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## **ECONOMIC FACTORS PREDICTING RECREATIONAL SPORTS PARTICIPATION AMONG ACADEMIC STAFF OF TERTIARY INSTITUTION IN KWARA AND KOGI STATES, NIGERIA**

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### ***Abstract***

*Participation in recreational sports plays an important role in physical, mental, emotion and social status of an individual. The study investigated the economic variables predicting recreational sports among academic staff of tertiary institution in Kwara and Kogi States, Nigeria. The descriptive survey research design was adopted for the study. A simple random sampling technique employing the fish bowl method was used to select 12 government-owned tertiary institutions used for the study. One thousand six hundred and twenty five (1,625) were selected through stratified sampling technique. A modified standardised Recreation Sports Questionnaire on 4 point Likert type scale with reliability value of  $r=0.83$  was used. A letter of introduction was collected from the department of Human Kinetics Education, University of Ilorin, Kwara State, Nigeria. The hypotheses was tested at 0.05 alpha level while data were analysed using multiple regression analysis. Results of findings showed that all the independent variables of provision of equipments, availability of facilities*

*and economic status were significant and predicted academic staff participation in recreational activities. Recommendations made include, quality and standard recreational equipment and facilities should be made available to the participants at subsidize cost and recreation should be accessible to staff at no cost.*

**Key words:** Recreational sport, Economic factors, Tertiary institutions

### **Introduction**

Recreation is an aspect of physical education which has always been a part of the live of everyman without regards to race or nationality. The health problems often associated with physical inactivity tend to suggest that men and women were constructed and designed for movement and physical activities. Anejo (2006) observed that, it is obvious that a great deal of changes haven taken place both in conditions of living and in the general pattern of life. Societal changes resulting from scientific and technological advancement has also produced disastrous effects upon the physical fitness of everyone.

Historically, according to Oduyale (2004) the word 'Recreation' is a Latin derivation from the word "Recreate" meaning "to create a new" or "refresh" after toil. Recreation serves as an antidote to physical, mental and emotional fatigue. It refreshes both the mind and the body. Airebamen (2005) defined recreation as an activity that yield the individual satisfaction in his leisure times, that is, thing we choose to do that we ourselves enjoy in our leisure time. In their observation, Adesoye and Talabi (2004) explained that, recreation is widely regarded as activity including, physical, mental, social or emotional involvement in contrast to sharp idleness or complete rest. It may include an extremely wide range of activity such as sports, games, crafts, performing arts, music, drama, travels, hobbies and social activities. These activities may be engaged in briefly or in a sustained way

for simple episodes or throughout one's life time.

Studies conducted in learning institutions revealed that, attitude of workers toward recreation varies from one person to the other, and their choice is predetermined by many factors. Omolawon and Sanusi (2006) revealed that, provisions of equipment and availability of facilities hindered academic staff of university of Ibadan from participating in worthwhile recreational activities. While Adesoye and Talabi (2004) asserted that, variety of problems in contemporary Nigerian learning institutions are socio-economic problems as well as the traditional work-ethics of school life. Also daily activities that were associated with lecture room, dining hall, library, hostel or hall of residence impede the realisation of potential benefits of leisure and recreational activities, therefore, in selecting recreational pursuits, it is more appropriate to choose those activities that we enjoy, especially those that give us a balance between active and effective recreational pursuits, and provide a change of pace and provide experience not found in our regular work. Generally, satisfaction in the participation of recreation depends largely on the availability of recreational equipment and facilities.

Bucher and Krotee (2002) opined that, two principles relating to equipment and facility management should be uppermost in the mind of physical educators. Equipment and facility are built as a result of community and programme needs and cooperative planning are essential to design and construct of quality equipment and facilities. In their submission, Parks, Zanger and Quarterman (1998) defined facility management, as the process of planning, administering, co-ordinating and evaluating the day to day operations of a facility. These duties encompasses a wide variety of responsibilities, including marketing and promoting not only facility of events, but also facility, maintenance hiring and firing facility personnel. Based on these Omolawon and Sanusi (2006) opined

that, for complete conduct of recreational activities and sporting programmes for the people within a particular community, effective planning and provision of adequate equipment and facilities are very important.

