RECREATIONAL ACTIVITY PARTICIPATION AMONG ACADEMIC STAFF OF AHMADU BELLO UNIVERSITY, ZARIA, KADUNA STATE

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SEPTEMBER, 2017

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A THESIS SUBMITTED TO THE SCHOOL OF POSTGRADUATE STUDIES, AHMADU BELLO UNIVERSITY, ZARIA, IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF MASTER OF SCIENCE (M.Sc.) IN TOURISM AND RECREATIONAL PLANNING

DEPARTMENT OF URBAN AND REGIONAL PLANNING
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SEPTEMBER, 2017

DECLARATION

I hereby declare that the work in this thesis entitled "Recreational Activity Participation among Academic Staff of Ahmadu Bello University, Zaria Kaduna state" has been written by me in the Department of Urban and Regional Planning under the supervision of Professor M. B. Yusnusa and Mallam I. I. Iliyasu. The information derived from the literature has been duly acknowledged in the text and the references provided. No part of this thesis was previously presented for another Degree or Diploma at any university.

NAME	**SIGNATURE**	**DATE**

CERTIFICATION

This project titled “Recreational Activity Participation Among Academic Staff of Ahmadu Bello University, Zaria, Kaduna State” by Akitoye Mabel Ade Omotayomeets the regulations governing the award of a Master of Science (M.Sc Tourism and Recreational Planning) and is approved for its contribution to scientific knowledge and literary presentation.

Professor M. B. Yunusa **(Chairman, Supervisory Committee)**	**Date**
Mallam I. I.Iliyasu **(Member, Supervisory Committee)**	**Date**
Professor M. B. Yunusa **Head of Department**	**Date**
Professor KabirBala **(Dean, Postgraduate School)**	**Date**

DEDICATION

This thesis is dedicated to Almighty God for seeing me through every aspect of my life, to my parents Pa and Ma S.A. Amao, my younger sister M. A. A, Amaoall of blessed memory and to my wonderful husband for being my motivator and finally to my children for believing in me.

ACKNOWLEDGEMENTS

To God Almighty, My King, for the gift of life, health, and His Faithfulness every day, Father, I say a big thank you! The study would not have completed without the contribution of certain intellectuals who sacrificed part of their valuable time in giving me academic guidance. As such, I will like to express my profound gratitude to all who assisted me directly and indirectly towards the completion and success of my study.To start with, my unreserved appreciation goes to my supervisors Professor M.B. Yunusa and Mallam I. I. Iliyasu whose erudition and direction led to scholastic nature and completion of this research. I am grateful for being guided by your pens and reasoning.

And to Professor Ahmed Adamu, my sport committee chairman, I say a big thank you for his impact and encouragement to further my pursuit in this field. I sincerely appreciate Dr. O. L. Badaki as the one that introduced and motivated me to undertake the course 'Tourism and Recreation Planning'. Very special thanks goes toDr M.D.U. Audu, Dr. M. U. Sani, Dr. J. O Akiboh and Dr. M. Shittu for sharing their academic experience towards the success of the project work. This acknowledgement will be incomplete if I fail to extend my gratefulness to the followings: Dr. Ma'arufSani, Dr. Ashiriyu Bello and Mr. Oladimeji for their supporting words of encouragement and advices. My course mate and professional colleagues too numerous to mention cannot be left out - I say thanks to all of you. Mr. Ogbe S. J. my stastician son who took the pains to arrange and typed out the work, I thank you. And to all members of the postgraduate seminar teams for their corrections and contributions in bringing the work to acceptance, I appreciate you all.

My gratitude also goes to the entire Staff of the Department of Urban and Regional Planning, the Faculty of Environmental Design, and to all my mentors, most senior colleagues, the likes of Professors F.B. Adeyanju, M.A. Suleiman, Dikki, Gwani, E.A. Gunen to mention but few in Physical and Health Education Department, Faculty of Education Ahmadu Bello University, Zaria. Finally, I

am particularly grateful to my husband, children and siblings for being supportive and understanding situations at all times, God bless you all.

ABSTRACT

Consistent recreational programme has been justified by scholars that it improves the morale and fitness of workers. Recreation therefore, increases the efficiency of workers. This is the reason why many developed nations have set aside specific periods in between working hours for compulsory recreation for workers. How well this is being undertaken in Ahmadu Bello University, Zaria and what nature of constraints could affect recreational activities of Staffs is what this research is concern with. The studyexamined recreational activity participatory constraints among academic staff of Ahmadu Bello University;identified its patterns and preferences and provided explanations as well as suggestions on ways to enhance recreational activities in the university. The Ex-post facto research design was used in the study on a population sample size of 150 respondents from the total population out of 1535 academic staff in both Kongo and Main Campuses. The administration of the questionnaire which was the instrument for data collection was done in a simple random way. The data was analysed using the Statistical Package for Social Sciences (SPSS) version 20. From the results of data analysed and interpreted it was found that that the low rate of staffs' participationin recreational activities could be traced to certain factors liked distance of facilities (37.7%), nature of work and work time in the office (37.7% and 30.2%) as well as psychological and physiological shown in Table 4.9. Furthermore, it was found that, non-participation in recreational activities by academic staff of the university was due to lack of the awareness of the importance of the recreational activities to the contribution of good health life living of the staff as well as the inability of the University authority in creating a recreational week quarterly to address this. Based on this findings, it was recommended that, enlightenment campaign should be carried out vigorously through the use of ABU Samaru FM and Special official bulletins to educate the staff on the important of recreational activities. The university authority can also go a step further by institutionalizing a recreational week quarterly in order to increase the participation of staff in recreational activities as well as provided ease of access and transportation services to the facilities to address the complaints about the distance to such facilities.

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CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Recreation is the expenditure of time with intent to gain some refreshment (Alia, 2000). It is a break from monotony and a division from the daily routine. Recreation also is a means of escaping from work boredom and/or a body renewal in preparation for routine and necessary work (Alia, 2000). It is vital to good living, it not only refreshes the body, mind and spirit from the daily demands of life, it also draws us into the creation and "re-creation" of self (Swann, 2004).

Recreational activities involve an element of enjoyment and happiness obtained from engaging in something one likes. Different recreational activities serve as sources of immense pleasure and provide relaxation to one's mind and body. Recreational activity in this study, therefore, is used to explain those physical activities engaged in during free time for the purpose of personal sensation of wellbeing, increasing satisfaction, entertainment, rejuvenation and reducing stress (Alia, 2000).

In this modern era, a consistent recreational programme has been justified by the claims that it improves the morale and fitness of workers as well as the traditional benefits of increased productivity (Alia, 2000). Some of the recreational activities help us in developing leadership qualities and interpersonal skills. Recreation, therefore, increases the efficiency of workers. This is the reason why many developed nations have set aside specific periods in between working hours for compulsory recreation for workers(Ogu&Eneogwe, 2007).

The benefits of regular recreational activities include insurance discounts, decline in absenteeism, lower turnover, lower health care claims, increased job efficiency, improved communication between workers and employees, improved employee relations and recruitment of high quality personnel (Ogu and Eneogwe, 2007). However, given the life style of many people, especially in developing nations, engagement in recreational activities appears to be on the decline, most especially due to the state of such economies, which demand the input of extra hours to earn additional income to take care of day to day needs. This trend does not exclude staff of educational institutions in Nigeria.

Against this back drop, there is an urgent need for proper management of work and leisure in educational institutions such as universities, so as to derive optimum benefits that consistent recreational activities can provide (Omolawon and Quadri, 2002).The academic staff normally experience academic pressure on a routine basis, resulting into boredom and tiredness. Academic staff work mostly involves reading, writing, lectures and research. Activities that are highly energy sapping. Therefore, it would be most appropriate for this crop of workers to find an outlet to let out the stress and strain of life. Staff ought to be positively engaged during their free time to make good use of it, instead of engaging in negative and antisocial activities, such as drunkenness (Ameafuna and Achugbu, 2009).

To achieve this, it is necessary to begin to investigate issues around participation in recreation by groups such as academic staff of universities. This is necessary as a precursor to identifying patterns and preferences, so as to determine the best approach to sustain or improve participation in recreation by academic staff of universities, for the benefits of their health and wellbeing, and for the fact that they train the manpower that support the economy and protect the Nation.

1.2 Statement of the Problem

In most Nigerian universities, academic staff works nearly all days of the week in order to meet up with the demands of teaching, research and personal development. This way of life has created high tension and emotional problems among academic staff in Nigerian Universities. As a result, only about 22%of academic staff can be observed to engage in recreational activities. This development may threaten their health and result into low productivity because, according to the American Institute of Stress (2011), such lifestyles can lead to conditions triggered by stress and manifesting in heart and other problems.

