
The Level of Implementation and Effectiveness of the Rehabilitation Program of the Nueva Vizcaya Provincial Jail to the Persons Deprived of Liberty

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ABSTRACT

This study examined the level of implementation and effectiveness of the rehabilitation program at the Nueva Vizcaya Provincial Jail, focusing on its impact on the personal development and reintegration of persons deprived of liberty (PDLs). The primary aim is to evaluate how well the program components, including educational, livelihood, moral-spiritual, and behavioral interventions, are executed and how effectively they contribute to the rehabilitation and reintegration of PDLs into society. This investigation sought to understand the status of the program, identify gaps, and assess areas that require strategic improvements. It employed a quantitative, descriptive-correlational type of research and focused on measuring the implementation of various rehabilitation interventions, including educational programs, livelihood training, moral-spiritual guidance, and behavioral therapy. Survey questionnaires were distributed to both PDLs to capture different perspectives on the program's effectiveness. Findings revealed that while the rehabilitation program is generally implemented, gaps remain in areas such as consistency, resource availability, and follow-up support. The respondents acknowledged the program's potential in reducing recidivism and promoting personal development, but highlighted the need for enhanced support systems. The study concludes that the rehabilitation program is moderately effective but requires strategic improvements. It recommends increased funding, regular training for facilitators, and stronger partnerships with external organizations to ensure more comprehensive rehabilitation efforts.

Keywords: Person Deprived of Liberty, rehabilitation programs

INTRODUCTION

Rehabilitation refers to the process of restoring an individual's physical, mental, and social functioning after an injury, illness, or disability. It involves a broad and wide range of interventions aimed at helping a person to regain their independence, improve their life, and bring them back to society or community without living in shame and fear. This is the main goal of the Philippine penology system.

The Bureau of Jail Management and Penology (BJMP), created by Republic Act No. 6975, is assigned to oversee the operation and administration control of city, district, and municipal jails (Bureau of Jail Management and Penology, 2010) including their rehabilitation programs. The BJMP not only creates and enforces guidelines and policies to minimize and control problematic behavior among prisoners. Their role is to ensure that jails operate effectively and prisoners receive the necessary support for their rehabilitation and eventual reintegration into society.

As such, the programs offered within jail facilities aim to rehabilitate and prepare individuals for reintegration into society. One of these are livelihood programs that provide practical skills such as wood carving, art making, woodworking, machinery, and pastry making. These skills can help offenders secure employment or start their businesses upon release. Next are educational programs designed to improve literacy and numeracy skills, including reading, writing, and basic mathematics. This is especially beneficial for those who lack formal education, enhancing their chances for better job opportunities in the future. Cultural and sports programs include activities like music jamming, basketball, volleyball, chess, and billiards, that offer recreational outlets and help offenders experience normal life. Engaging in sports and cultural

activities can also promote physical health and teamwork. Finally, religious programs allow various religious groups to visit the facilities to provide spiritual education and support. These programs help offenders build a foundation of faith, which can be crucial for personal growth and rehabilitation.

Overall, these programs are designed to equip individuals with skills, knowledge, and emotional support, helping them successfully return to the community and lowering the chances of reoffending. Through these programs, prisoners can build trust and establish positive relationships with each other and with jail staff, including wardens, guards, and administrators. As such, the implementation of effective rehabilitation programs has the potential to decrease the likelihood of reoffending by addressing underlying issues, including drug addiction, psychological issues, and insufficient education or employment training.

Rehabilitation was a central feature of corrections in the first half of the 20th century. The favorability of rehabilitation programming declined in the 1970s and 1980s but has regained favor recently. Today, criminal rehabilitation is gaining popularity among many who are progressive in their approach. Research indicates that transforming the prison experience by including educational programs, vocational training, paid work opportunities, and transitional skill development reduces repeat offenses. Prisons should not serve as places of idleness where inmates lack accountability to society. Instead, they should help inmates make reparations, gain redemption, and acquire skills to reintegrate into society as contributing members rather than burdens (Nestoso, 2024).

However, many prisons and jail institutions struggle at implementing their rehabilitation programs because of overcrowding, inadequate facilities and resources that makes it difficult to provide proper training, education and job work for PDLs. In the Philippines, challenges include not only overcrowding and inadequate facilities but also inadequate support, motivations, and failure to comply with basic UN requirements, such as insufficient food supply, lack of proper nutrition, and unhygienic living environment. Because of this, PDLs struggle in changing or correcting their wrong actions or behavior and there is a chance that they will commit another crime inside jail that will lead to higher recidivism rates (Conde, 2016).

