Behind Locked Doors: Understanding the Lived Experiences of Persons Deprived of Liberty in Detention and Correctional Facilities

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Abstract----Individual difficulties and significant effects on physical, emotional, and social well-being characterize the experiences of Persons Deprived of Liberty (PDL). They usually experience a loss of autonomy, limited mobility, and restricted access to opportunities and resources when they are housed in correctional facilities or detention centers. This study aimed to determine the lived experiences of PDL inside the jail using a phenomenological qualitative research approach. Five PDL, five custodial/police officers, and two human rights officers from southern part of the Philippines were the informants of the study. Results revealed that the PDL have been treated well by the custodial or police officers, however, inadequate food and poor facilities such as ventilation, toilet, and detention centers are evident. The facilities do not have space where the PDL can do some physical exercise. The facility has also not established a program that promotes the mental and emotional wellbeing of its PDL. Although they are given quiet time to pray in their cells, there is no place dedicated for the inmates to practice whatever religion they have. Also, close visits with the inmates have been prohibited during Covid-19 pandemic and only the cell leaders and police officers keep the PDL sanity and well-being. Therefore, it is recommended that the authorities adhere carefully to the national standards for detention facilities in order to provide a compassionate supply of basic necessities and ensure the mental and emotional health of the PDL.

Keywords----convicts, imprisonment, qualitative research, phenomenology, criminal justice

I. INTRODUCTION

1.1 Background

The Philippine National Police has changed a detention facility's name to a custodial facility. It is politically correct to call it a custodial facility, then a detention facility because it is degrading or dehumanizing. Moreover, it is in line with the adoption of generally accepted international law principles and providing a more humane terminology for the shelter of persons suspected of committing a crime. Further, a custodial facility in the Philippines can be referred to as a 'jail' where persons who committed crimes are confined for investigation or undergoing trial or serving short-term sentences [1]. Prior to this, it was emphasized that a custodial center/facility is for persons under investigation, while a detention facility is for persons undergoing trial [2]. This improper use of the term is due to the fact that the PNP custodial facilities are sometimes used to accommodate persons under trial pursuant to a commitment order from the Court.

In contrast, a 'prison' refers to the national penitentiaries managed and supervised by the Bureau of Corrections (BuCor), an agency under the Department of Justice in the Philippines. The Philippines' custodial facilities or jail is managed by the Philippine National Police (PNP) in collaboration with the local or municipal government of a city, town, or municipality. In 2018, the PNP issued a memorandum that would serve as a guideline and procedure in the stricter management and supervision of all PNP custodial facilities and persons under PNP custody, or termed as persons deprived of liberty (PDL). Accordingly, PDL are individuals who have been detained or imprisoned in accordance with a legal judgment after being arrested and held in legal custody [3].

Further, the said memorandum circular answers the call to address the incidents and concerns mounting in the public's eyes concerning custodial facilities. It hopes to put an effective policy to minimize, if not put an...
end, the incidence of torture and police brutality, including congestion, poor ventilation, and shortage of necessities for PDLs in the custodial facilities. In a recent study, it was found out that PDLs have positive and negative experiences which includes longing for connections from their family and friends outside the jail, discovering their true being, extreme emotional and physical stress, and adapting the life as prisoners in order to survive inside the jail. The data in this study were taken from five PDLs through online individual interview. [4]

To address this gap, the researchers conducted this study by having a personal in-depth interview with PDLs including the custodial or police officers and human rights officers. This study hoped to give deeper perspectives on the lived experiences of the PDL in line with their living conditions, mental and emotional state, and their understanding concerning the implementation of administrative procedures of their case, and the challenges or problems they have encountered in the custodial facilities.

1.2 Theoretical Framework

This study is anchored on Deterrence Theory of Punishment which embraces that the institution of criminal penalty is morally justified because it helps to deter crime [5]. Because the fear of external endorsement is an important enticement in crime deterrence, the deterrence theory is often associated with the idea of severe, uneven sentence. An objection to this model holds that anticipates seepage renders even the most stringent punishment inapt and irrelevant.

A deterrence theory of punishment grasps that the institution of criminal punishment is necessary or justified because punishment serves to deter crime. How does punishment deter crime? Presumably, upon learning the likely consequences of committing a crime, a potential offender might abandon his plan because he would like to avoid the crime's bad effects, namely, the punishment associated with the offense.

Deterrence theory is commonly associated with the rational choice theory. It assumes that potential offenders are rational agents capable of taking into consideration the consequences of their actions. If an action X will (highly likely) bring about some undesirable consequence Y, then rational agents will avoid doing X because they would like to prevent Y. Thus, in criminal legislation, sanctions are attached to various criminal offenses. They are regarded as a negative consequence of criminal wrongdoing, a price to be paid for violating the criminal code. Because rational agents would like to avoid these bad consequences, they would likely prevent committing offenses. It is how punishment deters crime. Without the capacity to consider and comprehend the results of one action, a person cannot be deterred by the threat of punishment.

The deterrence theory supports the principle of detention or custody of the person who committed a crime. Thus, crime offenders or suspects are detained or put into custody in a local facility called a detention facility, jail, or prison. This person is held in this facility while his/her case is being submitted to the Court of Law, who is tasked to apply the law to specific controversies brought before them. They resolve disputes between people, companies, and units of government. Often, courts are called on to uphold limitations on the government. They protect against abuses by all branches of government.

1.3 Literature Review

The global custodial populace has reached its highest level ever: more than 11 million people are put in custody. This number has increased by 20% between 2002 and 2020. The United States has the highest absolute number of people in prison globally, with over 2.1 million people in prison at a rate of 655 people per 100,000 of the national population. China has the second-highest custodial population, with an estimated 1.7 million people confined, and followed by Brazil, where, based on statistics from June 2019, the prison population approaches 760,000. The quantity of female detainees has increased by 50% since 2002. The Prison Policy Initiative in the US has renowned that women sustained to be the fastest-growing segment of their prison population.[6]

The PNP National Headquarters reported in 2018 that there had been a series of incidents and concerns mounting in the public's eye with the existing situation in all custodial facilities of the PNP in the Philippines. The PNP was once again put to the limelight for alleged violation of PDLs rights, including torture and police brutality. It included congestion of the facilities, poor ventilation, and a shortage of necessities for the PUPCs. In this regard, in the same year, the PNP-NH issued Memorandum circular No. 027 on June 28, 2018, to put more stringent guidelines and procedures in all PNP management and supervision custodial facilities and persons under PNP custody.
More than two years after the issuance of the memorandum, the state of most custodial facilities remain the same. They said that the detention centers managed by the National Police, the jail facilities are overseen by the Bureau of Jail Management and Penology and the provincial governments, and the prison and penal farm manage by the Bureau of correction register an standard overcrowding rate of some 500%. Although it was by now heavily crowded even before President Rodrigo Duterte’s war on drugs, the prisoner population has increased more than 67% (from 120,000 to 200,000) since 2016 due to the drug war. One remand jail facility in Manila, for example, has reached a congestion rate of 3,600 percent of capacity: jail cells that once housed ten inmates now squeeze in more than 200. Making matters worse, the inmate population’s growth has not been matched by the modernization of archaic facilities or increases in personnel and resources. [7]