The attitude to recreation among academic staff of the Ahmadu Bello University, Zaria appears to conform to the general pattern that reflects low interest and negligence. Casual observations of some academic staff in Ahmadu Bello University show a high rate of inactivity which was of a primary concern because of its resultant health consequences. Previous studies shows that many academic staff of Ahmadu Bello University, Zaria are yet to fully understand the values of participation in recreational activities and the benefit of participating in it (Akogun, 2006 and Ugbabe, 2009). This is despite the efforts of the university sports office and the university authority to sensitize academics on the need to engage in recreational activities after the day's work. Coupled with the fact that, there are several functional recreational centers such as staff club, Basketball Court, Football Pitch, Athletic Tracks, Table Tennis, Lawn Tennis Court,and Gymnasiumin Ahmadu Bello Universities which staff members can utilize for recreational purposes, in order to enhance their fitness and quality of life during their free period, but these recreational centers appear to be underutilized and in some cases almost abandoned.

It is in view of this and considering the investment on sporting facilities, viz-a-viz the benefits they can offer to general wellbeing of academic staff of the Ahmadu Bello University,

Zaria towards improved productivity that the study examinedrecreational activityparticipatory constraints among academic staff of Ahmadu Bello University. This is an attempt to identify patterns, preferences and provide explanations for the state of things.

1.3 Research Questions

The following research questions were raised for this study:

1. What is the level of awareness of academic staff of Ahmadu Bello University, Zaria on the benefits of recreation?
2. What are the determinants of participation or non-participation in recreational activities among Ahmadu Bello University academic staff?
3. How can participation in recreational activities be improved among the staff of Ahmadu Bello University, Zaria?
4. What is the appropriate strategy to stimulate recreational interest among staffs?

1.4 Aim of the Study

The aim of the study is to assess participation in recreational activities among academic staff of Ahmadu Bello University, Zaria, with a view to identifying constraints and proffering suggestions for improved participation.

1.5 Objectives of the Study

The objectives of this study are to:

1. Establish recreational patterns among academic staff of Ahmadu Bello University, Zaria.
2. Characterize determinant factors of recreational patterns among academic staff of Ahmadu Bello University, Zaria.
3. Assess the efforts of university authority's in improving the participation of staff in recreational activities.

4. Develop a management and operational framework for improved participation in recreation by academic staff of Ahmadu Bello University, Zaria.

1.6 Scope of the Study

The scope of this study is on recreational activity participation among academic staff of Ahmadu Bello University Zaria. The study was specificallydelimited to level of awareness, determinant factors of participation, improvement among academic staff, management and operational framework for improved participation among academic staff of Ahmadu Bello University. The study considered the patronages of recreational facilities in the campuses by both academic and non-academic staffs of the university.

1.7 Significance of the Study

The result of the research will be of great benefit to the university authority in the provision of recreational facilities and equipment for the use of the Academic Staff and students of the University and members of the University community and various tertiary institutions in Nigeria.

The result will further be of benefit to the government, in terms of guiding the provision of funds to tertiary institutions most especially Ahmadu Bello University, Zaria for the management and maintenance of existing recreational facilities and equipment.

The result of the research will also be useful to individuals and corporate bodies that are interested in the supply, provision and management of recreational facilities for Ahmadu Bello University, Zaria.

Also, the outcome of this study will serve as a document which could be used to carry out further work in related areas regarding participation in recreational activities. It will further help in developing a healthy behaviour in the participation of recreational activities among its target audience..

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.0 Introduction

This chapter seeks to address a number of issues related to recreational participatory constraints among Academic Staff of Ahmadu Bello University, Zaria by examining some key points emerging from various related literature, journals, books, newspapers, reports and other sources of information. It starts with a discussion on the concept of recreation, sporting activities and constraints. It examines various attitudinal factors of poor participation of staff in recreational activity, and commences with a discussion on the impact and benefit of poor participation of staff in recreational activity. The chapter also identifies the impact of facilities, equipment on staff participation in recreational activity. It also discusses the nature of work of academic staff on participation in recreational activity. It continues with a discussion that provides psychological factors in recreational sport, andconstraints perception and level of participation. The chapter concludes by highlighting key issues raised by the literature that form the basis of this research.

2.1 Concept of Recreation

Recreation is from two Latin words- '*Re'*, meaning to do again and '*Creare'*, meaning to create. Recreation is a renewing experience, a different and refreshing change from daily routine and work day experience (Fadamiro, 2003). Leisure, according to Nixon (2003) is from the Latin word- '*Licere'*, meaning to be allowed, or licensed. Recreation is the expenditure of time with intent to gain some refreshment. It is a break from monotony and a diversion from the daily routine. It is a positive change from the stereotypical lifestyle and involves an active participation in some entertaining activity (Oak, 2010).

Recreational activities involve an element of enjoyment and happiness obtained from engaging in something one likes. Different recreational activities serve as the sources of immense pleasure and provide relaxation to one's mind and body. Boniface (1987) and Roberts (2001) agree that recreations are the varieties of activities we choose to undertake during leisure time. Recreation, therefore, are pursuits taken-up during leisure time other than those to which people have a high commitment. Recreation also, is a means of escaping from work boredom and/or a body renewal in preparation for routine and necessary work. Leisure, according to Boniface (1987) is a measure of time, usually used to mean the time left over after work, sleep, personal and household chores have been completed.

Akogun (2006) reports that leisure and recreation are classified as tourism activities which involve other sectors of the economy (transportation, education, industry, urban development, forestry, telecommunications, etc.); national, state and local socio-economic policies, and socio-political traditions. Swann (2004) explains, recreation is an essential component of emotional, physical and cultural wellbeing required for balanced lifestyle and a complete person. Recreational activities give us an opportunity to spend time with our near ones and ourselves. They give us an opportunity to meet new people, make new friends and socialize. Some of the recreational activities help us in developing leadership qualities and interpersonal skills. Aside work to meet the basic needs of man (i.e. hunger, warmth and safety), recreation and leisure are regarded as one of the basic human needs as sources of pleasure, relaxation and excitement (Fadamiro, 2003).

2.1.1 The Role of Recreation

Recreation in one form or the other is considered vital for human growth and development. It is useful for the physical, emotional, intellectual and social aspects of human development. Recreation also has economic and environmental significance.

2.2 Sporting Activity and Constraints

There are various researches conducted on constraints to participation in sporting activities. Lack of time, lack of knowledge, overcrowding, long distance to activity areas, family problems, and lack of money and companion are indicated as the most significant recreational constraints in many studies (Hoden, 2010; Kara and Demirci, 2010; Scott and Mowen, 2010; Stanis et al., 2010). Also, fear of assault, lack of facility, gender, race, high entrance fee, lack of care and broken equipment are other factors affecting preferences and participation of different groups of people in recreational activities (Attarzade and Sohrabi, 2007; Mozafari et al., 2010; Payne et al., 2002; Shores et al., 2007; Walker and Virden, 2005).

Being among the most significant recreational constraints, level of income plays a more important role on participation of people in recreational activities than gender, age, race, and educational level (Shores et al., 2007). As Kara and Demirci (2010) observed in their studies, people in high income level participated in natural sports more frequently than those in low income level, respectively. Distance to activity areas is another factor affecting participation of people in sporting activities (Neuvonen et al., 2007). People usually participated in recreational activities more frequently if sport facilities were located near their living places (Grahn and Stigsdotter, 2003). The proper distance between recreational areas and people living places was considered in some studies.

Grahn and Stigsdotter (2003) reported that one kilometer is the maximum distance for the optimal usage of people. However, in other studies it is suggested that the location of daily recreational activities should not be more than 250 - 300 meters away from people living places (Nordisk Ministerraad, 1996). In a study conducted by Jackson (1983) activities were identified by non- participants who expressed preference for regular participation. A sample of 1240 was asked to respond to a list of 15 reasons for the lack of participation. The most important factors for not participating in racquetball/handball, tennis, exercise-related activities and team sports had to do with time commitments, crowding, lack of opportunity, and lack of partner. Shore (2007) examined the relationship between constraints and frequency of participation in physical activity.

Shaw's study utilized data from the Canada Fitness Survey, pertaining to 82% of the original sample which indicated preference for more participation in physical activity than their current level of participation. The results indicated an existence in gender differences in both lack of time constraints, because of work and other leisure activities, and lack of energy. These findings were somewhat flawed in that the investigators did not account for non-paid work or other obligations that may not have been understood as constraints to those who were sampled. The results of this study failed to find a predictive ability of constraints with respect to participation in physical activity.

