

**STRESS LEVELS AS A RATIONALE FOR THE
ESTABLISHMENT OF AN EMPLOYEE
RECREATION PROGRAMME IN THE
DEPARTMENT OF CORRECTIONAL SERVICES IN
SOUTH AFRICA**

By

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degree MAGISTER ARTIUM in Human Movement
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DEGREE	MA IN HUMAN MOVEMENT SCIENCE

In this study, human movement studies, physical education, recreation and its contributions and stress have been placed in an inter-relationship. Conditions within the Department of Correctional Services regarding situations leading to the generation of stress in employees are also placed in perspective.

Stress within the Department of Correctional Services is a growing concern both for Management and employees. This study is aimed at identifying stressors both from within as well as outside the work context as well as reviewing the relationship between stress and physical activity (sport and recreation) in general as well as in the context of the Department of Correctional Services sport policy. Heads of Prisons have been selected for the purposes of this study as they are constantly under pressure. Heads of Prisons in the Department of Correctional Services are ranked according to the size of the prisons they supervise. Subsequently,

SYNOPSIS

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Head of Prison could be ranked from a Correctional Official (CO) to an Assistant (ASD) or Deputy Director (DD).

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