality of life they have in prison;

O4: Identify the existence of statistically significant relationships between the detainees' assessments regarding the quality of life they have in the penitentiary and their participation in the support activities carried out within it.

3.2. Research assumptions

The present research aims to verify the veracity of 4 general research assumptions:

A1: There are significant differences in the detainees' assessments of their quality of life in the penitentiary, depending on certain characteristics regarding their deprivation of liberty and the sentence they have.

A2: There are statistically significant relationships between violent behaviour and detainee addictions and their assessments of the quality of life they have in prison.

A3**:** There are statistically significant relationships between detainees' assessments of their quality of life in the penitentiary and their participation in support activities.

A4: The LifeQuality into the penitentiary is influenced by the real threats, but in this penitentiary more threats are transformed in opportunities and advantages.

3.3. Materials and Methods

The survey was based on an international model as it was developed by Liebling & Arnold (2004).

In order to achieve the proposed objectives and verify the veracity of the research hypotheses, we chose the questionnaire-based survey as a method of data collection. The main reasons for choosing the questionnaire as a data collection tool are:

• It is an economical and easy to apply tool, with closed questions providing a large amount of information, which can be centralized in a relatively short time;

• As the present research involves the investigation of a large number of variables, but also of subjects, the questionnaire is a safe, economical and efficient form of data collection.

We developed a questionnaire adapted from the questionnaire constructed by Liebling and Arnold (2004), in order to assess the violent behaviour and addictions of detainees, their participation in support activities in the penitentiary, and to identify their views and assessments on quality of life. which they have in the penitentiary.

The elaborated questionnaire comprises 114 items with closed answers and 3 items with open answers, arranged in the following 2 sections that measure the following characteristics and factors, as follows:

I. Section I, consisting of 36 items, of which 35 items with closed answers and 1 item with open answers (age), in which information was requested regarding the next 2 sets of characteristics and the following 2 factors, the most the second having, in turn, 2 sub-factors: socio-demographic characteristics, characteristics regarding the deprivation of liberty and the punishment executed by the detainees, violent behavior and addictions of detainees, calculated on a summative scale consisting of 8 items, participation of detainees in support activities in the penitentiary.

II. Section II, consisting of 81 items, of which the first 79 items with closed answers, arranged on a 5-step Likert scale, from 1 to 5, where: 1 = complete disagree, 2 = disagree, 3 = neither agree nor disagree, 4 = agree and 5 = completely agree. It was evaluated the quality of life of detainees in the penitentiary, the detainees' perceptions regarding life in the penitentiary.

Following the establishment of the research objectives and hypotheses, we have developed a research tool that is as relevant as possible in relation to them and that verifies, to the greatest extent possible, the veracity of the formulated premises. The elaborated questionnaire was completed in physical format by 200 detainees from the Codlea Penitentiary, in the principal investigator presence, the psychologist of the penitentiary and 2 guards each.

After collecting the data, they were coded with nominal and ordinal values and entered in the Ms Excel and imported in SmartPLS.

In excel we calculated descriptive statistics and the correlation coefficient. Then from the items with the high correlation we designed the 2 variables, a formative one, that reflects the threats presented into penitentiary and a reflective one that reflects the life quality. We establish the relation between them and designed a model. Then the coherence and consistency of the elements analyzed were evaluated through statistical tests, such as the Cronbach alpha index. We examined if the items that form different variables contribute to the significance of the hypothesis and if they correlate with the additive result, the overall score (Hair et al., 2022). Usually, values greater than 0.6 for Cronbach alpha ensure a consistent model.

We used a confirmatory analysis in PLS-SEM (CTA-PLS); (Henseler et al. 2014) that consented to discover the formative and reflective variables.

