

Beata Mydlowska, PhD *, Kazimierz Pierzchała, PhD,
prof. of KUL **

* Socio-Medical University in Warsaw [mydlowskab@wp.pl]

** John Paul II Catholic University in Lublin [k.pierzchala68@o2.pl]

Specificity of the organization of free time in prison

Abstract: The article draws attention to the specificity of forms of spending time by prisoners in modern prisons. The authors conducted an analysis of the ways of spending free time in a selected prison facility. In particular, attention was paid to those forms of activity that foster broadly defined personal development and contribute to the fact that a stay in prison is lost time. Taking into account the opinions of the convicts on the consequences of various forms of spending time, reference was made to their needs related to maintaining relationships within the structure of the self – the world, necessary for the proper psycho-physiological functioning of the personality.

Key words: prison, lost time, time positively used, forms of activity of convicts, penitentiary reality

Introduction

The undertaken deliberations require interpretation of the notion of free time in the conditions of prison isolation – it seems reasonable here to recall the definition by K. Przećławski, who defines free time as time remaining at our free disposal after performing activities related to the satisfaction of biological and hygienic needs and obligatory activities (Przećławski 1993, p. 75) and the one by J. Pięta (2004, p. 11) who regards free time as a state of mind in which we feel

free from cumbersome obligations. This allows us to state that this is the time at the free disposal of the convicts after fulfilling the obligations arising from the fact of being in a penitentiary unit.

The proper spending of free time in prisons is guaranteed by art. 135 § 1 and § 2 of the Executive Penal Code – prisoners are to be provided with appropriate conditions for taking part in cultural, educational, sports and other activities. Art. 102, point 6 of the same act states that they should be provided with the possibility not only to participate in the above mentioned activities, but also to use devices such as: radio, television, a place to read books and newspapers, varied depending on the type and the type of the prison, but always fulfilling educational functions, guaranteeing an increase in the level of education and culture and enabling knowledge of the current events taking place outside the facility (Dąbkiewicz 2018).

The time spent in penitentiary reality is very often perceived by convicts as lost, wasted time. The depriving¹ nature of prison isolation encourages convicts to adopt patterns of behavior which, according to Andrzej Gaberle, a criminal law specialist, “[...] have a demoralizing effect and often push them back into the criminal path” (Gaberle 2009, p. 3). This is often associated with the fact that the process of social rehabilitation is often accompanied by a significant idleness, which frequently leads to socially unacceptable behaviors, resulting in a lack of positive effects of this process.

Such opinions, arousing considerable public concern, mobilize to deepen the analysis and understanding of the perspective of people who have been sentenced to imprisonment and experience the consequences associated with it. They result from many imperfections of our penitentiary system – problems that, even in the situation of a positive criminological-social prognosis, can render the social rehabilitation ineffective. A significant role is played here by the most important shortcomings of the Polish penitentiary system, such as: overcrowded prisons, overly bureaucratic work of the prison staff, unemployment of convicts or demoralizing excess of free time. The latter aspect in particular deserves special attention – out of the set of selected factors hindering the process of social rehabilitation, special emphasis is placed in this study on the use of free time by convicts. The choice of the factor was not accidental, as in the changing reality, both social and prison, it takes on special importance. It is primarily due to the increase in the brutalization of criminal behaviors and the need to release the accumulated negative emotions, the occurrence of various personality deficits in the convicts, as well as due to the loosening of social ties, especially family ties, for which the convicts during the period of penitentiary isolation exhibit great demand.

.....

¹ Deprivation – continuous failure to satisfy a certain biological or (more often) psychological need. It is, next to disturbances, overload and danger, one of the main sources of stress.

Significance of rational use of prisoners' free time

Usually, we do not look at the excess of time in conditions of isolation only as a problem, but we also see it as an opportunity to engage in educational activities – in the case of convicts both corrective and developing. The difficulty to manage their own sphere of activity is primarily related to the conditions of coercion, but taking into account the observations of Karolina Woźny, based on numerous studies, we should consider such factors contributing to the low effectiveness of the social rehabilitation aspect of organization of free time as:

