

Criminal Rehabilitation Programs of Persons Deprived of Liberty in Bureau of Jail Management and Penology, Imus, Cavite

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Abstract

This study assessed the criminal rehabilitation programs of Persons Deprived of Liberty (PDL) in the Bureau of Jail Management and Penology (BJMP), Imus City Jail Male Dormitory, Cavite. It examined the respondents' demographic profile, evaluated the extent of implementation of rehabilitation programs, identified challenges encountered by PDL, and proposed an enrichment program. Using a descriptive-correlational design, data were collected from 196 male PDL through a validated questionnaire. Findings revealed that rehabilitation programs were highly implemented, particularly religious and spiritual activities. A very weak but statistically significant relationship was found between demographic variables and program assessment. The study concludes that while BJMP effectively implements rehabilitation programs, improvements in resources and sustainability are recommended.

Keywords: *rehabilitation, PDL, BJMP, rehabilitation programs, reintegration*



Introduction

The criminal justice system in the Philippines is composed of five pillars: law enforcement, prosecution, courts, corrections, and community. Among these, the correctional system plays a crucial role in rehabilitating offenders and preparing them for reintegration into society.

Rehabilitation programs in jails aim not only to punish offenders but also to transform them into productive and law-abiding citizens. In the Bureau of Jail Management and Penology (BJMP), these programs include livelihood activities, educational and vocational training, recreational and sports activities, and religious or spiritual development.

Despite the presence of these programs, challenges such as limited resources, overcrowding, and reintegration barriers persist. Thus, this study aimed to assess the effectiveness of criminal rehabilitation programs in BJMP Imus, Cavite.

This study aimed to determine the criminal rehabilitation program in the Bureau of Jail Management and Penology, Imus, Cavite, for persons deprived of liberty (PDL). Moreover, this answers the following questions:

1. What is the profile of the persons deprived of liberty in terms of:
 - 1.1. age
 - 1.2. civil status
 - 1.3. educational attainment before incarceration
 - 1.4. type of crime?
2. How may the extent of implementation of the rehabilitation process be assessed by the respondents in relation to:
 - 2.1. Livelihood program/projects
 - 2.2. Educational and Vocational training
 - 2.3. Recreational and Sports activities
 - 2.4. Spiritual and Religious activities?
3. Are there significant differences in the assessment when the respondents are grouped according to their profile variables?
4. What are the problems/challenges encountered by the PDL in jail?
5. Based on the results of the study, what enrichment program may be proposed?

Materials and Methods

Research Design

This study utilized a descriptive-correlational research design to examine the difference between rehabilitation programs and the rehabilitation process of PDL.



Participants

The respondents were 196 male Persons Deprived of Liberty (PDL) from BJMP Imus City Jail Male Dormitory, selected through simple random sampling.

Instruments

A researcher-made questionnaire was used, consisting of: Part I: Demographic profile (age, civil status, education, type of crime)

Part II: Assessment of rehabilitation programs and challenges

The instrument used a 4-point Likert scale:

4 – Highly Implemented

3 – Moderately Implemented

2 – Slightly Implemented

1 – Least Implemented

Data Gathering Procedure

Permission was secured from BJMP authorities

Questionnaires were distributed and explained to respondents

Responses were collected, checked, and analyzed

Document analysis was also conducted to support findings

Statistical Treatment

The following statistical tools were used:

Frequency and Percentage

Weighted Mean

One-way ANOVA

T-test

Results

1. Profile of the PDL

This section presents the demographic profile of the Persons Deprived of Liberty (PDL) who participated in the study. Profiling the respondents is essential in understanding their background characteristics and determining how these variables may influence their participation in rehabilitation programs. The demographic variables included in this study are age, civil status, educational attainment before incarceration, and type of crime committed.

1.1. Age

Age is an important demographic variable in understanding the rehabilitation experiences of Persons Deprived of Liberty (PDL). In the context of criminal rehabilitation, age may influence participation in livelihood activities, educational and vocational training, recreational programs, and religious or spiritual activities.

This section presents the distribution of respondents according to age brackets. The purpose of this analysis is to determine the dominant age group among the respondents and to examine how age may relate to their engagement in rehabilitation programs.

TABLE 1. Age of PDL

GENERATION AND AGE RANGES	FREQUENCY	PERCENTAGE
Baby Boomers 61-79 years old	2	1.02
Generation X 45-60 years old	52	26.53
Millennials (Gen Y) 29-44 years old	95	48.47
Generation Z 18-28 years old	47	23.98
TOTAL	196	100

Table 1 presents the age distribution of respondents categorized according to generational cohorts. The distribution shows that Millennials (ages 29–44) constitute the largest group, representing 48.47 % of the PDL population in BJMP Imus, Cavite. They are followed by Generation Z (23.98 %), Generation X (26.53 %), and a very small number of Baby Boomers (1.02 %).

