

FACTORS INFLUENCING COMMITMENT TO PHYSICAL ACTIVITIES  
AMONG UNIVERSITY EMPLOYEES

BY

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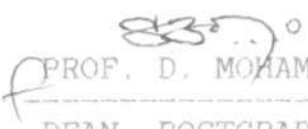
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CERTIFICATION

This thesis entitled <sup>ፍጥናት</sup>FACTORS INFLUENCING COMMITMENT TO PHYSICAL ACTIVITIES AMONG UNIVERSITY EMPLOYEES by Fatai Ademola Adiatu meets the regulations governing the award of the Degree of Master of Science in Sports Management of Ahmadu Bello University, Zaria and is approved for its contribution to knowledge and Literary presentation.

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DEDICATION

This work is dedicated to my lovely wife Nkechi and children, Ayodele, Funmilayo and Ebun Kosi for their patience and understanding throughout my sojourn at Ahmadu Bello University, Zaria.

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I wish to thank many numerous friends, colleagues and lecturers who have contributed in one way or the other to the completion of this study.

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ABSTRACT

A number of studies have been conducted to support the need to participate in physical activities for the development of sound health. The Sports Unit of any University is expected to be concerned with the development of physical activity programme

A good number of scholars have investigated the area of organizational behaviour and the need to be committed taking part in regular physical fitness activities. However, in the field of leisure research, commitment has received little attention. This study was therefore attempt to investigate variables influencing the commitment of University employees to participating in regular physical activity programmes.

For the purpose of this study, a survey research method was adopted. Structured questionnaires were administered the University employees that took part in physical activities at least three times a week, such as jogging, soccer, basketball, tennis, badminton, squash rackets and celisthenics. 124 subjects responded from four

university

The demographic factors such as age, media-habit, religion and marital status were regarded as independent variables, and were tested against the dependent variables, that is, commitment to exercise and attitudes.

Pearson product moment correlation analysis was used to treat the relationship of commitment and attitudes, while analysis of variance (ANOVA) was used to test for significant differences in the dependent variables among the groups.

The major findings of the study were:

- (1) Demographic Factors, for example age, media-habit and religion did not have influence on commitment and attitudes to physical activities.
- (2) Age did not influence commitment and attitudes physical activities.
- (3) Media habits did not have influence on commitment and attitudes to physical activities.
- (4) Religion did not influence commitment and attitudes to physical activities.
- (5) Marital status had influence on commitment and attitude to physical activities.
- (6) Commitment to physical activities has significant-correlation to attitudes among University employees.

VIII

TABLE OF CONTENTS

	Page
TITLE PAGE.....	i
DECLARATION.....	ii
CERTIFICATION.....	iii
DEDICATION.....	iv
ABSTRACT.....	v
LIST OF APPENDIX .....	vi
DEFINITION OF TERMS.....	vii
TABLE OF CONTENTS.....	viii
LISTS OF TABLES.....	x
DEFINITION OF TERMS .....	xii
 <u>CHAPTER ONE</u>	
1. INTRODUCTION.....	1
1.0 STATEMENT OF THE PROBLEM.....	4
1.2 SIGNIFICANCE OF THE STUDY.....	8
1.3 HYPOTHESES.....	9
1.4 ASSUMPTIONS.....	9
1.5 DELIMITATIONS .....	10
1.6 LIMITATIONS .....	11
 <u>CHAPTER TWO</u>	
2.0 REVIEW OF RELATED LITERATURE .....	12
2.1 INTRODUCTION.....	12
2.2 NEED TO TAKE PART IN PHYSICAL FITNESS ACTIVITIES..	12
2.3 DEMOGRAPHY .....	16
2.4 ATTITUDES .....	17
2.5 PARTICIPATION IN LEISURE PURSUITS.....	18



IX

2.6	COMMITMENT TO FITNESS ACTIVITIES / DROPOUT PROFILE...	19
2.7	SUMMARY .....	21
<u>CHAPTER THREE</u>		
3.0	METHODOLOGY.....	23
3.1	INTRODUCTION.....	23
3.II	RESEARCH DESIGN.....	23
3.III	POPULATION AND SAMPLE.....	24
3.IV	INSTRUMENTATION .....	25
3.V	DATA COLLECTION .....	26
3.VI	STATISTICAL ANALYSIS.....	26
3.VII	SCORING .....	27
<u>CHAPTER FOUR</u>		
4.0	RESULTS AND DISCUSSIONS.....	29
4.1	RESULTS.....	29
4.2	DISCUSSIONS.....	35
<u>CHAPTER FIVE</u>		
5.0	SUMMARY, CONCLUSION AND RECOMMENDATION.....	39
5.1	SUMMARY.....	39
5.2	CONCLUSIONS.....	40
5.3	RECOMMENDATIONS.....	40
	REFERENCES.....	42
	APPENDICES.....	47

LIST OF TABLES

TABLE	PAGE
1. ANOVA FOR DIFFERENCES BETWEEN AGE GROUPS IN COMMITMENT TO PHYSICAL ACTIVITIES .....	29
1b ANOVA FOR DIFFERENCES BETWEEN AGE GROUPS ON ATTITUDES TO PHYSICAL ACTIVITIES.....	30
2. ANOVA FOR DIFFERENCES IN TYPES OF MEDIA HABIT ON COMMITMENT TO PHYSICAL ACTIVITIES.....	31
2b ANOVA FOR DIFFERENCES IN TYPES OF MEDIA HABIT ON ATTITUDES TO PHYSICAL ACTIVITIES.....	31
3. ANOVA FOR DIFFERENCES IN THE TYPES OF RELIGIONS ON COMMITMENT TO PHYSICAL ACTIVITIES.....	32
3b ANOVA FOR DIFFERENCES TYPES OF RELIGION ON ATTITUDES TO PHYSICAL ACTIVITIES.....	33
4. ANOVA FOR DIFFERENT CATEGORIES OF MARITAL STATUS ON COMMITMENT TO PHYSICAL ACTIVITIES.	34
4b ANOVA FOR THE DIFFERENT CATEGORIES OF MARITAL STATUS ON ATTITUDES TO PHYSICAL ACTIVITIES.	34
5. PEARSON PRODUCT CORRELATIONS BETWEEN COMMITMENT AND ATTITUDES TO PHYSICAL ACTIVITIES.....	35

LIST OF APPENDICES

	PAGE
APPENDIX	
QUESTIONNAIRE.....	48

DEFINITION OF TERMS

Technical terms used in this study are defined below in their operative sense.