In our analysis, we have two variables (Table 1 and Fig.1)

One formative variables Threats, with `17 subitems that reflect the concern and the threats faced by prisoners

One reflective variable: LifeQuality, with 20 subfactors, that reflects the good conditions and support received by the prisoners. (Table 1 and Fig.1)

Table 1: Analysed Variables

Variable	Code	Definition
Life Quality	4Support	4. I receive support from the staff of this penitentiary when I need it.
	5Fare	5. The staff here treats the detainees fairly.
	6Trust	6. I trust the officers of this penitentiary
	7Law	7.I am helped to lead a life in which I respect the law upon release from prison.
	8Com	8. Personally, I get along well with the officers in my ward.
	9Polite	9. The best way to do things in this penitentiary is to be polite and follow the rules.
	10Pers	10. I was significantly helped by a staff member of this penitentiary with a personal problem.
	11Correct	11. In general, I am treated fairly by the staff of this penitentiary.
	12Human	12. I am treated like a human being in this penitentiary.
	14Protect	14. I feel protected most of the time in this penitentiary.
	15Needs	15. My needs are taken into account in this penitentiary.
	16Rules	16. The rules and regulations of this penitentiary are clearly outlined.
	17Respect	17. Most of the staff address and talk to me respectfully.

	18Hygiene	18. I am provided with the conditions to maintain my personal hygiene decently.
	57Chance	57. My time spent here seems to be a chance for change.
	61Opportunities	61. I am given adequate opportunities to keep my living space clean and decent.
	62FamContact	62. I can maintain significant contact with my family while I am in this penitentiary.
	63Health	63. The staff on the ward have an interest in helping to solve my health care needs.
	64Person	64. When important decisions are made about me in this penitentiary, I am treated as an individual, not as a number.
	67Behave	67. I feel that I have been helped to improve my behavior in this penitentiary.
Threats	21Rewars	21. In general, I believe that the system of rewards and penalties is not correct
	29Concern	29. The staff of this penitentiary show understanding and concern for me.
	30HighDrog	30. The level of drug use in this penitentiary is quite high.
	31Living	31. The quality of my living conditions is poor in this penitentiary.
	38Confuse	38. When I first entered this penitentiary, I felt worried and confused.
	44Alone	44. I felt extremely alone during my first three days in this penitentiary
	45Tense	45. I feel tense in this penitentiary
	47Personel	47. This penitentiary has too little staff.
	48Hurt	48. My experience in this penitentiary is painful.
	50Break	50. The staff of this penitentiary is made not to see when the prisoners break the rules.
	51Physic	51. In general, I fear my physical safety.
	53Sale	53. In this penitentiary, I have to buy and sell things in order to manage.
	59NoHuman	59. I am not treated like a human being here.
	60NoRespect	60. This penitentiary does not treat its detainees with respect.
	65DrugProbl	65.Drugs cause many problems between the detainees here.
	73Debts	73. I cannot help but have debts in this penitentiary.
	75Victim	75. Victims of bullying/harassment receive all the help they need.

3.4 Research results

Our research shows that shows that the distribution of detainees according to certain socio-demographic characteristics, such as: age group, citizenship and religious orientation. The detainees surveyed are between 21 and 70 years old, with an average age of 38 years. More than a third of the detainees (38%) are between 31 and 40 years old, over a quarter (27%) are between 21 and 30 years old, 18% of them are between 41 and 50 years, 12% are between 51 and 60 years old, while only 5% are over 61 years old.

Most of the detainees surveyed (90%) have Romanian citizenship, while only 10% of them have another citizenship. More than two-thirds of the detainees surveyed (68%) are Orthodox, 17% of them are Catholics, while only 6% are Reformed, 4% Pentecostal, 2% of other religions. and 3% have no religious orientation.

Our research shows that, almost of the detainees surveyed (47%) have been in the current penitentiary for more than 2 years, almost a quarter of them (23%) for 1-2 years, 18% for 1-. 6 months, 11% of 6-12 months, while only 1% of them spent less than 1 month in the current penitentiary. Two thirds of the detainees (66%) started serving their sentences in the current penitentiary, and one third of them (34%) started serving their sentences in another prison, being later. Two-thirds of the detainees surveyed (68%) have previously served previous sentences in the current penitentiary, and 32% of them are in prison for the first time. Of the 136 detainees who have served their sentences in the current penitentiary, more than half (56%) have been in it 2-5 times, 41% have been in prison once, while only 3% have been in the current penitentiary. penitentiary 6-9 times.