The democratic selection of President Rodrigo Duterte on May 9, 2016, in grouping with the Philippines’ current socio-economic circumstances, has drawn national and international agencies’ attention and is the subject of public arguments. Since his War on Drugs, juvenile crime and proscription have become widely discussed topics about which Duterte has said that children killed in the drug war are collateral damage. Different governmental and non-governmental administrations are dedicated to helping children by providing shelter, love and education, and in-depth programs to rehabilitate and eventually reintegrate children in conflict with the law into society. To explain the high rate of adolescent delinquency and the functioning of support and rehabilitation initiatives, a study showed qualitative research based on multi-sited ethnographic fieldwork in both Olongapo City and Puerto Princesa from February until April 2017. This thesis outlines how socio-economic and political circumstances are related to juvenile delinquency and support and rehabilitation initiatives. They argued that certain socio-economic conditions play an important role in the emergence of a crime environment children and youth live in and that the Philippines’ current political conditions maintain this environment. Thereby, they argued that President Duterte’s War on Drugs seems counterproductive of what it is supposed to defeat and that only a focus on the causes, rather than the consequences of crime, may defeat juvenile delinquency positively contribute to the goals of further support and rehabilitation initiatives.[8]

Accordingly, current prison management models strictly prohibit inmates from assisting with prison administration or governance. It is feasible in developed country where government can provide adequate resources, security, and personnel. However, it is not realistic in developing countries like the Philippines, characterized by poverty, corruption, and under-resourcing of correctional amenities. In such conditions, inmate leaders tend to share supremacy with prison administrators. Despite happening out of requirement, not by design, this system normalizes social conditions within a prison. This article inspects the ramifications of such a shared governance model for correctional management utilizing ethnographic research.[7]

Prison imperialism around the world is, in part, facilitated by extolling the prison as a symbol of ‘Western-democracy,’ which is justified as an effective and transparent means of enforcing the rule of law and as an internationally recognized indicator of a strong state. This study argued that the authenticities of prisons do not match up with their symbolic and extolled virtues. Basing on existing empirical and hypothetical literature, this article argues that the role of the prison as a symbol of effective ‘state-building’ ignores the irrefutable evidence of the ‘fiasco’ of the prison, either to fulfil its stated purposes or to operate in ways that adhere to or strengthen democratic ideals. Further, it suggests that international bodies, non-government organizations, state officials, and scholars must engage more honestly with the ‘truth about prisons’ and their failure to function in the ways they are imagined to.[9]

Inmate arrangement is a key aspect of prison organization and inmate indoctrination. It guides inmate housing assignment, level of direction and control, and inmate program placement. The Philippines formally incorporated these principles to modernize its prisons. However, structural, organizational, and cultural challenges posed barriers to successful implementation. Utilizing qualitative data gathered through interview and focus group discussion with prison personnel, inmates, and volunteer in a major prison in the Philippines, a study investigated the practices that impact inmate classification and how this affect housing assignment, levels of supervision and control, and inmate programming. Implications towards developing integrated correctional management in the Philippines, and other similarly situated countries, are discussed.[10]

As James B. Jacobs observed in a 1977 book about the Stateville Penitentiary in Illinois, there was a positive side to the gangs—they played a supportive and protective role, functioning as “buffers against poverty” for inmates. It is also obvious in the Philippine prison system, where many inmate continued existence depends on basic financial ropes from more affluent Pangkat member. Such aid becomes particularly crucial when
The Philippines are challenging. Police and prison personnel, denial of rights for the study was conducted from August 2022 to May 2023. The custodial facilities were on the denial of requests for the provision of additional personnel, denial of rights for equipment procurement, security plans may have been strictly implemented, but not all the time, and no regular review, rehearsal, and implementation monitoring. Moreover, they have also reported the ill-treatment of prisoners in the Philippines, the realities of which reflect the failings of the international human rights framework more generally. Lee and Narag emphasized that inmates join pangkats to ensure their safety and survival. In contrast, those who remain unaffiliated do so gave their negative perceptions of the pangkat, sufficient access to social support, and desire to maintain their pre-prison identity.[13,14,15]

Moreover, several studies engaged to present the scenarios and situations of custodial facilities in the Philippines. According to them, the current prison management models strictly prohibit inmates from assisting with prison administration or governance. They also found out that strategy concerns to address the needs of custodial facilities were on the denial of requests for the provision of additional personnel, denial of rights for equipment procurement, security plans may have been strictly implemented, but not all the time, and no regular review, rehearsal, and implementation monitoring. Moreover, they have also reported the ill-treatment of prisoners in the Philippines, the realities of which reflect the failings of the international human rights framework more generally. Lee and Narag emphasized that inmates join pangkats to ensure their safety and survival. In contrast, those who remain unaffiliated do so gave their negative perceptions of the pangkat, sufficient access to social support, and desire to maintain their pre-prison identity.[13,14,15]

II. METHODS
This study employed qualitative research approach using phenomenological method to carefully grasp the lived experiences of persons deprived of liberty (PDL). This research design is appropriate for this undertaking as it determines the participants’ experiences under study using in-depth interview and analysis. Phenomenology is used to recognize phenomena and emphasize personal involvements and understand the structure of those lived experiences.[16]

Furthermore, the study was conducted from August 2022 to May 2023 at Surigao del Norte, Philippines. Five PDL, five custodial/police officers, and two human rights officers from the province of Surigao del Norte were purposefully chosen as participants of the study in order to generate corroborated results from the informants’ responses. Researchers-made semi-structured interview questionnaire was utilized as research instrument which was validated by experts in the field of criminal justice education, language, and research.

The data were collected through personal individual interview. First, letter of approval from the head of provincial jail was secured and consent form was undertaken from the informants. They were rest assured that their personal information will be dealt with utmost confidentiality and be used for research purposes only. The interviews were recorded with consent from the participants and were carefully transcribed and translated into English. To analyze the data, thematic analysis technique was used.

III. RESULTS
This section presents the findings of the study based on the interviews undertaken with the three groups of participants of this study- the Persons Deprived of Liberty (PDL), Police Officers (PO), and the Human Rights Officers (HRO).

1. Living Standards of PDL

Question 1.1 What is the current living condition of PDL?

**Theme 1.** Good Treatment of the Leaders and Employees. The PDL receive a good treatment from their *mayores* and police officers (*Our living condition is good. The employees treat as well, especially our fathers or 'mayores' or cell leaders. - PDL 1*). They are given advisement by their co-PDLs for them to be able to get through the hardships and difficulties as inmates.