- **stimulative aspect** – in grey and monotonous prisons there is not enough new information and stimuli responsible for brain activity, and therefore it no longer performs its typical functions;
- **spatial and temporal aspect** – related to the loss of a sense of individuality, resulting in selfish attitudes: the large number of people of the same sex in a confined area most often leads to the violation of individual interpersonal distance and focusing on the past and present, rarely on the future, which for the convicts is uncertain;
- **social aspect** – the prison community is a source of stress caused by conflicts associated with the aspect of obedience, performing one's duties, or fear of, for example, becoming a victim of an assault or loss of property;
- **functional aspect** – frequent conflicts between the individual systems of values of prisoners and the values of the prison environment lead to frustration;
- **identity aspect** – the convicted person is deeply affected by the loss of their previous social position, often experiences a lack of support from their loved ones, and is unable to accept the fact that they have to give up their personal belongings, hygienic utensils, cosmetics that they used to create their image before (Woźny 2018, p. 160).

In the above context, it seems particularly important that the prisoners' free time is properly organized, serving not only the so-called "killing of boredom" but also the acquisition of new skills, qualifications or development, or even the discovery of interests and passions they have not had before. The prisoners' participation in various forms of activities organized by the prison may also compensate to some extent for the difficult conditions of penitentiary isolation, as these activities take place mainly outside the prison cell. For these reasons, the proper management of the free time of convicts during penitentiary isolation may be of great importance for the whole process of social rehabilitation and for its final results – it may simply be a way of preventing their return to crime. A lot of attention in the organization of free time is paid to the programmes aimed at preventing auto-aggressive and aggressive behavior, as well as all the others intended to care for the mental health of the detainees, to meet their basic needs, to prevent idleness and pressure from informal groups of detainees.

Major initiatives regarding the organization of the free time of convicts

Numerous imperfections of the Polish penitentiary system that limit the effectiveness of social rehabilitation have become an impulse for many initiatives. They concern both the basic means of social rehabilitation such as: work, education and many other ways of spending free time in the form of cultural, educational, sports activities as well as many re-adaptation programmes, such as: *ABC of first aid* (Pol. *ABC pierwszej pomocy*), *Constructive behavior training* (Pol. *Trening zachowań konstruktywnych*), *Assertively, not aggressively* (Pol. *Asertywnie nie agresywnie*), *Prevention of relapses* (Pol. *Zapobieganie nawrotom*), etc.

Quite a lot of progress has been observed in the implementation of the basic measure of penitentiary social rehabilitation, which is work – thanks to the data of the Central Board of Prison Service, we can learn that while in 2015 the average number of employed prisoners was about 35.5% (and it was only 7% more than in 2005) (Łuczak 2016, p. 65), as of 31.01.2020 the percentage of employed detainees, on a national scale, increased to nearly 55% (Central Board of Prison Service, 2020a), of which significantly more than in previous years worked for external contractors. Such a significant increase in the employment of convicts in our country was achieved not only thanks to additional jobs with external employers, but above all thanks to the participation of many prison facilities in the Readaptation Programme “Work for Prisoners”, which provides for the construction of production halls dedicated to the employment of convicts in 30 penitentiary units. These halls are being built on the premises of prison facilities and will be financed by the Activation Fund of the convicts coming from their earnings (Pierzchała 2018, pp. 147–180). However, it is not work, but free time that is the subject of this study. The convicts, aware of numerous, demoralizing temptations and benefits resulting from pursuing the so-called higher needs, such as: acceptance, authority, friendship, self-respect, etc., engage in voluntary work under the rules contained in the Act of 24 April 2003 on public benefit activity and volunteer work (Journal Laws No. 96, item 873). This gives them a chance to meet the need for contact with others and overcome the feeling of loneliness. These types of activities usually include:

- assistance in housekeeping and shopping for the sick, elderly or disabled;
- visiting patients in hospitals and hospices;
- assistance in animal shelters;
- participation in social campaigns;
- working in community centers;
- assistance in searching for sponsors and raising funds;
- assistance in protection of historical monuments;
- working in helplines;

- co-creation of websites;
- activities for the natural environment;
- artistic activity for charitable purposes.

Voluntary work is important for penitentiary rehabilitation because it develops a lot of skills, compensates for deficiencies, improves the ability to cope with difficult situations. And most of all, volunteering is extremely productive. It helps the convicted person to correctly understand the purpose and usefulness of their activities, and allowing it to properly perform its role in the readaptation process, giving the convict hope for a new, more conscious stage of life after leaving the penitentiary institution (Sztuka 2009, p. 349).