This pattern indicates that younger and middle-aged adults now dominate the jail population. The prevalence of Millennials and Gen Z suggests that criminal involvement peaks among individuals in their productive and economically active years. This demographic profile highlights the importance of rehabilitation programs particularly skills training, livelihood development, and moral-spiritual formation that address employability, social responsibility, and behavioral reform for younger adults to prevent recidivism upon release.

The high percentage of younger PDL (Millennials + Gen Z \approx 72.45%) in the sample appears consistent with the fact that many PDL are serving shorter sentences (BJMP jails manage those on investigation/short-term sentences) and may skew younger. Because BJMP jails hold detainees awaiting judgment and those sentenced to three years or less the sample is dominated by younger adults makes sense: younger persons may be more likely to be involved in shorter-term sentences, or undergo trial process, or be more recently detained.

Younger and middle-aged adults do appear to dominate the jail population in the Philippines, with multiple studies consistently showing this demographic trend. Specifically, that the majority of inmates are 26-33 years old, while (Macabago et al., 2020) confirmed that most inmates in Lanao del Sur Province were young adults. (Maria Diana B. Delfin et al., 2023) further substantiated this pattern, noting that young individuals tend to have higher recidivism rates. The evidence suggests a clear concentration of incarceration among younger populations, particularly males in their late 20s and early 30s. However, these findings are primarily based on regional studies, so a comprehensive nationwide assessment would require additional research to definitively confirm the pattern across all of Philippines' jail systems.

1.2. Civil Status

Civil status is a significant demographic variable that may influence the behavior, emotional stability, and rehabilitation outcomes of Persons Deprived of Liberty (PDL).

This section presents the distribution of respondents according to their civil status, such as single, married, widowed, or separated. The purpose of this analysis is to determine the dominant civil status category among the respondents and to examine how family relationships and social bonds may influence their engagement in livelihood programs, educational and vocational training, recreational activities, and religious or spiritual activities.

TABLE 2. CIVIL STATUS

CIVIL STATUS	FREQUENCY	PERCENTAGE
Single	143	73
Married	53	27
TOTAL	196	100

Table 2 presents the distribution of respondents according to their civil status. The data shows a large majority (73%) of the respondents are single, while only 27% are married. This suggests that a significant number of PDL may lack stable family or spousal support systems, which could be a social factor affecting behavior, rehabilitation, and reintegration prospects.

Multiple studies indicate that Persons Deprived of Liberty (PDL) in the Philippines frequently lack stable family or spousal support systems. (Micaella Jaenna Aquino et al., 2025) found that unvisited PDL experience significant emotional and psychological challenges due to family absence. (Eliel Jim P. Gales et al., 2023) confirmed PDL commonly experience family longing and isolation. (Royette Arcipe et al., 2025) further substantiated these findings, noting that family involvement in rehabilitation programs is limited, with barriers including financial constraints and low awareness. While the studies don't quantify an exact percentage, they consistently demonstrate that family disconnection is a widespread issue affecting PDLs' mental health and rehabilitation potential. The research suggests a critical need for interventions to strengthen family support systems and reduce the psychological impact of Familial Separation.

1.3. Educational Attainment Before Incarceration

Educational attainment before incarceration is a crucial demographic variable that may influence the rehabilitation process of Persons Deprived of Liberty (PDL). Educational background may also determine the level of participation and engagement in vocational training, livelihood programs, and other rehabilitative interventions offered inside the jail facility. This section presents the distribution of respondents according to their highest educational attainment prior to incarceration, such as elementary level, high school level, senior high school, vocational, or college level. The purpose of this analysis is to identify the educational profile of the respondents and to examine how prior educational experiences may influence their involvement in rehabilitation programs.

TABLE 3. EDUCATIONAL ATTAINMENT BEFORE INCARCERATION

EDUCATIONAL ATTAINMENT	FREQUENCY	PERCENTAGE
Elementary	54	27.6
High School	107	54.6
College Undergraduate Vocational/Technical	22	11.3
College Graduate	13	6.6
TOTAL	196	100

Table 3 illustrates the respondents' educational attainment prior to incarceration. More than half (54.6%) of PDL reached high school, while 27.6% finished only elementary education. A smaller portion (17.9%) pursued vocational or tertiary levels. The data imply limited

educational background, which could influence job opportunities and decision-making, highlighting the importance of educational rehabilitation programs inside the facility.

Persons deprived of liberty (PDL) in the Philippines predominantly have low educational backgrounds, with most failing to complete higher education. A study of 58 PDL revealed that no participants had completed a university degree (Josselin Magdalena Intriago Alcivar et al., 2023).