- (i) Demography:- Is been referred to the structural aspects of pupulation such as age, sex, media habit, marital status; religion and education.
- (ii) University employees:- All the people working with the University, either on permanent or part time basis.
- (iii) Commitment:- Dedication to participation in physical activities for at least three times in a week.
- (iv) Physical Activities:- They are those activities that one engaged in during leisure periods such as racket games, jogging, soccer, calisthenics etc. other than competitions.
- (v) Attitude:- Attitude is broadly conceived to reflect psychological measures reflecting one's feelings, perceptions and behaviours towards someone or some thing.
- (vi) Hypokinetic Diseases:- They are diseases that are associated with lack of sufficient participation in physical activities. These include coronary heart diseases, obesity, low-back pain etc.
- (vii) Intra-mural Activities:- These are sporting activities conducted within the limits of the Institution, such as inter-faculty, inter-hall and inter-department Sports competitions.

### XIII

- (viii) NUGA:- Nigerian University Games Association It is an association that is responsible for the organization of competitive sports amongst the member Universities.
- (ix) Competitive Sports:- They are the sports that are engaged in by only few talented outstanding players of the University for the purpose of winning.
- (x) NUSSA. Nigerian University Staff Sports Association. It is the body responsible for the Organization of Competitive sports among the employees of the Nigerian universities.
- (xi) Physical Activities. They are the physical exercises that University employees engaged in during their leisure periods, such as jogging or running, Tennis, Racket games, soccer, volley ball, basket ball, badminton, Handball and Calisthenics.

## CHAPTER ONE

### 1.0 INTRODUCTION

Participation in exercise programmes has been reported to improve mental and physical health. Even relatively low levels of physical activity, when performed regularly reduces cardiovascular morbidity and mortality in the apparently healthy individuals. Psychological improvements through exercise have been reported in both clinical and non-clinical populations [Brownell *et al.*, 1982]. However, unless exercise is performed regularly (at least three times a week) many of these benefits cannot be realised.

In spite of these potentially significant psychobiological benefits, a greater percentage of the population in most countries do not exercise regularly enough to experience any lasting improvements in health. Most of the reported research suggest that the majority of people who begin an exercise programme will stop mostly within the first ten months (Dishman, 1980; Dubbert *et al.*, 1969; Martin and Rubbert, 1982; Oldridge, 1982, Oldridge *et al.*, 1983; Ward and Morgan, 1984). Even in developed countries where there has been fitness boom two-thirds of the population do not exercise regularly, while 28 percent to 45 percent do not exercise at all (Carmody *et al.*, 1980; Lambert *et al.*, 1984). However, in recent years, there has been an increasing interest in fitness activities. Surveys have shown a shift from



Sports Administrators/Managers to develop and maintain general physical fitness, positive attitudes to sports and increased participation in recreational sports amongst the University employees and students. However, there is a Vice-Chancellor like Professor D.I. Saror of Ahmadu Bello University, Zaria, who emphasise the organization of fitness programmes for the entire University community).

Inter-University Sports did not start in Nigeria until 1966 at the University of Ibadan. Since then, the Nigerian Universities Games have increased in level of performances and organization. Through the games, international Athletes like A.K. Amu, George Ogan, Emmanuel Ifejuana and Major Taiwo Ogunjobi have been produced by Universities for Nigeria.

Emphasis in winning Inter-Universities Sports has produced undesirable behaviours amongst Univesity's Sports Officials and students. There have been cases of cheating, hooliganisms, dishonesty and fraud in some of the universities sports units.

If the same emphasis given to Inter-Universities sports is also given to the development of physical fitness activities and recreational sports amongst the University workers and students, a physically fit community would have been developed, hypokinetic diseases would have been reduced amongst workers and students, and motivated to participate in University sports programmes would have been increased.



So, if the University Community is made to be committed to participate in physical activities, not only would the members be motivated to participate more in the Universities sports programmes, they would also gain in health and be more productive by being physically fit. However, organisers who are to make the University community committed to physical fitness, should know their potential patrons. In this regard researchers can provide assistance to those who manage and promote fitness programmes by finding out the factors that influence, reasons for, and motivations for involvement (Snyder and Hou, 1981, Grazin and Olsen, 1989). Directors of Sports in the Universities should know who probably are their "customers" and what factors tend to adhere to physical activities for both the participants and administrators. Research should identify factors that determine involvement in these programmes which would help directors and managers develop physical activity programmes and which would have implications for management decisions. This research was a humble effort in this direction.

## II. Statement of the problem.

The Sports Unit of a University is expected to be concerned with the development of physical fitness of the entire University Community through a deliberate attempt in encouraging them to participate in a well planned physical activity programmes.

The contribution of organized physical activities to the development of physical, mental, and social well being of the University Community cannot be over-emphasized because, physical activities affect all the organs that contribute to physical, mental and social well being.

According to Anyanwu (1979), participation in physical activities provide opportunity for the development of desirable attitudes, values, habits, and skills necessary for human existence. Research carried out by Hockey (1981) showed that sedentary way of life or lack of physical fitness activities had a negative effect on the human health problems. Pollock et al (1978), ascertained that serious medical problems such as coronary heart disease, hypertension, obesity, anxiety, depression, and low-back pain are either directly or indirectly related to low fitness level.

These diseases and conditions have been referred to by Karus and Raab (1984) as hypokinetic diseases or diseases associated with insufficient physical activities. Adesanya (1990) also emphasized the importance of health development rather than care of health problems.