**Theme 2.** Poor Ventilation. The custodial facilities have poor ventilation (*It is a little hot right now. - PDL 2; It is orderly. It is just a little hot inside. - PDL 3*). There are, however, exhaust and electric fans in every cell, but this is not enough because the cells are congested (*They are okay even if its congested. - PO 1*) with many inmates. There are not enough windows in every cell.
Theme 3. Congestion in the Cells. Every cell is swarmed with too many inmates in a relatively small cell. In the main facility alone, there are only two cells with a total size not exceeding 100 square meters, being occupied by more than 150 inmates.

Theme 4. Grief. The PDLs suffer from grief of not being able to see their family and loved ones, especially in the time of pandemic (It is okay. But I am sad because I miss my family. – PDL 5). Visits are prohibited to conform to social distancing protocols. However, even before the pandemic, some of the inmates do not receive visits from loved ones and family members.

Theme 5. Congestion is expected because facility is temporary. The custodial facilities are temporary cells where crime suspects are put into custody until convicted (Our condition is a little difficult because there are plenty of people in the cell. – PDL 4; They are okay, this is a temporary facility. - P02). Based on gathered interviews from the police officers, the temporary shelter for these suspects is called custodial facilities where congestion is expected because most of it is small in size.

Question 1.2 Are they able to eat properly? How many times in a day?
Theme 1. Three times daily. The PDLs are provided a meal three times a day (Yes, three times a day. - PDL 4; It is good. We can eat three meals a day. - PDL 3).

Theme 2. Deficient or inadequacy of food/meals. Accordingly, even if three square meals are given to the PDLs, they are thought to be deficient or inadequate (We can eat but it is sometimes short and we are often hungry. Especially if our family does not visit and there is no food brought. But sometimes if there is food from a family-member, it if often shared to other inmates. – PDL 2).

Question 1.3 Are they able to wash their clothes inside the facility?
Theme 1. Personal task to wash their clothes. The PDLs are allowed to wash their own clothes in the facility (Yes, we could do the laundry. - PDL 3; They can laundry inside, but most of the time their family brings fresh clothes- PO1).

Theme 2. Consumables are sourced from families. The soap for washing the PDL clothes are provided by their families from the money or supplies given to them (We could wash our clothes while we take a bath. I give them soap for laundry and for their body. But sometimes we do not have money to buy soap. If their families give them money, we use that to buy soap. – PDL 1).

Theme 3. No drying areas. The PDLs are allowed to wash their clothes but there are no drying areas in the facility (There is no drying area here. But they can wash their shirt. – PO5; They cannot because there are no drying areas here. – PO4).

Theme 4. Multi-task washing of clothes while bathing. The PDL takes a bath while they wash their clothes (Yes, they do it while they take a bath. – HRO1).

Theme 5. Send soiled clothes to family. Some PDLs manage to send their soiled clothes to their family to wash them (I send dirty clothes to my family, then they come back with fresh ones- PDL 2; I send it home- PDL 4).

Question 1.4 How many are they in the cell?
Theme 1. The cells are overly congested. The cells according to most PDL are overly congested (We are more than 80 inmates in this cell. Since there are two cells, we are more than 160, I guess. – PDL 1; There are many of us here in the cell. For us to be accommodated in an orderly fashion, we sit in line. I think we are more than 80 per cell. – PDL 2). This information has been agreed to by the police officers (It’s congested. They are 80 here per cell in the main facility- PO3; They are around 70-85 in this cell. – PO4; Oh my, it is very congested! - PO5) and the HROs as well (At the main facility, there are two cells with at least 80 inmates per cell. They are overly congested. In the extension facility, there are fewer because most of them are females. And there are at least three cells in the extension facility. – HRO1).
Theme 2. Standards not being followed. With the overly congested cells, the standards in the number of inmates of four-square meters per person has not been followed (The standard four-square meters per person is not being followed. – HRO2).

Question 1.5 Are the cells equipped with enough ventilation?

Theme 1. Number of equipment not enough. The number of exhaust and electric fans is not enough in the cells (It is very hot. But it is not summer yet, but it is very hot. The two exhaust fans are not enough to contain the heat. – PDL 1; We lack proper ventilation both at the main and extension facility. - HRO1).

Theme 2. Equipment cannot carry the load. Even if there are additional exhaust and electric fans in each cell, the problem still lies in the congested condition of the cells (The electric fans cannot contain the heat inside the cell. - PDL 3; There is ventilation but it is still hot. – PDL 4; The humidity coming from the cell is very hot. The exhaust fans cannot contain it. – PDL 5).

Theme 3. Ventilation is a problem of congestion. Providing ventilation is a challenge to every custodial facility because if the cells are congested and there are not enough windows then the same is a real problem (There is not enough ventilation. - PO1; It’s hot, and it’s congested. - PO3; Oh my, the humidity is intense. It lacks ventilation, – PO5).

Theme 4. Poor ventilation causes diseases. According to an HRO, if proper ventilation is not provided, it may cause diseases (Yes, they have electric fans and exhaust fans but it is still very hot especially in the Summer. Lots of inmates get boils. – HRO2).

Question 1.6 Describe the sleeping arrangement of the PDL. Do they have beds, pillow, or blanket?

Theme 1. Inability to lie down. Because of problems with congestion in the cells, the PDLs cannot even put their backs on the floor (We could not lie down. We sit sleeping. We do not have pillows, blankets or beds. - PDL 1).

Theme 2. Sleeps on rotation basis. Due to congestion in the cells, officers have thought of alternating sleeps of the PUPCs to accommodate everyone to sleep properly at least with their backs on the floor (We sleep on rotation basis. The first batch sleeps on their back. The second batch just sleeps sitting. – PDL 2; They have cartons, and blanket. But, because the cells are congested, they take turns in sleeping. – HRO1).

Theme 3. Can properly sleep. The extension facilities occupied by women inmates are better-off with the main facilities because they are less in number and they are able to sleep properly (We could sleep properly because we are just few. – PDL 3).

Theme 4. Absence of sleeping materials. Inmates who could lie their backs on the floor does not have the luxury of using a bed, pillow, or blanket (We do not have anything that you mentioned. – PDL 4; We do not have pillows, blankets or beds. But we can sleep properly. - PDL 5; They sleep on the floor with their shirt or towel as cover. – HRO2).

Theme 5. Uses makeshift beds. PDLs sleep on makeshift beds like plywood (They just sleep on the plywood. No blanket or pillows. – PO2; They have cartons, and blanket. But, because the cells are congested, they take turns in sleeping. – HRO1).

Theme 6. Sleeps sitting or sleeps right next to each other. Due to congestion, PDL sleeps sitting or right next to each other (They just sleep sitting. - PO3; They are not able to lay down. They just sleep sitting right next to each other. - PO4).