Nonetheless, the Bureau of Correction has implemented rehabilitation initiatives aimed at guiding inmates towards becoming responsible, law-abiding, and productive members of society after their release. These efforts aim to strike a proper balance between maintaining prison security and ensuring the success of rehabilitation methods. While public safety, inmate safety, and the standards for effective custody are always a priority and must not be compromised, rehabilitation programs are designed to build inmates' self-worth, confidence, dignity, and sense of accountability. The program includes vocational and occupational training tailored to meet the inmates' needs, labor market trends, and institutional workforce demands. Hands-on job training is also provided through institutional job placement and participation in federal prison industries. Additionally, the Bureau supports higher education in vocational and skill-based fields. Recreational and wellness programs promote healthy living habits, and prison libraries offer a range of reading materials, including fiction, nonfiction, magazines, and newspapers (Nestoso, 2024).

This study primarily assessed the extent of implementation and degree of effectiveness of the rehabilitation program of Nueva Vizcaya Provincial Jail (NVPJ) on the PDLs. This study was conducted in the school year 2024 – 2025. It study sought to determine the level of implementation of the rehabilitation program of Nueva Vizcaya Provincial Jail in the areas of: educational program, livelihood program, religious program, sports program, health program, visitation and mail communication and the level of effectiveness of rehabilitation program of NVPJ in these areas. It also tested for meaningful correlation between how extensively the rehabilitation programs of NVPJ are implemented and how effective they are for PDLs. The findings informed the recommendation crafted to improve the rehabilitation program.

METHODOLOGY

The study employed the quantitative-descriptive, correlational approach method. This study is descriptive and evaluative, as it aimed to describe and assess the status of the Nueva Vizcaya Provincial Jail (NVPJ) in terms of the extent of implementation and the degree of effectiveness of the rehabilitation programs. This study is also correlational because it explored the relationship between variables without the researcher controlling or manipulating any of them, as to measurement, because the data were gathered through a validated survey questionnaire.

The locale of the study was the Nueva Vizcaya Provincial Jail (NVPJ) located within the capital of Nueva Vizcaya. Focusing on Nueva Vizcaya Provincial Jail can provide valuable insights into the effectiveness and impact of local rehabilitation programs in a provincial setting.

Survey questionnaires were administered in Filipino and English to ensure accessibility and understanding. The researchers personally visited the Nueva Vizcaya Provincial Jail (NVPJ) to seek permission and distribute surveys. The data gathering process involved strict ethical considerations, including obtaining informed consent from participants. Respondents were informed of the study's objectives, assured of confidentiality, and made aware that participation was entirely voluntary.

To ensure the tool's validity, the survey questionnaire was reviewed, evaluated, and validated by the panel of evaluators and the research coordinator. Ideas, insights, suggestions, and recommendations for the improvement of the survey questionnaire were properly incorporated.

The respondents were asked to rate the different statements in the questionnaire corresponding to their answer. Their answer could be either 1.0 – 1.49 = not implemented, not effective, 1.50 – 2.49 = slightly implemented, slightly effective, 2.50 – 3.49 = moderately implemented, moderately effective, 3.50 – 4.00 = highly implemented, strongly effective. Their answer was collected and subjected to statistical analysis.

The study meticulously followed institutional and national guidelines on the ethical conduct of research, especially one involving humans.

RESULTS AND DISCUSSION

Section 1. Level of Implementation of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL

With an overall mean of 3.19 (SD=.91), the level of implementation of the rehabilitation program of Nueva Vizcaya Provincial Jail in the area of educational program is described as moderately implemented. The lowest rating is on the kinder level (M=2.88, SD=1.26), described as moderately implemented. Meanwhile, the high school level was evaluated to have the highest mean but was described as moderately implemented (M=3.26, SD=.95).

The result implies that while the educational rehabilitation program in Nueva Vizcaya Provincial Jail is present across all levels, kindergarten, elementary, high school, and senior high school, they are only moderately implemented. This suggests that although efforts are being made to provide educational opportunities to Persons Deprived of Liberty (PDL), there may be significant limitations in their resources, personnel, or program sustainability that prevent full or high level of implementation. Notably, the lowest mean rating was observed at the kinder level (M=2.88), indicating a need for greater attention and support at the foundation level of education.

According to Cortez and Dioso (2023), an educational program, which includes alternative learning systems, supports the well-being of individuals deprived of liberty and also contributes positively to society. These programs also help the PDLs to continue their education and improve knowledge attainment while behind bars.