The above, is at variance with what is happening in the Nigerian Universities. The Sports department of all Universities in Nigeria emphasise the development of Competitive Sports. Emphasis is on winning for the Universities at the various sports engagements, such as Nigerian University Games

Association (NUGA) and Nigerian University Staff Sports Association (NUSSA). It was observed that University Community measures the achievements of the sports department in terms of the number of medals won, without considering the members of the University Community that have been motivated to take part in physical activities. It is always forgotten that a very little percentage of the University Community takes part in competitive sports.

As a result of the above, the University Sports Administrators go to any length to win medals at NUGA and NUSSA games. Cases of cheating, hooliganism, dishonesty, and other undesirable behaviours spoil the games. No wonder, the NUGA Council introduced Sports Clinic in 1986 as one of the pre-games activities. The purpose of the Clinic was to give seasoned University Sports Administrators the opportunity to share their thoughts on problems and prospects of University Sports and highlight specific problems which confront the effective organisation of and performance in sports in Nigerian Universities.

It is expected that the achievement of the sports department of a University be measured in terms of the number of the members of the University Community that is committed to taking part in physical activities and the number of intra-mural sporting activities organized by sports department within the available human and financial resources in an academic session. It has been observed by

*K.A.C.*

the researcher, that, the theme of all NUGA Sports Clinics held so far since 1986 had been on the organisation and administration of sports towards better performance of the University athletes. None of the clinics focussed on the encouragement of the University Community towards participation in physical activities as a pathway to healthful living.

One of the main problem in attracting the University Community to participating in physical activity programmes is identification of indicators of involvement in such programmes. Previous research into physical fitness activities has dealt with relatively broadly conceived indicators of involvement like frequency of episodes (King and Frederickson, 1984). These various measures of participation often led to conflicting findings from studies that used them (Unkel, 1981). It is therefore necessary that researchers in the field of leisure behaviours should turn their attentions to the problems associated with the conceptualization and measurement of Voluntary Commitment to participation in physical activity programmes. This investigation was therefore conducted to find out the factors influencing commitment to physical activities among university employees. Therefore, in this investigation, the following specific questions were answered.

- (a) What is the Voluntary Commitment of university employees?

- (b) What is the relationship between Voluntary commitment and attitudes.
- (c) What is the relationship between Voluntary Commitment and demography.

### 1.2 The significance of the study.

This study will be justified on the following bases:

- (1) This study was designed to provide useful informations that would help sports managers to motivate people to greater involvement in physical activities and sports participation in the Universities.  
  
With information yielded by this investigation, physical fitness administrators would be able to manipulate the variables that are related to Commitment to physical activities for the betterment of their programmes.
- (2) The study will be of immense benefit to physical educators, physical fitness control management, Health educators, and sports trainer, all of whom are interested in people's commitment to physical activities. The sports Managers and Managers of physical fitness centres would identify factors that are not only related to commitment to their programmes but also use them in their management decisions.
- (3) This study would reveal whether commitment to physical activities is influenced by socio-psychological factors.

- (4) This study would reveal problematic areas in commitment to physical fitness activities which can be investigated in future.

### 1.3 Hypotheses.

1. Age does not influence commitment to physical activities.
  - B. Age does not influence attitudes to physical activities.
2. Media habits do not influence commitment to physical activities.
  - B. Media habit do not influence attitudes to physical activities.
3. Religion does not influence commitment to physical activities.
  - B. Religion does not influence attitudes to physical activities.
4. Marital status does not influence commitment to physical activities.
  - B. Marital status does not influence attitudes to physical activities.
5. Attitudes do not relate to commitment to physical activities.

### 1.4 Assumptions.

On the basis of available research evidence, the following assumptions were made for the purpose of the study.

- (i) Persons who are committed to physical fitness activities have characteristics of youth.
- (ii) Persons who are committed to physical fitness activities have a self image of fitness and athleticability and are influenced by friends.
- (iii) Commitment is empirically related to demography and attitudes.

#### 1.5 Delimitation.

This study was delimited to the following:

- (1) This study was delimited to employee of four Universities.
- (2) The employees included the senior, intermediate and junior staff of the University. Both sedentary and manual labourers were also included.
- (3) Only demography, and attitudes, were used as factors influencing commitment to physical activities.

CHAPTER TWO

2.0. REVIEW OF RELATED LITERATURE

2.1 Introduction

Several studies have been conducted on the need for and the importance of participating in physical activities, but few studies have been reported by Nigerian Scholars on why people are committed to participating in physical activities.

Lack of many studies in this area could be attributed to the fact that physical fitness activities is a new area of study, struggling for survival and acceptance from Nigerian populace. Emphasis is placed on competitive sports at the expense of the development of physical well being of the University community. An attempt is made in this chapter to review the literature related to the study. The review is presented under the following sub-headings:

- a). Name to take part in physical fitness activities.
- b). Demograph.
- c). Attitude.
- d). Participation. in leisure pursuits.
- e). Commitment to fitness activities/dropout profile.

2.2 Need to take part in physical fitness activities

Despite the wide spread interest in physical fitness, It is still difficult to define fitness in a manner that is acceptable to all practitioners. Fall (1980) defines physical fitness as that state which a person is able to



function efficiently. He further said that fitness implies abilities of an individual to live most effectively within his potentialities.

Ability to function depends upon the physical, mental, emotional, social, moral and spiritual components fitness, of all of which are related to each other. Duhu (1978), accepted this view to a certain extent, when he defined fitness as not just having to do with the physical but, also mental, emotional and spiritual factors, and entire capacity of the individual for total self expression. Fall and Duhu seem to agree that physical fitness is an individual matter and therefore, the level of physical fitness depends on the individual's self evaluation. Schinelder (1948) defined physical fitness as "fitness to perform some specific tasks that require physical effort. Clarke, (1976) and Hockey (1981) expanded on Schinelder and Kapprish's definition, by defining physical fitness as the ability to carry out daily tasks with vigour and alertness, without undue fatigue and with ample energy to meet unforeseen emergencies. They both agreed that physical fitness is the ability to last, to bear and to persevere under difficult circumstances where an unfit person would give up.