Theme 7. Uses shirts and towel as bed sheets. The PDL are not able to use pillows or bed sheets, thus; they use their shirts or towels as bed sheets (They sleep on the floor with their shirt or towel as cover. - HRO2).

Question 1.7 Are they able to wash their face or body inside the facility?

Theme 1. Allowed to take a bath every day. The PDL are allowed to take a bath every day in the morning and in the evening (Yes, we could take a bath every day. - PDL 1; Yes, they are able to take a bath twice a day. – PO1; Yes, only two times a day. – PO2; Yes, they can take a bath every day. – PO3; They can take a bath every day. – PO4; It’s okay. They can take a bath in the morning and in the afternoon. – PO5).
Theme 2. Provision of bath rooms. The facilities are provided with bath rooms but they are not adequate because of the large number of inmates (Yes, we have a place where we could take a bath. - PDL 2).

Theme 3. Allowed bathing on schedule. To accommodate every inmate to bathe, they follow a schedule for bathing (It's okay. They can take a bath in the morning and in the afternoon- PO5).

Theme 4. Allowed to bathe to avoid skin diseases. The PDL are allowed to bathe not just to keep their bodies clean but as a way to avoid skin diseases (They are allowed to take a bath daily at least twice so they would not feel itchy and get boils. - HRO1).

Question 1.8Is there a well-maintained comfort room inside the facility?
Theme 1. Toilets are clogged. The toilet bowl in the main facility is clogged. Thus, the wastes go to a plastic and put into trash (We have a comfort room but the bowl does not function. So, we use plastic to dispose our trash. – PDL 1; Our bowl is clogged. – PDL 2; The bowl is broken. But we are doing something about it. – PO1: The bowl is clogged. - PO2; The CR cannot be used. They use plastic for their waste. – PO3; The bowl is clogged, thus, their waste is put in a plastic and thrown in the trash. - PO4; and the comfort room cannot be used. The bowl is clogged. - PO5).

Theme 2. Toilets are maintained by the PDL. To maintain the cleanliness of the toilets/bath rooms, the PDL take turns in cleaning them (We have a comfort room that we could use. We take turns in maintaining cleanliness-PDL 3).

Theme 3. Number of toilets are not enough to accommodate everyone. Each facility is provided with a bath room and a toilet bowl. However, with the large number using these facilities, it is not enough to accommodate everyone (There is, but this is not enough for the number of people living in the facility. – HRO1).

Question 1.9Do they have fresh clothes to wear? Who provides their clothes?
Theme 1. Provided by families and friends. The clothes of the PDL are also provided by the families and friends of the PDL, aside from washing themselves, sent to them on a regular basis (We could wash our clothes. The others are brought by their families. – PDL 1; Yes, we have fresh clothes brought by our visitors. – PDL 3; Yes, we have brought by our family- PDL 4; Yes, we have. It is brought by our siblings and parents. – PDL 5).

Theme 2. Provided by the custodial facilities. The shirts that are provided by the custodial facilities to the PDL are the yellow-colored ones (We have some clothes. The yellow t-shirt is the prescribed one given by the office. – PDL 2; The others do not have; they only have the yellow t-shirt that we give them. Budget for the shirts is scarce. – PO5).

Theme 3. Cannot change clothes if family will not bring. The PDLs who has no families and friends to provide fresh clothes, they can inadequately change their clothes unless they wash it themselves (If their family is able to bring fresh clothes, then they have something to wear. - PO3; Sometimes they wash their shirt while they take a bath. And they hung it inside the cell. – PO4).

Question 1.10Are they able to wash their clothes inside the facility?
Theme 1. Washes clothes personally. PDL wash their clothes whenever they do not get fresh clothes from their families (Yes, we could wash our clothes inside. – PDL 1; Yes, we could wash our clothes inside. We could do it while we take a bath. - PDL2, we could wash our clothes every day. - PDL3; They can sometimes wash their shirts or pants. - PO1; Yes, they wash their soiled clothes while they take a bath. - PO2).

Theme 2. Provided by siblings. The clothes of the PDL are provided by their siblings (We send it through our siblings- PUPC4; Yes, but we do not have soap. So, we wait until there is soap or someone from our family could get our clothes to wash. – PDL 5- Their family gives it. - PO2; Their shirt comes from their family. - PO3; No. It is being retrieved by their relatives and exchanged with fresh ones. - HRO1).

Theme 3. Not allowed to wash clothes. Interviews from few participants that they are not sometimes allowed washing their clothes in the facility because it has no drying area (They are not able to wash their clothes most of the time. They have nowhere to hang their clothes. - PO4).
Question 1.11 Do they have a physical activity inside the facility? Is there a schedule that is being followed?

**Theme 1.** Can do stretching, sit and stand, walk to the toilet/bath room. The PDL engage in stretching and other physical conditioning inside their respective cells (We only do stretching. – PDL 1; We could sit and stand. That is the only physical exercise we could do inside the cell. – PDL 2; It's congested in the cell. We could only either sit or stand. We cannot even go out of our cell except when taking a bath or going to the comfort room. – PDLS; They engage in physical conditioning and stretching every morning inside their cell. - HRO2), and they are also using physical exercise as a way of punishment (We are forced to do exercise when we commit mistakes inside the facility. We are asked to hold our ears and sit then stand, many times. - PDL 4).

**Theme 2.** Lives a sedentary life. According to few interviews, PDL live a life of inactivity. They do not have physical activities (We do not have that. - PDL3; They are not able to exercise. They are not able to go out of their cell. - PO3).

**Theme 3.** Rather engage in Bible Study. Since there are no room to make physical activities for PDLs, some interviews have engaged that they engage in Bible study (Only Bible study in the afternoon. They do not have a physical activity. - PO1).

**Question 1.12** Describe the general physical living condition of the PDL.

**Theme 1.** No physical activity. The PDL have no physical activities inside the cell (We cannot do some exercise. – PDL 1; We can only sit and stand. – PDL 2; Our condition is quite difficult. We just spend the day doing nothing. Especially this time of pandemic, we cannot receive visits, except for some who could due video call or a phone call. – PDL 5).

**Theme 2.** Inability to sleep properly. Some of the PDL indicated that they are unable to sleep properly indicating their physical living condition in the custodial facility (We cannot sleep properly. No opportunity for exercise. Just sit and stand. - PDL 3; It is really difficult. It is as if they are really starting to pay for what they did. – PO3).

**Theme 3.** Adapted to difficulty in sleeping. Few of the PDL indicated that have adapted to difficulty in sleeping in the cells (It is okay, even if sometimes is difficult. – PDL 4; They are really having a hard time. - PO4).

