

Factors Influencing Recreational Activity Participation Among Academic and Administrative Staff of Federal College of Education, Eha-Amufu, Enugu State, Nigeria

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Abstract

Participation in recreational activity among Nigerian staff is decreasing; especially in tertiary institutions. Most employees of tertiary institutions in Nigeria exhibit non-chalant attitudes towards active participation in recreational activity despite several benefits of recreation identified by experts. The purpose of the study was to determine the factors influencing recreational activity participation among academic and administrative staff of Federal College of Education, Eha-Amufu (FCEE), Enugu state, Nigeria. Two research questions and one null hypothesis guided the study. The population for the study consisted of all the 356 academic and administrative staff of FCEE. There was no sampling due to a manageable total population. The instrument used for data collection was the factors influencing recreational activity participation questionnaire (FIRAPQ), which was designed by the researcher. The face validity of the instrument was determined through the judgment of five experts from the department of Human Kinetics and Health Education in University of Nigeria, Nsukka. Data analysed from research questions were answered using Spearman's rank order correlation (ρ) while the null hypothesis was tested using chi-square statistic. Results among others showed that no relationship existed between psychological factors and recreational activity participation among academic and administrative staff; moderate relationship exists between social factors and recreational activity participation among academic staff and weak positive relationship between social factors and recreational activity participation among administrative staff. There was no significant relationship between recreational activity participation and occupational status. The study recommended among others that a forum such as sensitization and enlightenment programme to enlighten the institutions community on available recreation program to increase their skill level should be mounted.

Keywords: Recreation, Participation, Administrative Staff, Academic Staff, Factor.

Introduction

The overwhelming benefits of participating in recreational activity has grown to be of a strategic health importance, and this attracted the attention of individuals, groups and international bodies, such as: World Leisure Organization, World Tourism Organization among others. International World Tourism Organization, International Council for Physical Health Education, Recreation Sport and Dance, and World Health Organization are actively involved in propagating recreation and leisure time activity programmes around the world because of its tremendous contributions to individuals and community development (Ajibua, 2012). An international expression of benefits of recreation and leisure can be found in the "Declaration of human rights of the United Nation (UN, 1998; Enable, 2006). The declaration recognizes the right of every man to rest, to leisure, to freely participate in the cultural life of his or her community; ensuring that even children have full opportunity for recreation, which will completely promote the development of their personality.

Recreation is one activity that diverts, amuses or stimulates. It could be viewed as activity that refreshes and recreates; activity that renews one's health and spirit by enjoyment and relaxation. The therapeutic value of recreation makes it an important area of study worthy of investigation in quest to overcome job/occupational stress (Dvorak, 2004). Recreation according Masterton (2008) is an activity that diverts or amuses or stimulates. It could also be viewed as activity that refreshes or renews your health and spirit by enjoyment and relaxation (Jeroh, 2013). Masterton (2008) views recreation as expenditure of time in a manner designed for therapeutic refreshment of one's body and

mind. In the opinion of Creed (2004), recreation can be viewed as a distinct phase of human activity, which is beneficial and constructive to the health of an individual. Fawole (2001) posited that recreation is any socially desirable leisure activity in which an individual participates voluntarily, and from which the individual derives immediate continuing satisfaction. The need and place of recreation in the life of an individual cannot be over emphasized. It is evident that recreation satisfies fundamental needs of man, particularly in three major ways namely: enjoyment and happiness, enriched community living, and individual fulfilment. Recreational activities form the strongest area of sports activities in terms of developing health, and a great effort is underway to make recreational activities accessible to all levels of society, with different models and applications. It is possible for sports instructors to create inviting activities by using different method and models to attract individual of all ages to such activities. Recreational activities are those that intentionally give people pleasure and reward them with recreational, fun activities (Aksoy & Yalcin 2017).