Mannell and Zuzanek (1991) considered the constraints on the physically active leisure which are perceived by older adults. Using the survey and in-depth interviews to monitor constraints in the lives of 92 retired adults, the results showed there was significant variability in the reasons perceived to be causes of non-participation. The most frequently reported constraint in the context of their daily lives was "being too busy". This finding contradicted a study

conducted by Dishman (1988) which concluded that lack of time was not an important constraint on physically active leisure for older adults since they were retired. McGuire (1984) also found that most important leisure constraints for older adults may be time related, despite being retired. Health problems and aging are other constraints to participation of people in recreational activities. People with health problems are less interested in recreational activities than healthy people (Grahn and Stigsdotter, 2003).

On the other hand, lack of time, financial problems, and health problems were the most effective constraints for participating in the recreational activities (Kara and Demirci, 2010). Also, interpersonal constraints, followed by structural and intrapersonal constraints were found as the greatest constraints for participants who use parks for playing sport (Stanis et al., 2010). Elkins and Beggs (2007) tried to find the effects of using the negotiation techniques on the constraint perceived by people and the frequency of participation in sport activities. The results indicated that there were differences in negotiation between regular participants in campus recreational sports and those who did not participate regularly.

These differences included the using of time management, physical fitness, interpersonal coordination, and financial strategies. They suggested that the individual's ability to negotiate leisure constraints plays an important role in participation in campus recreational sports. By addressing different constraints and negotiation strategies, campus recreational sports providers may be able to meet the needs of students and increase levels of participation. Ultimately, one must negotiate constraints in order to increase the likelihood of meaningful participation and have the opportunity for leisure experience.

2.3 Types of Recreational Activities

Swann (2004) identifies three basic types of activities:

1. Passive activities- requiring slight participation from the residents. Examples are: aromatherapy; listening to music; watching a concert; watching television.

2. Semi-active activities- involving more participation. These include: computer skills; quizzes; discussions; debates; reminiscence; reality orientation.

3. Active activities- requiring more physical involvement from the residents. Examples are: art and craft; movement to music; yoga; table tennis; gardening; local outings; cookery; dancing. Others are football, tennis, athletics etc.

Some activities are individual and others are more group-focused. The list of activities is endless and will depend upon the resident's abilities and skills, as well as available resources and budgets.

Roberts (2001) supports the submissions of Swann (2004) and elaborates thus:

- Passive Recreation- is when an individual receives or consumes entertainment or activities by other people, e.g. watching T.V. (including watching sports); listening to music; reading; playing computer games; going to a restaurant or a public park.
- Active Recreation- is when an individual personally participates in an activity which involves physical or mental exertion to a significant degree. (E.g. playing sports/badminton, basketball, sailing, football, etc.); playing a musical instrument, acting in amateur dramatics; gardening and crafts and other hobbies, etc.

Both passive and active recreation could still be classified as home based and non-home based (Tribe, 1998 and Roberts, 2001). Gontul and Allu (2007) opine that recreation is of different types. It is indoor or outdoor, active or passive, free or involves cost, organized as in team games or unorganized.

Oak (2010) categorizes recreational activities into two. Passive recreation involves activities like strolling on the beach or taking a walk on the riverside while active recreational activities are about engaging in adventure sports and outdoor games. Udo (1988) believes that active recreation is the real or true recreation while the passive recreation is connoted as an entertainment. The two are, however, vital forces of rejuvenation which recreation seeks. Hence, a reasonable balance between active and passive participation can have a greater deal of merit to every individual. The active recreational activities are usually done outdoors because according to the Queensland Government (2009), outdoor recreation activities have been defined as those activities that:

1. Are undertaken outside the confines of buildings (i.e., in the outdoors) and
2. Do not involve organized competition or formal rules; and
3. Can be undertaken without existence of any built facility or infrastructure; and
4. May require large areas of land, water and/or air; and
5. May require outdoor areas of predominantly unmodified natural landscape facilities, site modification or infrastructure may be provided to manage the impacts generated by the activities. However, outdoor recreation activities can be undertaken without facilities, site modification or infrastructure.

2.4 Attitudinal Factors Responsible for Physical Inactivity

The factors that influence physical inactivity may vary from one place or country to another. Some studies have implicated certain factors for the poor attitude people have shown towards the active form of recreation. Findings from the work of Im et al. (2011) show that the reasons for African American low participation rate in physical activity included a lack of safe places to exercise or walk. Other factors influencing physical inactivity are lack of time because

of work and family responsibilities (Landon and Locander, 2009; Heesch et al., 2000; Williams et al., 2006).

Bailey (1993) reported gender roles as a militating factor against African American participation in physical activity. Child care (Brady et al., 2002) and low perceived access to sports equipment (Felton et al. 2002) are also reasons for physical inactivity. Time and economic constraints as a result of gender roles and family commitments also affect attitudes towards physical activity (Eyler et al., 2002). Going forward safety issues and environmental factors, including weather problems (e.g., hot weather, cold weather) also discourage participation in physical activity (Eyler et al., 2002; Felton et al., 2002; Heesch et al., 2000; Williams et al., 2006).

2.5 Constraints Perception and Level of Participation

Crawford and Godbey (1987) underline that constraints do not only affect participation or non-participation, but also preference (i.e. "individuals do not wish to do what they perceive they cannot do"). Some people do not express a desire to participate in sport and recreational activities or show any interest in such activities. According to Crawford et al. (1987) such persons are affected by antecedent intrapersonal constraints, which influence their interests and preferences rather than interfere with preference and participation.

Individuals who do not express a wish to participate may draw the attention of campus recreational administrators (Young et al., 2003). Jackson (1993) mentions that another target-group could be those who express a wish for participation but, for some reasons do not realize their wish. Shaw et al. (1991) investigated the relation between perceived constraints and level of participation in recreational activities. They tried to find out whether constraints individuals refer to are indeed responsible for reducing their participation from the desirable level or lead to non-

participation. They concluded that perceived constraints are related more with a high rather than a low participation level.

A high level of constraints experienced by people does not necessarily lead to reducing their participation nor does the elimination of constraints definitely lead to increased participation. Another issue related to the participation in sports and recreational activities has to do with latent demand, which concerns individuals who express a wish to participate in some activity but, for some reasons, they do not do so (Jackson and Dunn, 1993). In this sense, latent demand among participants would include persons who do not participate in activities as regularly as they would like to. The presence of latent demand in a group of people indicates a prospect for increasing participation rates through appropriate administrative planning (Alexandris and Carroll, 2000).

2.6 Cultural Diversity and Constraints

In general, ethnicity has a significant impact on leisure including activity choices, frequency, location, types of activities, and how an individual participates. It is important for leisure professionals to consider and provide diverse programs (Bell and Hurd, 2006). Johnson et al. (2001) examined 12 constraints related to health, facilities, socio-economic standing, and how they related to participation in outdoor recreation. As part of the National Survey on Recreation and the Environment, approximately 17,000 people over sixteen years of age were surveyed via telephone interviews.

Fourteen reasons for not participating in outdoor recreation were presented to the respondents. Those reasons included: personal health reasons, physically-limiting disability, household member with disability (personal health constraints were later combined into a single health constraint), inadequate information, inadequate facilities, poorly maintained areas, safety

concerns, not enough money, not enough time, inadequate transportation, no companion, outdoor pests in activity areas, crowded activity areas, and pollution in activity areas. The list included intrapersonal, interpersonal and structural constraints. The results indicated that race did not appear to be a significant factor in determining if individuals felt constrained in the pursuit of their favorite outdoor recreation activity.

Harlan (2007) studied the barriers that hinder people of racially diverse backgrounds from participating in adventure education experiences offered through college and universities. Ultimately, he found many of the common constraints such as lack of information, along with cultural variables like discrimination, communication gaps, lack of culturally sensitive programming and social group inclusion. Results from a focus group and follow-up interviews indicated that communication gaps, community or social group inclusion and lack of culturally sensitive programming were the key constraining issues for international students at Geneva College.

Similarities in results were found by Li and Chick (2006) who studied culturally sensitive programming. They reported that the concern for Chinese students' physical recreation participation is slim in Pennsylvania State University. Their findings indicated that Chinese students' main constraints were similar to American students' constraints, including time, money, leisure partners and leisure resources. In these studies, constraint similarities and differences were noted that were related to cultural diversity. Conversely, international students were faced to key constraining issues such as communication gaps, community or social group inclusion and culturally sensitive programming (Harlan, 2007). He mentioned that interpersonal constraints were the leading causes of non-participation for international students.

2.7 Value of RecreationalActivity

The Caldwell (2005) outlines the value of recreation this way: physical activity reduces obesity (overweight), diminishes risk of chronic diseases like heart diseases and diabetes. In fact there are over two million people in California with diabetes mellitus. Physical activity also boosts immune system (physically fit person is less prone to illness); increases life expectancy (increases longevity and reduces many causes of mortality); reduces depression, relieves stress; improves quality of life (a medium to change self-image and gain personal satisfaction); reduces crime, unites families, supports youth (improves their education and deter negative behaviours). Okunrotifa (1995) observes that recreation could be seen as an antidote to work, that is, it reduces depression among the individuals that participate in it after the day's tedious work.