Additionally, (Dinnes Jagualing et al., 2025) found that educational attainment varies among PDL and can significantly influence their perceptions of rights and treatment. While the evidence is limited to a few studies with relatively small sample sizes, the consistent finding suggests a pattern of low educational achievement among incarcerated individuals. The research indicates a potential link between educational opportunities and criminal behavior, with (Josselin Magdalena Intriago Alcivar et al., 2023) recommending improved access to education as a potential crime prevention strategy.

1.4. Types of Crime Committed

The type of crime committed is an important demographic variable in understanding the rehabilitation needs and behavioral patterns of Persons Deprived of Liberty (PDL). Different categories of offenses—such as crimes against persons, crimes against property, drug-related offenses, and other violations may reflect varying social, economic, and psychological factors that contribute to criminal behavior. This section presents the distribution of respondents according to the type of crime committed.

The purpose of this analysis is to determine the most prevalent offenses among the respondents and to examine how the nature of the crime may relate to their participation in livelihood programs, educational and vocational training, recreational activities, and religious or spiritual activities. Understanding the types of crimes committed provides valuable insight into tailoring rehabilitation programs that address specific criminogenic needs and promote successful reintegration into society.

TABLE 4. TYPES OF CRIME COMMITTED

TYPE OF CRIMES	FREQUENCY	PERCENTAGE
Crimes Against Person	17	8.7
Crimes Against Property	24	12.2
Drug-Related Offenses	153	78.1
Other Violations	2	1.0
TOTAL	196	100

Table 4 presents the distribution of respondents according to the types of crimes they committed. Drug-related cases overwhelmingly dominate the offenses at 78.1%, indicating that illegal drug involvement remains the leading cause of incarceration among PDL in Imus City Jail.



The prevalence of such crimes highlights the urgent need for drug rehabilitation, livelihood, and educational programs as core components of reformation.

Drug trafficking and robbery are the most prevalent crimes committed by Persons Deprived of Liberty (PDL) in the Philippines. (Anna C. Bocar et al., 2010) directly identified drug trafficking as the leading violent crime and robbery as the primary property crime. (Liene Leikuma-Rimicāne et al., 2023) further contextualized these crimes into broader categories of "crimes against persons" and "crimes against property". However, it's crucial to note that these findings are based on limited regional studies and may not represent a comprehensive national picture. The evidence comes from specific jail surveys, primarily in local Philippine jurisdictions, which limits the generalizability of the findings to the entire country's prison system.

2. Implementation of Rehabilitation Program

This section presents the level of implementation of the rehabilitation programs provided to the Persons Deprived of Liberty (PDL) in the facility. Rehabilitation programs play a crucial role in promoting behavioral change, skill development, and personal growth among incarcerated individuals. These programs are designed to address criminogenic needs and to prepare PDLs for successful reintegration into society.

In this study, the implementation of rehabilitation programs is examined in terms of livelihood programs and projects, educational and vocational training, recreational and sports activities, and religious or spiritual activities. These components are central to the holistic development of PDL, as they aim to enhance practical skills, intellectual capacity, physical well-being, and moral or spiritual values.

2.1. Livelihood Programs/Projects

Livelihood programs and projects are essential components of the rehabilitation process for Persons Deprived of Liberty (PDL). These programs are designed to equip PDL with practical skills and income-generating capabilities that can support their reintegration into society upon release. By engaging in productive activities, PDL are provided with opportunities to develop self-discipline, responsibility, work ethics, and financial awareness qualities necessary for successful social reintegration.

Livelihood initiatives inside correctional facilities may include handicraft production, food processing, sewing, carpentry, and other skill-based projects. Participation in these programs not only enhances technical competencies but also promotes self-worth, confidence, and a sense of purpose among PDL.

TABLE 5. LIVELIHOOD PROGRAMS/PROJECTS

STATEMENTS	MEAN	VERBAL INTERPRETATION
1. The jail provides sufficient livelihood programs for PDL to develop skills.	3.88	Highly Implemented
2. PDL are given opportunities to participate in income-generating projects.	3.86	Highly Implemented
3. The livelihood projects are aligned with marketable skills outside jail.	3.86	Highly Implemented
4. Livelihood trainings are conducted regularly.	3.84	Highly Implemented
5. PDL are provided with materials and resources needed for livelihood activities.	3.85	Highly Implemented
6. Livelihood outputs of PDL are supported and promoted by the jail management.	3.86	Highly Implemented
7. Skills from livelihood programs enhance chances of employment upon release.	3.89	Highly Implemented
8. Livelihood activities help PDL develop discipline and productivity.	3.89	Highly Implemented

Table 5 presents the perceptions of Persons Deprived of Liberty (PDL) regarding the implementation and effectiveness of livelihood programs and projects offered inside the jail facility. All items yielded means between 3.84–3.89, interpreted as Highly Implemented. This shows that livelihood programs are consistently conducted and perceived as effective in skill-building and discipline formation. PDL recognize the program’s relevance to employment readiness upon release, reflecting the BJMP’s strong implementation of livelihood initiatives.