Some people recreate for fun and relaxation, while others recreate to lose weight, and for physical fitness. Modern recreation is required to give both qualitative and quantitative enjoyment to participants, and also enhances personal health. The World Health Organization, WHO, (2001) in her definition emphasizes that an individual is healthy not only when there is absence of disease or infirmity, but also when there is physical, mental, and social wellbeing. If this definition of health according to WHO is anything to go by, it then shows that recreation definitely has a great role in maintaining and improving individuals' health. Omolawon and Achughu (2007) posited that indoor and outdoor recreational activities have important roles to play in the lives of young and old people.

Sedentary living kills more than any disease, hence, whenever someone is free, he or she should not hesitate to participate in various recreational activities. As we are in the twenty-first century, there is now an increased vacation time, flexible work schedules, and early retirement. Many people are able to start enjoying more recreation and leisure time now than in any other period in history. People in the developed world today, are spending most of their leisure time doing recreational activities such as skating, snowballing and hand gliding; our grandparents never even dreamt would exist. Any recreational activity one engages in must be geared towards developing individual's physical, mental, and social wellbeing (WHO, 2001). If the health of citizenry of Nigeria is to follow the pattern of that of developed countries, where mental health includes emotional stability, maturity of character, and the strength to withstand stress inherent in today's society without undue physical or psychological discomfort, health reforms should be geared toward recreation. Recreation serves many purposes and individuals have their own reasons for its use. The purpose of recreation should be the enhancement and promotion of sound health. For good health to be achieved, one has to be physically, socially, and emotionally sound. Similarly, it has the power to create social cohesion and increase productivity (Ministry of Sport and Recreation, 2008; Fadoju & Alletta, 2010).

There are many factors that can influence recreational activity participation among staff. Sallis, Prochaska, and Taylor (2000) outlined various factors influencing recreational activity participation to include: environmental, psychological, accessibilities, personal, social factors among others. This study focused on psychological and social factors influencing recreational activity participation. According to Sallis and Owen (2000) social factor and psychological factor have been found to be influential in shaping recreation and leisure participation. A better understanding of these concepts in relation to recreational activity may shed light on potential means by which they can positively influence recreational activity behavior.

A psychological factor plays a significant role in recreational activity participation of people. Psychological factors are mental factors that help or hinder people from being in the right frame of mind to participate in recreational activities (Bali, 2015). An example of psychological factor is motivation. Iso - Ahola (1999) maintained that basic to recreation and leisure is motivation, and therefore stated that motivation is the forces that cause immediate and permanent individual behaviour, and originates in the behaviour process of his or her physical and psychological needs. Robins (2001) defined motivation as the eagerness of exerting insistent effort for the achievement of goals, and the satisfaction of personal needs. Deci and Ryan (1985) in their studies on motivation developed the theory of self-determination. According to the theory, an individual's attitude is a result of an internal or external motivation or lack of it. Individuals become motivated internally or externally in high or low levels or do not become motivated at all, and as a result they quit the activity.

Social factor is another factor that influences recreational activity participation. Social factor refers to the facts and experiences that influence individuals' personality, attitude and life style, such as social support and peer influence. Social support can be defined as the availability of helping relationships and the quality of those relationships (Leavy, 2003). It could be seen as any behaviour that assists another person in achieving desired goals. Social support was also found to influence readiness or intent to participate in recreation (Mark, 2009). Peer support refers to the degree to which staff perceived that they have received effective participation, empathy, living or respect from their peers or colleagues. Peer pressure occurs when the individual experiences implicit or explicit persuasion, sometimes amounting to coercion, to adopt similar values, beliefs, and goals; to participate in the same activities as those in the peer group (Bourne, 2011).

Participation is defined as the nature and extent of a person's involvement in life situations. It includes: activities of self-care, socialization, education, recreation and community life (World Health Organization, 2004). Participation in activities is the context in which people form friendship, develop skills and competencies, express creativity, achieve mental and physical health, and determine meaning and purpose in life. The extent to which people engage in meaningful activity and pursue goals in their areas of work, home and community is relevant to their quality of life and their sense of meaning in everyday life (King, 2001). The short and long-term benefits of participation in regular recreational activities include: improved psychological and emotional wellbeing of individuals including the academic and administrative staff of Federal College of Education, Eha-Amufu.