Physical fitness is an individual matter and it is related to individual needs. The level of physical fitness varies with individuals' occupation. A boxer or Wrestler may require high level of fitness than a Cricket player.

Similarly, a labourer in the University may require higher level of physical fitness than Computer Operator or Typist. However, there is need for minimal level of fitness required by individuals to minimise risk factors.

According to Johnson et al (1966), the minimal level of physical fitness is characterized by physical inefficiency and quite often by some degree of emotional instability. Such a person, according to him, is easily fatigued, often unable to meet physical or emotional challenges with confidence, determination and reasonable share of success. It may therefore, be concluded that a person who is able to meet the demands of the day without difficulty and with relative ease could be considered as having a high level of physical fitness.

Hockey (1981), described the symptoms associated with lack of physical fitness as stated by Cooper (1968), as yawning one's desk, drowsy feeling all day, prone to temper tantrums, fatigue from minimal exertion, too tired to pursue leisure activities, nervousness, jittery conditions, difficult to relax, subject to worries and moody and irritable disposition towards others.

Amusa (1990) Karus et al (1954), Duhu (1978), termed diseases that resulted from lack of sufficient physical fitness exercise as hypokinetic diseases. These diseases, according to them, include hypertension, obesity, coronary heart disease, anxiety, depression, and low back-pain.

Oyewusi (1986), has related the process of aging to lack of participation in physical fitness activities. He indicated that studies have shown that sports can delay aging processes, and can extend participation time and life span itself.

Veschi, (1963) Hill, (1972), and Dubin (1928) had examined the life history of good number of sportmen and women and found that their lives lasted longer than others that did not take part in physical fitness activities. These studies were conducted in America and Britain, where the citizens have more leisure hours and lived sedentary as a result of advancement in technology, in the same way as most University staff live because of nature of their jobs.

Researchers have shown that physical active students had a significantly higher physical fitness than sedentary group of student (Astrand, 1956; Keen and Sload, 1958, Sloan 1958; Banerjee et al, 1970 and Bishanbind and Harripada, 1981). In a similar study conducted by Lasun (1986), focused on effect of exercise on trained and untrained women, it was found that post-training performance of experimental (exercise) group was significantly superior to that of the untrained women. These benefits of exercise suggest that participation in physical fitness activities should be a priority to everybody, especially the University employees that are more enlightened and have leisure periods for participation in physical fitness programmes.

### 2.3 Demograph

According to Recce (1977), demography is the scientific study of population. The demography include structural aspects of population, their size, their rate of growth, their geographic distribution, and their composition like sex, occupation, and education and population process such as fertility, mortality, migration and social mobility. Many studies have used demography for characterizing who participates in a wide variety of physical fitness activities. Dushma et al; (1985), Kent and Janeen (1990) Greenberge and Frauk (1983), and Hughes and Peterson (1983) have related gender to participation in physical fitness. Crowther and Kahn, (1983), have shown that young persons participate more frequently in physical activities than old persons.

Crowther and Kahn's study is similar to what has been observed in Nigeria because most elite athletes are within the age range of 18-35 years. Educated individuals are more committed to participation in physical fitness activities than less educated persons. Other studies conducted by Neulinger (1971) and Crowther, (1983), showed that people with prestigious occupation and better pay have more time to take part in physical fitness activities.

Though many researches have not been conducted on the relationship of education, occupational prestige and income to commitment to physical activities in Nigeria, it is

evident that affiliation to prestigious social clubs, where recreational facilities are abundant, are more common in cities than in towns and villages in Nigeria. One can therefore infer that people with prestigious job, education and high income are members of these recreational clubs. Kent and Janeen, (1990), infact reported a link between willingness to commit to physical fitness activities and demographs.

#### 2.4 Attitude

Attitudes, often diverse in nature, have been found useful in leisure research as one means of representing participants' psychological makeup. For the purpose of this study's objectives, the attitudes used here have been broadly conceived to reflect psychological measures that refer to physical activities. Thus participation may reflect person's motivation to seek social contact (Board and Ragheb, 1983). Significant orders and reference groups also influence the choice to participate in physical fitness activities (Young and Kent, 1985). Kent and Janeen (1990) showed that one's parents influence the decision to participate.

Self motivation in addition may increase the likelihood that one will commit to a programme of physical fitness (Clingman and Hillard, 1987, Adeyanju, 1984, Kent and Janeen, 1990). Bergier, (1981), also indicated in his study that being willing to commit to physical fitness activities may

also reflect the benefit expected from continuing participation in these activities.

O'Siulivian (1986), suggested that one's orientation towards participation in fitness programme may have been developed early in life as a result of early orientation. It has also been established that those who do well in games are more likely to enjoy physical fitness activities.

Iso-Ahola and Allen (1982), reported that those who engaged in exercise and percieve themselves to be in good condition or skilled in athletics are more likely to engage in physical activities.

## 2.5 Participation in leisure pursit

Leisure need is perhaps the most important concept in the field of leisure studies. It can even be argued that the future of the entire field of leisure studies as well as the recreational profession depends on the construct of leisure need. (Iso-Ahola and Allen 1982). That is, if it could not be shown that people have a need for leisure and recreation, profession of physical education and practitioners might as well give up and begin searching for new jobs.

Kent and Janeen. (1992) agreed that passive pursuits may also be selected in a some what unique pattern that can be used to characterize persons who are committed to physical fitness. Previous research has shown that those who are physically active are also those heavily engaged

in passive pursuits. They are more involved as patrons of the arts (Crowther and Kahn, 1984.) and in attending movies (Marsden and Reed 1983). They are less involved in religious activities (Greenberg and Frank, 1983; Hughes and Peterson, 1983). This conceptualization tried to explain preference for certain activities as a function of occupational prestige, attitudes, and leisure patterns (Kent and Roberts, 1982).