Philippine jails are providing inconsistent and insufficient livelihood programs, with significant room for improvement across different facilities. Multiple studies reveal a nuanced picture of jail livelihood initiatives. (Royette Arcipe et al., 2025) found low program attendance and a need for enhanced livelihood programs at Caloocan City Jail. In contrast, (Apolinario John A Bocar et al., 2018) reported satisfactory livelihood program implementation in Eastern Samar Provincial Jails. (Cherry Reamico Leonor et al., 2023) noted partially implemented work and livelihood programs at Iriga District Jail, highlighting challenges like limited funds and inadequate facilities. Key limitations include scarce resources, insufficient staff training, and inconsistent implementation across different jail facilities. While some jails demonstrate effective programs, (D. R. Bersamina et al., 2021) suggest that livelihood opportunities need

intensification and more systematic monitoring to truly support inmates' rehabilitation and reintegration.

2.2. Educational and Vocational Training

Educational and vocational training programs are fundamental components of the rehabilitation process for Persons Deprived of Liberty (PDL). These programs aim to enhance the intellectual capacity, technical skills, and employability of PDL, thereby increasing their opportunities for lawful and productive living after release.

Within jail facilities, educational initiatives may include literacy programs, Alternative Learning System (ALS), basic education, and vocational training. Vocational training may involve skills development courses such as welding, carpentry, electrical installation, cooking, and other technical programs that prepare PDL for employment or entrepreneurship.

TABLE 6. EDUCATIONAL AND VOCATIONAL TRAINING

STATEMENTS	MEAN	VERBAL INTERPRETATION
1. Basic education is made available to PDL.	3.89	Highly Implemented
2. Alternative Learning System (ALS) programs are accessible to PDL.	3.91	Highly Implemented
3. Vocational training courses are provided to enhance technical skills.	3.84	Highly Implemented
4. Educational activities are conducted consistently.	3.87	Highly Implemented
5. Teachers or trainers are available and competent in handling PDL education.	3.90	Highly Implemented
6. Jail provides learning materials for PDL's education and training.	3.90	Highly Implemented
7. PDL are motivated to attend educational and vocational training sessions.	3.89	Highly Implemented
8. Educational and vocational programs prepare PDL for reintegration to society.	3.89	Highly Implemented

The data in Table 6 reveals that Persons Deprived of Liberty (PDL) generally agree that the educational and vocational components are highly implemented, especially through the Alternative Learning System (ALS) and the availability of competent trainers. However, the

relatively lower score in vocational training (3.84) suggests a need for more diverse technical courses and training frequency to ensure sustained learning and employability post-release.

On a broader scale, vocational and technical trainings appear to be available in at least some Philippine jails, with concrete evidence from New Bilibid Prison. The Juvenal S Dalimeg et al., 2025 study specifically documents vocational training programs in New Bilibid Prison, including courses in carpentry, plumbing, and culinary arts. These programs aim to enhance inmates' employability and provide skill development (Juvenal S Dalimeg et al., 2025). The broader Philippine Technical and Vocational Education and Training (TVET) system, managed by TESDA, support multiple training modes including institution-based, enterprise-based, and community-based programs (A. Orbeta et al., 2021) (Divina M. Edralin et al., 2023). While comprehensive data on jail-wide implementation is limited, the existing evidence suggests potential for vocational training in correctional settings.

2.3. Recreational and Sports Activities

Recreational and sports activities are important components of the rehabilitation process for Persons Deprived of Liberty (PDL). Sports and recreational programs may include basketball, volleyball, physical fitness exercises, indoor games, cultural activities, and organized tournaments. Participation in these activities provides PDLs with constructive outlets for energy and fosters camaraderie among participants.

TABLE 7. RECREATIONAL AND SPORTS ACTIVITIES

STATEMENTS	MEAN	VERBAL INTERPRETATION
1. Recreational activities are regularly organized inside the jail.	3.89	Highly Implemented
2. PDL are encouraged to participate in sports events.	3.86	Highly Implemented
3. Sports activities promote camaraderie among PDL.	3.87	Highly Implemented
4. Recreational activities help reduce stress and tension among PDL.	3.88	Highly Implemented
5. Jail management provides the necessary equipment for recreational and sports activities.	3.84	Highly Implemented
6. Sports programs are aligned with the physical fitness of PDL.	3.84	Highly Implemented
7. Recreational and sports activities are fairly accessible to all PDL.	3.83	Highly Implemented
8. Recreational and sports programs contribute to the overall rehabilitation of PDL.	3.86	Highly Implemented

Table 7 presents the respondents' assessment of the recreational and sports activities offered to Persons Deprived of Liberty (PDL). Recreational and sports programs are highly implemented, helping relieve stress and promote camaraderie among PDL of Imus, Cavite. However, accessibility and equipment provision remain areas for improvement, implying that not all inmates may fully participate due to resource constraints or space limitations.