Academic staff is referred to as pillars of professional that teaches in colleges and universities. Academic staff are responsible for planning, directing, and undertaking academic teaching, researches within an institution, and publication of useful information. These staff include Provost of College of Education, Medical Practitioners, Dentist, and other health professionals who undertake lecturing and research activities (Samson-Akpan, Eyo, & Joshua, 2012). The study of this kind would be significance to government, college authority and recreation planners to take developmental measures that would improve the knowledge, attitudes and promote physical activity among the staff of FCEE and the general public.

Administrative staff are those people in tertiary institutions that are termed non-academic staff. These include: clerks, analysts, secretaries, personal assistants and executive officers, who are also the administrative staff that treat and move file in the offices. The day to day institution's administration is entrusted in their hands (Samson-Akpan, Eyo, & Joshua, 2012). The entire business of the college is dependent upon the decision of the administrative staff; often providing invaluable clerical services. For this reason, employees of tertiary institutions are respected and perceived as knowledgeable individuals who should be emulated. One therefore expects these categories of people to become models by their active participation in recreational activities. However, Ikhioya and Sosanya (2002) discovered that most employees of tertiary institutions in Nigeria apart from those in physical and health education Department and sports centers, tend to exhibit nonchalant attitudes towards active participation in recreational activity despite several benefits of recreation identified by experts. Onywera (2013) stated that there is no comparable data to ascertain the status of recreational activity in African countries. However, Ajibua (2012) reported that participation in recreational activity among Nigerian staff was decreasing; especially in tertiary institutions including FCEE. In view of these facts, it became necessary against the backdrop to determine the factors influencing recreational activity participation among staff of FCEE.

Purpose of the study

The purpose of the study was to determine the factors influencing recreational activity participation among staff academic and administrative staff of FCEE. Specifically, the study sought to:

1. ascertain relationship between psychological factor and recreational activity participation among academic and administrative staff of FCEE;
2. ascertain relationship between social factors and recreational activity participation among staff of FCEE;

Research questions

1. What is the relationship between psychological factors and recreational activity participation among academic and administrative staff of FCEE?
2. What is the relationship between social factors and recreational activity participation among academic and administrative staff of FCEE?

Hypothesis

There is no significant relationship between recreational activity participation and occupational status of academic and administrative staff of FCEE.

Method

Correlational survey research design was adopted. Nworgu (2015) posited that correlation survey is used when the objective of the study is to establish the relationship between two or more variables. The design was considered appropriate since the objective of the study is to establish the relations between two variables. The study area is Federal College of Education Eha-Amufu (FCEE). It is in Isi-Uzo Local Government Area of Enugu State.

The population for study consisted of all the 356 academic and administrative staff of FCEE. The breakdown of population shows that there are 216 academic staff and 140 administrative staff (Personnel Department, Federal College of Education, Eha-Amufu 2017).

All the three hundred and fifty six staff (academic and administrative staff) of Federal College of Education, Eha-Amufu were used for the study. This is because their number is considered small and manageable. Hence, there was no need sampling in this study.

The researcher designed structured questionnaire known as Factors Influencing Recreational Activity Participation Questionnaire (FIRAPQ) was used for data collection. In this study, the four points likert scale format was adopted to design questionnaire. The instrument contained statements followed by responses, "strongly agree" (4 value), "agree" (3 value), "disagree" (2 values), "strongly disagree" (1 value). The respondents were requested to tick (✓) appropriate column. Correlation coefficient of over 0.50 was interpreted as strong, 0.30 to 0.50 was interpreted as moderate, 0.10 to 0.30 as weak and below 0.10 as no relationship.

The face validity of the instrument was established by five experts in the Department of Human Kinetics and Health Education, University of Nigeria, Nsukka.

The reliability of the instrument was established using split half method. The instrument was administered to twenty staff of Enugu State College of Education (Technical). The instrument were numbered and divided into two equal halves of even and odd numbers. The response of the two (even and odd) were analyzed to establish the reliability co-efficient of the instrument using cronbach alpha statistics. The reliability coefficient index of 0.84 was obtained from psychological factor of recreational activity participation and 0.74 was obtained from social factors of recreational activity participation. According to Zikmund and Babin (2012), scales with reliability coefficient of 0.70 or above should be considered to have good reliability. Therefore, giving the obtained coefficients, the instrument was considered reliable for the study.