## 2.6 Commitment to fitness activities/dropout profile

Despite the difficulties inherent in properly defining and measuring exercise commitment, it appears that many individuals who begin an exercise programme relapse, often within the first three to six-months. (Martins and Dubbert, 1985). This fact was ascertain by Gaston and Shephard, (1986) in the research conducted among North American population. They discovered that despite the much heralded "Fitness Boom", a low level of habitual physical activity persists. Though there are very few experimental studies on the factors influencing exercise adherence, most of the data are derived from restrospective correlation analyses of variables which characterized the dropouts, poor adherer and good adherers in heart disease prevention, and treatment trials. (Dubbert et al. 1980 Martins, 1981; Martins and Dubert 1982).

Dubert, et. a. (1980) and Martins, (1981, 1982) discovered that subject factors, social/environmental

factors, and exercise factors are the variables to predict exercise participation and level of adherence. Martins and Dubbert, (1985) found out that subject factors consists of pre-existing psychological/personality and behaviour patterns, and biological characteristics found to correlate positively or negatively with probability of remaining in or dropping out of exercise programme. One's attitude towards physical activity does not appear to offer any predictive value with respect to exercise participation or frequent adherence (Brewell and Rabinik, (1982); Morgani 1983). However, this is contrary to the view of Fosbein, (1987) according to which the pre-estimated determinants of intention to adopt a given behaviour are an individual's personal attitude towards performing the behaviour in question and his or her perception of social constraints upon that behaviour.

Researchers have however shown that there is significant association between other psychological variables and exercise adherence. Intrinsic motivation as a measure of person's tendency to persist regardless of extrinsic motivation is very important, Disham (1980). This was supported by Oldridge (1982) who reported that lack of self motivation in Cardiac patients was responsible for dropout in exercise. Behavioural factors associated with exercise dropout include smoking (Andrew and Parker 1970); Massie and Dubbert, 1971; Oldridge 1984, 1978). Blue-Coler vocation status (Oldridge, 1979; Terasli Bartanen et al; 1969). Biological factors



such as overweight, especially high percentage of body fat Dishman and Mose, 1980; Massie and Shephard, (1984) appear to predict adherence to physical fitness exercises. Dishman, (1982) found that the combination of biological and psychological variables may prove more powerful in predicting adherence.

Convenience of exercise centre has been found to determine adherence to physical fitness exercise. Inconvenient exercise programme centre, such as location, lack of parking facilities, centrality of the exercise programme influence adherence (Andrew and Parker, 1979; Bruce et al; (1976). Martins and Dubbert (1985) found out that additional critical programme mediated predictor of adherence is the overall intensity of the exercise. Padlock et al. (1987) Epstein et al. (1984), Mann et al (1969) found out that higher intensity exercise is associated with lower exercise adherence.

#### 7 Summary:

The most important factors that contribute to high rate of drop-out include biological variables such as over-weight, obesity, and psychological variables, such as low motivation, anxiety, and attitudes of individual. For example, Heinzelman and Bagley, (1970) found that subjects with spouses who actively supported their exercise habits were twice as likely to have good adherence than those whose spouses were either neutral or negative towards exercising. Andrew et al. (1981) found out that their

cardiac patients without spouse support were two or three times more likely to drop out of exercise programmes. The supports most often could be in the form of praise, encouraging the exerciser for his attempt and in agreement with the goals of the exercise. Family problems, change of job or residence or job conflicts have been found to be responsible for poor adherence or dropout from exercise (Oldridge et al; 1978; Sanne et al; (1973; Bruce et al; 1976).

CHAPTER THREE

3.0 METHODOLOGY

3.1 Introduction

The purpose of this study was to find out the factors influencing commitment to physical activities among University employees. The present chapter describes the methods adopted to test the hypotheses identified earlier on in chapter one. This chapter is concerned with the followings:

- i). Research design.
- ii). Population and sample.
- iii). Instrumentation.
- iv). Validation of instrument.
- v). Data collection.
- vi). Statistical analysis.
- vii). Scoring.

3.ii Research Design:

To find out the factors influencing commitment to physical activities among University employees, EX-POST FACTO research design was used as the information required was already available. Two categories of predictors variables, that is, demography and attitudes were examined among University employees. The demographic variables used were age, marital status, religion and media habits, while that of attitudes were personal opinion expressed by the respondents to statements on attitudes in section III of the questionnaire.

The University employees that participated voluntarily in physical activities for at least 3 times in a week were the focus of the study. The physical activities included jogging, soccer, rackets games, Volleyball, Baskethall, Handball and Calisthenics.

Four Universities were randomly selected for this study, using table of random numbers. The Universities were Bayero University, Kano, Ahmadu Bello University, Zaria, University of Jos and University of Calabar.

### **3.iii.Population and Sample:**

The population for the study consist of all University employees that took part in physical activities.Four Univer- sities were selected randomly for this study, using table of random numbers. The Universities were Bayero University, Kano, Ahmadu Bello University, Zaria, UNiversity of Jos and University of Calabar.

The University employees that were committed to taken part in physical activities for at least three times in a week were the sample from the population. Two hundred questionnaires were distributed to those that were committed to physical acivities in the Universities. One hundred and twenty four qustionnaires were returned by the respondents. This represents 62% respond- ent rate. There were 101 male and 23 female respondents. The respondents were within the ages of 18-50 years.

3. iv. Instrumentation:

The instrument used in the investigation was a questionnaire, because the purpose of the study was to know what factor influence the University employees to be committed to physical activities. Those that were voluntarily committed were determined through observations and their responses to the statements on committed. A total of 33 statements covering demography, commitment and attitudes were prepared.

Thirteen (13) statements were under demography, while 10 statements each were under commitment and attitudes.

3. v. Validation of Instrument:

The draft of the questionnaire were discussed with lecturers from the department of physical and Health education in Bayero University, Kano and federal college of education, Kano. The questionnaires were corrected before it was finally presented to the supervisor for further discussions and scrutiny.