The majority of detainees surveyed (98%) are definitively convicted, while only 2% of them are in pre-trial detention in the penitentiary. Of the 196 final convicts, almost half (49%) serve a sentence of 2-4 years, 30% a sentence of 4-10 years, while only 11% of them serve a sentence lasting 2-4 years. 1-2 years and 10% a penalty of 10-15 years. In order to facilitate the comparison of the influence that the duration of the current sentence may have on their assessments of the quality of life they have in prison, the detainees were divided into the following 2 categories: those serving a sentence of less than 2 years (11 %) and those serving a sentence of more than 2 years (89%).

Of the 196 finally convicts, more than two-thirds (42%) have more than 6 months until release, 29.5% have less than 1 month and 28.5% between 1 and 6 months. Of the 196 final convicts, the majority (97%) have a semi-open sentence regime, while only 3% serve their sentence openly. 28% of the detainees surveyed spent a lifetime in prison for 3-5 years, 26%

spent 1-3 years, 21% spent 5-10 years. years and 18% more than 10 years, while only 7% of them spent less than 1 year in prison. To facilitate the comparison of the influence on the total length of time spent

In prison, throughout their lives, they may have their own assessments of the quality of life they have in prison, the detainees were divided into the following 2 categories: those who spent a total period of less than 5 years in prison (61%) and those who spent more than 5 years in prison (89%). More than half of the detainees surveyed (53%) participate in education and psychosocial assistance programs as their main activity, and for more than a third of them (35%) work represents the main activity, while only 12% of them are exempt from work due to illness.

Thus, we may affirm that A1-A3 are confirmed.

For the A4 we designed a Structured Equation Model using SmartPLS model.

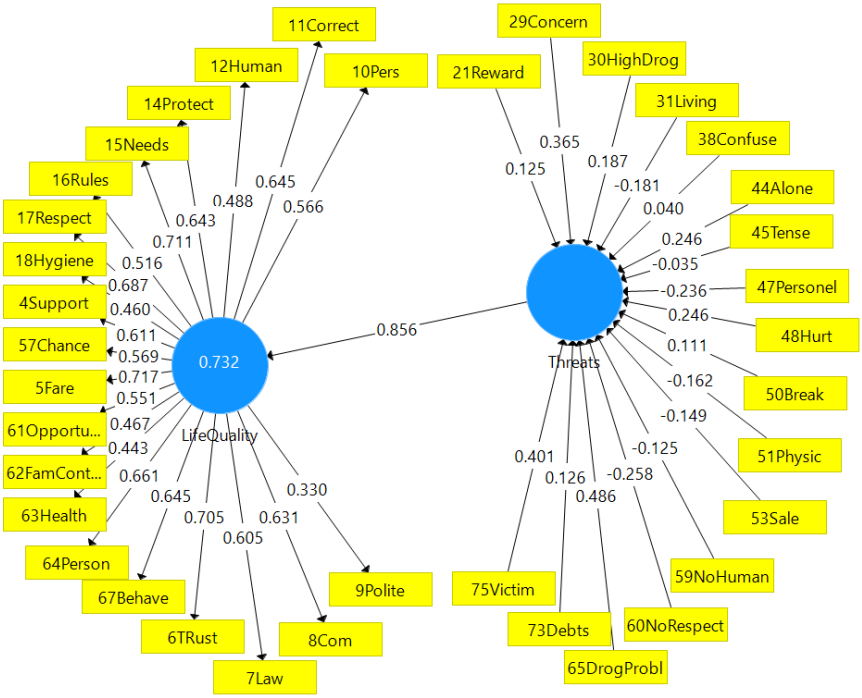


Fig. 1 Path Coefficient Analysis and RSquare - (Source: SmartPLS software, version 3.3.9, Created on 2022-04-02) (SmartPLs)

The Path Coefficients (Fig.1) shows strong influence of the Threats meet in the preason and their impact on the LifeQuality within the penitentiary (Threats -> LifeQuality 0.854). Our hypothesis is sustained by the correlation coefficient as might be seen in table 2 and the validation steps presented in table 3. Also, the R Square Value (0.732) for our model is rather high. Thus, we may affirm that our model fits well, and that H1 is accepted (Table 5).