Recreation provides the capacity to escape from boredom. Recreation may be the main reason for participating in tourism, and tourism may represent a particular form of recreation. Industrial recreation for employees cuts down drastically the man-hour lost in going to health clinics (Okafor, 1986). Recreation therefore increases the efficiency of workers. This is the reason why many developed nations have set aside specific periods in between working hours for compulsory recreation for workers.

Umeasiegbu (1988) is of the view that the practice is paying them huge dividends in terms of productivity and efficiency. Recreation also promotes social bonds, improves support and development of youths. Driver and Burns (1999) highlights important outcomes derivable from participation in recreation to include psychological, personal development and growth, personal appreciation and satisfaction, psycho physiological, social and cultural, economic, and environmental benefits.

2.8 Attitudinal Factors of Poor Participation of Staff in Recreational Activity

Recreation includes all of those activities in which an individual chooses to participate in his leisure time and is not confined solely to sports and physical recreation programs but includes artistic, creative, cultural, social and intellectual activities.

More so, recreation is a fundamental human need for citizens of all ages and for both sexes and is essential to the psychological, social and physical well-being of man. Thus, society is rapidly changing and leisure time is increasing; be it therefore, it recognizes the fact that recreation is a social service in the same way that health and education are considered as social services and that recreation's purpose should be:

a) to assist individual and community development;

b) to improve the quality of life;

c) to enhance social functioning. (Bailey, 2004)

Such recognition will indicate the constitutional responsibility of the Provinces and Territories in recreation services." (National Recreation Statement, Interprovincial Sport and Recreation Council, September 1987), this and other definitions of recreation have largely been developed within a Euro-North American perspective. The Royal Commission on Aboriginal Peoples, however, defines recreation, leisure and sport within a more holistic framework: "For Aboriginal Peoples, recreation, leisure or sport are combined journeys to whole health." (Shaw etal,1991). These activities, therefore, are part of the culture and the environment, and they involve the mind, body, emotions and spirit of these people. Recreational activities is also define as:

"All those socially acceptable activities that a person chooses to do in order to make their leisure time more interesting, more enjoyable, and more personally satisfying." (McKay et al

1996). In addition, we have included both “organized” (and structured) and “unorganized” (or unstructured) types of activities in our understanding of recreation. Some examples include playing sports, engaging in arts and crafts, camping, participating in community events, surfing the web, attending camps, dance, and music.

2.9 Staff Recreational Activity

Staff recreational activity is for people visiting recreational facilities and for those enrolled in recreational programmes is seen as very important factors in public satisfaction and participation. People will not visit staff or recreational facilities or participate in programmes if they do not feel safe. Shores et. al(2007) indicates that, regardless of activity, safety and security are of high importance to respondents. Survey results indicate that, for respondents not using security facilities, 12.2% do not because they don’t feel safe in activity.

Households in which people do not participate in recreational programs, 2.8% listed safety and security concerns as the reason for not participating. Further, of respondents who do not use staff opinion on safety security department aquatic facilities, 5.9% said they would be encouraged to use those facilities if safety and security were improved. When asked how the recreational could make the staff opining on safety security more enjoyable, 25.1% suggested improving safety and security on the pathways, and 19.1% suggested lighting the path. Nearly 86% of survey respondents indicated that playground safety is very important (Akpan and Ayandele, 2015).

Staff opinion on Recreational Activity by the department was enhanced through increased deployment of staff and mounted security in response to several violent crimes committed along the path. Currently, the staff opinion safety security is on duty from 8 a.m. to midnight on weekdays and in the winter and from 8 a.m. to 2 p.m. on summer weekends. The

unit consists of six officers. Two to four officers are deployed at a time and Staff security located near the downtown core, as well as the road to the limits. The officers are available to the department's staff opinion safety security liaison via cell phone, e-mail, and personal contact(Akogun, 2006).

These uniformed securities are supplemented with the ranger and volunteer security that operate from a building located in Shoreline Staff. These ranger and volunteer security, available from noon to 9 p.m., focus primarily on the summer months because of high park use. In the winter, they have a skeletal crew from noon to dark. The primary purpose of these groups is to work as ambassadors for the staff security department and staff opining recreational activity to educate, instructs, and assists staff users. They also serve as "eyes and ears" for the staff security department's mounted and bike patrols. The rangers carry police radios and can easily contact uniformed staff when necessary (Boise, 2016).

The staff opinion on recreational activity units are part of the Community Outreach Division of the Staff Opinion Recreational Activity Department. The focus of this division is on community policing, which allows staff and community residents to work closely together in new ways to solve the problems of crime, fear of crime, physical and social disorders, and neighborhood decay. This collaboration affects the strategy for enforcement within our staff and recreation facilities. Recreation Staff work with the safety and security Department to listen to and address citizen concerns and specific crime problems, as well as educating the public about both departments. The most common issues addressed by police enforcement within the staff system are open container violations, consumption of alcohol by minors, dogs off leash, people in the staff after dark, and vandalism (Boise, 2016).

Citizens expect a level of public safety and security within recreational facilities. Meeting that expectation should continue to be a top priority for staff security and recreational. The department should continue to provide a safe and secure environment in all of its facilities and recreation programs. Safety and risk management initiatives and performance standards regarding the design of staff security, staffing of recreation facilities and programs, and application of chemicals, should be continued (Boise, 2016).

Expansion of the staff security open space holdings dictates that the department must provide a sustainable and appropriate balance between public safety and security and the protection of open space values. The staff should continue to require close coordination between staff security department and staff security and recreation to address security issues as they arise. Also, staff security recreation should support the staff community policing program initiative. Finally, the staff should look to develop, monitor, and track crime statistics for its staff and recreation system to help ensure that safety and security issues are constantly evaluated and addressed(Boise, 2016).

2.10 Impact of Facilities, Personnel and Equipment on Staff Participation in Recreational Activity

Recreational facility is any medium offering the opportunity to participate in recreation. It provides places for people to go and equipment to use for recreational pursuits. Dower et al (1981) noted that resources must be utilized to provide for recreation. Clawson and Kretch (1971) outlined three categories of recreation area, resources based, intermediate and user based. The first of these refers to natural resources where recreational activities take place, such as rivers and scenic areas, the last one refers to facilities specifically developed for recreation and leisure activities such as sport complexes and swimming pools, the middle category relates to

facilities between the extremes, such as country park close to urban centres where the environment has been modified if not created.

2.11 Impact of Nature of Work of Academic Staff on Participation in Recreational Activity

It is an undisputed fact that physical activities help in promoting individual's health and healthy living, especially in this sophisticated world. Participation in physical activities is considered as fulfilling a domain of the healthy lifestyles. Physical activity is a particular manifestation of a cultural leisure form (Humberstone, 2002). It has become one of the most important parts of an individual as it helps toward the development of personality and social domain. Reasons or motives for participating in physical activities or sport varied and specific to an individual.

The sense of enjoyment in physical activity is one of the motives that people participate in it. Individuals make choices and decisions as the results of their past and current experiences in physical activities (Laker, 2002). Many studies (Lakers, 2002' Humberstone, 2002) have been carried out to investigate motives in sport participation and to date a number of reasons such as affiliation, fun, fitness, competence, and competition were revealed (Grahn and Stigsdotter, 2003).

The basis for taking part in physical activity is linked to the notion of attaining some kind of health benefit. A number of researchers (Fatahi-Masrour,2012 and Mozafari, 2010) have listed eight factors that motivate individuals to participate in physical activities. These factors were skill development, fun, friendship, achievement or status, competence or competition, energy release, fitness and situational factors.

However, individuals face various constraints that inhibit their participation. The constraints are such as lack of time and money, geographical distance, lack of facilities and the

influence of parents, and friends from opposite-sex (Hodden, 2010). Other constraints are individual/psychological, lack of knowledge, lack of services, accessibility, and lack of interest and lack of partners (Caldwell and Baldwin, 2005; Bailey, 2004; Ayode, 2009).

2.12 Psychological and Other Related Factors in Recreational Sport

This section provides an overview of the available literature on recreational sport participation. The studies reviewed cover nearly three decades from 1981 to 2010 and will be discussed in chronological order in an attempt to highlight the progress and identify key factors associated with participation in recreational sport. Kleiber and Hemmer (1981) examined the role of locus of control in recreational sport participation between males and females. According to the notion of locus of control, there are two dimensions: external and internal locus of control. Individuals with an external locus of control believe that their lives are controlled by outside forces, such as chance and other people. Individuals with an internal locus of control believe that they are in control of their lives and are more resistant to outside forces.