**Theme 4.** Difficult due to congestion. The difficulty in the physical living condition stems from the congestion in the cells (It seems they are really having a hard time. It’s hot and congested. - PO1; They are really having a hard time. - PO4; They are really having a hard time. But we cannot do anything. - PO5; It is hot and crowded. - HRO1; and We could say that its quite difficult because it is too congested. - HRO2).

Question 1.13 If they get sick, are they able to get medical attention?

**Theme 1.** Medicines are available upon requests. According to few PDL, medicines are available upon request when they are sick (Yes, we could always ask for medicines for cough, colds, flu, or boil. - PDL1; Yes, we can request medicine from the office. If it’s quite serious, we are sent to the hospital and be checked by the doctors. - PDL3; We do not have a clinic. Whenever we have flu, they just give us medicines; but sometimes there is none. Many get boil because of the assortments in virus or bacteria, and it’s quite here. - PDL4; Yes, we get medication from the office. - PDL5; We have only few inmates who are sick. And they are given medicines right away. - PO2; There are medicines that can be given to them. - PO3; They are given first-aid. - HRO2).

**Theme 2.** Inadequate medicines. According to a PDL, we lack resources to buy medicines. We cannot get medicines right away. Sometimes our mayors or leaders are the ones giving us medicines from the money the families give to our prisoners. This indicates that medicines at the facility are inadequate.

**Theme 3.** Sent to public hospitals for serious illnesses. According to a PDL, yes, we can request medicine from the office. If it’s quite serious, we are sent to the hospital and be checked by the doctors. (PDL3), and yes, the management coordinates with the health office if there are sick inmates, says a HRO1.

**Theme 4.** A nurse is on standby at the facility. There are stand-by nurses for the sick inmates, according to PO1.

Question 1.14 Are there enough medical resources inside the facility?

All of the participants agreed that there are inadequate resources for medical needs of the PDL (There is none. - PDL1; There is shortage of medicines. - PDL2; There is no clinic here. - PDL3; There are enough
resources. - PDL4; There are resources sometimes. - PDL5). The police officer, too, have validated that medicines are short in the facilities (It is not enough. Probably because this is just a temporary facility. - PO1; It is really scarce. - PO2; We do not have enough supplies here because this is just a temporary facility. - PO3; We really lack supplies. - PO4; It is deficient. - PO5). Furthermore, the HRO’s too have confirmed that medicines are not enough to cover the needs of the PUPCs (It is not enough. - HRO1; We lack medical supplies. - HRO2).

2. Mental and Emotional State

Question 2.1 Is there a room or space where they could receive visits?

They all too have agreed that room space is inadequate for the visits of their loved ones and family members. Before the pandemic, the pasilyo in the facilities are used as visit space. But the same, according to most of the participants is inadequate or actually designed for a visiting space (In a small space in front of our cell. That is where our visitors could talk to us. - PDL1; We are not allowed to go out of our cell to receive visitors. We just talk to them from inside of our cell. - PDL2; We have small space in front of the cell. Our visitors could send the food or clothes through the employees. We are not allowed to see them because of Covid. - PDL3; There is no space to receive visitors. Yes, before we could receive visitors, but now through video call or phone call only. - PDL4; Our visitors can enter the cell lobby one-by-one. But now, they are not allowed. They just give through the employees whatever they bring for us. – PDL5). Furthermore, the police officers have confirmed this predicament in the custodial facilities (There is none because the facility is for temporary custody only. - PO1; There is none. It is just in the small lobby. - PO2; This is just a temporary facility. This is really not a prison. They are not convicted yet. - PO3; They receive visits in the small lobby. - PO4; and There is no receiving area for the visitors. - PO5).

Question 2.2 Are they able to pray or practice their religion inside?

indicates the ability of PDL to practice their religion while in custody (Yes, they could personally do it. The Muslims, too, are given chance to pray while the inmates behave. -PO5). Every participant in this study has indicated that PDL are free to practice whatever religion they have. In the main facilities, for instance, the Catholics are given the chance to pray altogether in the morning and in the night time (Yes, we pray together every morning. Especially when a pastor pays a visit and we pray together with him.in the afternoon we also pray. - PDL3). The Muslims, on the other hand, prays five times a day (The Muslims can pray inside their cell. All the Muslims stay in one cell. Of course, there are Catholics, too. When the Muslims pray, the Catholics are asked to behave and stay in one side so that the Muslims can pray. - PDL2; . To give them a quiet and peaceful respite inside the cells, since there is no other place to do that (We have no space for us to practice, just inside the cell. - PDL1; They could only pray inside the cell. - PO1; Yes, the Muslims are allowed to pray five times daily. The Catholics, too. They are allowed in the morning and in the afternoon. -PO3); their Catholic cellmates stay on the side to give them the chance to do their ritual.

Question 2.3 Are there programs that promote mental and emotional wellbeing for the PDL? If any, please describe.

The interview responses on the programs to promote mental and emotional wellbeing of the PDL showed that everyone agrees that programs were in force prior to the pandemic. It is either facilitated by a pastor (Before there is a pastor who comes and talks to us. - PDL2; There is a spiritual adviser who comes here very often before. But we do not allow them now because of the pandemic. - PO4) or initiated by the cell leaders or the PDLs themselves (I talk to other inmates about their problems. Especially the new ones, they are usually sad because they have families outside. - PDL3; Most of the inmates are sad at first, but eventually they get used to it and adapts to their environment. The leaders usually talk to them and give them support. - PDL4; I am not aware of any programs like that. We just talk to the person and give him advice. - PDL5; We do not have such a program here. But the inmates just talk about themselves and share advices. - PO5); or the mayores have made a move to make things in the cell work out as it should (Their cell leaders or mayores gives counseling. It is the initiative of their police officers with the help of the mayors. - HRO2).

Question 2.4 Describe the activities that helps promote mental and emotional health for the PDL.

It was revealed that mental and emotional health is also a concern of the custodial facilities, but those have not been actually written on paper, rather initiated as a practice in most facilities (I think there is none. We just talk among ourselves if someone has a problem. - PDL1; There is no such a program. But they allow the priests or pastors to get inside. – PDL4; They are given time to pray, and everyone is tasked to keep the silence. - PO3; There is none. But the police officers and cell leaders give them advice whenever they need it. - PO5). Prior to the pandemic, religious leaders are invited to take the part (There are catechists who visit us often. – PDL2). However, currently with the pandemic, the PDLs engage in Bible studies (They engage in Bible study...
We are sometimes scolded because there are really many mischief actions.

Theme 1. Good treatment with each other. The PDL treat each other well (We treat each other good. - PDL1; We are good. We do not have a problem. - PDL2; They are being treated nicely. They are being advised to maintain the peace inside the cell. - PO1; They treat their fellow PDLs well. - HRO1; They treat each other appropriately. - HRO2).