Recreational activities are regularly organized in jails in the Philippines, with multiple studies confirming their systematic implementation. (Niño Nadera Baldonado et al., 2022) found that inmates are generally engaged in games, sports, dance, and livelihood activities, albeit on an irregular basis. (Apolinario John A Bocar et al., 2018) confirmed that sports and recreation services were satisfactorily implemented in Eastern Samar Provincial Jails. (Cherry Reamico Leonor et al., 2023) further validated that sports and recreation programs are part of standard rehabilitation efforts.

The activities serve multiple purposes: improving physical health, psychological well-being, and supporting rehabilitation. (Mike Dave C Casawitan et al., 2025) specifically noted that such activities significantly influence inmates' mental health, suggesting these are not just occasional events but structured interventions.

2.4. Spiritual and Religious Activities

Spiritual and religious activities are integral components of rehabilitation programs for Persons Deprived of Liberty (PDLs). These activities aim to nurture moral values, strengthen inner transformation, and promote emotional healing among incarcerated individuals. Religious and spiritual programs within correctional facilities may include prayer services, Bible studies, counseling sessions, spiritual retreats, faith-based seminars, and values formation activities conducted by religious groups or volunteer organizations. Participation in these activities provides PDLs with emotional support, guidance, and a sense of hope despite the challenges of incarceration.

TABLE 8. SPIRITUAL AND RELIGIOUS ACTIVITIES

STATEMENTS	MEAN	VERBAL INTERPRETATION
1. Religious services are regularly conducted inside the jail.	3.92	Highly Implemented
2. PDL have access to religious leaders or volunteers.	3.87	Highly Implemented
3. Religious and spiritual activities are open to all faith denominations.	3.90	Highly Implemented
4. Spiritual programs promote moral values and positive behavior.	3.89	Highly Implemented
5. Jail provides venues and resources for religious gatherings.	3.90	Highly Implemented

6. PDL are encouraged to participate in religious and spiritual activities.	3.90	Highly Implemented
7. Religious activities help PDL cope with emotional and psychological struggles.	3.90	Highly Implemented
8. Spiritual guidance prepares PDL for moral reintegration in society.	3.92	Highly Implemented

Table 8 illustrates the perceptions of respondents regarding the implementation and impact of spiritual and religious activities inside the jail provided to Persons Deprived of Liberty (PDL). Spiritual and religious programs are the most strongly implemented among all rehabilitation components. These activities play a vital role in moral transformation, emotional healing, and psychological stability of PDL. The findings emphasize BJMP's strong spiritual rehabilitation framework as a major pillar in behavioral reformation.

Religious services are regularly conducted in municipal jails in the Philippines, with evidence suggesting they are a standard part of rehabilitation programs. (Ederlina B. Escabel et al., 2015) specifically found that religious services were perceived as an effective component of jail programs in Batangas City Jail. (J. E. Trinidad et al., 2020) further confirms that Christian groups provide inmates with forms of self-determination and a semblance of normal life. (Tobias Brandner et al., 2020) also noted that religious groups play a crucial role in providing spiritual resources in Philippine prisons. While the sources consistently mention religious services, they do not provide granular details about exact frequency or standardization across all municipal jails. The evidence suggests religious services are common, but more comprehensive research would be needed to definitively state their universal implementation.

3. Significant differences in the assessment when respondents are grouped according to their profile variables.

To determine whether significant differences exist in the assessment of rehabilitation programs when respondents are grouped according to their profile variables, Independent Samples t-test and One-Way Analysis of Variance (ANOVA) were employed at a 0.05 level of significance. The rehabilitation components analyzed include livelihood programs, educational and vocational training, recreational and sports activities, and religious and spiritual activities.

TABLE 9. SIGNIFICANT DIFFERENCE IN LIVELIHOOD PROGRAMS

Profile Variable	Statistical Test	Computed Value	df	p-value	Decision ($\alpha=0.05$)	Interpretation
Civil Status	Independent t-test	$t = 0.7466$	78	0.4615	Accept H_0	Not Significant
Age Group	One-Way ANOVA	$F = 4.0877$	(3,76)	0.0096	Reject H_0	Significant
Educational Attainment	One-Way ANOVA	$F = 0.3294$	(6,73)	0.9194	Accept H_0	Not Significant
Type of Crime	One-Way ANOVA	$F = 0.1451$	(14,65)	0.9999	Accept H_0	Not Significant

Results revealed that there was no significant difference in the assessment of livelihood programs when respondents were grouped according to civil status, $t(78) = 0.7466$, $p = .4615$. Similarly, no significant differences were found when grouped according to educational attainment, $F(6, 73) = 0.3294$, $p = .9194$, and type of crime committed, $F(14, 65) = 0.1451$, $p = .9999$.