The individuals within this study were categorized into three recreational participation levels: none (n = 44), for fun only (n = 40), and organized team (n = 36). When comparing males to females, more males were categorized in the organized team category (23 cf 13) whilst more females were involved in sport for fun only category (25 cf 15). The study showed that females involved in organized teams were more internal in their locus of control than females who participated for fun. Females participating in organized teams also had a more internal locus of control than males participating in organized teams, but the significance was marginal. Finally, the males in the fun only category had the most internal locus of control of all the categories across genders. While Kleiber and Hemmer suggested that sport is generally a male dominated arena, it may require a strong internal locus of control for females to commit to organized sport

teams. It is also possible that females with internal locus of control are more likely to be attracted by competitive recreational sport because they may be more confident and higher levels of self-esteem.

Motivation has also been the focus of research for recreational sport participation (Fortier, Vallerand, BrièreandProvencher, 1995). This study explored different facets of motivation including intrinsic, extrinsic, and motivation within elite and recreational sports. Extrinsic motivation is represented in individuals who participate in sport for the external rewards or to avoid negative consequences, not for the fun of participating or an internal love for the sport. The concept of motivation refers to individuals who are neither intrinsically or extrinsically motivated towards participation. Individuals in this state of motivation perceive no control over their actions and question their very involvement in the activity (Harlan, 2007).

Within this research, intrinsic motivation was divided into three types: to know, to accomplish things, and to experience stimulation. Intrinsic motivation to know relates to the pleasure and satisfaction experienced when learning, exploring, or trying to understand a new skill. Intrinsic motivation to accomplish things can be defined as engaging in an activity for the pleasure and satisfaction experienced when trying to accomplish a task (Harlan, 2007).

Finally, intrinsic motivation to experience stimulation occurs when someone engages in an activity to experience the stimulating sensations derived from the activity, such as fun and excitement. Results showed that the recreational sport participants demonstrated intrinsic motivation to experience stimulation and to accomplish things. In addition, females were more intrinsically motivated to accomplish things than their male counterparts whilst also demonstrating less external motivation.

Research conducted by Stein, Kimiecik, Daniels and Jackson (1995) aimed to examine the psychological antecedents of flow in recreational sport, specifically, the psychological factors of goals, competence, and confidence. The concept of flow is a psychological state that typically occurs in individuals who perceive a balance between the challenges associated with a situation and their ability to meet those challenges (Csikszentmihalyi, 1990). An individual can also experience non-flow which can be categorised into three contexts; anxiety, boredom and apathy. The anxiety non-flow state is experienced when the challenge of an activity is greater than the individual's average and their ability to cope is less than average. Boredom is experienced when the challenge is less than the individual's average and their abilities are greater. Apathy occurs when both the challenge and the individual's ability to cope are below average.

These flow states were examined within two recreational environments: a competitive and a learning environment. The competitive environment in this study was either a tennis tournament or a competitive round of golf, whereas the learning environment was a basketball activity session. Perceptions of flow state and quality of the experience were assessed in each environment. In Study 1, an individual's quality of experience following the tennis tournament was measured with two items assessing enjoyment, "How enjoyable was the match?" and satisfaction "How satisfied are you with your performance in today's match?" Responses were measured on a nine-point response scale. In Study 2, the basketball learning environment was examined and three additional factors of concentration, control, and success were included within the assessment. Finally, in Study 3, the quality of experience in the golf tournament was assessed via experiences of enjoyment, satisfaction, concentration and control.

The findings showed that the flow and non-flow state of boredom resulted in a better perceived quality of experience within the competitive environment. The authors suggested these

results were due to the nature of the competitive environment. Within this environment outperforming, excelling, and winning are given more importance than within a learning environment which focuses on developing skills. Having higher levels of skill than the task requires (i.e. boredom non-flow) is considered helpful in competition and so the quality of the experience does not suffer. By contrast, only the flow state in which the challenge and skills required were balanced with the individual's average resulted in better quality experience within the learning environment.

Therefore, when learning new activities individuals gain a better quality of experience when the challenge is greater than they normally face and the skills required are above what they have. This leads to individuals gaining a sense of accomplishment when they learn the skills needed to overcome the challenge. Whilst the boredom state may result in achieving good performance in a learning environment, individuals will not feel that they are learning anything new and therefore overall satisfaction will be low. The findings also showed that the psychological factors of competence, goals, and confidence were not identified as antecedents of flow experience in recreational sport. Stein suggested this may have been a result of the psychological antecedents measured being linked more to performance - flow is a more subjective state and not an objective occurrence.

In a study to examine the relationship between goal orientations, beliefs about the causes of success, and trait anxiety among high school, intercollegiate, and recreational sport participants, White and Zellner (1996) observed that the recreational male participants equated effort (working hard at the task) as the way to succeed in and enjoy their sport. Recreational sport participants reported using a task based goal orientation in which motivation to improve and train hard were important, as opposed to an ego orientation in which winning and proving

oneself to be superior was more important. By contrast, high school and intercollegiate competitive or elite sport participants within this study were found to have higher levels of ego orientation and thus outperforming others and winning was a primary motivation.

An earlier study by Duda (1988) revealed similar findings. Recreational sport participants who placed a high emphasis on task (eg hard work with an emphasis on improving one's own skill level) were more likely to have participated in their sport longer and practiced their sport more in their free time. Duda also found that goal orientations were significantly varied as a function of participant gender and previous competitive sport involvement. Females were less oriented than males to ego goals, where out-performing others and winning are focal elements of participation. This was especially true among both males and females who had previously engaged in competitive sports. In line with achievement goal orientation (Nicholls, 1989), it was concluded that a task orientation would foster intrinsic motivation and in turn would lead to long-term participation in recreational sport.

Alexandris and Carroll (1997) examined the constraints associated with recreational sport participation levels in Greece. Such constraints have been defined as "the factors that inhibit or prohibit participation and enjoyment in leisure" (Jackson, 1993). This study identified time and availability of facilities as the most important constraints. In addition, individuals who did not participate in recreational sport were significantly more constrained than those who did, especially in terms of perceived health and fitness, competence, and knowledge levels.

The authors suggested that help from significant others, such as family and friends, and appropriate introductory programmes may overcome perceived barriers to participation. Findings indicated that perceptions of perceived constraints reduced with increased participation. It was

thus concluded that if initial constraints can be overcome and individuals can begin participating in recreational sports, they would view fewer constraints, encouraging continued participation.

Koivula (1999) investigated motives for sport participation between males and females. Findings from this study showed that regardless of gender, physical health, fun, and enjoyment were rated as the most significant motives for participating in sport. In terms of gender differences, males were found to rate competition as a more important motive for recreational participation than females, whilst females rated appearance as a more important motive than males. The findings from this study suggest that while males and females have different reasons for participation in recreational sport, physical health, fun, and enjoyment are universally important.

Research has also been carried out to examine whether participation in recreational physical activity differs across socio-economic groups (Burton, Turrell, and Oldenburg, 2003). The groups examined in this study were chosen based upon socio-economic position (SEP). They were organized into a high, middle and low SEP groups. The participants in the high SEP group came from a private consultancy firm, the middle SEP group from the local city council, and the low SEP group from the offices of the Salvation Army. The results of this study showed the variety of influence socio-economic groups have on recreational sport participation.

Common influences across all groups included previous opportunities, physical health, social assistance, safety and physical and health benefits, and the barriers of self- consciousness, low skill and weather/time of year. Influences unique to the high SEP group included social benefits, achieving a balanced lifestyle, and the barrier of an unpredictable lifestyle. In the middle SEP group, relevant influences included efficacy, perceived need, activity demands, affiliations, emotional benefits, and the barrier of possible competing demands between

recreational participation and other life demands. Finally, influences most commonly associated with the low SEP group included poor health and the barriers of inconvenient access and low personal functioning. The findings suggest that individuals from different socio-economic backgrounds may perceive different reasons and barriers to participating in recreational sport activities.

In another study concerning the role of motivation, Kerr, Au and Lindner (2004) examined the association between motivation and level of risk in male and female recreational sport participants. The aims of the study were to examine whether motivation differed for low- (eg aerobics, badminton, tennis), mid- (eg athletics, fencing, volleyball), and high-risk (eg handball, judo, rugby) sports, judged in terms of injury risk between males and females. The findings showed that males in high-risk sports reported their motivation to be based around fun and enjoyment whilst motivation to partake in low-risk sports was based around health and fitness benefits.

By contrast no significant differences in motivations to participate were found across risk groups for females. However, females taking part in high-risk sports did state that feeling in control and mastering risky situations was more important to them than it was to those involved with medium and low-risk sports. Moreover, findings showed that females rated developing friendships as being a significant reason for engaging in sport when compared to males. Based on their findings, Kerr et al proposed that to encourage participation in recreational sports, a wide range of activities with a range of risk levels should be made available. In order to appeal particularly to females, sports or programmes should be made available where females can develop relationships, including group/team activities with medium to high risk levels.

