

# INHIBITORS TO RECREATIONAL SPORTS PARTICIPATION AMONG ACADEMIC STAFF IN OSUN STATE COLLEGE OF EDUCATION, ILA-ORANGUN, NIGERIA

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## ABSTRACT

*This study investigated the inhibitors to recreational sport participation among academic staff in Osun State College of Education, Ila-Orangun, Nigeria. The population for the study consisted of all academic staff of Osun State College of Education, Ila-Orangun out of which a total of 157 respondents were selected through purposive and maximum variation sampling technique from 5 schools that were randomly selected. Three hypotheses on the effect of participation in recreational sports on Health Status were tested, and all were found significant after subjecting them to chi-square analysis at 0.05 level of significance. Based on the findings of this study it was concluded that job demand, lack of motivation and erroneous belief are some of the inhibitors to recreational sport participation among academic staff in Osun State College of Education, Ila-Orangun. It was therefore recommended that the college management should carry out a comprehensive auditing of the academic staff work load with the aim of reducing it.*

**Keywords:** *Inhibitors, recreational sport, healthcare, academic staff*

## INTRODUCTION

A lot of people today are confronted with a number of serious health and social issues such as obesity, diabetes, depression and suicide to name a few. The trend towards a sedentary lifestyle is recognized as a major contributor towards many health and social issues. With the increased awareness of these issues, recreation professionals, policy makers, health care providers, public safety officers and educators need to better understand the benefits that recreation arena, facilities and programs may play in addressing these concerns. 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 the quest to overcome job/occupational stress.

The 1960's saw a rapid increase in visitation to public recreation areas. This surge in the visitation to recreational parks and facilities develops amidst growing scientific evidence of the importance of participation in recreational activities in maintaining health and controlling social vices (Dvorak, 2004). Recreation, according to Masterton (2008) is an activity that diverts or amuses or stimulates. It could also

be viewed as activity that refreshes and renews your health and spirit by enjoyment and relaxation. Wikipedia (2008) views recreation or fun as the expenditure of time in a manner designed for therapeutic refreshment of one's body or mind. While leisure is more likely a form of entertainment or rest, recreation is active for the participant in a refreshing and diverting manner. 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) concludes that recreation is any socially desirable leisure activity in which an individual participates in voluntary, and from which he derives immediate continuing satisfaction. The need and the place of recreation in the life of an individual cannot be overemphasized. It is evident that recreation satisfies fundamental needs of man, particularly in three major ways namely; enjoyment and happiness, enriched community living, and individual fulfillment.

While some people recreate for fun and relaxation, others recreate to lose weight and for physical fitness. Modern recreation is required to give both quantitative and qualitative 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 diseases and infirmity but also when there is physical, mental, and social well-being. 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 individual's health. Omolawon and Achugbu (2007) postulates 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/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 periods in our history. People in the developed world today are spending most of their leisure time doing recreational activities like skating, snowballing, and hang gliding that our grandparents never even dreamt would exist. Any physical activities one performs must be geared towards developing individual physical, mental, and social well being (WHO, 2001).

If the health of the nation 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 towards recreation. Brightbill and Meyer (1993) expresses the view that recreation can be man's best opportunity for an enriched, abundant, and satisfying life. It can bring to him the social and physical nourishment he needs. It can be the most palatable manner of replenishing and realizing his mind and body, giving him a zest for living. It may be entirely physical in nature or largely mental or social. Recreation serves many purposes and individuals have their own reasons for its use. The needs depend on individual's value and understanding for the different aspects of health. Accordingly "primary values of recreation include the

prevention of certain disorders, health promotion and treatment of certain disabilities". More than any other one, 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 mentally sound.

The recreational need of individuals therefore depends on the values placed on different aspects of health. Despite several benefits of recreation identified by the expert, one continues to wonder why certain individuals place very little value on recreation. Many professionals among the academics in various tertiary institutions in Nigeria could be classified to fall under this category of people who have little value for recreation. Could this be due to the nature of their job? Could it be as a result of poor time management or health status? Or even knowledge/lack of recreational facilities and personnel? This study therefore is delimited to Academic Staff of Osun State College of Education, Ila-Orangun, Nigeria, who has been observed not to participate or have very little time for recreational activities.