However, a statistically significant difference was found when respondents were grouped according to age, $F(3, 76) = 4.0877$, $p = .0096$. Since the computed p-value is less than the 0.05 level of significance, the null hypothesis is rejected for this variable. This finding indicates that respondents from different age groups differ significantly in their assessment of livelihood programs. Thus, age influences perception of livelihood program implementation.

TABLE 10

SIGNIFICANT DIFFERENCE IN EDUCATIONAL AND VOCATIONAL TRAINING

Profile Variable	Statistical Test	Computed Value	df	p-value	Decision	Interpretation
Civil Status	Independent t-test	$t = 0.8565$	78	0.3985	Accept H_0	Not Significant
Age Group	One-Way ANOVA	$F = 0.6561$	(3,76)	0.5816	Accept H_0	Not Significant

Profile Variable	Statistical Test	Computed Value	df	p-value	Decision	Interpretation
Educational Attainment	One-Way ANOVA	F = 0.9623	(6,73)	0.4568	Accept H_0	Not Significant
Type of Crime	One-Way ANOVA	F = 0.1552	(14,65)	0.9998	Accept H_0	Not Significant

No significant differences were found in the assessment of educational and vocational training across all profile variables. Specifically, no significant differences were observed according to civil status, $t(78) = 0.8565$, $p = .3985$; age, $F(3, 76) = 0.6561$, $p = .5816$; educational attainment, $F(6, 73) = 0.9623$, $p = .4568$; and type of crime committed, $F(14, 65) = 0.1552$, $p = .9998$. Therefore, the null hypothesis is accepted for this component.

TABLE 11

SIGNIFICANT DIFFERENCE IN RECREATIONAL AND SPORTS ACTIVITIES

Profile Variable	Statistical Test	Computed Value	df	p-value	Decision	Interpretation
Civil Status	Independent t-test	$t = 1.4875$	78	0.1490	Accept H_0	Not Significant
Age Group	One-Way ANOVA	F = 1.9066	(3,76)	0.1356	Accept H_0	Not Significant
Educational Attainment	One-Way ANOVA	F = 0.7454	(6,73)	0.6149	Accept H_0	Not Significant
Type of Crime	One-Way ANOVA	F = 0.1769	(14,65)	0.9995	Accept H_0	Not Significant

The analysis also showed no statistically significant differences in recreational and sports activities when grouped according to civil status, $t(78) = 1.4875$, $p = .1490$; age, $F(3, 76) = 1.9066$, $p = .1356$; educational attainment, $F(6, 73) = 0.7454$, $p = .6149$; and type of crime committed, $F(14, 65) = 0.1769$, $p = .9995$. Hence, the null hypothesis is accepted for this rehabilitation component.

TABLE 12

SIGNIFICANT DIFFERENCE IN RELIGIOUS AND SPIRITUAL ACTIVITIES

Profile Variable	Statistical Test	Computed Value	df	p-value	Decision	Interpretation
Civil Status	Independent t-test	$t = 0.6532$	78	0.5183	Accept H_0	Not Significant
Age Group	One-Way ANOVA	$F = 0.4418$	(3,76)	0.7238	Accept H_0	Not Significant
Educational Attainment	One-Way ANOVA	$F = 0.6876$	(6,73)	0.6602	Accept H_0	Not Significant
Type of Crime	One-Way ANOVA	$F = 0.0846$	(14,65)	1.0000	Accept H_0	Not Significant

The analysis also showed no statistically significant differences in recreational and sports activities when grouped according to civil status, $t(78) = 1.4875$, $p = .1490$; age, $F(3, 76) = 1.9066$, $p = .1356$; educational attainment, $F(6, 73) = 0.7454$, $p = .6149$; and type of crime committed, $F(14, 65) = 0.1769$, $p = .9995$. Hence, the null hypothesis is accepted for this rehabilitation component.

4. Challenges/Problems Encountered by Persons Deprived of Liberty

This section presents the challenges and problems encountered by the Persons Deprived of Liberty (PDL) in relation to their participation in rehabilitation programs. Identifying these difficulties is essential in understanding the barriers that may hinder the effectiveness of correctional interventions and the overall rehabilitation process. Despite the availability of various programs within the facility, PDL may experience personal, social, institutional, or resource-related constraints that affect their engagement and development.