Further research into the role of self-determined motivation in sport participation was conducted by Boiché and Sarrazin (2007). They examined individuals' motivation towards three life domains (sport, school and friendship) and the potential conflict between these. Overall the findings showed that self-determined motivation towards sport resulted in increased participation, and that conflict between the school and sport domains subsequently reduced motivation to participate in sport. The conflict between the sport and friendship domains did not reduce sport participation. These findings show further support for the important role that motivation has in sport participation whilst demonstrating that conflict between school and sport could result in reduced participation.

CHAPTER THREE
RESEARCH METHODOLOGY

3.0 Introduction

The methodology is concerned with the procedures and techniques used in the collection and analysis of data after identifying the research problem and completing the review of literature. The purpose of this section is to facilitate understanding and the attainment of the research objective. The purpose of this study is to find out the factors responsible for participation in recreational activities among academic staff of Ahmadu Bello University. To achieve this purpose, the research design, population, sample and sampling technique, instrumentation, the administration of the instrument, validation of the instrument, procedure for data collection and statistical techniques were used in this study.

3.1 Research Design

This is a plan, structure and strategy operated by the researcher to provide answers to the research questions and to control variances. It specifies how data relating to a given problem was collected and how they are analyzed. Ex-post facto research design was used in the study. This is chosen because information required for the study is available with the respondents. Kerlinger (1973), stated that the method is the best tools to be used in descriptive research involving current events. In this design, opinions of rspondents on recreational activity participatory constraints among Ahmadu Bello University academic staff were obtained and determined. It was also used to find out the relationships that exist, effects that are evident, opinions that are held and trends that are developing on a group of people under study by collecting and analyzing data from a sample considered to be representative of the entire group (Asika, 2001).

3.2 Study Location and Population

Ahmadu Bello University, Zaria came into being on October 4th 1962 as the first University in Northern Nigeria by the then northern region government and was taken over as a federal institution in 1975. The university was created to, among other things produced high level manpower, secured the diffusion of knowledge, there is research and community service in northern Nigeria and Nigeria in general to function as a centre of excellence (Ahmadu Bello University, 2016). The Ahmadu Bello University, whose Law was enacted on 14th October, 1962, has its origins in the defunct Nigerian College of Arts, Science and Technology, Zaria, founded in 1955; the Clerical Training Centre, Kongo, founded 1957; the Samaru Agricultural Research Station established in 1924, and the Shika Stock Farm started in 1928 (Ahmadu Bello University, 2016).

A month before independence in October 1960, the Ashby Commission on Post-School Certificate and Higher Education appointed by the Federal Government in 1959 recommended that a University should be created in Zaria to serve the then Northern Region of Nigeria. The Northern Region Government requested the British Secretary of State for Commonwealth Relations, to send a delegation from the Inter-University Council to plan a University for Northern Nigeria. The delegation, headed by Sir Alexander Carr-Saunders, arrived in April 1961 and in the same month issued its recommendations on the scope and activities of the University (Ahmadu Bello University, 2016).

In April 1961, a Law establishing a Provisional Council of the University of Northern Nigeria was passed by the Legislature of Northern Nigeria, and the Provisional Council was established in November 1961 under the Chairmanship of the Hon. ShettimaKashim, CBE, now Sir Kashim Ibrahim KCMG, CBE (a member of the Ashby Commission who later became

Governor of Northern Nigeria and Visitor to the University). Sir Norman Stanley Alexander, a New Zealander, and Professor of Physics at the then University College, Ibadan was appointed the First Principal (later Vice-Chancellor) in July 1961, and assumed office in November. The University was named after Sir Ahmadu Bello (1901-1966), SardaunaSokoto and Premier of Northern Nigeria, who, as the first Chancellor of the University, performed the Opening Ceremony on October 4, 1962 (Ahmadu Bello University, 2016).

The University opened with just four Faculties – Agriculture, Engineering, Law and Science – fifteen Departments and 426 students. Under the successive Vice-Chancellorships of Professor Norman Alexander 1961-1966, Professor IshayaAudu 1966-1975, Professor IyaAbubakar 1975-1978, Professor OladipoAkinkugbe 1978-1979, Professor AngoAbdullahi 1979-1986, Professor Nayaya Mohammed 1986-1991, Professor Daniel Saror 1991-1995.

Major General MammanKontagora (rtd) as Sole Administrator 1995-1998, Professor AbdullahiMahadi 1998-2004, Professor Shehu Usman Abdullahi, 2004-2009 and the Vice-Chancellor Professor Abdullahi Mustapha from 2010 to 2015 and Professor Ibrahim Garba from 2015 to date, Ahmadu Bello University increased its size, scope and depth of its academic work. By a Decree (the Ahmadu Bello University (Transition) Provisions Decree of 1975) the University was taken over by the then Federal Military Government, and now enjoys the status of a Federal University (Ahmadu Bello University, 2016).

Within the over 50 years of existence, the University had to a great extent, met the development needs for which it was founded, especially with regards to the production of high-quality graduates and Community Service in Engineering, Environmental Design, the Medical Sciences, Agriculture, the Humanities, Education and the Natural Sciences. The University's five

hundred thousand alumni are found in all parts of Nigeria, Niger Republic, the Cameroon, South Africa, Europe, Asia and the United States.

Its products occupy important positions in the public and the private sectors of the economy, at all levels of government, and in educational Institutions of higher learning in and outside Nigeria. In research terms, population is all possible members or elements to which the investigation relates. It is to be noted that population in a study could be a sample in another study.The population of this study as at the time of this research consisted of one thousand five hundred and thirty five (1535) Academic Staff in all the twelve (12) Faculties in Kongo and Main campuses of Ahmadu Bello University, Zaria.

3.3 Sample and Sampling Technique

The study employed the probability sampling technique especially the cluster sampling. A common motivation for cluster sampling is to reduce the total number of the population to a cluster in order to achieve a degree of representativeness. A total of one hundred and fifty (150) persons were sampled using proportionate sampling procedure along with Krejcie and Morgan (2001) population and sample size selection. Number of academic staff that were selected from six faculties randomly (Kongo and Main Campuses) every department was based on the total number available. The selections were therefore distributed proportionately across all the departments of the six faculties in Congo and Main campuses of the University.

3.4 Instrumentation

The instruments are the means by which the data are collected. There are various types of instruments used in research studies. These includes among others; observation, interview, questionnaire, achievement test, inventories and attitude scales. A questionnaire on constraints of the participation in recreational activities among academic staff of Ahmadu Bello University was

designed by the researcher. The questionnaire contained six (6) sections: Section A to G. Section A consists of six (6) statements on demographic characteristics, Section B on facilities and Equipment, Section C on Nature of Work; Section D on safety and security; Section E on awareness, section F on personal attitude. The self-designed and validated questionnaire followed the five point Likert type format rating ranging from:

Strongly Agree	(SA)	-	5 Points,
Agree	(A)	-	4 Points
Undecided	(UD)	-	3Points
Strongly Disagree	(D)	-	2 Points.
Disagree	(SD)	-	1 Point

3.5 Administration of the Instrumentation

The questionnaire was administered to one hundred and fifty (150) respondents. Out of this figure, one hundred and twenty eight (128) questionnaire were distributed to male academic staff while twenty-two (22) questionnaire to female academic staff. The reason for the differentiation in the ratio of male to female was that there were more male staff in the university than were female and also more male staff participates in recreational activities than do the women. The respondents expressed their feelings to each statement by agreeing or disagreeing on a 5 point Likert Scale. The Likert scale was used because it allows the respondents to place themselves along a feeling (behaviour) continuum for each statement in the inventory since feeling cannot be isolated (Kerlinger, 1973).

S/N	Faculties	Departmental	No.ofQuestionnaire distributed	No.ofQuestionnaire retrieved
1.	Administration	Accounting	6	4
		Public Administration	6	4
2.	Agricultural Science	Agronomy	6	4
		Animal Science	6	4
3.	Engineering	Civil	6	4
		Mechanical	6	4
		Electrical	5	4
		Chemical	5	4
		Water	5	4
		Metallurgical	5	4
		Agricultural Engineering	5	4
4.	Environmental Design	Quantity & Survey	5	4
		Geomatics	5	4
		Fine Arts	5	4
		Industrial Design	5	4
		Buildings	5	4
		Architecture	5	4
		Urban & Regional	5	4
5.	Pharmacy	Pharm & Pharm Micro	5	4
		Pharm & Med. Chem	5	4
		Pharm & Therapeutics	5	4
		Pharm & Drug. Dev.	5	4
		Clinical	5	4
6.	Social Sciences	Sociology	7	4
		Political Science	5	4
		Mass Communication	5	4
		Economics	5	2
	Total		**150**	**106**

3.6 Procedure for Data Collection

The researcher obtained a letter of introduction from the Department of Urban and Regional Planning, Ahmadu Bello University, Zaria in order to formalize the process that would grant the researcher access to carry out the research on constraints for the participation in recreational activities among academic staff of Ahmadu Bello University Zaria. A total of one hundred and fifty (150) copies of the questionnaire were administered and one hundred and six (106) were retrieved.