Table 1

Level of Implementation of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL in Terms of Livelihood Program

Indicator	Mean	SD	QD
1. Daily Gardening	2.34	1.32	Slightly implemented
2. Daily Arts and Crafts	2.69	1.26	Moderately Implemented
3. Daily Furniture Making	2.11	1.32	Slightly Implemented
4. Daily Baking	1.98	1.27	Slightly Implemented
Mean Rating	2.60	.00	Moderately Implemented

Legend: 1.00 – 1.49 – Not Implemented; 1.50 – 2.49– Slightly Implemented; 2.50 – 3.49 – Moderately Implemented; 3.50 – 4.00 – Highly Implemented

Table 1 clearly shows the level of implementation of the rehabilitation program of Nueva Vizcaya Provincial Jail in the area of livelihood program with an overall mean of 2.60, and an overall SD of .00, described as moderately implemented. The lowest rating is on the daily baking (M=1.98, SD=1.27), described as slightly implemented while daily arts and crafts was evaluated to have the highest mean but still moderately implemented (M=2.69, SD=1.26).

The results imply that some aspects of the livelihood program are moderately implemented, while most are only slightly implemented. For daily gardening, the NVPJ has limited land areas, unlike other jail facilities. Daily arts and crafts having the highest implementation could be explained by materials that are available and are not costly, while daily baking has the lowest rating among the programs under the livelihood program due to the lack of materials, facilities, or skilled trainers. Nonetheless, these programs, if implemented, can provide valuable skills that can aid the PDLs in their reintegration into society after their release.

According to the Bureau of Jail Management and Penology (2010), livelihood programs provide income-generating opportunities for Person Deprived of Liberty (PDL) during their confinement, allowing them to earn for their personal needs and to financially support their families. Funding for these livelihood projects may come from BJMP supporters' endeavors. Common and ongoing livelihood activities include making bags and purses, bead bonsai, pastries, rugs, paper crafts, and woodworking. To assist PDL in profiting from these initiatives, the Jail Unit Welfare and Development Officer (UWDO) helps market their products through display centers or livelihood caravans organized by local government agencies and other service providers.

Table 2

Level of Implementation of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL in Terms of Religious Program

Indicator	Mean	SD	QD
1. Daily Bible Studies	3.11	1.16	Moderately implemented
2. Weekly Prayer Meetings	3.38	1.05	Moderately Implemented
3. Weekly Sunday Mass	3.73	0.76	Moderately Implemented
Mean Rating	3.41	0.77	Moderately Implemented

Legend: 1.00 – 1.49 – Not Implemented; 1.50 – 2.49– Slightly Implemented; 2.50 – 3.49 – Moderately Implemented; 3.50 – 4.00 – Highly Implemented

It can be gleaned from Table 2 that the level of implementation of the rehabilitation program of Nueva Vizcaya Provincial Jail in the area of religious programs shows an overall mean of 3.41 and an overall SD of .77, described as highly implemented. The lowest rating is on the daily Bible studies (M = 3.11, SD = 1.16), also described as highly implemented. The weekly

Sunday mass was evaluated to have the highest mean and was described as highly implemented ($M = 3.73$, $SD = .76$).

The result implies that the religious programs of the rehabilitation program at Nueva Vizcaya Provincial Jail are strongly emphasized and effectively carried out. The high implementation ratings for daily Bible studies, weekly prayer meetings, and weekly Sunday mass suggest that spiritual development is a priority within the facility's rehabilitation efforts. This consistent and structured delivery of religious activities may contribute positively to the moral and behavioral improvement of Persons Deprived of Liberty (PDLs), fostering values such as discipline, reflection, and hope. As a result, the religious program likely plays a significant role in supporting the overall rehabilitation and reintegration process.

According to Zoukis (2013), PDLs who engage in religious activity can explore and strengthen their spirituality; it also supports their well-being and rehabilitation while waiting for the final decision by the court.

Table 3

Level of Implementation of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL in Terms of Sports Program

Indicator	Mean	SD	QD
1. Weekly Basketball	2.96	1.26	Moderately Implemented
2. Weekly Chess/Dama	3.13	1.20	Moderately Implemented
3. Weekly Badminton	2.80	1.26	Moderately Implemented
4. Weekly Volleyball	2.53	1.42	Moderately Implemented
Mean Rating	2.86	1.04	Moderately Implemented

Legend: 1.00 – 1.49 – Not Implemented; 1.50 – 2.49 – Slightly Implemented; 2.50 – 3.49 – Moderately Implemented; 3.50 – 4.00 – Highly Implemented

Table 3 presents the level of implementation of the rehabilitation programs of Nueva Vizcaya Provincial Jail in the area of sports program with an overall mean of 2.86 and SD of 1.04, described as moderately implemented. The lowest rating is on the weekly volleyball ($M=2.53$, $s=1.42$), described as moderately implemented. The weekly chess/dama obtained the highest mean and was described as moderately implemented ($M=3.13$; $s=1.20$).