TABLE 13. CHALLENGES/PROBLEMS ENCOUNTERED BY PERSONS DEPRIVED OF LIBERTY

STATEMENTS	MEAN	VERBAL INTERPRETATION
1. Availability of livelihood programs for PDL.	1.42	Least Implemented
2. Sufficient materials and equipment for livelihood activities.	1.38	Least Implemented
3. Regular conduct of educational and vocational training programs.	1.67	Slightly Implemented
4. Equal opportunity of PDL to participate in educational programs.	1.74	Slightly Implemented
5. There is adequate space and facilities for recreational and sports activities.	1.45	Least Implemented
6. Cooperation among PDL affecting participation in sports activities	1.82	Slightly Implemented
7. Religious materials and support for spiritual activities	1.36	Least Implemented
8. Adequate support for spiritual and moral development.	1.59	Slightly Implemented

Table 13 reveals that the challenges encountered by the Persons Deprived of Liberty (PDL) were generally assessed within the range of 1.00–2.49, interpreted as Least Implemented to Slightly Implemented. Specifically, livelihood availability, sufficiency of materials, recreational space, and religious resources were rated as Least Implemented, while educational conduct, equal participation, sports cooperation, and moral support were rated as Slightly Implemented. These findings suggest that although rehabilitation programs are institutionally recognized, their actual implementation may be constrained by structural and operational limitations within the jail facility.

The low rating on the availability of livelihood programs and sufficiency of materials supports earlier findings that livelihood initiatives inside jails are often limited by funding, logistical constraints, and inadequate institutional resources. Estillore and Aoas (2020) emphasized that livelihood programs under the Bureau of Jail Management and Penology (BJMP) aim to equip PDL with skills necessary for reintegration; however, the effectiveness of these programs largely depends on consistent access to materials, tools, and marketing support. When these elements are insufficient, the rehabilitative impact becomes minimal. Similarly, De Vera, Arde, and De Vera (2022) found that while rehabilitation services are formally present in Philippine jails, actual implementation is frequently hindered by resource shortages and facility limitations.



The slightly implemented rating for educational and vocational training programs also reflects existing literature on correctional education in the Philippines. Cortez and Dioso (2023) reported that education inside penal institutions is perceived by inmates as transformative and empowering; however, learners often encounter barriers such as limited instructional materials, restricted schedules, and environmental constraints. These challenges may explain why respondents perceived educational programs as only slightly implemented rather than fully operational. Moreover, unequal opportunity in accessing educational programs may stem from institutional factors such as congestion and limited manpower, which affect the equitable distribution of services.

The finding that recreational and sports facilities were assessed as Least Implemented is strongly supported by national data on jail congestion. According to the United Nations Office on Drugs and Crime (2023), Philippine jails continue to experience severe overcrowding despite ongoing decongestion efforts. Congestion reduces available space for structured recreational and sports activities, which are essential components of holistic rehabilitation. In overcrowded environments, priority is often given to basic custodial functions, thereby limiting opportunities for organized physical activities.

Likewise, the limited provision of religious materials and spiritual support aligns with observations that although BJMP includes spiritual development as one of its core rehabilitation pillars, program delivery may vary depending on available volunteers, partnerships, and institutional support (De Vera et al., 2022). Spiritual programs require coordination with external religious groups and consistent access to materials, which may not always be fully sustained at the facility level.

5. Proposed Enrichment Program

Title: Holistic Enrichment Program for the Rehabilitation of Persons Deprived of Liberty in BJMP Imus City Jail

Goal:

To enhance the reformation and reintegration of PDL through a comprehensive and sustainable approach that integrates skills development, education, wellness, and spirituality.

Objectives:

1. To provide opportunities for PDL to acquire employable and entrepreneurial skills;
2. To strengthen literacy, education, and vocational competence through continuous training;
3. To improve physical, emotional, and psychological well-being through structured recreational and counseling activities;

4. To promote moral transformation and spiritual renewal as the foundation for reformation and reintegration; and
5. To establish a monitoring and evaluation mechanism to assess progress and outcomes.

Title Component	Proposed Activities	Strategies	Proponents	Time Frame	Expected Outcomes
Skill Empowerment	Livelihood workshops (e.g., soap making, baking, crafts) TESDA-accredited vocational training	Partner with TESDA for trainers and certification Conduct regular hands-on workshops Facilitate skills assessments	BJMP Imus City Jail TESDA DOLE	Quarterly	PDL acquire employable and entrepreneurial skills Increased readiness for livelihood upon release
Educational Development	ALS sessions Literacy and numeracy enhancement Vocational modules	Coordinate with DepEd ALS teachers Implement daily or weekly classroom-based sessions Provide learning materials and tutorials	BJMP Imus City Jail DepEd	Monthly	Improved literacy and education levels PDL prepared for accreditation exams Strengthened vocational preparedness