3.7 Statistical Techniques

The data collected for the study were organized and presented in tables and the statistical techniques include:

i. Descriptive statistics such as frequencies, percentages and means for socio-economic characteristics of the respondents and views on each of the research questions.
ii. All mean scores from 3.0 above were considered positive or agreed, while scores lower than 3.0 were considered negative or disagreed. Hence, the mean criterion for accepting or rejecting any view expressed is 3.0.

Summary:

The research method employed in this study was mainly field survey and documentary observationin the study area and the administration of 150 copies of questionnairewas allocated in engender equal chance of respondents from departments in the faculties providing answers with the aid of the achievement of the research objectives.

CHAPTER FOUR

RESULTS AND DISCUSSIONS

4.1 Introduction

One hundred and fifty copies of questionnaire were administered to sampled academic staff of all the departments in six faculties in Kongo and Main campuses of Ahmadu Bello University towards identifying the constraints to their participation in recreational activities. Out of the total copies of 150 questionnaires, 106 questionnaires which represent70.7% were completed and returned while 44 questionnaires which represent29.3% were notreturned. The 106 questionnaires were therefore analyzed for this study. This chapter presents the respondents' demographic characteristics and the analysis of factors constraining academic staff participation in recreational activities.

4.2 Socio-Demographic Characteristics of Respondents

The demographic variables of the respondents surveyed are age, gender and length of service. These were the socio-demographic characteristic whose influence on the attitude of the respondents towards participation in recreational activities as well as have the tendency to impact significantly their response towards the investigation being carried out in this research. Each of these variables is tabulated in frequencies and percentages.

4.2.1 Age of Respondents

The age of the respondents was surveyed. Table 4.1 shows the classifications of the respondents by age distribution. 70.8% of the respondents participating in sport activities were between the ages of 31 - 50 years old. This is probable age range required to meet the standard needed for sport activities which pegged sporting and recreational activities within this age

brackets and restricted those above so as not to incur any ageing health challenges on participants.

Table 4.1: Age of the respondents

Age ranges	Frequency (N)	Percent (%)
<31years	6	5.7
31-40years	39	36.8
41-50years	36	34.0
Above 50years	25	23.5
Total	106	100.0

Sources: Field survey, 2016

` From table 4.1, 23.5% of the respondents were above 50years while 34.0% of the respondents were between the age range of 41 and 50years. Respondents who were between 31 and 40years represents 36.8% of the respondents while 5.7% of the respondents were below 31years. Most of the respondents were between the age ranges of 31-50 years which is within the standard age required for participants to participate in sporting and recreational activities with minimal health risks and challenges. Hence, it could be inferred here that most respondents have the tendency to actively and physically participate in recreational activities as way of enhancing physical and mental wellbeing.

4.2.2 Gender of Respondents

With respect to gender, Table 4.2 shows the classification of the respondents by gender. One's gender or sex determines to a great extent his/her preferences and inclinations. Male staffs are expected to participate in sport activities than female, this is because men are more inclined towards physical activities than women who are inclined and saddled with domestic chores and caring for the family.

Table 4.2: Gender of respondents

Sex of respondents	Frequency (N)	Percent (%)
Male	87	82.1
Female	19	17.9
Total	106	100.0

Sources; Field survey, 2016

From table 4.2, most of the respondents were male and accounted for 82.1% of the total respondents while the remaining 17.9% were females. These distributions help to balance issues of the gender aspect of participation in recreational activities by the academic staff. A percentage ratio of 82.1% to 17.9% male to female participates in sport activities. The low rate of female staff participation in sport could be traced to certain factors like socio-cultural, religious and psychological and physiological make up of women. Hence, it could be said that gender is a factor that could hinder and constraint participation in recreational activities.

4.2.3 Length of Service of Respondents

Table 4.3 shows the length of working experience of the respondents in ranges with the corresponding frequencies and percentages.

Table 4.3: Classification of the respondents by their length of service

Length of working experience	Frequency (N)	Percent (%)
1-10years	45	42.5
11-20years	28	26.4
21-30years	23	21.7
Above 30years	10	9.4
Total	**106**	**100.0**

Source; Field survey, 2016

Table 4.3 revealed that 42.5% of the respondents have being on the job for between 1 and 10 years while 26.4% of the respondents have worked for between 11 and 20 years. Those who have being on the job for between 21 and 30years were 21.7% of the total respondents. Only 9.4% of the respondents have being on the job for over 30years. These lengths of services could be considered long enough to enable the respondents to give valid information on the factors constraining their participation in recreational activities in the university.

4.3: Active Participation in Recreational Activities by Respondents

Active participation in recreation activities is drive by certain factors. Five factors were assessed as possible facilitators and constraints to the participation in recreational activities by the respondents. These include the available facilities and equipment for recreational activities, nature of work of the respondents, consideration of safety and security, awareness of the need for recreational activities and attitudinal dispositions towards recreational activities. Each of these factors were investigated with a number of parameters and the responses were measured on a five-point interval scale. But in the analysis of the factors and presentation of the tables, the scale was re-classified into three with a merger of 'strongly agree' and 'agree' as Agree while 'strongly disagree' and 'disagree' were merged for Disagree. The 'undecided' option was left as the third option for the re-classification. Decisions were therefore based on frequencies and percentages response to suggested factors.

4.3.1 Available Facilities and Staff Participation in Recreational Activities

Available facilities and equipment are expected to affect active participation in recreational activities. Thus, Table 4.4 shows the responses in frequencies with the percentages in parenthesis on the role of available facilities and equipment in respondent's participation in recreational activities.

Table 4.4: Role of available facilities and equipment in staff participation in recreational activities

Available facilities and equipment as a factor Agree	Disagree	Undecided	Mean	Remarks
I do not participate due to lack of facilities and equipment 40(37.7)	47(44.3)	19(17.9)	2.88	Disagreed
I participate because the facilities and training personnel are always available to staff 24(22.6)	53(50.0)	29(27.4)	2.58	Disagreed
Non participation in recreational activities is due to the distance of recreational facilities 40(37.7)	49(46.2)	17(16.0)	2.89	Disagreed
Non participation in recreational activities is due to lack of the qualified personnel to handle recreational facilities and equipment 23(21.7)	62(58.5)	21(19.8)	2.51	Disagreed

Sources; Field survey, 2016

The table showed that 40(37.7%) of the respondents agreed that they do not participate in recreational activities due to lack of facilities and equipment. But 47(44.3%) did not agree with this opinion which would imply that their non-participation in recreational activities is really not attributable to the lack of facilities and equipment. Only 19 (17.9%) of the respondents refuse to answer the question. Based on the mean score of 2.88, it could be said that respondents disagreed with the view that their participation was hindered because of the lack of recreational facilities as these abound in the university.

Only 24(22.6%) of the respondents associated their participation to the availability of personnel for the respective recreational activities but 53(50.0%) of the respondents did not agree that the available personnel to train could be said to be responsible for their participation and 29(27.4%) of the respondents did not answer the question. With a mean score of 2.58, it could be deduced that respondents disagreed with the view that availability of training personnel accounted for their participation in recreational activities. Furthermore, in this table, 40(37.7%)

of the respondents agreed that their non-participation in recreational activities is due to the distance of recreational facilities from their residence. But 49 (46.2%) of the respondents did not agree that that their non-participation is attributable to distance and 17(16.0%) of the respondents were undecided in their response. Based on the mean score of 2.89, it could inferred that distance alone cannot be the factor that militates against their participation in recreational activities. 23(21.7%) of the respondents agreed that their non- participation in recreational activities is due to lack of the qualified personnel to handle the available recreational facilities and equipment. But 62(58.5%) of the respondents disagreed with the notion and 21(19.8%) did not answer the question. With a mean score of 2.51, it could be deduced here that respondents disagreed with the view that non participation in recreational activities was due to the absence of qualified coaches and personnel to train them and handle the facilities available for their sporting and recreational activities. From a general perspective of the opinions, the availability and non-availabilities facilities and equipment could not be said constraints participation of staff in recreational activities by the respondents.

4.3.2 Nature of Work and participation in Recreation Activities

Table 4.5 shows the respondents opinion on the influence of their nature of work on their ability to participate in recreational activities. The frequencies and percentages indicated in the table were a re-classification of the five point scale.

Table 4.5: Nature of work and respondents' participation in recreational activities.