Osun State College of Education, Ila-Orangun was established as a campus of Oyo (now Osun) State College of Education, Ilesha in 1979 by the then Military Administrator of Oyo State, Major General Paul Tarfa. The College is geared towards the training and production of well-informed, mature and responsible middle level man-power in the teaching profession. The concept of "The Exemplary Teacher" underlines and permeates the total academic and social programmes of the college; hence the motto of the college, "Academic and Moral Excellence" (OSSCE, 2010).

The Osun State College of Education, Ila-Orangun authority has been able to provide several indoor and outdoor recreational sports facilities, with the latest addition of a newly constructed stadium complex jointly owned by the College and the local authority. But surprisingly participation in sports or even visitation to these facilities at least for recreational purpose is at its lowest ebb among the academic staff, thereby making the facilities to be underutilized by the staff. These facilities are mainly utilized by the students and outsiders from all over the country. Hence, the purpose of this study is to find out whether Occupational Demands, Previous Sporting Experience, Lack of Motivation and Health Status among others are inhibitors to recreational sports participation among academic staff of Osun State College of Education, Ila-Orangun. Consequently, the following research hypotheses were formulated in null forms to guide the study.

- Ho1 Occupational Demands is not a significant inhibitor to recreational sports participation among academic staff in Osun State College of Education, Ila-Orangun?
- Ho2 Lack of motivation is not a significant inhibitor to recreational sports participation among academic staff in Osun State College of Education, Ila-Orangun?
- Ho3 Erroneous belief about effect of participation in recreational activities on health status is not a significant inhibitor to recreational sports participation among academic staff in Osun State College of Education, Ila-Orangun?

## METHODOLOGY

Descriptive survey research design was used for the study. The choice of the design was based on the fact that it is suitable for gathering data concerning facts, opinion or belief from a relatively large population. The population of this study consisted of all the Academic Staff of Osun State College of Education, Ila-Orangun, Nigeria, while the sample consisted of 157 respondents drawn from among the academic staff of the college. Purposive and convenient sampling techniques were used to select the respondents from the seven schools in Osun State College of Education, Ila-Orangun.

<i>Schools</i>	<i>Total No. of Academic Staff</i>	<i>Number sampled</i>
School of Education	34	25
School of Science	45	35
School of Arts and Social Sciences	40	31
School of Vocational and Technical Education	56	46
School of Languages	26	20

**Source:** Establishment Office of Osun State College of Education, Ila-Orangun

A self-developed validated questionnaire with reliability coefficient of 0.856 (obtained through Cronbach Alpha Coefficient) was used. The instrument was administered with the aid of four research assistants. Data Analysis involves the use of frequency counts, percentage and non-parametric statistics of chi-square to test the hypotheses at 0.05 alpha level.

## RESULTS AND DISCUSSION

**Table 1:** Chi-Square Analysis on Occupational Demand and Recreational Sport Participation

$O_i$	$E_i$	$O_i - E_i$	$(O_i - E_i)^2$	$\frac{(O_i - E_i)^2}{E_i}$	Df	$\chi^2_{cal}$
300	317	- 17	289	0.912	1	311.99    3.841
100	317	- 217	47089	148.55		
334	83	251	63001	159.05		
66	83	-17	289	3.48		
Total				311.99		

**Table 2:** Chi-Square Analysis on Lack of Motivation and Recreational Sport Participation

$O_i$	$O_i - E_i$	$(O_i - E_i)^2$	$\frac{(O_i - E_i)^2}{E_i}$	Df	$\chi^2_{cal}$
271	236.5	34.5	1190.25	5.033	1    70.243    3.841
129	236.5	107.5	11556.25	48.864	
202	163.5	38.5	1482.25	9.066	
198	163.5	34.5	1190.25	7.280	
Total				70.243	