The classification of the sports rehabilitation program as moderately implemented implies that while there are existing efforts to provide sports-related activities to the Persons Deprived of Liberty (PDLs) in the Nueva Vizcaya Provincial Jail, these efforts may not yet be consistently applied or fully optimized. This suggests that the programs are functional but may face challenges such as limited facilities, insufficient equipment, lack of regular schedules, or constrained personnel support.

Moderate implementation also indicates that PDLs may only have partial access to the benefits of sports programs, such as stress relief, improved health, skill development, and social interaction. To maximize the rehabilitation impact, there is a need for further enhancement and support of these programs to move from moderate to highly implemented. This could involve increased institutional support, community partnerships, staff training, or the inclusion of more structured and diverse activities tailored to the interests and needs of the PDLs.

According to Baldonado et al. (2022), findings indicate that most PDL respondents participate in games or sports-related activities sporadically. They also expressed contentment with these physical activities, noting benefits across physical, psychological, social, and aesthetic aspects. This suggests that games and sports are moderately implemented within the PDLs' rehabilitation program.

Table 4

Level of Implementation of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL in Terms of Health Program

Indicator	Mean	SD	QD
1. Daily Dental Check	2.73	1.31	Moderately Implemented
2. Daily Physical Check	3.01	1.11	Moderately Implemented
3. Daily Medical Check	2.96	1.18	Moderately Implemented
4. Daily Mental Check	2.82	1.27	Moderately Implemented
Mean Rating	2.88	1.05	Moderately Implemented

Legend: 1.00 – 1.49 – Not Implemented; 1.50 – 2.49– Slightly Implemented; 2.50 – 3.49 – Moderately Implemented; 3.50 – 4.00 – Highly Implemented

Table 4 presents the level of implementation of the rehabilitation program of Nueva Vizcaya Provincial Jail in the area of health program, with an overall mean of 2.88 and SD of 1.05, described as moderately implemented. The lowest rating is on the daily dental check ($M=2.73$, $s=1.31$), described as moderately implemented. The daily physical check obtained the highest mean and was described as moderately implemented ($M=3.01$, $s=1.11$).

This moderate level of implementation of the health program implies that PDLs may experience delays or inconsistencies in accessing health services, which could impact their overall well-being and hinder the effectiveness of rehabilitation efforts. Health is a foundational element of successful reintegration, and shortcomings in its delivery could prolong illness, increase stress, or contribute to recidivism. Therefore, there is a clear opportunity for the jail to enhance its health programs by ensuring more regular check-ups, improving healthcare infrastructure, and incorporating mental health support.

According to Tesler et al. (2023), maintaining the health of people living in provincial jails or prisons is not only a matter of equal rights and humanitarian justice but is also important to public health. The program is conducted for PDLs to maintain their health while serving their sentence. These programs also aim to lower public health expenditure, improve reintegration into society, and reduce health inequalities.

Table 5

Level of Implementation of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL in Terms of Visitation and Mail Communication Program

Indicator	Mean	SD	QD
1. Monday, Wednesday, Friday 11 – 1pm ONLY	3.40	1.07	Moderately Implemented
2. Saturday, Sunday – Alternative Visit Schedule	3.36	1.12	Moderately Implemented
. Daily Mail Communication	2.65	1.29	Moderately Implemented
Mean Rating	3.14	.87	Moderately Implemented

Legend: 1.00 – 1.49 – Not Implemented; 1.50 – 2.49– Slightly Implemented; 2.50 – 3.49 – Moderately Implemented; 3.50 – 4.00 – Highly Implemented

Table 5 shows the level of implementation of the rehabilitation program of Nueva Vizcaya Provincial Jail in the area of visitation and mail communication with an overall mean of 3.14 and SD of .87, described as moderately implemented. The lowest rating is on daily mail communication ($M=2.65$, $s=1.29$), described as moderately implemented. The schedule on Monday, Wednesday, and Friday from 11–1 p.m. obtained the highest mean and was described as moderately implemented ($M=3.40$, $s=1.07$).