Theme 2. Officer scold them for their mischiefs. The PDLs are reprimanded or scolded by the officers for committing mischiefs inside the facilities (We are sometimes scolded because there are really many misdemeanors inside. PDL2: There is no violence inside. There are of course petty quarrels but it is easily fixed. - PDL2; Petty quarrels are fixed easily. - PDL3; Quarrels are not allowed here. - PO3).

Theme 3. Deep respect for officers. The PDL have exhibited deep respect for the officers that they take heed in their advice and reprimands (They behave properly because they fear the police officers. Stubborn are not allowed here. - PO4).

Question 2.5 How do the PDL treat each other?

The gathered information infers that the facility is generally peaceful, in that, occurrence of fights is scarce. PDL1 indicated that, No such happening inside.; There is no violence inside. (PDL5); There is none. (PO1); There is none. Everyone is behaving. (PO3). Because as a rule, They are not allowed to engage in fights or quarrels inside. (PO3). However, fights, quarrels (Fights sometimes happen inside the cell due to misunderstandings - HRO1), or verbal exchanges (There are verbal exchanges, but it is always often controlled immediately. - PO1; happen inside the facilities (There was an incident before. They shouted and cursed at each other. But it was controlled by the leaders easily. - PDL1; There was an incident where they almost fist fought. - PO4). But this could not be avoided. However, these are controlled right away by the police officers (The cells are small and the office of the police officers is nearby so everyone is watched. If there is violence, it is always controlled. - PDL4). Furthermore, disruption of peace inside the facilities are strictly prohibited (They are not allowed to engage in fights or quarrels inside. - PO3; Quarrels and fights are not allowed here. It is our duty to keep the peace. - PO4).

Question 2.6 Are there instances that PDL fight?

Accordingly, the police officers treat us well (PDL1); The police management in the facility is okay (PDL4); It is okay there is no problem. (PDL4). The police officers, too; have validated these responses as true (They are being treated nicely. - PO2 and 3; Our police officers treat the PDL well. - HRO1). In certain cases where PDLs engage in quarrels, fights, or violence, the officers sanction disciplinary measures or they are being attended to right away to avoid further disruptions; scolded them or sometimes yelled at, but not physically hurt as these acts are strictly prohibited (We are sometimes scolded for mischievous acts. - PDL3; We are punished by letting as sit and stand many times if we did mistakes. - PDL4; Every cell is being visited and properly inventoried for sick individuals and quarrels so that they could be attended to properly. - PO1; We are not allowed to physically hurt the PDLs. FNP has a policy for that. - PO4; They are being treated well, but hurting the PDLs is strictly prohibited. - HRO2).

Question 2.7 How do the police officers treat the PDL?

The gathered information revealed that there has no occurrence of police brutality in the custodial facilities (There is none. - PDL1; They have not done anything wrong to us. - PDL3; There is no such an occurrence. - PO2; No police officers physically hurt the PDLs. - HRO1; There is none. - HRO2). Should there be any violence, misdemeanors, or fights; the police officers give scold them (We are just being scolded but no physical contact. - PDL2; given advice or counsel (They are given proper advice if they commit mistakes. - PO1); discipline them through exercise punishment (We were being disciplined for our wrongdoings. - PDL3; They were just disciplining us because most of us were foolish. - PDL5); or simply yell at them (There is no such an occurrence. We sometimes yell at them if they are too much. - PO3). In any instances of mischiefs by the PDLs, the police are never allowed to hurt them physically (I have been here for the longest time. That is not allowed here. - PO4).

Question 2.8 Are there instances that police officers physically or verbally hurt the PDL?

If the PDL commit mistakes or demeanor inside the facility, are they subjected to disciplinary actions?
The information gathered infers that the PDLs are made to sit and stand while holding their ears many times (We are asked to sit and stand while we hold our ears, many times). - PDL1; As a punishment, they are tasked to do a physical exercise - HRO2). They are also scolded (They are also scolded but they cannot be hurt. - PO3); given advise or counsel (We avoid hurting them. We just give them advice. - PO1; None. They cannot be hurt. They are given advice. - PO4; If the PDLs commit mistakes, they are being handled by their fellow PDLs or someone close to them inside or the mayors to guide them and give them some advice. - HRO1; There are no punishments. The police call our attention right away. - PDL2). Furthermore, according to PDL4, violence and quarrels or disruptions in peace are usually being avoided due to the congestion inside the cells; there is not much room to do that (We got no problem inside the cell. We are plenty inside and we have no chance to quarrel inside or you’ll get beaten by the inmates all the more.).

Question 2.10 Are there instances where the rights of the PDL violated inside the facility?

The PDLs said that there are no violations in human rights in the cell, either by their co-PDLs or the police officers (None at all. - PDL1; Everything’s okay inside. - PDL2; There is none. - PDL3; None. - PDL4; and Everything is okay. There is no such thing. - PDL 5). This information has been validated by the police officers (There is none. - PO1; Their right has so far not been violated. - PO2; They cannot be hurt here. They are quite congested so it is obviously seen right away. - PO4; and Nothing. We manage them carefully. - PO5; There is none. And this is being monitored by the Human Rights Officer like me. - HRO1; There is no such an occurrence here. - HRO2). However, according to a police officer (3), the mere fact that PDLs are not able to sleep properly, not able to move around the facility is itself a violation of the human right (They are not able to sleep properly. Not able to move around the facility); however, he/she understands that PDLs are denied these freedoms while in the custody of the PNP and awaiting for the verdict of their case (It is the price of being a suspect).

3. Issues and Challenges Faced by PDL

Question 3.1 Describe the overall challenges and problems that they encounter inside the facility.

According to the PDL, they feel bored (It is boring here. - PDL1); they often think of their loved ones (None so far. But we often think of our loved ones outside and how they are. - PDL2); problems in congestion (Nothing, but it is hot and congested inside. - PDL4); and they are sometimes hungry (I am sometimes hungry. There is lack of food. - PDL5). One PDL suggested that congestion in the cell should be avoided, and add additional toilets to accommodate everyone in the facility (Congestion should be avoided. Limit the number of people in a cell, and add a comfort room. - PDL3). On the other hand, the police officers have mentioned that the toilet bowl is broken (The problem is the toilet bowl. - PO1); lacks ventilation, clogged comfort room, and not enough bath rooms (Lacks ventilation, clogged comfort room, and not enough bath room. - PO3); lacks shirt (They lack shirt. - PO3); is hot inside the cells, thus many gets boils (It is hot inside. Many gets boils due to congested cells. - PO4). This information was also validated by the HROS as a persistent problem (The heat from the crowded cell is a challenge for them. - HRO1; Poor ventilation, congested facility, lacks comfort rooms, and small facility. - HRO2).

Question 3.2 Describe the mental or emotional challenges and problems the PDL encountered in the facility.

