


# The Association between Physical Activity in Leisure Time and Juvenile Delinquency in Detained Boys in Yazd Prison

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## Abstract

### *Introduction*

Leisure time is one of the critical issues in the dynamics of the process youth education and training and addressing to it is a solution for bottlenecks and is the key to solve its problems and finally can be consider as a strategy to planning for a desirable and worthy leisure time. Therefore the aim of this study was to evaluate the relationship between physical activity in Leisure Time and Juvenile Delinquency in Detained Boys in Yazd city (Center of Iran).

### *Materials and Methods*

In this descriptive correlation study, 254 boys in Yazd prison, were selected randomly according to the Morgan formula for determine the sample size. Demographic characteristics questionnaires, including Bahrami leisure time questionnaire and Bahrami delinquency rate questionnaire (2013) questionnaires were distributed among them. Finally to ensure the normal distribution of data the Kolmogorov-Smirnov test was done and for data analysis Pearson correlation, simple linear regression, one sample t-test and ANOVA test were used.

### *Results*

A total of 254 boys, in Yazd prison, participated in this study. Our results demonstrated that there was a significant inverse relationship between training and exercise sessions and delinquency rate in imprisoned boys ( $P \leq 0.05$ ). Also there was a significant inverse relationship between delinquency rate and the amount of interest to physical activity in imprisoned boys ( $P \leq 0.05$ ). Between the satisfaction of spending leisure time with delinquency rate, there was a significant inverse relationship too ( $P \leq 0.05$ ).

### *Conclusion*

This study showed that there was a significant inverse relationship between physical activity and delinquency rate in imprisoned boys; it is suggested to be provided for Juvenile physical activity as the reduced rate of delinquency.

## Keywords

[Leisure time](#); [Juvenile delinquency](#); [Physical activity](#)