Table 2: Correlation coefficient

Latent_construct	LifeQuality	Threats
LifeQuality	1	
Threats	0.856	1

Table 3: The model validation – Construct Reliability and Validity

Latent_construct	Cronbach'sAlpha	Rho_A	Composite Reliability
LifeQuality	0.911	0.919	0.913
Threats		1	

The loading factors (LFs) for latent constructs in Figure 1 enhance that the most important elements that influence

Threats are 65DrogProbl (LF=0.486), 75Victim (LF=0.401), 29Concer (LF=0.365), 44Alone (LF=0.246), 47Personel (LF=0.236), 48Hurt (LF=0.246) These represents real threats in the opinion of the prisoners. Thus, show that prisoners affirm that in the penitentiary there are drug problems, victims of conflicts, they feel alone and sometimes are hurt, due to a lack of personnel. We may observe some variable with negative values such as: 60NoRespect (LF=-0.258), 31Living (LF=-0.181), 51Physic (LF=-0.162), 53Sale (LF=-0.149), 59NoHuman (LF=-0.125). They have rather a positive influence on the Life Quality because decrease the threats, meaning that prisoners are treated with respect and like humans, they don't need to sale things to survive, are not physically aggressed, and have rather good living conditions (Fig.1).

Most of the factors that form LifeQuality variable have very high LF, greater than 0.6 (the threshold). Despite the Threats formative variable, the LifeQuality is a reflective variable, and the threshold is important for the model reliability. Meaning that the prisoners need, hygiene, health conditions, trust, communication, respect, etc are met. They feel protected, consider that have opportunities to think of their interior conflict, and change behaviour and obtain all kind of support needed (Fig.1).

SmartPls software offers us a suite of tests to validate the statistical analysis and to ensure the correct interpretation of the research results. In the first phase of we decided to evaluate the consistency of model designed based on the validation steps provided in Table 2 (Hair et al., 2022; Henseler et al., 2014). In our case study the Cronbach's Alpha (0.911) has a very high value, meaning that the factors that compose it, the seven formative variables, are very well chosen and are representative for defining sensory perception construct. Since CA is high, we can say that the factors (formative constructs) mentioned above correlate between them and with their additive result. Composite reliability (0.892) and rho_A (0.919) have also very high values, meaning that our model is reliable. The average variance extracted (0.913) is way high that the 0.5 threshold value meaning that convergent validity can be assumed. We may also observe that for formative construct the rho_A criterion is enough. The other values are not calculated by the model. These values determine us to assume that all our model is coherent and representative for the sample analyzed (Table 3).

Standardised Root Mean Square Residual (SRMR-0.082) has a value less than 0.1 explaining a good fit (Götz et al., 2010). The Chi-Square value for the estimated model should be greater or at least equal with the value for the saturated model. In our case the equality is presented meaning that our model is consistent and confirms that our hypotheses are accepted (Table 4).

Table 4. Model fit

Latent_construct	SaturatedModel	EstimatedModel
SRMR	0.082	0.082
Chi-Square	1908.740	1908.740

The multicollinearity is analyzed through each construct's Variance Inflation Factor (VIF). VIF values are less than 5 (accepted threshold) for all our constructs. Thus, no collinearity is manifested within our model (Bido & da Silva, 2019; Hair et al., 2019; Sarstedt & Cheah, 2019) (Table 5).