The findings indicate that the rehabilitation program in terms of visitation and mail communication is moderately implemented. This implies that while the Nueva Vizcaya Provincial Jail has taken steps to provide communication avenues for Persons Deprived of Liberty (PDLs), these efforts are not yet fully optimized. The moderate implementation suggests that access to visitation and mail communication is present but may be limited by time

constraints, scheduling, or operational inefficiencies. This level of implementation affects the emotional and psychological well-being of PDLs, as consistent and meaningful communication with their family and friends is crucial for rehabilitation and reintegration. Therefore, there is a need for improvement in policy, resource allocation, and program execution to elevate implementation and fully support the rehabilitation goals of the institution.

According to Wang (2021), visitation can help PDLs reduce misconduct inside provincial jails and lessen depressive symptoms while serving their sentence. These programs also allow PDLs to spend time with their families and communicate even for a short period.

Section 2. Level of Effectiveness of Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL

Table 6

Level of Effectiveness of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL in Terms of Educational Program

Indicator	Mean	SD	QD
1. Kinder Level	2.98	1.21	Moderately Effective
2. Elementary Level	3.21	1.12	Moderately Effective
3. Highschool Level	3.40	1.01	Moderately Effective
4. Senior Highschool Level	3.36	1.06	Moderately Effective
Mean Rating	3.24	.97	Moderately Effective

Legend: 1.00 – 1.49 – Not Effective; 1.50 – 2.49– Slightly Effective; 2.50 – 3.49 – Moderately Effective; 3.50 – 4.00 – Highly Effective

Table 6 shows that in terms of level of effectiveness, the educational program gained an overall mean of 3.24 ($s=.97$), described as moderately effective. The lowest rating is on the kinder level ($M=2.98$, $s=1.21$), described as moderately effective. The high school level obtained the highest mean and was described as moderately effective ($M=3.40$, $s=1.06$).

The result implies that while the educational rehabilitation programs in Nueva Vizcaya Provincial Jail are present across all levels (kindergarten, elementary, high school, and senior high school) are only moderately effective. This suggests that although efforts are being made to provide educational opportunities to Persons Deprived of Liberty (PDLs), there may be limitations in resources, personnel, or program sustainability that prevent a high level of effectiveness. The lowest mean rating at the kinder level indicates a need for greater attention and support at the foundation level of education.

According to RAND Corporation (2025), providing additional support to facilities offering correctional education programs helps reduce individuals' risk of recidivism after release. These programs also help PDLs continue their education and improve knowledge attainment.

Table 7

Level of Effectiveness of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL in Terms of Livelihood Program

Indicator	Mean	SD	QD
1. Daily Gardening	2.30	1.26	Slightly Effective
2. Daily Arts and Crafts	2.53	1.29	Moderately Effective
3. Daily Furniture Making	2.25	1.38	Slightly Effective
4. Daily Baking	1.98	1.29	Slightly Effective
Mean Rating	2.26	1.09	Slightly Effective

Legend: 1.00 – 1.49 – Not Effective; 1.50 – 2.49– Slightly Effective; 2.50 – 3.49 – Moderately Effective; 3.50 – 4.00 – Highly Effective

The area of livelihood program gained an overall mean of 2.26 and SD of 1.09, described as slightly effective. The lowest rating is on daily baking ($M=1.98$, $s=1.29$), described as slightly effective. The daily arts and crafts obtained the highest mean and was described as moderately effective ($M=2.53$, $s=1.29$).

The result suggests that while the livelihood programs are being implemented, their impact remains limited, with most activities only slightly contributing to the rehabilitation and skill development of Persons Deprived of Liberty (PDLs). This implies the need for enhancement of programs, such as increasing resources, providing specialized training, and monitoring participation and outcomes to ensure these programs are more engaging, relevant, and beneficial for the reintegration of PDLs into society after their release.

This table implies that while the livelihood program exists, its actual execution is limited in scope, consistency, or quality. The slight effectiveness of most activities may indicate challenges such as a lack of materials, insufficient training, inadequate facilities, or low prioritization. The moderately effective arts and crafts activity suggests that this area is more feasible or better supported than others. To enhance its effectiveness, there is a need for increased resources, structured planning, and support from partner agencies. Strengthening these programs could better prepare PDLs for reintegration into society with skills for employment or entrepreneurship.