The idea of voluntary work in Polish prisons has a certain tradition. It has begun with the innovative “Duet” programme, carried out from 2002 to the present day, and the “Bona” and “Four Seasons” (Pol. *Cztery Pory Roku*) programmes, which were modelled on it, engaging convicts to work in favor of the disabled. These programmes have already become established as effective and innovative tools for activating convicts in the Polish penitentiary reality (Sztuka 2009, p. 345).

Innovations during imprisonment also include education – the professional preparation of prisoners is usually not very up-to-date and their level of education is quite low. Moreover, these people very often do not show any motivation to undertake any form of education. For these reasons, in undertaking various educational initiatives addressed to detainees, great importance is given to appropriate professional preparation required in the modern labor market. This is essential because without adequate qualifications, the readaptation of persons released from prisons is not only significantly hindered, but also susceptible to return to crime (Szecówka 2007, p. 252).

Present-day prison education is based on the 18 Centers of Continuing Education (CKU – Pol. *Centra Kształcenia Ustawicznego*), which were established in 2012 as a result of the transformation of prison school complexes. According to data from September 2019, more than 3,200 students have undertaken education in these centers (Central Board of Prison Service, 2020b). This network of prison schools provides an opportunity to educate both juvenile convicts, who are subject to compulsory education, and those who want to learn on their own initiative. The education of prisoners is organized on five levels – primary, lower secondary, vocational, secondary and post-secondary (Central Board of Prison Service, 2020b). However, although the name reflects the levels of education found in global education, it is largely focused on short term, course-based education that enables students to gain new qualifications in a shorter time. This form of education is mainly geared towards acquiring practical skills, e.g. general construction, gardening, cooking, fitting, hairdressing, carpentry etc.

As very valuable in the prison education of convicts should be considered education in the form of e-learning based on information and computer technology. This form, thanks to distance learning, which does not require direct contact, is

particularly useful in penitentiary reality. E – learning is an alternative for the convicts who have a short sentence, for those who show motivation to learn, but cannot be qualified to attend a school in the penitentiary unit, and for the convicts who do not want to receive education because it involves moving them to a prison far away from their place of residence (Szecówka 2011, p. 78).

Apart from undertaking many important initiatives concerning work and education in the Polish penitentiary system, significant changes are also observed in the introduction of new models of social rehabilitation measures based on the assumptions of cognitive psychology, which are particularly evident in the implementation of methods of creative social rehabilitation.

Since the use of the assumptions of cognitive psychology is aimed at developing individual characteristics of a person, their potential for self-development and positive transformations of personalities, many prisons in Poland that actively approach the process of social rehabilitation are currently attempting to stimulate the convicts by encouraging their creative activity (Jaworska 2017, p. 97).

The methods of creative social rehabilitation put emphasis on the use of rehabilitation potentials of various fields of art and sport. These methods are set in the context of social interaction and strong social support. Formed and developed in the course of the social rehabilitation measures are structural factors of creative processes, which gradually leads to self-creation of new individual and social competences (Konopczyński 2006, p. 78).

Encouraging the creative activity of convicts may pertain to different spheres and different forms of activity. The most common are: creativity in the field of arts, i.e. music, art, sculpture, literature or theater, often referred to as art therapy. It allows for release of tension and acquisition of social skills. The most effective forms of art therapy are psychodrama and sociodrama therapy (Strycharska-Gać 2002, p. 111). Both of these forms of creative activity are psychological games involving spontaneous recreation of behavior, but while in the case of psychodrama therapy the focus is on the individual, in the sociodrama therapy it is on the whole group (Kalinowski 2008, p. 242). Forms of creative activity are more and more often present in Polish prisons in the editorial work of teams publishing a prison newspaper.

Speaking of various initiatives implemented in penitentiary reality, regardless of the mentioned forms of activity undertaken by convicts, it is also important to note a very valuable initiative concerning the possibility for convicts to use video-conversation via Skype. This programme has been in use since 2014 (Linde 2014, p. 11) and is very popular among convicts. This is primarily because of the strengthening of the relation with the family, which, as we know, provides considerable support during the period of penitentiary isolation. Contacts with the family and other closest people through video calls not only allow the convicts to see their loved ones, but they can also be closer to and experience various family problems together with them. Sharing problems with the family and living out

the joys and sorrows together greatly improves the well-being of the prisoners, as they feel more important, needed and perhaps appreciated.