Table 5. VIF Values

Variable	VIF	Variable	VIF	Variable	VIF	Variable	VIF	Variable	VIF
10Pers	2.231	18Hygiene	1.874	45Tense	1.455	57Chance	1.926	64Person	2.130
11Correct	4.063	21Rewars	1.316	47Personel	1.437	59NoHuman	1.630	65 Drog Pr	1.946
12Human	2.256	29Concern	1.314	48Hurt	1.707	5Fare	3.110	67Behave	1.976
14Protect	2.570	30High Dr	2.069	4Support	3.532	60NoRespect	2.110	6Trust	2.972
15Needs	3.439	31Living	1.415	50Break	1.841	61Opportunity	1.827	73Debts	1.489
16Rules	2.192	38Confuse	1.639	51Physic	1.784	62FamContact	1.951	7Law	2.599
17Respect	3.634	44Alone	1.286	53Sale	1.579	63Health	1.926	8Com	2.527

To evaluate the significance of variables, the Variance Inflation Factor (VIF) of each construct was performed with 5000 samples, and a reliability of 95% through bootstrapping procedure with the help of SmartPLs software. The bootstrapping process assesses the importance of the model-implied vanishing tetrads in the PLS-SEM setting (Gudergan et al., 2008). Each concept's Variance Inflation Factor (VIF) was used to assess variable importance.

The results are summarized in Figure 2, Table 6. The two-tailed T-test in bootstrapping values is higher than 1.96. In other words, the values are higher at the critical level, which means they are significant. P values are smaller than 0.05, Thus, our model is validated and representative. The path coefficient (47.238) has very good values. All these criteria allow us to assess that all analyzed factors have important influence within our model. Some threats are transformed into opportunities and have a good influence on LifeQuality. We also observe that all the subitems of our variables have values greater than 1.9 in Bootstrapping analysis, meaning that they have important weight into our models. There are two exceptions 38Confuse, 45Tense, but not very important, thus we decided to keep it into the model.

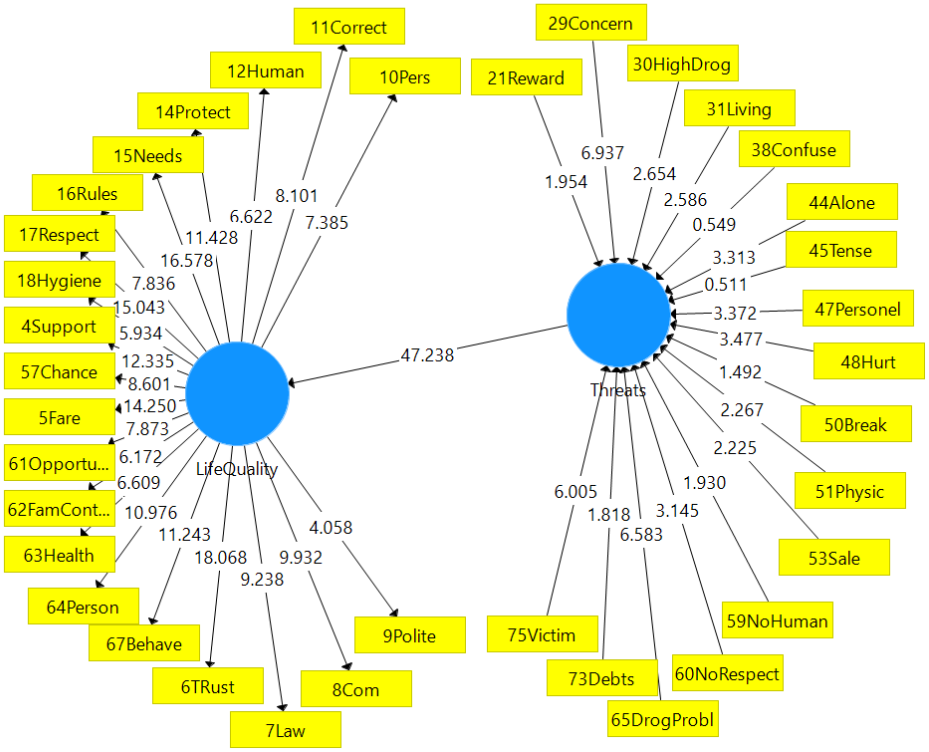


Fig. 2 Bootstrapping analysis

Table 6. Bootstrapping model validation

Latent_construct	Original Sample	Mean	St Dev	T Stat	P Value
Threats _> LifeQuality	0.856	0.877	0.018	47.238	0.000

Discussions

This paper brings into the light results from social research on imprisoned individuals, by fully respecting the principles of justice and respect for persons, as stated in the Belmont Report (Beauchamp, 2008). The research team respected the ethical framework in this field and ensure the correct obtaining of the prisoners informed consent, considering: (1) nature of the consent; (2) adequacy of the information given; and (3) competence and freedom of the prisoners or their legal representatives to

make a choice. We came in respect with the Belmont Report who supports the bioethical principles applicable in all human subjects' researches.