The information gathered infers that the PDL are sad (I am sad. - PDL1; I feel sad inside. - PDL3; I feel bored and sad. - PDL4; They are sad because they stay in the cell for the whole day. They do not have an inch of privacy. They feel that being there is torture for them. - PO3 ) because they long to see their loved ones (I feel sad because my children are outside and I did not get to see them. - PDL4; Because of the pandemic, one challenge is longing to see their loved ones. - HRO1). One PDL recommended that there should be a place for peaceful respite to commune with God. Their mental and emotional state was being affected by the inadequacy of basic necessities in the facility (There should be a prayer room and enough time in taking a bath. - PDL2). However, the police officers see the PDLs as having difficulty with the sleeping arrangements (They are having difficulty in sleeping arrangements. Much more when there are additional inmates. - PO1; I think they are okay. They seem to have no problem. But they find difficulty in the sleeping arrangements. - PO5). The other officers also noticed that the PDLs are generally feeling well (They are generally feeling well. If they have problems, their cell leaders talk to them. - PO2); while the other PDL are having difficulty in handling their current situation thus; affecting their mental and emotional states (The others are not able to handle it. They always cry. But eventually they adapt. – PO4).

4. Implementation of the Administrative Processes

The information gathered infers that the PDL bear knowledge about the processes of their case. According to PDL, the process was carefully explained to them (Yes. Once we are admitted, they explain to us the process that our case has to go through. - PDL1; It is explained to us before we enter the cell. - PDL3; Yes,
we understood the process– PDL4; Yes, I do understand.– PDL5 ). This information was validated by the POs that the processes are carefully explained to the PDLs (We explain to them very carefully.– PO2; They understand fully-well. We explain to them properly.– PO3; Yes. They understand fully-well.– HRO1; The custodial officers and the Human Rights Officers explain the process of their case.– HRO2). For PDLs not able to understand right away the processes of their case, a workflow of the said process has been written on the wall outside their cells (It’s written on the walls inside the facility.– PDL2; There is a summary written on the wall inside to remind them of the process of their case.– PO5).

IV. DISCUSSION

The conversations with the three parties centered on how to manage the officers and their co-PDL in the custodial facility, as well as the current environmental situation, personal feelings, and general living conditions. It implies that the police officers and officials, such as mayors, have treated the inmates well. However, though the facility’s overall maintenance is satisfactory, the cells have inadequate ventilation and are all overcrowded. As a result, the PDLs’ living conditions are becoming more complicated.

In terms of PDL meal consumption frequency, PDL were interviewed about the amount and adequacy of meals served to them, while POs and HROs presented the number of meals given to the PDL. The foods are distributed in a managed manner three times a day, according to the PDLs: breakfast, lunch, and dinner. Except in the cell, the PDL are permitted to wash their clothes when bathing, but there is no allowance for soap or drying areas. Furthermore, only PDL with siblings and relatives that pick up and transport their clothes is able to alter their clothes on a daily basis. However, their relatives occasionally supply the funds; they are set up as a general fund to support costs such as soap and medication. These would be applied to the budget to purchase food for all if the fund allows it.

The number of inmates in each cell was overcrowded. To put it another way, the cells did not fulfill the minimum size requirement of four-square meters per prisoner. The facility ventilation is often inadequate. Each cell has exhaust and electric fans, but they are insufficient to bear the heat generated by the number of inmates in the cell. As a consequence, the air blown by the fans within the cell would not condition the environment.

The housing arrangements in the detention centers are often substandard. Since there is not enough space in the cell for everybody, the PDLs can’t lay down on their backs. Since the jail is overcrowded, the prisoners alternate sleeping quarters. Furthermore, they may not have access to sheets or pillows to sleep in. In certain cells, such as the women, where space is limited, prisoners may lie on their sides, but they cover the floor with their shirts and towels.

The PDL are required to bathe once a day to keep their bodies safe. They are required to go out to go to the toilet/bath room, at least twice a day, once in the morning and once in the afternoon, on a tight timetable. In addition, they are advised to bathe every day to prevent skin diseases.

Toilets are also available in the detention centers. However, the key facility's toilet is clogged. As a result, they are unable to utilize it. The PDL put their waste in a plastic bag and dump it in the trash.

The PDL are often given yellow t-shirts as they first arrive at the facility. Yellow shirts, on the other hand, are in limited supply. As a result, the PDL families deliver new clothes to the reception desk via the police officers.

If the PDL do not have family who can help them with the clothing, they can do their own washing when taking a swim. They are, however, often denied the opportunity to wash their clothes since there is no place to hang them outside of the cells.

Physical activity options for PDL are restricted. Since they are unable to leave their cell after washing, they can only perform some exercising or physical conditioning when inside. Furthermore, the services lack room for the PDL to engage in any physical activity. They should at the very least sit and stand and flex their muscles. Or other terms, as one police officer called it, their life in the facility is sedentary.

Medicines are often in short supply if the PDL get ill. On request, prescription for simple illnesses such as cough, flu, or fever is eligible. Treatments, on the other hand, are often insufficient. The hospital has a stand-
by nurse to see to the PDL needs in the event of severe diseases. In the event that PDL are to be sent to a doctor, the nurse presumably advises the facility's administration.

Visitors were permitted to see PDL with their families in the tiny lobby available to them. The hospital may not have a visitor reception room, although the little 'easily' where the police officers' office is often situated does. With the outbreak of the pandemic, however, visitation arrangements were reduced to receiving clothing and food from police officers. Inmates could still utilize facility-owned cell phones to communicate with their relatives, allowing them to view or interact with them on the internet.

The PDL are free to follow any faith they like in the building. However, there is no designated area in the hospital to do so. It's also worth noting that Muslim prisoners are allowed five minutes of quiet time in their cells each day to pray. Catholics, on the other hand, are allowed time to pray in the morning and evening.

In addition, the detention center lacks a service that supports the social and emotional well-being of its PDL. Community representatives or priests, on the other hand, accompany the prisoners prior and the pandemic to provide divine advice. PDL are often counseled by cell leaders and police officers, particularly if they are depressed and have difficulties adjusting to the type of life offered by the custodial facilities. The near visits with the prisoners have been banned due to the Covid-19 pandemic. The PDL sanity and well-being are now maintained only by cell representatives and police officers.

The PDL handling of their co-PDL has also been excellent. The mayores' job is to preserve the peace by providing instructions and advice to the PDL about how to prevent quarrels and fights within the facility. The PDL are often chastised by the cops for their mischief, which is caused by misunderstandings inside the jail. Any of the fights in the cells are reduced to yelling and rude verbal exchanges, but the officers still keep them confined and under control. The mayores and officers keep a tight eye on the PDL.