The findings are congruent with the study of Garcia (2025), which found that PDLs are satisfied with the effectiveness of the livelihood program of the provincial jail. Livelihood programs tailored to local industry demands, such as handicrafts and food production, tend to have higher participation and success rates. Therefore, the provincial jail should reassess and revamp its livelihood program offerings.

Table 8

Level of Effectiveness of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL in Terms of Religious Program

Indicator	Mean	SD	QD
1. Daily Bible Studies	3.07	1.20	Moderately Effective
2. Weekly Prayer Meeting	3.25	1.10	Moderately Effective
3. Weekly Sunday Mass	3.50	.95	Highly Effective
Mean Rating	3.27	.89	Moderately Effective

Legend: 1.00 – 1.49 – Not Effective; 1.50 – 2.49 – Slightly Effective; 2.50 – 3.49 – Moderately Effective; 3.50 – 4.00 – Highly Effective

Among the three components evaluated, weekly Sunday mass received the highest rating ($M=3.50$, $s=.95$), described as highly effective. Weekly prayer meetings ($M=3.25$, $s=1.10$) and daily Bible studies ($M=3.07$, $s=1.20$) were both rated as moderately effective. The overall mean rating is 3.27, described as moderately effective in contributing to the rehabilitation of PDLs.

The result implies that the religious programs at Nueva Vizcaya Provincial Jail are being strongly emphasized and effectively carried out. The moderately effective ratings for daily Bible studies and weekly prayer meetings, along with the highly effective rating for weekly Sunday mass, suggest that spiritual development is a priority within the facility's rehabilitation efforts. This consistent and structured delivery of religious activities may contribute positively to the moral, spiritual, and behavioral improvement of Persons Deprived of Liberty (PDLs), fostering values such as discipline, reflection, and hope. As a result, the religious program likely plays a significant role in supporting overall rehabilitation and reintegration.

According to Jang and Johnson (2022), participation in such programs is associated with increased religiosity, which contributes to personal transformation, a stronger sense of meaning

and purpose in life, and the development of virtues. These programs can aid PDLs in reducing depression and anxiety, as well as lowering the likelihood of aggressive behavior toward fellow PDLs.

Table 9

Level of Effectiveness of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL in Terms of Sports Program

Indicator	Mean	SD	QD
1. Weekly Basketball	2.94	1.25	Moderately Effective
2. Weekly Chess/Dama	3.00	1.28	Moderately Effective
3. Weekly Badminton	2.63	1.31	Moderately Effective
4. Weekly Volleyball	2.46	1.36	Slightly Effective
Mean Rating	2.75	1.14	Moderately Effective

Legend: 1.00 – 1.49 – Not Effective; 1.50 – 2.49– Slightly Effective; 2.50 – 3.49 – Moderately Effective; 3.50 – 4.00 – Highly Effective

With an overall mean of 2.75 and SD of 1.14, the sports program is described as moderately effective. The lowest rating is on weekly volleyball ($M=2.46$, $s=1.36$), described as slightly effective. Weekly chess/dama obtained the highest mean and was described as moderately effective ($M=3.00$, $s=1.28$).

The result implies that while there are existing efforts to provide sports-related activities to Persons Deprived of Liberty (PDLs) in the Nueva Vizcaya Provincial Jail, these efforts may not yet be consistently applied or fully optimized. This suggests that the programs are functional but may face challenges such as limited facilities, insufficient equipment, lack of regular schedules, or constrained personnel support. As a result, the programs might not be reaching their full potential in contributing to the physical, mental, and social rehabilitation of PDLs.

Moderately effective indicates that PDLs may only have partial access to the benefits of sports programs, such as stress relief, improved health, skill development, and social interaction. To maximize the rehabilitation impact, there is a need for further enhancement and support of these programs to move from moderate to highly effective. This could involve increased institutional support, community partnerships, staff training, or the inclusion of more structured and diverse activities tailored to the interests and needs of PDLs. According to Gallant et al., participation in structured physical activity in correctional settings can promote psychological well-being, reduce aggression, and foster social connections.

Table 10

Level of Effectiveness of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL in Terms of Health Program

Indicator	Mean	SD	QD
1. Daily Dental Check	2.75	1.34	Moderately Effective
2. Daily Physical Check	2.92	1.18	Moderately Effective
3. Daily Medical Check	2.82	1.26	Moderately Effective
4. Daily Mental Check	2.71	1.28	Moderately Effective
Mean Rating	2.80	1.15	Moderately Effective

Legend: 1.00 – 1.49 – Not Effective; 1.50 – 2.49– Slightly Effective; 2.50 – 3.49 – Moderately Effective; 3.50 – 4.00 – Highly Effective

In the area of the health program, an overall mean of 2.80 and SD of 1.15, described as moderately effective, surfaced. The lowest rating is on daily mental check ($M=2.71$, $s=1.28$), described as moderately effective. The daily physical check obtained the highest mean and was described as moderately effective ($M=2.92$, $s=1.18$).