The indicated forms of activity undertaken by convicts along with various initiatives do not, of course, exhaust all forms of activity that are offered by the Polish penitentiary reality. Being only some examples, they illustrate how wide is the spectrum of these various measures. And although there is some differences in this respect in individual prison facilities, it should be strongly emphasized that the innovations associated with the introduction of new forms of activity of convicts are often expanded and constitute an extremely important part of the overall penitentiary influence. However, the problem often lies in the fact that convicts are not always sufficiently motivated to take advantage of them.

This study has used the results of research in this area to present this issue in more detail, both from the aspect of the offer of activities offered by the prison and the participation of prisoners in these activities and, on this basis, has illustrated the problem of the participation of convicts in various forms of activity within the prison facility in an attempt to evaluate this participation.

The reported results are a part of a wider research carried out by the Department of Social Rehabilitation Pedagogy at the University of Warmia and Mazury in Olsztyn in the years 2012–2019 on the Effectiveness of the social rehabilitation measures of selected prison facilities in the Warmińsko-Mazurskie voivodeship. The research was carried out using the procedure of repeated studies (including a trend study and catamnesis) and concerned two main aspects of the issue, namely: internal effectiveness (analyzed at the final stage of the convicts' stay in prison) and external effectiveness (analyzed after their release).

This study refers to research results related to the internal effectiveness of the process of social rehabilitation of convicts, and in particular to their use of free time and attempts of its assessment during penitentiary isolation. For these reasons the main aim of the study was to identify the most common forms of spending free time by convicts together with their determinants and consequences. As a result, the idea was to try to assess, on the basis of the analyses carried out, to what extent the stay in prison proved to be lost time or time positively used.

The following aspects of the issue have been pointed out in the implementation of the research objective formulated in this way:

- variety of forms of activity undertaken during the stay in prison;
- assessment of the availability of the forms of time management offered by the prison;
- factors that facilitate and hinder undertaking various forms of activity;
- opinions of convicts on the consequences of various forms of activity undertaken by convicts during penitentiary isolation.

The analysis of the results of the research utilized questionnaires of surveys carried out in the years 2017 – 2018 among convicts serving prison sentences

in one of the penitentiary units covered by the overall research. This unit was a closed-type prison facility for men in Iława. The respondents were convicts (172), whose stay was most often coming to an end, or those who had stayed in prison for at least several months (this was an important criterion due to the difficulty of adapting to the conditions of prison isolation, getting to know the various forms of activity offered by the prison and gaining distance to them).

The study group consisted of men of different age (from 18 to 50 years), marital status, category of crimes committed and length of penitentiary isolation. The vast majority of them were sentenced for the first time (only 2 men sentenced to life imprisonment had 2 convictions). However, the largest percentage (nearly 63%) were the youngest men, aged up to 30 years, often unmarried (about 48%), serving a sentence of imprisonment of 1 to 5 years, mainly in the system of programmed influence. These men served prison sentences as a result of committing crimes such as: robbery, burglary, causing serious damage to the victim's health, such as damage to sight, hearing, and crimes against sexual freedom and morality (Penal Code 1997, art. 197).

The choice of the Prison Facility in Iława for conducting research related to the presentation of ways of using free time by convicts was not accidental. The prison has a wide range of activities dedicated to the rational use of this time. Prisoners serving their sentence in this facility may participate in various cultural, educational and sports activities, take advantage of vocational courses organized by the institution, take up employment, pursue education (in middle or general secondary school), participate in various types of therapeutic programmes, get involved with the facility's radio station or newspaper, manage wall newspapers, take care of aquarium fish, etc. Moreover, convicts have the right to develop on their own, e.g., to learn foreign languages, read books and newspapers, and practice various forms of art, such as: sculpture, painting, etc.

The conducted research showed that the most popular form of activity chosen by the convicts was participation in various cultural and educational activities organized in the penitentiary unit. This answer was indicated by as many as 85 respondents (48.2%). It is worth mentioning that these people highly valued the participation in these classes, stating that they offer great benefits because they allow them to relax, fill the prison boredom and often allow to forget about the acts committed and the problems they experience as a result. A significant number of convicts, 67 people, representing 33.1% of the total number of respondents, reported that during penitentiary isolation they quite often took part in various types of sports activities, which in their opinion were very helpful in releasing their accumulated tension and energy.