The officers are courteous to the PDL. For their mischief, the PDL are carefully watched. To restrain the PDL, they are often humiliated by sitting and standing repeatedly. The PDL are then advised by the leaders and policemen. The officers specifically follow the PNP guideline of not harming the PDL physically. The police officers sometimes lose their cool by shouting at the PDL about their misdeeds, but violence is seldom tolerated in these facilities. Furthermore, human rights officers keep a careful eye on the premises and ensure that no cruelty or brutality occurs.

Low sanitation, overcrowding, clogged toilets, insufficient bathrooms, unsafe sleeping conditions and a shortage of food are among the difficulties or issues that the PDL face. Cognitive and relational problems are another set of difficulties. They are unable to see their families or loved ones due to the pandemic. In this case, the officers and mayores come to their aid while still giving emotional guidance to PDL who are unable to adjust to their new surroundings.

The PDL are well-versed in their case's disciplinary procedures. Those are demonstrated to them as soon as they are admitted to the hospital. Many that are having trouble understanding are referred to the mayores, who can carefully describe the procedure to them. In the main facility, the whole administrative procedure is often written on the wall.

To summarize, the following information gathered from the interviews on the lived experiences of the Persons Deprived of Liberty (PDL), and validation from the Police Officers (POs), and Human Rights Officers (HROs) offers tactical/operational implications to Custodial Facilities:

1. Living standards of the PDL. The PDL living environments are relatively favorable. However, challenges faced by PDL such as inadequate meals, poor ventilation in the cells, clogged toilets, including poor condition of bath rooms, inadequate provision of clothing, lack of exercise or living a sedentary lifestyle, poor sleeping arrangement, and insufficient medical resources imply a slew of operational issues for police officers who are in direct contact with or managing the affairs and living conditions of the inmates. In other words, these issues could cause illnesses and diseases in the PDL, such as an increased risk of diabetes or heart disease due to inactivity, brain slowing due to a lack of fresh blood and oxygen due to a sedentary lifestyle, and other diseases caused by an unsanitary environment, to name a few, all of which will have a significant impact on the custodial facilities' tactical/operational plans.
2. Mental and emotional state of the PDL. The general mental and emotional state of the PDLs is challenged by the current living conditions they are in. The inadequate facilities for visits, no rooms for quite respite to commune with the Almighty, lack of mental and emotional health programs, and the inability of the families and relatives to pay a visit. Especially now that there is a pandemic, inmates have not had an opportunity to see their families and loved ones. Some mental illnesses include depression and low mood, which may increase the risk of recidivism or likely to return to the custodial facilities.

3. Custodial processes. The interviews for the custodial processes are restricted to deciding whether or not the PDL had any awareness of the administrative processes. This research excludes how the PDL feel regarding the administrative processes of their case, as well as the number of days, weeks, or months the PDL has been detained. As a result, institutional consequences based on the hypothesis gleaned from interview answers in this area are inconclusive. It may, however, mean that the police officers did their jobs properly.

Moreover, the following information gathered from the interviews on the lived experiences of the Persons Deprived of Liberty (PDL), and validation from the Police Officers (POs), and Human Rights Officers (HROs) offers strategic/managerial implications to the Custodial Facilities:

1. The PDL living conditions. The PDL comparatively good living conditions should prompt the managers of the custodial facilities to take action. If questions with the PDL fundamental needs are not addressed, managerial consequences are at risk. These ramifications can also provide administrators with an incentive to develop their policies for improving the living standards of PDL in their facilities.

2. Mental and emotional state of the PDL. The implications, given the present status of the PDL behavioral and emotional states, constitute a danger to the inmates' and institution's physical welfare. If issues along these lines are not resolved, they may arise, such as an uptick in recidivism, which will have a major impact on the already overcrowded facilities.

V. CONCLUSION AND RECOMMENDATION

Based on the findings, it was revealed that the PDL in the provincial jail have experienced good treatment from the custodial or police officers and received food every day. Although there are facilities provided for them, they are not enough and well maintained. The PDL usually encounters poor ventilation, very crowded and substandard cell, clogged toilet, insufficient yellow shirts for inmates, inadequate food sometimes, and inadequate facilities for visits which makes them physically and emotionally stressed.

Furthermore, the PDL have limited opportunities for physical activities. They can only do some stretching or physical conditioning while in their cell because they cannot go out after bathing. Besides, the facilities do not have space where the PDL can do some physical exercise. The least they can do is sit and stand as a way to stretch some muscles. In other words, their life in the facility is sedentary, as one police officer puts it. If the PDL are sick, medicines are also limitedly available. The medication for simple illnesses like cough, flu, or fever is available upon request. However, on many occasions, treatments are inadequate. For serious diseases, the facility has a stand-by nurse to attend to the needs of the PDL. The nurse also, presumably, recommends the facilities' management should there be a need for PDL to refer them to a hospital.

In the facility, the PDL can practice whatever religion they have. However, there is no dedicated place to do that in the facility. It is also worthy to note that Muslim inmates are given a quiet time five times a day in the cell for them to be able to pray. Nevertheless, Catholics are also given time to pray in the morning and the evening. Additionally, the PDL are well aware of the administrative processes of their case. Those are explained to them upon admission to the facility. Those with a hard time comprehending are assigned to the mayores to explain the process's details carefully. The whole administrative process is also shown written on the wall in the main facility.

With this, it is suggested that PNP should conform to international guidelines for custodial facilities in order to have a humane supply of essential necessities. Along this line, the national budget to improve the living conditions of the PDL should be pursued. Even if the same is just for temporary detention, the cell should be free of congestion or overcrowding, with at least four-square meters per person which is enough for them to move freely during the day, and lie their backs when they sleep; meals should be provided in an appropriate proportion three times per day; and ventilation in the cells should be increased to prevent heat-related diseases.
and illnesses. The PDL should also be supplied with a sufficient number of shirts, as well as the ability to wash and hang their clothes in specified drying areas. It is commendable, though, that certain families supply fresh clothes in response to the facilities’ failure to meet the PDL clothing and laundry needs. However, prisoners who do not have friends or family who can supply clothes should be allowed to get it from the facility. Restrooms and toilets should still be in good working order. It is essential to end the unsanitary practice of placing human waste in plastic bags. It will be more cost-effective for facilities’ administrators to address clogged toilet bowls rather than sending PDL to hospitals if they became sick as a result of this hazardous activity.

Other than providing the basic necessities of the PDL, their mental and emotional health should also be taken into consideration. Custodial facilities, like prisons, should be reformatory in nature. In this regard, programs should be established like catechism or religious instruction, diversion programs, and forming of effective support groups. Custodial facilities administrators may consider renewing local government units and communities’ support for the improvement of the basic necessities’ delivery, and other needs such as programs that promote mental and emotional health of the PDL. For improved management, the PNP may opt to privatize the operations of the custodial facilities. One of the key advantages of custodial facilities’ privatization is that it simplifies and reduces government costs. In general, states offer private contractors less money to provide for the operations of the custodial facilities.

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