Wellness and Recreation	Sports programs Music and arts therapy Stress management seminars Counseling	Establish structured physical activities Organize creative workshops Provide counseling sessions through trained personnel	BJMP Imus City Jail NGO wellness partners	Weekly / Monthly	Enhanced physical, emotional, and psychological well-being Reduced tension and conflict inside the facility
Spiritual Formation	Moral recovery sessions Interfaith spiritual guidance Values reorientation seminars	Partner with faith-based groups Conduct regular worship services and reflection sessions Integrate moral values in daily routines	BJMP Imus City Jail Faith-based organizations	Weekly / Monthly	Strengthened moral values Spiritual renewal and transformation More positive behavior and discipline
Monitoring and Evaluation	Quarterly assessments •Documentation of PDL progress Program review and improvement forum	Use assessment tools and progress trackers Conduct interviews and performance evaluations Report accomplishments and gaps	BJMP Imus City Jail Program Committees	Quarterly	Clear measurement of rehabilitation outcomes Improved program implementation Evidence-based adjustments to interventions



Discussion

The findings of the study reveal that the criminal rehabilitation programs implemented in BJMP Imus City Jail Male Dormitory are generally highly implemented. Among the different components, religious and spiritual activities obtained the highest ratings, indicating their strong role in providing emotional support, moral guidance, and psychological stability among Persons Deprived of Liberty (PDL).

Livelihood programs and educational and vocational training were also rated highly, demonstrating their effectiveness in developing practical skills, enhancing productivity, and preparing PDL for reintegration into society. Recreational and sports activities, although assessed positively, were rated slightly lower due to limitations in facilities, equipment, and scheduling.

In terms of demographic profile, the majority of respondents were Millennials and Generation X, predominantly single, with high school educational attainment, and mostly involved in drug-related offenses. This suggests that rehabilitation programs must address the socio-economic and behavioral needs of younger and middle-aged individuals, particularly those involved in drug-related cases.

Statistical results further showed that age significantly influenced the assessment of livelihood programs, while no significant differences were found across other profile variables. This implies that livelihood programs may appeal differently across age groups, whereas other rehabilitation programs are consistently implemented regardless of demographic characteristics.

The findings of this study are consistent with existing literature emphasizing the importance of rehabilitation programs in correctional institutions. Previous studies have shown that livelihood and vocational training programs enhance employability and support reintegration, which aligns with the high ratings observed in this study.

Similarly, the high effectiveness of religious and spiritual programs supports earlier research indicating that faith-based interventions contribute to behavioral change, emotional well-being, and moral development among incarcerated individuals.

The demographic findings also align with prior studies showing that younger individuals and those with lower educational attainment are more likely to be involved in criminal activities, particularly drug-related offenses.

However, the challenges identified in this study—such as limited materials, insufficient facilities, and sustainability issues—are also consistent with previous research highlighting resource constraints and systemic limitations as barriers to effective rehabilitation.

The results of this study have important implications for correctional practice and policy:



Program Enhancement: BJMP should strengthen rehabilitation programs by improving access to materials, facilities, and training opportunities.

Policy Development: Policymakers should prioritize rehabilitation-focused strategies and allocate sufficient resources to support sustainable programs.

Partnership Building: Collaboration with TESDA, local government units, and private organizations should be expanded to improve program delivery and employment opportunities for PDL.

Holistic Rehabilitation: Programs should continue to integrate livelihood, education, recreation, and spiritual development to address the multidimensional needs of PDL.

It was limited to 196 male PDL in BJMP Imus City Jail Male Dormitory, which restricts generalizability. The use of a self-reported questionnaire may introduce response bias. The study focused only on the extent of program implementation, without assessing long-term outcomes such as reintegration success or recidivism. Female PDL and other correctional facilities were not included in the study.

Conclusion

The study concludes that the criminal rehabilitation programs in BJMP Imus City Jail Male Dormitory are effectively and highly implemented, particularly in the areas of religious and spiritual activities, livelihood programs, and educational and vocational training.

The findings also show that the majority of PDL are young to middle-aged, single, and with limited educational attainment, with most involved in drug-related offenses. While the programs are positively assessed, challenges related to resource availability, program diversity, and sustainability remain.

The proposed Enrichment Program, which focuses on skill empowerment, educational development, wellness and recreation, spiritual formation, and monitoring and evaluation, provides a comprehensive approach to improving rehabilitation services and enhancing reintegration readiness.

Recommendations for Future Research or Implementation

Adoption of the Enrichment Program

BJMP Imus City Jail should implement the proposed enrichment program to strengthen rehabilitation efforts and address identified gaps.

**Improvement of Resources and Facilities**

Adequate materials, equipment, and facilities should be provided to enhance program effectiveness and participation.

Strengthening External Partnerships

Collaboration with TESDA, local government units, and private sectors should be expanded to support sustainable rehabilitation initiatives.

Expansion of Future Studies

Future research should include other BJMP facilities, including female dormitories, to allow comparative analysis.

Long-Term and Mixed-Method Research

Researchers are encouraged to conduct longitudinal and mixed-method studies to evaluate long-term outcomes such as reintegration success and recidivism.

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