The respondents were informed about the aim of the survey, they also were informed about their right to withdraw at any time from the survey, with no further consequences on their status.

The research project from which the paper resulted is entitled "The psychological impact on the prisoners' quality of life in penitentiary - Romania". The project was pre-approved by the Committee for Ethics in Social and Human Research of the Transylvania University of Brasov in 2018. The principal investigator offered all the instruments of the research to be evaluated and those were approved by the Committee.

The detainees' assessments of their quality of life in prison differ significantly depending on the length of their current sentence. For more than half of the detainees surveyed (58%) violent behavior and addictions are present to a small extent, and for more than a third of them (39%) are present in a moderate, while only 3% of detainees exhibit violent behavior and / or addictions to a large extent. Analyzing the data, we found that there are significant differences between detainees who are in pre-trial detention and those who are definitively convicted both in terms of the scores of factors 3 if there are significant differences in detainees' assessments of the quality of life they have in prison, depending on their type of deprivation of liberty. Thus, A1 is confirmed.

The detainees' assessments of the quality of life they have in prison differ significantly depending on the total length of time they spend in prison throughout their lives. The majority of respondent detainees (81%) consider the quality of life they have in the penitentiary to be satisfactory, 18% as low, while for only 1% of them the quality of life in the penitentiary is a good one. Regarding the negative aspects of life in the penitentiary perceived by the detainees, 19% blame the precarious conditions in the penitentiary, another 19% lack freedom, 14% are dissatisfied with the food received, considering it deficient, 13% feel discriminated against, 10 % blame the non-involvement or abuse of staff and 9% the aggression of other detainees, while only 3% of them complain about the sanctions received in the penitentiary.

The detainees' assessments regarding the quality of life they have in the penitentiary are statistically significantly associated with their participation in the socio-educational programs and medical services offered within it. Half of the respondent detainees (51%) participate to a large extent in the support activities carried out in the penitentiary, and 46% participate to a moderate extent, while only 3% of them participates to a small extent in

these activities. Regarding the positive aspects of life in the penitentiary perceived by the detainees, over a quarter (26%) appreciate the personal development programs followed, 21.5% appreciate the opportunities for education and participation in courses, 17.5% appreciate the opportunity to work , 11% the possibility to maintain contact with the family, while only 7% appreciate the good conditions offered by the penitentiary, 6% the possibility to practice sports, 6% to receive care and only 5% of psychological counselling programs in the penitentiary.

The detainees' assessments regarding the quality of life they have in the penitentiary are statistically significantly associated with their participation in the sports activities carried out within it.

The relationship between detainees is significantly higher ($t = 3.11$, $p. <.01$) in the case of detainees in pre-trial detention, compared to those convicted definitively. On average, detainees in pre-trial detention consider their relations with other detainees in the penitentiary to be much more pleasant, compared to detainees who have been definitively convicted.

The humanity and decency of detainees is significantly higher ($t = 4.40$, $p. <.01$) in the case of detainees in pre-trial detention, compared to those definitively convicted. On average, detainees in pre-trial detention consider that humanity and decency for detainees in the penitentiary are respected to a greater extent, compared to definitively convicted detainees.

Ensuring order in the penitentiary and respecting the rules by detainees is significantly higher ($t = 5.75$, $p. <.01$) in the case of definitively convicted detainees, compared to those in pre-trial detention. On average, final convicts consider that the order in the penitentiary and the observance of the rules by the detainees are ensured to a greater extent, compared to the detainees in pre-trial detention.

