

Abstract

The study on “Quality of Life Promotion of Inmates at Pathum Thani Correctional Institute for Drug Addicts” aims at studying the level of quality of life promotion and finding out ways to develop various activities to promote the quality of life of the inmates to provide them the readiness to return to society. The sampling of the study consists of 60 male inmates in the Therapeutic Community 2 who are members of 5 activities of quality of life promotion and 5 officers responsible for the activities. Instruments for data collection are questionnaire and interview schedule. Statistics applied for the analysis of data are Frequency Distribution, Percentage, Mean, Standard Deviation, and ANOVA (f-test).

The study finds that the sampling group have an average age of 38 years, are single, and finish elementary education. Their occupations before confinement are mostly general workers. They are convicted for the first time with punishment not over 5 years. Most of the sampling group regularly participate in Yoga and “Prison as Home Dhamma” activities and they like Yoga activities very much. However, it is found that activities they participate effect highly the level of spiritual / emotional quality of life, while they effect only moderately physical and intellectual quality of life.

On ways to promote quality of life, the sampling group view that the Correctional Institute should organize sports competition and promote physical exercises to build up physical strength, relaxation, and harmony among the inmates. The activities organizers should closely supervise the behavior of members in each activity, develop evaluation forms to measure the knowledge and needs of the inmates before and after participation in the activities and to learn about their proposals for future improvement. Resource persons from neighbouring community should be invited to give knowledge to the inmates to generate social acceptance. The Institute administration should support the budget and provide space for holding activities, as well as to give more support for “transsexual” inmates.

Tests of relationship among variables find that the sampling group which used to be organizational employees have higher quality of life promotion than those who used to be general workers. All 5 activities participated by the inmates help promoting the quality of life at moderate level. However, those who regularly or frequently participate in the program for physical and spiritual rehabilitation have higher level of quality of life promotion than those who scarcely participate, and those who regularly or frequently participate in Cabaret activities have higher level of quality of life promotion than those who scarcely or never participate at all.

The study recommends that for the development of all 5 activities the Correctional Institute should invite outside resource persons to give additional knowledge to the inmates. The organizers of physical and spiritual rehabilitation should be provided more training media, and all groups of inmates should be given the opportunity to participate in the Cabaret activities to generate a variety of performance. The chaplain conducting the “Prison as Home Dhamma” activities should assign some inmates to lead religious activities, and officers responsible for the illiterates and those inmates who are interested in continuing education should provide preceding information on the inmates to outside resource persons to facilitate the teaching preparation to suit the backgrounds of each group of the inmates because of their wide difference in the level of knowledge.