The moderate level implies that PDLs may experience delays or inconsistencies in accessing health services, which could impact their overall well-being and hinder the effectiveness of rehabilitation efforts. Health is a foundational element of successful reintegration, and shortcomings in its delivery could prolong illness, increase stress, or contribute to recidivism.

Therefore, there is a clear opportunity for the jail to enhance its health programs by ensuring more regular check-ups, improving healthcare infrastructure, and incorporating mental health support. According to Niveau (2007), prison health services should be equivalent to those available in the community, advocating for daily and professionalized physical, mental, and dental health checks, which is relevant to the indicators presented.

Table 11

Level of Effectiveness of the Rehabilitation Program of Nueva Vizcaya Provincial Jail to the PDL in Terms of Visitation and Mail Communication Program

Indicator	Mean	SD	QD
1. Monday, Wednesday, Friday 11-1pm ONLY	3.42	1.07	Moderately Effective
2. Saturday, Sunday – Alternative Visit Schedule	3.34	1.11	Moderately Effective
3. Daily Mail Communication	2.61	1.34	Moderately Effective
Mean Rating	3.12	.91	Moderately Effective

Legend: 1.00 – 1.49 – Not Effective; 1.50 – 2.49 – Slightly Effective; 2.50 – 3.49 – Moderately Effective; 3.50 – 4.00 – Highly Effective

The area of visitation and mail communication is moderately effective ($M=3.12$, $s=.91$). The lowest rating is on daily mail communication ($M=2.61$, $s=1.34$), described as moderately effective. The schedule on Monday, Wednesday, and Friday from 11–1 p.m. obtained the highest mean and was described as moderately effective ($M=3.42$, $s=1.07$).

The results imply that while the Nueva Vizcaya Provincial Jail has taken steps to provide communication avenues for Persons Deprived of Liberty (PDLs), these efforts are not yet fully optimized. The moderate effectiveness suggests that access to visitation and mail communication is present but may be limited by time constraints, scheduling, or operational inefficiencies. This affects the emotional and psychological well-being of PDLs, as consistent and meaningful communication with family and friends is a crucial part of rehabilitation and reintegration. Therefore, there is a need for improvement in policy, resource allocation, and program execution to elevate the effectiveness and fully support the rehabilitation goals of the institution.

According to Liebling (2011), maintaining family connections is important for prisoners' and PDLs' well-being and reform. Effective visitation and mail communication programs can significantly lower recidivism rates and improve behavior. Enhancing the frequency and accessibility of these programs can strengthen rehabilitation efforts and support the successful reintegration of PDLs into society after their release.

Section 3. Comparison Between the Level of Implementation and Level of Effectiveness of the Rehabilitation Program of NVPJ to PDL

Table 12

Comparison Between the Level of Implementation and Level of Effectiveness of the Rehabilitation Program of NVPJ to PDLs

Implementation of Program	Effectiveness of Educational Program	Effectiveness of Livelihood Program	Effectiveness of Religious Program	Effectiveness of Sports Program	Effectiveness of Health Program	Effectiveness of Visitation and Mail Communication
Educational Program	.626** (.000)	.029 (.838)	.155 (.272)	.002 (.991)	.154 (.277)	-.050 (.723)
Livelihood Program	.029 (.838)	.462** (.001)	.231 (.099)	.394** (.004)	.462** (.001)	.011 (.938)
Religious Program	.049 (.731)	.029 (.840)	.231 (.099)	.226 (.107)	.253 (.070)	.143 (.311)
Sports Program	.161 (.254)	.394** (.004)	.226 (.107)	.717** (.000)	.463** (.001)	.028 (.843)
Health Program	.161 (.254)	.462** (.001)	.253 (.070)	.463** (.001)	.796** (.000)	.137 (.335)
Visitation and Mail Communication Program	.025 (.860)	.011 (.938)	.143 (.311)	.028 (.843)	.183 (.194)	.716** (.000)

*Significant ($p < 0.05$)

Using the Pearson correlation coefficient, the table shows how strongly the implementation of each program correlates with the effectiveness of the same or other programs. The educational program is strongly correlated between the implementation of the sports program and the effectiveness of the education program. This means that better implementation of educational activities directly leads to improved educational outcomes for PDLs. It implies that as the implementation of the educational program improves, its effectiveness also increases.