Therefore, Onokwakpor and Ebor (2006) suggested that learning institutions should make provision for recreational facilities since the availability of such facilities could motivate staff to start using them. Socio-economic stratification makes for the automatic seeking of one's own level for recreational pursuits. Omoruan (1996) asserted that, the game of polo as a recreation is only for those who can afford to maintain horses and as a result, many academic staff of tertiary institutions in Kwara and Kogi will not participate in such recreational activities. The cost and maintenance of the equipment and dress for some recreational sports are factors that help to decide who plays the game. However, there are instances, where recreational equipment is hired out there by making it possible for those who cannot afford to buy and participate. In urban towns and cities, there are golf clubs and other fraternal organisations that provide recreational facilities among other things for their members.

Studies of Omolawon and Sanusi [2006] showed that, academic staff and workers generally do not participate actively in worthwhile recreational sports. Omolawon and Sanusi (2006) although had previously investigated two variables; provision of equipment and availability of facilities perceived to be the determinants associated with non-participation of University of Ibadan academic staff in physical activities, this obviously left out other important variables. The study had also generally observed that, most academic staff in tertiary institutions do not maximally utilize leisure opportunities due to the following economic reasons; provision of equipment, availability of facilities and health status. In all likelihood, these factors may be interrelated. Consequently, the study set out to investigate

the socio-economic barriers of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria.

### **Methodology**

Descriptive survey research design was employed for the study. Six government owned tertiary institutions were selected in each state totaling twelve (12) schools (Kwara and Kogi), through the simple random sampling technique of fish bowl method. While stratified sampling technique was adopted to select sixty percent (60%) of the respondents in these schools, amounting to one thousand seven hundred and twelve (1,712) out of the total population of two thousand, eight hundred and fifty four (2,854). The respondents were selected because they possess needed characteristics which the academic staff required for the study. A standardized and modified research instrument of a 4-point likert scale type of Strongly Agree (SA), Agree, (A), Disagree (D) and Strongly Disagree (SD) questionnaire was used to test the hypotheses. The instrument was pretested on 20 academic staff on the Benue State University of Agriculture, Makurdi through test re-test method of interval of 2 weeks. The collected data, using cronbach alpha to test the internal consistency of the instrument produced  $r=0.73$ . Copies of the questionnaire were distributed to the respondents with the help of four (4) research assistants. Data collected were analysed using inferential statistics of multiple regression with each hypotheses tested at 0.05 alpha level.

### **RESULTS**

Ho – Economic variables of provision of equipment, availability of facilities economic status will not significantly predict recreational sports participation among academic staff of tertiary institutions

**Table 1: Relative contribution of provision of equipment towards recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria**

Independent variable	Unstandardised Coefficient	Standardized coefficient	t	Sig.	Remark	
	B	Std Error Beta				
<b>Provision of Equipment</b>	0.057	0.034	0.185	7.637	0.000	S

$\alpha 0.05$

Table 1 showed that, provision of equipment is a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. The computed outcome has the Beta weight of 0.185, indicating that, equipment is positively correlated with the predictor and  $t = 7.637$  and  $p = 0.000$  and since  $P = 0.000 < 0.05$ .

**Table 2: Relative contribution of availability of facilities towards recreational sports participation among academic staff of tertiary institutions in Kwara**

Independent variable	Unstandardised Coefficient	Standardized coefficient	t	Sig.	Remark	
	B	Std Error Beta				
<b>Availability of facilities</b>	0.210	0.034	0.159	6.650	0.000	S

$\alpha 0.05$

Table 2 revealed that, availability of facilities is a significant predictor of recreational sports participation among academic staff of

tertiary institutions in Kwara and Kogi States, Nigeria. The computed outcome has the Beta weight of 0.159, indicating that, facilities are positively correlated with the predictor, while  $t = 6.650$  and  $P = 0.000$  and since  $P = 0.000 < 0.05$ .

**Table 3: Relative contribution of economic status towards recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria**

Independent variable	Unstandardised Coefficient	Standardized coefficient	t	Sig.	Remark	
	B	Std Error Beta				
<b>Economic Status</b>	6.738E-02	0.034	0.048	2.006	0.045	S

$\alpha 0.05$

Table 3 revealed that, economic status is a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. The computed outcome has the Beta weight of 0.048 indicating that economic status correlated positively with predictor and  $t = 2.006$  and  $P = 0.045$  and since  $P = 0.045 < 0.05$ .