The security and support provided to detainees is significantly higher ($t = 2.20$, $p. <.05$) in the case of detainees in pre-trial detention, compared to those convicted definitively. On average, detainees in pre-trial detention consider that security and support are provided to them in the penitentiary to a greater extent, compared to detainees who are definitively convicted.

The mental health and well-being of the detainees is significantly higher ($t = 13.31$, $p. <.01$) in the case of detainees in pre-trial detention, compared to those definitively convicted. On average, detainees in pre-trial detention consider that their health and mental well-being are ensured in the penitentiary to a greater extent compared to final convicted detainees.

Thus, we may affirm that *The quality of life of the detainees in the penitentiary* is significantly higher ($t = 13.04$, $p. <.01$) in the case of detainees in pre-trial detention, compared to those definitively convicted. On average,

detainees in pre-trial detention consider the quality of life they have in prison to be much better compared to final convicts.

Therefore, we can confirm the first specific research assumption, finding that there are significant differences between pre-trial detainees and final convicts, both in terms of the quality of life they have in prison and in terms of certain specific issues related to therefore, such as: relations with other detainees; respect for their humanity and decency in the penitentiary; ensuring the order in the penitentiary and the observance of the rules by the detainees; the security and support provided to them in the penitentiary; their health and mental well-being; and the possibility of maintaining contact with their families.

In order to verify this hypothesis, the t test was used for independent samples to measure the existence of significant differences in the scores of factor 3. The quality of life of the detainees in the penitentiary and its 10 sub-factors composed by it, obtained from definitively convicted detainees serving a sentence of less than 2 years (N = 22) and those with a sentence of more than 2 years (N = 174). The values, the significance thresholds of t, as well as the average scores for the 10 sub-factors and for factor 3.

Analyzing the data in the table, we find that there are significant differences between definitively convicted prisoners serving a sentence of less than 2 years and those with a sentence of more than 2 years, both in terms of factor 3 scores. Quality of life of detainees in prisons, and in terms of the scores of its 3 component sub-factors, respectively sub-factors 3.4., 3.5 and 3.7. Figures 16-19 graphically depict the 3 sub-factors and factor 3, in which there are significant differences in detainees' assessments of the quality of life they have in prison, depending on the length of their current sentence.

Inter-human respect in the penitentiary is significantly higher ($t = 1.96$, $p. <.05$) in the case of detainees serving a sentence of more than 2 years, compared to those with a sentence of less than 2 years. On average, detainees serving a sentence of more than 2 years consider that inter-human respect is ensured in the penitentiary to a greater extent, compared to detainees serving a sentence of less than 2 years.

The security and support provided to detainees is significantly higher ($t = 1.95$, $p. <.05$) in the case of detainees serving a sentence of more than 2 years, compared to those with a sentence of less than 2 years. On average, detainees serving a sentence of more than 2 years consider that security and support are provided to them in the penitentiary to a greater extent, compared to detainees serving a sentence of less than 2 years.

The quality of life of the detainees in the penitentiary is significantly higher (t = 1.96, p. <.05) in the case of detainees serving a sentence of 2 years, compared to those with a sentence of less than 2 years. Detainees serving a sentence of more than 2 years appreciate the quality of life they have in prison as much better, compared to detainees serving a sentence of less than 2 years.

Therefore, we can confirm the second specific research assumption, finding that there are significant differences between definitively convicted prisoners serving a sentence of less than 2 years and those with a sentence of more than 2 years, both in terms of *quality of penitentiary life*. which they have in the penitentiary, as well as regarding certain specific aspects related to it, such as: *the inter-human respect within the penitentiary; correct treatment of detainees; security and support provided in the penitentiary.*

In order to verify this A3, the t test was used for independent samples to measure the existence of significant differences in the scores of factor 3. The quality of life of the detainees in the penitentiary and its 10 sub-factors composed by it, obtained from by detainees who spent a total period of imprisonment of less than 5 years (N = 122) and those who spent a total period of imprisonment of more than 5 years (N = 78). The values, the significance thresholds of t, as well as the average scores for the 10 sub-factors and for factor 3.