**Table 3: Chi-Square Analysis on Health Status and Recreational Sport Participation**

$O_i$	$O_i - E_i$	$(O_i - E_i)^2$	$\frac{(O_i - E_i)^2}{E_i}$	Df	$\chi^2_{Cal}$
222	204	18	324		
178	204	-26	676		
190	204	-14	196		
210	196	14	196	2	7.026
200	196	4	16		5.991
200	106	4	16		
Total			311.99		

Table 1 reveals the Chi-Square analysis for the independent variable of occupational demand and the dependent variable of recreational sport participation among academic staff of Osun State College of Education, Ila-Orangun, Nigeria. The result shows that the Calculated chi-square is greater than the table value with degree of freedom 1 at 0.05 alpha level. Based on this analysis the null hypothesis that occupational demand is not a significant inhibitor to recreational sports participation among academic staff of Osun State College of Education, Ila-Orangun is hereby rejected. This implies that academic/occupational demands are significant inhibitors to recreational sports participation among academic staff in Osun State College of Education, Ila-Orangun, Nigeria.

Table 2 shows that the null hypothesis, which states that lack of motivation is not a significant inhibitor to recreational sports participation among academic staff of Osun State College of Education, Ila-Orangun, Nigeria is rejected. This was because the calculated chi-square is greater than the critical value with degree of freedom 1 at 0.05 alpha level. Table 3 above reveals that the null hypothesis that erroneous belief on effect of participation in recreational activities on health status of academic staff in Osun State College of Education, Ila-Orangun, Nigeria is not a significant inhibitor to their recreational sports participation is equally rejected. This is because the calculated chi-square is greater than the critical value of 5.991 with df of 2 at 0.05 alpha level.

The findings of this study as revealed on table 1 shows that academic/occupational demand is one of the greatest inhibitors to recreational sport participation among Academic Staff in Osun State College of Education, Ila-Orangun. This finding is found to negate the views of Amusa (1988) that recreation and man's daily work were once taken hand in hand, man knew when to work and when to recreate, and that of Clarke (1991) which states that participation in sporting activities would in no way hinder academic achievement, rather participants appear to be better scholars than non participants. Table 2 also revealed that lack of motivation to willingly participate in recreational activities is another inhibitor for the academic staff. This finding further corroborate Awosika (1988) position that man engage in activity that is enjoyable, motivating, affording, free self-expression aimed at predisposing the individuals to a constructive and wholesome life.

Contrary to the opinion of Swarzenegger, Chrisman and Coleman (2005) which hold that the primary value of recreation includes the prevention of certain disorders (such as obesity, heart diseases, diabetes, Osteoporosis, Depression, Stress) health promotion, and treatment of certain disabilities. The findings in Table 3 revealed that some academic staff still hold erroneous belief that participation in recreational sport could aggravate their health problems rather than alleviate it.

## CONCLUSION AND RECOMMENDATIONS

This study was conducted to ascertain whether occupational demands, previous sporting experience, lack of motivation and health status among others are inhibitors to recreational sports participation among academic staff of Osun State College of Education, Ila-Orangun. Based on the findings, it was observed that Academic Staff in Osun State College of Education, Ila-Orangun are finding it difficult to participate in recreational sport due to job demand. Lack of motivation, both intrinsic and extrinsic is a significant inhibitor to recreation sport participation among academic staff in Osun State College of Education, Ila-Orangun. That some academic staff still holds erroneous belief that participation in recreational sport could aggravate health problems rather than alleviate it. Hence, the following are hereby recommended:

1. There is a great need for the College management to carry out a comprehensive auditing of the workload of academic staff with the view of reducing job stress where necessary. This will go a long way in helping the academic staff create time for constructive and therapeutic recreation, which will later improve efficiency.
2. The College Management should consider as a matter of necessity to organize a well planned and funded recreational sports programme/staff games, likewise staff should be motivated, this may include giving reward and incentives for participation and show of skills. This will motivate the staff in overcoming boredom and occupational related stress.
3. 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.

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