**Table 4: Summary of Regression Analysis showing the composite effects of Independent variables on recreational sports participation on academic staff in Kwara and Kogi States, Nigeria**

Source of variation	df	SS	MS	F-ratio	Sig f	Remark
<b>Regression</b>	3	1297.854	1297.854	86.989	0.000	S
<b>Residual</b>	1614	8071.98	4.973			
<b>Total</b>	1624	8504.215				

$\alpha 0.05$

Multiple R = 0.248  
 Multiple R<sup>2</sup> = 0.125  
 Adjusted R<sup>2</sup> = 0.123  
 Standard Error = 2.230



Table 4 shows that, the combination of the three independent variables (provision of equipment, availability of facilities and economic status) in predicting academic staff participation in recreational sports, yielded a coefficient of multiple regression of 0.498; a multiple R square ( $R^2$ ) of 0.126 and adjusted multiple  $R^2$  of 0.123. This means that, all the three independent variables when taken together accounted for 12.3% of the variance in academic staff participation in recreational sports. The analysis of variance also confirmed this further as the computed details showed that, the independent variables significantly predict academic staff participation in recreational sports with the F-ratio of 86.989,  $df = 3/1614$ ,  $P = 0.000$  which is significant at  $P < 0.05$ .

## **Discussion**

Table 1 indicates that, equipment is a significant predictor of academic staff participation in recreational sports. It was demonstrated in the responses of the respondents that, provision of recreational equipment is vital in the utilization of one's leisure hours. It was also confirmed by the majority that, recreational centres in their various schools were not well equipped through provision of equipment which predicted their participation in recreational activities. The result confirmed the submission of Obiyemi, Adesoye and Ojo (2006) that, equipment are programmes related, so that if they are available, adequate and well maintained, there is the possibility of having a good sporting programme. Omolawon and Sanusi (2006) lamented that, so much money required for the procurement of sporting equipment and related materials are vital to the health and safety of participants, good playing conditions and the value derived from the programme.

Furthermore, table 2 also revealed that availability of facilities is a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. Inadequacy

of recreational facilities in the institutions hindered participation in recreation, especially in the activity of their interest as pointed out by the majority of the respondents. Some of the available facilities are sub-standard and not properly maintained. Hence, availability of recreation predicted academic staff participation in recreation. The findings further supported the claim, as submitted by Odumuh (2004) that, without adequate provision and effective maintenance of sporting facilities, sports practices would be hampered, reduced and in some cases, made impossible. Echuro and Yakassai (2006) stressed that, the utilization of sports facilities that are provided to an acceptable degree provides conducive training and coaching environment for leisure time participants. Mull, Bayless, Ross and Jamiesson (1997) suggested that, if noise does not pose any problem, facilities should be located near establishment to facilitate accessibility for workers. Therefore, Onokwakpor and Ebor (2006) supported that; the authority of learning institutions should make provision for recreational facilities since the availability of such facilities could motivate staff to start using them.

Table 3 shows that economic status is a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. The respondents believed that, the cost and maintenance of equipment and dress for some recreational sports affect one's choice of recreational activities. Besides, the recreation centres within the campus should be accessible at little or no cost. This corroborates the findings of the General Household Survey 1997 in London as quoted by Adogbeji and Ekpon (2006) who examined household income. It was found that the income levels were closely linked to participation rate for almost all the leisure activities examined and the proportion of participation rose with income. Sheu and Adegbite (2005) supported the view that, people with lower socio-economic status are more likely to have

manual jobs. And with a higher physical demand, also have access to some recreational activities which may be limited due to their costs. Asagba (2006) submitted that, the economic atmosphere at a particular time had a direct impact on recreation and negative effects on individual's choice of recreational activities.

### **Conclusions**

Based on the investigation, it was concluded that

1. Provision of equipment was a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi states, Nigeria.
2. Availability of facilities was a significant predictor of recreation sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria.
3. Economic status was a significant predictor of recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria.

### **Recommendations**

On the basis of the findings of this study, the following recommendations are suggested.

1. Quality and standard recreational equipment and facilities should be made available to participants in order to encourage and promote participation in recreational sports.
2. Recreational equipment and facilities should be made available to the staff at subsidized costs and recreation centres should be accessible to the staff at no cost.
3. Tertiary institutions in Kwara and Kogi States, Nigeria should endeavour to construct more recreational arena from the institutions sports' budget so that, more academic staff will be encouraged to actively participate during their leisure time in worthwhile recreational activities.

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