Analysing the data in the table, we find that there are significant differences between detainees who spent a total period of imprisonment of less than 5 years and those who spent a total period of imprisonment of more than 5 years, both in terms of factor 3 scores. The quality of life of the detainees in the penitentiary, as well as in terms of the scores of 6 sub-factors component of it, show that there are significant differences in detainees' assessments of the quality of life they have in prison, depending on the total length of time spent in prison, throughout their lives, by them.

Humanity and decency of detainees is significantly higher (t = 3.29, p. <.01) in the case of detainees who spent a total period of more than 5 years in prison compared to those who were imprisoned for less than 5 years. years, throughout life. On average, detainees who have spent a total period of more than 5 years in prison consider that humanity and decency for prison inmates are more respected compared to detainees who have been imprisoned for less than 5 years, throughout life.

Inter-human respect in the penitentiary is significantly higher (t = 3.10, p. <.01) in the case of detainees who spent a total period of more than 5 years in prison, compared to those who were imprisoned less than 5 years, throughout life. On average, detainees who have spent a total period of

more than 5 years in prison consider that inter-human respect is ensured in the penitentiary to a greater extent, compared to detainees who have been imprisoned for less than 5 years. throughout life.

Correct treatment of detainees is significantly higher (t = 3.19, p. <.01) in the case of detainees who spent a total period of more than 5 years in prison compared to those who were imprisoned for less than 5 years. years, throughout life. On average, detainees who have spent a total period of more than 5 years in prison are considered to be treated fairly in the penitentiary to a greater extent compared to detainees who have been imprisoned for less than 5 years, throughout life.

The mental health and well-being of the detainees is significantly higher (t = 2.28, p. <.05) in the case of detainees who spent a total period of more than 5 years in prison, compared to those who were imprisoned for less than 5 years. years, throughout life. On average, detainees who have spent a total of more than 5 years in prison consider that their health and mental well-being are provided in the penitentiary to a greater extent, compared to detainees who have been imprisoned for less than 5 years, throughout life. The maintenance of contact with the family by the detainees is significantly higher (t = 2.99, p. <.01) in the case of detainees who spent a total period in prison longer than 5 years, compared to those who were imprisoned more less than 5 years, throughout life. On average, detainees who have spent more than 5 years in prison maintain more contact with their own families to a greater extent, compared to detainees who have been imprisoned for less than 5 years, throughout their lives.

The quality of life of the detainees in the penitentiary is significantly higher (t = 2.77, p. <.01) in the case of detainees who spent a total period in prison longer than 5 years, compared to those who have been imprisoned for less than 5 years, throughout their lives. On average, detainees who have spent a total of more than 5 years in prison appreciate the quality of life they have in prison as much better, compared to detainees who have been imprisoned for less than 5 years throughout their lives.

Therefore, we can confirm the third specific research hypothesis, finding that there are significant differences between detainees who have spent a total period of imprisonment of less than 5 years and those who have spent a total period of imprisonment of more than 5 years, both in terms of the quality of life they have in the penitentiary and in terms of certain specific aspects related to it, such as: the relations between the penitentiary staff and the detainees; respect for their humanity and decency in the penitentiary; inter-human respect in the penitentiary; correct treatment

of detainees; their health and mental well-being; and the possibility of maintaining contact with their families.

Conclusions

Considering the analyzed data, we can confirm the first general research assumption, finding that there are significant differences in terms of detainees' assessments regarding the quality of life they have in prison depending on all 3 characteristics regarding deprivation of liberty and execution. by them, respectively:

• Depending on the type of deprivation of liberty, between those placed in custody and those definitively convicted;

• Depending on the length of the current sentence served, between those with a lower sentence and those with sentence of more than 2 years;

• Depending on the total length of time spent in prison, throughout life, between those who spent less and those who spent more than 5 years in prison.

The LifeQuality into the penitentiary is influenced by the real threats, but in this penitentiary more threats are transformed in opportunities and advantages

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