The researcher administered the instrument to the respondents and collected the instrument on the spot after completion. However, those that could not complete theirs were given time, and they were collected on agreed date. Out of the 356 copies of the questionnaire administered and retrieved, 334 copies were returned, which gave a return rate of 93 percent. About 22 copies were not completely filled out and were therefore discarded.

The data collected were analysed for the research questions using spearman's rank order correlation for the research questions while the null hypothesis was tested using Chi-square statistic. A Cohen (2011) guideline was used to establish the relationship. A coefficient of 0.00 -0.09 was considered as no relationship; 0.10-0.29 was considered as weak relationship; 0.30-0.49 was considered as moderate relationship and 0.50-0.99 strong relationship.

Results

Table 1: Relationship between Psychological Factors and Recreational Activities Participation among Staff of FCEE (n=334)

S/N	Psychological Factors	General Staff (n=334)			Academic Staff (n=206)			Administrative Staff (n=128)		
		ρ	P-value	Dec	ρ	p-value	Dec.	ρ	p-value	Dec.
1.	Recreation gives me pleasure	-.15	.06	WR	-.09	.19	NR	-.21	0.2	WR
2.	Recreation gives me a sense of competence	.03	.59	NR	.04	.57	NR	.02	.86	NR
3.	Recreation provides fun and challenging opportunity	-.09	.09	NR	-.10	.14	NR	-.08	.40	NR
4.	Recreation enhances skill development	-.06	.29	NR	-.07	.30	NR	-.05	.60	NR
5.	Recreation is beneficial to health	-.07	.24	NR	-.03	.67	NR	-.11	.20	WR
6.	Recreational activity provides enjoyment and satisfaction	-.02	.66	NR	.03	.72	NR	-.09	.34	NR
7.	Recreation affords recognition of good performance	.05	.36	NR	.01	.88	NR	.12	.16	WR
8.	Recreation promotes self confidence	.03	.59	NR	.06	.39	NR	.00	.97	NR
	Cluster ρ	.06	.36	NR	.05	.48	NR	.09	.44	NR

Results in Table 1 showed the relationship ($\rho = .06$, p-value = .36) between psychological factors and recreational activity participation among the general staff. These revealed that there was no relationship between psychological factors and recreational activity among staff of FCEE. Specifically, the Table indicated no relationship ($\rho = .05$, p-value = .48) between psychological factors and recreational activity participation of academic staff of FCEE and no relationship ($\rho = .09$, p-value) also between psychological factors and recreational activity participation of administration staff of FCEE.

Table 2: Relationship between Social Factor and Recreational Activity Participation among Staff of FCEE (n=334)

S/N	Social factors	General Staff (n=334)			Academic Staff (n=206)			Administrative Staff (n=128)		
		ρ	p-value	Dec	ρ	p-value	Dec	ρ	p-value	Dec
1.	It affords opportunity to interact with others	.06	.25	NR	.05	.48	WR	.06	.51	NR
2.	It encourages development of friendship	.05	.36	NR	.03	.66	NR	.21	.02	WR
3.	There is adequate support from peers and friends	.07	.90	NR	.04	.55	NR	.05	.59	NR
4.	It provides opportunity to meet new and different people	.02	.74	NR	.02	.79	NR	.11	.21	WR
5.	There is adequate spousal support	.08	.16	NR	.06	.37	NR	.05	.56	NR
6.	My family encourages participation in recreation	.04	.46	NR	.02	.74	NR	.15	.10	WR
7.	My employer encourages leisure time activities	.01	.82	NR	.10	.15	WR	.07	.46	NR
	Cluster ρ	.05	.53	NR	.46	.66	MR	.10	.35	WR

Results in Table 2 showed the relationship ($\rho = .05$, p -value = .53) between social factors and recreational activity participation by general staff. These revealed that there was no relationship between social factors and recreational activity participation among staff of FCEE. Specifically, the Table indicated a moderate relationship ($\rho = .46$, p -value = .66) between social factors and recreational activity participation of academic staff of FCEE and weak relationship between social factor and recreational activity ($\rho = .10$, p -value = .35) between participation of administrative staff of FCEE.