3.vi. Data collection:

The respondents were selected by personal observation of the researcher and research assistants from the Universities randomly selected for this study. The research assistants were University Sports Coaches from the four Universities selected for the study.

The subjects were observed by the research assistants for three weeks prior to administration of the questionnaires: The subjects were observed so as to determine those that were voluntarily committed to physical activities for at least three times in a week.

The physical activities observed included Jogging, Basket ball, Volleyball, Racket games and Tennis.

These physical activities were selected because the subjects from the University did participated in the activities. The research assistants helped in the administration of the questionnaires. The questionnaire were returned to the researcher within two weeks.

3.vii. Statistical analysis.

The following statistics were used in finding the factors influencing those that were committed to physical activities among the University employees.

- i). Pearson Product:- moment correlation statistical analyse was used to determine the relationship between voluntary commitment and attitudes among the University employees.

Analyses of variance (ANOVA) was used to test the significant influences of demographic factors, such as religion, media habit, Age and marital status on the committed attitudes to physical fitness activities.

3.viii. Scoring:

The responses received were translated into scores as follows.

i). Thirteen (13) statements were prepared on demographic variables. The responses were scored nominally, that is 1 to 5 based on the number they tick.

(ii) The part II statements were on commitments. The respondents were to answer Yes or No.

Yes attracts 10 points.

No attracts 5 points.

(iii) Part III statements were on attitudes. The respondents were to tick either Agree, Disagree or Don't know in statements 21-23.

(a) Scores on statements 21-23, and 29-30

Agree = 5 points

Disagree = 3 points

Dont know = 2 points

(b) Scores on statement 24-28

Agree = 2 points

Disagree = 5 points

Dont know = 3 points.

These points were assigned to reflect desirable attitudes.

CHAPTER FOUR

4.0 RESULTS AND DISCUSSIONS

To achieve the purpose of the study, the data collected in this research were statistically analysed, the results of which are presented and discussed in this chapter.

RESULTS

4.1 Hypothesis 1a

Age does not influence commitment to physical activities. To test this hypothesis the differences between age groups were analysed statistically using ANOVA. The results of which are shown in table I.

TABLE 1 ANOVA for differences between age groups in commitment to physical fitness activities.

SOURCE	DF	SS	MS	F	NS
Between	3	50.62	168.7	1.02	
Within	120	1.994	166.2		
Total	123	2.045			

NS = Not significant

F = 2.68P<0.05, df = 3.120

Table 1a shows insignificant differences between age groups, which consisted of under 18 years, 19-35 years, 36-50 years and above 50 years groups in commitment to physical activities.

Hypothesis 1b.

Age does not influence attitudes to physical activities.



Table 1b

SOURCE	DF	SS	MS	F
BETWEEN	3	22.47	7.491	0.16 NS
WITHIN	120	5.550	46.23	
TOTAL	123	5.37		

NS = Not significant

F = 2.68 < 0.05. DF = 3,120

Observation of table 1b shows insignificant influence of age on attitudes to physical activities. The results thus support hypotheses 1a and 1b, which state that age does not significantly influence commitment and attitudes to physical activities. The hypotheses were therefore retained.

#### Hypothesis 2a

Media habit does not influence commitment to physical activities.

To test this hypothesis, the different types of media habits were statistically analysed using ANOVA. The results are shown below.

TABLE 2a

ANOVA for differences in types of media habit and commitment to physical activities.

SOURCE	DF	SS	MS	F
BETWEEN	2	209.4	104.7	0.63 NS
WITHIN	121	2.024	167.3	
TOTAL	123	2.045		

NS = Not significant

$F = 2.68 < 0.05$ ,  $DF = 3,120$

Table 2a shows insignificant differences in the influence of the types of media habits on commitment to physical activities. The types of media habits analysed in the study are music, radio and T.V. programmes.

Hypothesis 2b

Media habit does not influence attitudes to physical activities.

Table 2b

ANOVA for differences in types of media habits and attitudes to physical activities.

SOURCE	DF	SS	MS	F
BETWEEN	2	49.10	34.55	0.76 NS
WITHIN	121	5.504	45.49	
TOTAL	123	5.573		

NS = Not significant

$F = 2.68 < .05$ ,  $DF = 3,120$

Table 2b shows insignificant difference in the influence of the types of media habits on the attitudes to physical activities.

The results thus supported hypotheses 2a and b that media habits do not influence commitment and attitudes to physical activities.

The hypotheses are retained.

### Hypothesis 3a

Religion does not influence commitment to physical activities. To test this hypothesis, the different types of religions, which consisted of Islam, Christianity, Traditional worship and any other religion were analysed statistically using ANOVA. The results are shown in table 3a.

Table 3a

ANOVA for differences in the types of religions and commitment to physical activities.

SOURCE	DF	SS	MS	F
BETWEEN	4	3.909	97.72	0.58 NS
WITHIN	119	2.006	16.88	
TOTAL	123	2.045		

NS = Not significant

F = 2.68 < 0.05, DF = 3,120

Table 3a shows insignificant differences in the influence of types of religion on commitment to physical fitness activities.

Hypothesis 3b

Religion does not influence attitudes to physical activities.

TABLE 3a

ANOVA for the different types of religion and attitudes to physical activities.

SOURCE	DF	SS	MS	F	
BETWEEN	4	103.4	25.84	0.50	NS
WITHIN	119	5.470	45.96		
TOTAL	123	5.573			

NS = Not significant

F = 2.68 < 0.05, DR = 3,120

TABLE 3b shows insignificant differences in the influence of the types of religion on the attitudes to physical activities. The results thus supported hypotheses 3a and b that religion does not influence commitment and attitudes to physical activities. The hypotheses are thus upheld.

Hypothesis 4a

Marital status does not influence commitment to physical activities. To test this hypothesis, the different categories of marital status were statistically analysed using ANOVA. The categories are married, single, divorced,

widow/widower, and separated. The results are shown in table 4a.

Table 4a

ANOVA for different categories of marital status on and commitment to physical activities.