Other forms of activity frequently mentioned by the prisoners included participation in therapeutic programmes, especially those dealing with the problem of alcoholism (45 people, which accounts for about 26% of the total number of convicts) and reading books, reported by about 30% of respondents.

However, when it comes to the basic means of penitentiary social rehabilitation such as work or education, which may have constituted a way to fill the prisoners' free time, little participation of the respondents was recorded here. This is because it turned out that the use of free time by convicts for work was only reported by 48 respondents (i.e. about 28% of the total), while for various forms of education – by 59 respondents, i.e. almost 34% of all respondents. These people most often took part in vocational training courses in such professions as: painter, wall-paperer, cook, hairdresser, saw operator or paramedic, and less often used the opportunity to graduate from high school, post-secondary vocational school or elementary school.

At the same time, it should be added that the work performed by convicts was usually unpaid (only 7 people were being paid for their work). This was most likely due to the fact that, regardless of considerable difficulties on the labor market, people in closed facilities most often did not meet the requirements related to external employment. Among the unpaid works done by the prisoners, the most frequent was cleaning work on the prison premises as well as work in the prison kitchen and canteen.

Despite the fact that the convicts often took up work which was unpaid, it seems that it played a significant role. Not only because it filled their time during prison isolation, but perhaps also because it became an important element of the overall social rehabilitation measures addressed to the convicts. This is proved by the numerous statements of the respondents on this issue, which clearly emphasize the significant value of the work performed. Among those deserving special attention are, for example: *the work performed improved my self-fulfillment, self-esteem, gave me an opportunity for further training useful in later employment, productively filled my free time and prevented me from participating in informal structures*. In individual cases there were also statements of convicts claiming that the work was helpful when considering applications for conditional, early release, as well as compensation for the public for the harm they had done.

Another evidence that the time spent in prison was positively used by the convicts may be the fact that the convicts during their imprisonment were rewarded for their behavior and activities carried out for the benefit of the prison, e.g. performing unpaid cleaning work. The research revealed that reward should be regarded as a very significant factor in the rational use of the prisoners' free time, all the more so because during the time of penitentiary isolation, it concerned much more often those who were involved in various forms of activity in prison (especially those who participated in several forms) than those who were little involved and approached these activities very passively. The most frequent rewards given to the convicts were permission for a longer visit, an extra food parcel, praise or the possibility of giving the family a gift made by the convict themselves. The least frequently obtained privilege based on the testimonies of the respondents was the permission to see the a loved one outside the prison without supervision. It was granted to only 8 convicts, which constitutes 4.7% of the total

number of respondents, but only to those who demonstrated great involvement in various forms of activity during penitentiary isolation.

An important indicator of constructive use of the prisoners' free time during penitentiary isolation was also the satisfaction with and acceptance of the forms of activity offered by the prison. According to the results of the research, people who were involved in various forms of activity (work, education, cultural and educational activities, sports activities, especially those who participated in several forms) were more likely to approve the activities offered by the prison as satisfactory, not wanting to change anything there. Much less often, on the other hand, this approval was expressed by people who did not take part in the activities or did take part sporadically.

Consequences of passive attitudes towards offered forms of spending free time in prison

The time spent in prison is very often perceived as lost time. Convicts who have been separated from their loved ones for a very long time feel overwhelmed by the fact that they are unable to decide for themselves and have to follow the internal order established in the facility. The research carried out has shown that nearly half of the inmates do not take any activities that would constructively activate their stay in prison, or do so sporadically because, as they themselves say, they simply want to "serve their time" and leave the prison as soon as possible. Most often it is related to the long-term inability to meet their needs due to isolation and having to submit to the hierarchy of the prison environment – after all, staying in prison is a coercion and results from decisions made by other people. The inability to make one's own choices and decide for oneself leads to aggressive behavior and a negative attitude towards any offer of creative activity, which not only results in conflicts, but even in negative health consequences, e.g. in the form of depressive states.

The lack of motivation to take up various forms of activity, which is quite often observed among the respondents, was often justified by other unrealistic reasons, such as: lack of time or lack of appropriate offers from the prison. At the same time, it should be mentioned that as many as over half of the respondents among those dissatisfied with the offer of the penal measures available in the prison could not suggest any additional activities that should be added to the existing offer.