Table 3:

Summary of Chi-square Analysis of Recreational Activity Participation and Occupational Status of FCEE Staff

Variable	N	Leisure score index (LSI rank)			χ^2	df	p-value
		>24 = Active O(E)	14-23 = MDA O(E)	<14 = insufficiently active O(E)			
Occupational status					3.267	2	.195
Academic staff	206	140(133.8)	31(30.8)	35(41.3)			
Administrative staff	128	77(83.2)	19(19.2)	32(25.7)			

* Significant at $p < .05$

Results in Table 3 showed the summary of Chi-square test of independent analysis of no significant relationship between recreational activity participation and occupational status of FCEE staff. The Table showed that there was no significant relationship ($\chi^2 = 3.267$, $df = 2$, p -value = 1.95 > .05) between recreational activity participation and occupational status in FCEE. Therefore, the null hypothesis was not rejected. This implies that occupational status of FCEE staff has no influence on their recreational activity participation.

Discussion

Finding in Table 1, shows that there was no relationship, between psychological factors and recreational activity participation among the general staff of FCEE. Specifically, the result indicated a coefficient of no relationship on both academic staff, and administrative staff psychological factors and recreational activity participation. The finding was expected and supported the available finding of Ikhioya and Sosanya (2002) who found that most staff in tertiary institutions in Nigeria apart from those in Physical and Health Education Departments and Sport centres tends to exhibit nonchalant attitudes toward active participation in recreational activity. The findings disagree with the findings of a study carried out by Bali (2015) on psychological correlate of achievement in work and recreational activities among Nigerian adolescents. The author found that recreational activity cannot be separated from the psychological composition of individual psychological trait of an individual such as introversion and extroversion, which are key to participation in recreational activity in tertiary institutions. It could be then reasoned that participation in recreational activity is prompted by internal motivation and the desire to achieve personal satisfaction, rather than extrinsic good or rewards. The situation is that physical inactivity may result with attendant adverse health outcomes, such as obesity, hypertension, and cardiovascular diseases.

Results in Table 2 indicated moderate relationship by academic staff and weak relationship by administrative staff social factors and recreational activity participation. The finding contradicts with Omolawon and Achugbu (2007) report that peer group and religious influence were perceived factors of participation in recreational activities. The finding concurs with Bourne (2011) report that social factors not only serve as reinforcing agents for behaviour but also as standard against which individuals evaluate themselves. Participation in recreation activity is more enjoyable and satisfactory when it is done in group. It could then be reasoned that social factor (peer group or social support) is a motivational factor for participation in recreation and leisure time activity. Fawole (2001) noted that

from observing others, individual may form an ideal of how new behaviors are performed, and on later occasion this coded information may serve as guide for action.

Conclusion

Based on the findings and the discussion of the study it was concluded that recreational activity participation among staff of Federal College of Education, Eha-Amufu is influenced by psychological and social factors which include motivation, social support and peer group. Participation in recreational activity is relevant to all individuals' development, sense of belonging, health and psychological wellbeing. It is important to understand the factors affecting these outcomes. People will naturally buy into what interest them and will add value to their lives. From the result of this study, it was clear that what spur people to participate in recreational activity are personal motivation and peer group influence.

Recommendations

Based on the findings in this study, the following recommendations were made.

1. The importance of recreation on health and other aspect of life should be emphasized sensitization and enlightenment programme by college authorities in order to promote efficiency and productivity of staff. The college could also consider organizing series of workshops on the benefit of recreation to all staff for them to see the need they should participate in recreational activities for good health and longevity.
2. There should be forum such as workshop and seminar to enlighten the institutions community on available recreation programme to increase their skill level. The college management should consider as a matter of necessity to organize a well-planned and funded recreational sports programme and staff games Staff should be motivated by giving reward and incentives for participation and show of skills. This will motivate the staff in overcoming boredom and occupational related stress.

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