SOURCE	DF	SS	MS	F
BETWEEN	5	1.088	2176	5.72
WITHIN	118	4.485	38.01	
TOTAL	123	5.373		

S = significant

F = 2.68 < 0.05, DR = 3.120

Table 4a shows significant difference in the the influence of the categories of marital status on commitment to physical activities.

Hypothesis 4b

Marital status doe not influence attitudes to physical activities. The results are shown below.

TABLE 4b

ANOVA for the different categories of marital status and attitudes to physical activities.

SOURCE	DF	SS	MS	F
BETWEEN	5	2.998	599.6	S
WITHIN	118	2,745	147.9	
TOTAL	123	2.045		

S = significant.

F = 2.68 < .05, DF = 3,120

Table 4a and 4b show that there is a significant difference in the influence of the categories of marital status on commitment and attitudes to physical activities. The result thus did not support the hypotheses 4a and 4b, which are that marital status does not influence commitment and attitudes to physical fitness activities. The hypotheses were therefore rejected.

Hypothesis 5

There is no significant relationship between commitment and attitudes to physical fitness activities.

To test this hypothesis, Pearson product moment correlation analysis was used to test the degree of relationship between commitment and attitudes to physical fitness activities.

The results are shown in table 5.

Pearson correlations between commitment and attitudes to physical fitness activities.

VARIABLES	COMMITMENT	ATTITUDE
Commitment	1.0000	
Attitude	0.5536	1.0000

Table 5. shows that the degree of association between commitment and attitudes to physical activities is 0.55 or 55%. Thus, there is a positive relationship between commitment and attitudes to physical fitness activities. The result does not support the hypothesis 5, that there is no rela-

tionship between commitment and attitudes to physical fitness activities. The hypothesis is therefore rejected.

#### 4.2 Discussions

This study has shown that demographic factors were not significant to voluntary commitment to physical activities. The result of this study was not in agreement with many studies which had shown demographic factors as useful for characterizing who participate in a wide range of physical activities (Dushman et al, 1985; Kent and Janeen 1990). Greenberge and Frank, 1983) had related gender to participation in physical fitness activities. This is because the subjects used in this study were mainly from the Universities while those used in the previous researches were from urban areas.

Demographic factors analysed in this study were age, media-habit, marital status and religion. Except marital status, no significant influence on the commitment and attitudes to physical fitness activities. The variables tested for marital status were married, single, widow/widower, divorced and separated. Single and divorced respondents from University employees were found to be more committed to participation in physical activities, than those married and widow/widower. This is because most of the respondents were not staying with their families.

The study also indicated that age had no influence on commitment and attitudes towards participation in physical activities. Janeen and Kent (1990), and Crowther and Khan (1983) have shown that young persons participated more frequently in physical activities than old persons. The result of this study was limited to the employees of the Universities while Janeen and Kent, (1990) used data from about 180 respondents from Salt Lake, Utah City, USA. The ages and gender she used matched the population in the recent census Utah City. This is because the ages of the respondents fall within 16 - 60 years. Both youths and the aged participated in fitness physical activities.

Media habits have been found in this study to have no significant influence on vol<sup>u</sup>ntary commitment and attitudes to physical activities. The respondents had no preference for any particular media habit.

Janeen (1990), found that the interest of her respondents in radio programming was significant to portray participants in physical activities. There were differences in social/cultural, technological development and socio-economic factors of the respondents used in Janeen's study as against the respondents used in this study. This could be due to lack of funds to purchase the equipment or technology to fix it in the places where the subjects participated in physical activities. The respondents, used in



the study participated mainly in outdoor physical activities.

This research also showed that religion had no influence on the commitment and attitudes to physical activities. Though, previous researchers had not taken religion as an important variable to consider in categorizing those who participate in physical activities, one may assume that religion will be an important factor especially with differences in the locations of the Universities and the differences in socio-cultural environments. Islam seems to be the predominant religion of people in the north, part of middle belt and Western states, while Christianity was predominant in the East, part of Western states and middle belt of Nigeria. The types of religion practised were Islam, Christianity, Traditional worship and others. This is because, if the University employees were sampled from the same social-cultural areas, religion might be a factor that influences commitment and attitudes to physical activities.

The research also indicated that more single and divorced respondents in the Universities investigated, participated in physical activities than widow/widowers, and married employees. Probably, this is so because most of the respondents might not be staying with their families.

Browell and Bacherik, (1982) and Morgan, (1983), had found that one's attitudes towards physical activity does



CHAPTER FIVE

5.0 SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1

Summary:

The purpose of this study was to find the factors influencing commitment to physical activities among the University employees.

Towards achieving the purpose of this study, 124 subjects were sampled from 4 Universities randomly selected from 31 Universities in the country. The subjects were only those that participated in regular exercise such as Jogging, Calisthenics, Rackets games, Ball games etc., for at least 3 times in a week.

Questionnaires were administered to the subjects. The data obtained were subjected to statistical analyses, such as descriptive procedures, analysis of variance and Pearson product moment correlation.

Demographic factors such as age, media habits, and religion were found to have no influence on the commitment and attitudes to physical activities. There were significant influence of marital status on commitment and attitudes to physical activities.

There were also significant associations between commitment and attitudes to physical activities.

## 5.2 Conclusions:

In view of the limitations of this study, the following conclusions were drawn from the results presented in the previous chapters.

- (1) Age does not influence commitment and attitudes to physical activities.
- (2) Media habits do not influence commitment and attitudes to physical activities.
- (3) Religion does not influence commitment and attitudes to physical activities.
- (4) Marital status does influence commitment and attitudes to physical activities.
- (5) Commitment and attitudes to physical fitness activities are significantly correlated.

## 5.3 Recommendations:

The findings of this study have added to previous knowledge of factors influencing commitment to physical activities. But research into this area, so significant to human well-being is just beginning. The researcher suggests the following areas for future investigation.

- (1) Further research is recommended on identifying those that are ready to make voluntary commitment to physical activities.