The research showed also that the penitentiary isolation of convicts serving prison sentences in the Prison in Iława was quite often accompanied by disciplinary punishment for inappropriate behavior, which certainly did not contribute to a positive assessment of the time spent in penitentiary isolation by a significant number of convicts.

In the light of the statements obtained, one of the most frequent punishments was reprimand, which was received by nearly 40% of the convicts, however,

in case of 34 people (nearly half) it was applied multiple times. Moreover, 28 prisoners (i.e. 13.6%) were at least once deprived of the possibility of receiving a food parcel, and 18 people (i.e. 10.5%) of all the respondents were additionally placed in an isolation cell. Other forms of disciplinary measures applied to the prisoners included: deprivation of the possibility to participate in cultural, educational or sports activities, degradation from a semi-open to a closed facility, warnings, granting visits which did not allow direct contact with the visitor, as well as deprivation of the possibility or restriction of purchasing food or tobacco products.

As previously mentioned, the research revealed a significant participation of inmates (about 1/4) in therapeutic programmes organized in the prison, which could also make a significant contribution not only to filling the prisoners' free time but above all to the prevention of many addictions and, as a result, to the overall effects of social rehabilitation. The conducted research has not shown a clear direction of the correlation between the participation of convicts in these programmes and the benefits they provide. It turned out that a certain group (9 people, 5.2% of the total number of respondents) was very satisfied with the participation in these programmes, claiming that the activities helped to release energy, to relax, to provide much-needed information, which they did not have so far known, or finally contributed to changing their attitudes towards addiction, and often also towards their loved ones.

Unfortunately, most of the respondents (36 people, which is almost 3/4 of the participants of the therapeutic programmes) did not share such views. Most often they answered that they did not have an opinion on the subject or that it was difficult for them to express themselves on this issue. The most concerning was the fact that in this group of respondents there were also people (in the number of 8, i.e. 17.8%) who claimed that participation in these activities did not give them anything and that they consider this time completely wasted. Such an attitude may be related to the fact that in the group of convicts participating in therapeutic programmes there were quite a large number of people (24) in the group of high risk of addiction, who required a more specialized approach, and possibly should have even been qualified for a therapeutic programme in the system of serving a prison sentence.

The lack of positive effects of completed therapy during imprisonment in case of these persons, regardless of the reasons of participation in it, was difficult to qualify as a factor indicating a beneficial use of time during penitentiary isolation.

Summary and conclusions

Analyzing the significance of the organization of prisoners' free time, it is worth to ask ourselves about the extent to which we can credibly examine whether it is an ally of prisoners in their struggle with problems leading to

depersonalization, alienation, etc. The research presented in the study did not allow us to clearly determine exactly to what extent the organization of free time in prison satisfies the needs of the convicts, but it emphasized the significant role of active spending of time in penitentiary social rehabilitation, which should be more recognized.

This substantial role of the quality of prisoners' free time is manifested by the fact that people who showed great involvement in various forms of activity (sometimes even several), were often very satisfied with the activities offered by the facility, saw positive changes in themselves as a result of participating in them and, more importantly, were also more often rewarded by prison staff than convicts who participated in various forms of activity less frequently. On this basis, it can be assumed that for these people the time spent in prison did not turn out to be lost, but rather positively used time.

A completely different observation, on the other hand, comes to mind in relation to people who very rarely, or hardly at all, engaged in activities organized by the prison, and even when they participated in them (as was the case with the therapeutic programmes), they did not achieve positive results. They had no motivation to engage in any activity during their imprisonment, but were often dissatisfied with the forms offered by the facility without being able to suggest any particular solution. In this group of convicts, it was often possible to observe various types of socially unacceptable behavior, which is why they were equally often subject to disciplinary penalties in prison. In the face of such a situation and such attitudes of prisoners, characterized by reluctance, passivity and often negativity, to the forms of activity offered by the prison, the imprisonment of these people can be described with high probability as lost time.

It should be emphasized that despite the lack of clarity in the evaluation of time spent by convicts, we can conclude that the currently expanding various forms of activity bring benefits not only in terms of useful filling of free time and preventing boredom, but above all because of many other beneficial effects (e.g. establishing good relations in the penitentiary unit) increasing the effectiveness of penitentiary social rehabilitation, which in fact is the primary concern of society.