The sports program shows a positive correlation between the implementation of the sports program and the effectiveness of the livelihood program. This means that better implementation of sports activities can lead to improved outcomes in the livelihood program for PDLs. Similarly, the sports program shows a positive correlation with the effectiveness of the religious and health programs. This implies that effective sports program implementation enhances PDLs' participation in religious activities and promotes better health conditions.

The health program demonstrates a significant correlation between its implementation and the effectiveness of the livelihood program. This implies that better health conditions can improve PDLs' performance in livelihood activities, making them more effective. Likewise, a significant correlation exists between the implementation of the health program and the effectiveness of the religious and sports programs. This suggests that good physical condition enhances participation in religious activities and boosts energy for sports participation.

The visitation and mail communication program shows a strong positive correlation between its implementation and effectiveness. This indicates that when inmates are provided with regular and well-managed communication with the outside world, the perceived effectiveness of this program significantly increases, supporting their emotional and psychological rehabilitation.

According to Meek (2014), participation in physical activities such as sports in prison is important not only from a health and physical perspective but also from a social and relational

standpoint. He found that sports programs help develop discipline, teamwork, and stress reduction, contributing to lower recidivism rates.

Section 4. Recommendations Crafted to Improve the Rehabilitation Program

Continuous investment in rehabilitation programs at NVPJ, alongside improved accessibility and resource management, is crucial for their long-term success. Monitoring and evaluation mechanisms should be consistently applied to ensure these programs meet the evolving needs of PDLs and reduce recidivism.

Furthermore, fostering stronger partnerships with external organizations, such as NGOs, community groups, and vocational training providers, enhances the variety and quality of rehabilitation services available to PDLs. Regularly updating the training and professional development of staff likewise ensures they are equipped with the latest knowledge and skills to effectively support PDLs throughout their rehabilitation process. Lastly, establishing a feedback loop involving both PDLs and staff allows for real-time adjustments and improvements, ensuring that the programs remain responsive to the changing needs of the incarcerated population.

CONCLUSION AND RECOMMENDATIONS

Conclusion

The implementation of the rehabilitation programs of NVPJ significantly contributes to the personal growth, well-being, and successful reintegration of PDL into society. Continuous improvement in resource allocation, program accessibility, and the development of more partnerships with external organizations will further enhance the effectiveness and sustainability of these programs. Monitoring and evaluation mechanisms should also be consistently applied to ensure that these programs meet the evolving needs of PDL and achieve their intended outcomes of rehabilitation and reduced recidivism.

The rehabilitation programs at NVPJ have demonstrated a significant impact on reducing recidivism, improving PDL outcomes, and preparing individuals for a better future. Continued investment in these programs, alongside improvements in accessibility, resource management, and community partnerships, will ensure the long-term success and sustainability of the rehabilitation efforts, benefiting both the PDL and the wider community.

To determine whether a meaningful correlation exists between the extent of implementation of rehabilitation programs at Nueva Vizcaya Provincial Jail (NVPJ) and their effectiveness for Persons Deprived of Liberty (PDLs), there is a need to consider both the quality and scope of the programs as well as their measurable outcomes.

Recommendations

The management of the Nueva Vizcaya Provincial Jail is encouraged to strengthen the implementation of its rehabilitation program by ensuring that all qualified Persons Deprived of Liberty (PDLs) are given equal access to opportunities for personal development and reintegration. Regular monitoring and evaluation of program outcomes should be institutionalized to identify areas for improvement and to measure the impact on inmates' behavior and mindset. It also recommended that the NVPJ administration enhance the capacity of its personnel through continuous training in rehabilitation centered approaches and restorative justice. Moreover, partnership with external organizations including the local government units, NGOs, and academic institutions should be expanded to support a more holistic and sustainable rehabilitation system.

Saint Mary's University, through the School of Teacher Education and Humanities is encouraged to sustain and enhance its involvement in community outreach initiatives that support the rehabilitation of PDLs in Nueva Vizcaya.

Meanwhile, future researchers are encouraged to conduct more comprehensive studies on rehabilitation programs in correctional facilities, expanding the scope to include multiple jails within or beyond the region for comprehensive analysis. It also suggested that future inquiries focus on the lived experiences of PDLs to gain deeper insights into the personal and emotional effect of rehabilitation programs; future researchers could explore the reasons behind the lower satisfaction levels among female respondents and younger age groups.

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