- (2) To obtain realistic data on the relationship of commitment to physical activities on demography and attitudes, there is need to conduct a study among physical fitness centres in the Urban cities.
- (3) Influence of other demographic factors such as socio-economic status, education, occupation prestige and experience in the university on commitment and attitudes to physical activities need to be investigated.
- (4) Investigations are also needed to determine the economic viabilities of physical fitness centres.

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APPENDIX I  
QUESTIONNAIRS

This questionnaire is designed to collect information that will help sports committee of this University to recommend to the authorities recreational and fitness programmes that will benefit all University workers by way of improved health and health facilities.

Therefore, your honest response to the questions asked will greatly aid our recommendation. The information given will be treated with the strictest confidentiality. So feel free to responses you like. It may not take you more than 5 minutes to give all response needed.

PART I DEMOGRAPHIC DATA

(Circle the appropriate response)

1. GENDER (a) Male (b) Female
2. AGE
  - (a) Under 18 years
  - (b) 19 - 35 years
  - (c) 36 - 50 years
  - (d) Above 50 years
3. RELIGION
  - (a) Islam
  - (b) Christianity
  - (c) Traditional worship
  - (d) Any other (write)

26. PHYSICAL ACTIVITIES ARE NOT NECESSARY FOR THOSE WHO ENGAGE IN MANUAL LABOUR
- 
27. IF ONE EATS GOOD ONE DOES NOT NEED PHYSICAL EXERCISES.
- 
28. PHYSICAL EXERCISE JUST GIVE UNNECESSARY PAINS.
- 
29. SPORTS COACHES AND MEDICAL PEOPLE ARE JUST EXAGGERATING THE EFFORTS OF PHYSICAL EXERCISES.
- 
30. EVERYBODY SHOULD BE TAUGHT PHYSICAL ACTIVITIES AND THEIR BENEFITS.
- 
31. IT IS WRONG TO ASK PUBLIC SERVANTS TO JOG AND PERFORM PHYSICAL ACTIVITIES AS THE GOVERNMENT HAS DONE IN THE PAST.
- 
32. THE UNIVERSITY SHOULD MAKE PARTICIPATION IN PHYSICAL ACTIVITIES FOR ALL ITS WORKERS.
-

4. MEDIA HABIT

- (a) Radio programmes
- (b) Music
- (c) T. V. Programme

5. EDUCATION

- (a) Primary School Leaving Certificate
- (b) WASC or SSCE or GCE
- (c) N.C.E.
- (d) Ordinary/Higher Diploma
- (e) Degree
- (f) Any other (write).....

6. TYPE OF OCCUPATION

- (a) Lecturer
- (b) Manual Labourer
- (c) Administrator
- (d) Technician:                   ist
- (e) Any other (write).....

7. WORKERS ASSOCIATION YOU BELONG TO

- (a) ASUU
- (b) NASU
- (c) SSA
- (d) Any other (write).....

8. RECREATION CLUB DO YOU BELONG

- (a) Senior Staff Club
- (b) Town Club
- (c) Any other (write).....
- (d) I do not belong to any Club.

9. EXPERIENCE AS A UNIVERSITY STAFF
- (a) Less than 5 years
  - (b) 5-10 years
  - (c) Above 10 years.
10. NUMBER OF CHILDREN IF MARRIED
- (a) Less than 2
  - (b) 2-4
  - (c) More than 4
11. NUMBER OF CHILDREN TAKING PART IN SPORTS AND RECREATION.
- (a) Less than 2
  - (b) 2-4
  - (c) More than 4

PART II COMMITMENT

Tick ( ) Yes ---- or No ---- as appropriate responses to the following questions or statements.

12. I SPENT AT LEAST ONE HOUR PER WEEK DOING PHYSICAL ACTIVITIES.
- YES ( ) NO ( )
13. I SPENT SOME MONEY TO BUY KITS FOR PHYSICAL ACTIVITIES.
- YES ( ) NO ( )
14. I PARTICIPATE REGULARLY IN MY CLUB'S GAMES AND RECREATIONAL PROGRAMMES.
15. I ENCOURAGE MY FRIENDS TO TAKE PART IN PHYSICAL ACTIVITIES.
- YES ( ) NO ( )

16. I PREFER TO SPEND MONEY ON GAMES AND EXERCISES THAN  
ON DRINKS YES ( ) NO ( )

17. IF I HAVE THE TIME I SHALL TAKE PART IN PHYSICAL  
EXERCISE EVERYDAY OF THE WEEK YES ( ) NO ( )

18. IT IS BETTER TO SPEND ON FUN (SEX) THAN ON PHYSICAL  
EXERCISE YES ( ) NO ( )

19. I FEEL SLUGGISH WHENEVER I FAIL TO DO MY PHYSICAL  
EXERCISES YES ( ) NO ( )

20. I FEEL YOUNGER AND HEALTHIER AFTER MY PHYSICAL  
EXERCISES.  
YES ( ) NO ( )

21. MY REGULAR ATTENDANCE AT THE PHYSICAL AND RECREATION  
PROGRAMME OF THE UNIVERSITY HAS MADE ME POPULAR WITH  
THE COACHES AND SPORTS PEOPLE. YES ( ) NO ( )  
PART III OPINION (ATTITUDE)

22. TICK UNDER THE COLUMN "AGREE" DISAGREE" AND "DONT  
KNOW" YOUR RESPONSE TO THE FOLLOWING STATEMENTS.

23. PEOPLE WHO DO NOT PERFORM PHYSICAL AGREE DISAGREE DONT  
KNOW ACTIVITIES ARE LAZY

24. PHYSICAL EXERCISE ARE CRUCIAL FOR ' ' '  
PREVENTING DEGENERATIVE DISEASES ' ' '

25. THE UNIVERSITY DOES NOT MAKE ENOUGH ' ' '  
PROVISIONS FOR THE WORKERS TO PAR- ' ' '  
TICIPATE IN PHYSICAL EXERCISES. ' ' '