An important aspect of the adoption of various forms of free time organization should be the care of appropriate professional preparation of penitentiary educators – their competences concerning the methodological background of organization of free time activities and possibilities of their implementation are very important in meeting the needs of detainees.

References

- [1] Dąbkiewicz K., 2018, *Kodeks karny wykonawczy. Komentarz*, wyd. 4, Wolters Kluwer Polska, Warszawa.

- [2] Gaberle A., 2009, *Wolność zamiast kar*, „Rzeczpospolita”, nr 11.
- [3] Jaworska A., 2017, *Stymulowanie przemian osobowościowych poprzez aktywizację twórczą w zakładach karnych*, „Opieka Wychowanie Terapia”, nr 1–2.
- [4] Kalinowski M., 2008, *Formy, metody i środki wychowania resocjalizującego*, [w:] *Resocjalizacja*, t. 2, (red.) B. Urban, J.M. Stanik, Wydawnictwo PWN, Warszawa.
- [5] Konopczyński M., 2006, *Metody twórczej resocjalizacji*, Wydawnictwo PWN, Warszawa.
- [6] Linde G., 2014, *Widerozmowy*, „Forum Penitencjarne”, nr 197.
- [7] Łuczak E., 2016, *Zatrudnienie skazanych wybranych jednostek penitencjarnych Okręgowego Inspektoratu Służby Więziennej w Olsztynie*, „Przegląd Więziennictwa Polskiego”, nr 93.
- [8] Pierzchała K., 2018, *Rola pracy w resocjalizacji penitencjarnej w kontekście badań własnych*, „Przegląd Więziennictwa Polskiego”, nr 100, s. 147–180.
- [9] Pięta J., 2004, *Pedagogika czasu wolnego*, Wyższa Szkoła Ekonomiczna, Warszawa.
- [10] Przecławski K., 1993, *Czas wolny dzieci i młodzieży*, [w:] *Encyklopedia pedagogiczna*, (red) W. Pomykało, Fundacja Innowacja, Warszawa.
- [11] Strycharska-Gać B., 2002, *Proponując oddziaływań resocjalizacyjnych: muzykoterapia*, „Przegląd Więziennictwa Polskiego”, nr 36.
- [12] Szczówka A., 2007, *Kształcenie resocjalizujące*, [w:] *Resocjalizacja*, t. 1, (red.) B. Urban, J.M. Stanik, Wydawnictwo PWN, Warszawa.
- [13] Szczówka A., 2011, *E-learning jako czynnik wspierający edukację osadzonych i ich readaptację społeczną*, [w:] *Kara pozbawienia wolności a readaptacja społeczna skazanych*, (red.) A. Szerłaż, Wydawnictwo Atut, Wrocław.
- [14] Sztuka M., 2009, *Praca na rzecz niepełnosprawnych elementem oddziaływań penitencjarnych w procesie readaptacji skazanych*, Uniwersytet Jagielloński, Kraków.
- [15] Woźny K., 2018, *Znaczenie nadawane karze przez osadzonych w Zakładzie Karnym w Wołowie*, „Resocjalizacja Polska” 16.

Internet sources

- [16] Centralny Zarząd Służby Więziennej, 2020a, *Program „Praca dla więźniów”*, <https://sw.gov.pl/dzial/program-pracy-wiezniow> (access: 24.02.2020).
- [17] Centralny Zarząd Służby Więziennej, 2020b, *Rozpoczęcie roku szkolnego w więzieniu*, <https://www.sw.gov.pl/aktualnosc/centralny-zarzad-sluzby-wieziennej-rozpoczecie-roku-szkolnego-w-wiezieniu> (access: 2.03.2020).
- [18] Noch J., *Młodzież kradnie coraz chętniej. Efekt kryzysu, który dotarł nad Wisłę, czy nowy styl życia?*, <http://natemat.pl/53563.mlodzi-z-kradniecoraz-chetniej-efekt-kryzysu-ktory-dotarl-nad-wisle-czy-nowy-styl-zycia> (access: 3.03.2020).
- [19] Dz.U.2020.0.523 t.j. – Ustawa z dnia 6 czerwca 1997 r. – Kodeks karny wykonawczy, <https://www.arslege.pl/organizacja-czasu-wolnego/k135/a12571> (access: 3.03.2020).