Nature of work influence	Agree	Disagree	Undecided	Mean	Remark
Participation in recreational activities is of no use for my work	0	97(91.5)	9(8.5)	1.45	Disagreed
I do not have spare time to participate in recreational activities	40(37.7)	55(51.9)	11(10.4)	2.87	Disagreed
My office work does not permit me to participate in recreational activities	32(30.2)	62(58.5)	12(11.3)	2.68	Disagreed
Participation in recreational activities is done regularly	34(32.1)	60(56.6)	12(11.3)	2.71	Disagreed
Participation in recreational activities is done once a month	25(23.6)	58(54.7)	23(21.7)	2.51	Disagreed

Sources; Field survey, 2016

The indication in the table is that the nature of the respondents work could not be seen as a major constraint to their participation in recreational activities. In the table, all the respondents 97(91.5%) and 9(8.5%) either disagreed or were undecided as to whether the participation in recreational activities is any use to their work. With a mean score of 1.45, it could be deduced that respondents disagreed with the view. Hence, it could be said that recreational activities could impact positively on the worker as it has the tendency to make healthy and productive. Similarly, 40(37.7%) of the respondents agreed that they do not have the spare time to participate in recreational activities. 55 (51.9%) of the respondents did not agree that they did not have the spare time to participate in recreational activities. Only 11(10.4%) of the respondents refuse to comment on the suggestion. Based on the mean score of 2.87, it could be said here that respondents disagreed with view, and this imply that worker could afford to spare their time for recreational activities.

As for the influence of work schedule in the office, only 32(30.2%) of the respondents agreed that their office work does not permit them to participate in recreational activities. Of the

remaining, 62(58.5%) disagreed with the suggestion that their office work does not permit them to participate in recreational activities and 12(11.3%) of the respondents did not answer the question. With a mean score of 2.68, it could be inferred that respondents' office work could sometime spare them time to participate in recreational activities.

Most of the respondents that is 60 (56.6%) did not agree that participation in recreational activities is done regularly. Though, 34(32.1%) of the respondents agreed with the suggestion but 12(11.3%) of the respondents did not answer the question. Based on a mean value of 2.71, it could also be said that respondents disagreed aggregately with the view and hence, it could said that participation in recreational activities among staff is a regular occurrence. Similarly, 58 (54.7%) of the respondents disagreed with the suggestion that participation in recreational activities is done once a month. Only 25(23.6%) of the respondents agreed with the suggestion and 23(21.7%) of the respondents did not answer the question. With a mean score of 2.51, it could be deduced here that respondents disagreed also with the view that recreational activities was done once in a month. This means that recreational activities among staffs in the university is done more than once in a month. From a general observation of the responses, it would imply that the respondents did not agree that the nature of work could be said to be a major factor hindering their participation in recreational activities.

4.3.3 Safety and Security factor

The consideration of safety and security at place of recreation was another factor assessed as a possible constraint to the participation in the recreational activities by the respondents. In Table 4.6, the responses of the academic staff on the items used for the variable are presented in frequencies and percentages enclosed in brackets.

Table 4.6: Respondents safety and security as factor of participation in recreational activities

Safety and Security as factor	Agree	Disagree	Undecided	Mean	Remark
There is adequate security provided during participation in recreational activities	35(33.0)	32(30.2)	39(36.8)	3.01	Agreed
Non participation in recreational activities is due to lack of safety and security measures	14(13.2)	63(59.4)	29(27.4)	2.36	Disagreed
The facilities and equipment lack professionals	21(19.8)	48(45.3)	37(34.9)	2.70	Disagreed
The facilities and equipment are not safe and secure and it does not allow participation in recreational activities	13(12.3)	64(60.4)	29(27.4)	2.38	Disagreed

Sources; Field survey, 2016

The scores in that table shows that only 35(33.0%) of the respondents agreed that adequate security was provided during participation in recreational activities; 32(30.2%) and 39(36.8%) of the respondents either disagreed or did not answer the question. Based on the mean score of 3.01 which is above the mean criterion of 3.0, it could be deduced here that there is a significant level of agree on the view that adequate security is being provided during recreational activities to warrant staffs participation. In the next item of the table, 63(59.4%) of the respondents disagreed with the suggestion that non-participation in recreational activities is due to lack of safety and security measures. Though, 29(27.4%) of the respondents did not respond to the question but only 14(13.2%) of the respondents agreed with the suggestion. With a mean score of 2.36 gotten for their agreements, it could be said that respondents disagreed with the views and so implies that their safety and security were guaranteed during recreational activities.

In this Table 4.6, 21(19.8%) of the respondents agreed that the available facilities and equipment lack professionals. Most, 48(45.3%) and 37(34.9%) of the respondents disagreed and were undecided respectively. From a mean score of 2.70, it could be deduced that respondents disagreed with a view that the recreational facilities and equipment provided lacked professional

handlers to take care of it. This means that professional handlers are available to use and take care of the facilities and equipment meant for staffs recreational activities. In this Table, 64(60.4%) of the respondents disagreed with the suggestion that the available facilities and equipment were not safe and secure and therefore do not allow for participation in recreational activities.

Also from this Table, 13(12.3%) of the respondents agreed with this opinion and 29(27.4%) of the respondents did not answer the question. Based on the mean of 2.38 score, it could be said that respondents' disagreed with the views. This imply that the facilities and equipment are safe, secure and could be used for recreational activities by staffs of the university. Hence it could be inferred that there is a significant agreement that the security provided is sufficient for the participation of staff in recreational activities. The observations here point to the fact that the non-participation by academic staff in recreational activities could not be associated with the consideration of safety and security.

4.3.4 Awareness of Benefits of Recreational Activities

Knowledge of the benefits of participation in recreational activities was another factor on which the respondents' participation was assessed. In Table 4.7, the respondents' opinions on the items used for the assessment are presented in frequencies and percentages as re-classified into the three options of 'agree', 'disagree' and 'undecided'.

Table 4.7: Respondents' awareness of benefits of recreational activities as a factor of participation

Awareness as a factor	Agree	Disagree	Undecided	Mean	
In order to enhance participation in recreational activities there is the need for adequate information	92(86.8)	7(6.6)	7(6.6)	4.17	Agreed
Awareness in recreational activities is learnt through friends	67(63.2)	18(17.0)	21(19.8)	3.47	Agreed
Awareness in recreational activities is acquired through mass media (ABU Samaru FM)	51(48.1)	32(30.2)	23(21.7)	3.12	Agreed
Awareness in recreational activities is informed through the university bulletin	33(31.1)	40(37.7)	33(31.1)	2.90	Disagreed
Non participation in recreational activities is due to lack of information on its benefits	53(50.0)	38(35.8)	15(14.2)	3.19	Agreed

Sources; Field survey, 2016

The expression in the table revealed that lack of knowledge of recreational activities could be major factor to the academic staff participation in recreational activities. In the first item of the table, 92(86.8%) of the respondents agreed in order to enhance participation in recreational activities there is the need for adequate information. Only 7(6.6%) each of the respondents were undecided. Based on the mean score of 4.17, it could be said that respondents agreed that adequate information and awareness plays a significant role in their participation in recreational activities. This assertion if further buttressed by the response to the second item of the table where 67(63.2%) of the respondents agreed that that participation in recreational activities is learnt through friends.

Only 18(17.0%) of the respondents disagreed and 21(19.8%) of the respondents were undecided in their response to the view expressed. With a mean score of 3.47 which is above the mean criterion of 3.0 it could be said that respondents agreed that their participation was significantly influenced by interpersonal relationship and information shared by their friends. In this table also, 51(48.1%) agreed that knowledge of participation in recreational activities could

be acquired through mass media while 32(30.2%) and 23(21.7) of the respondents disagree and were undecided with the suggestion. Based on the mean score of 3.12, it could be inferred here that respondents' participation was significantly influenced by the enlightenment and information they received from the mass media like the ABU Samaru 101.1 FM serving the university community and its environs. As indicated in the table Only 33(31.1%) of the respondents agreed that such knowledge could be obtain through such media. Similarly, 40(3.7%) of the respondents disagreed and 33(31.1%) of the respondents were indecisive in their decision. Based on the mean value of 2.90, respondents disagreed with the view that their participation was influenced by the information on recreational activities in the university bulletin. This implies that adequate information on recreation activities are not being promoted or carried in the University bulletins.

As observed in the table, 53(50.0%) of the respondents agreed non-participation in recreational activities is due to lack of information on its benefits. Only 15(14.2%) of the respondents refuse to answer the question and 38(35.8%) of the respondents disagreed with the suggestion. With a mean score of 3.19, it could be said here that respondents agreed significantly that the lack of the promotion and information on and about the benefits of recreational activities could affect participation of staff negatively. The general observation of the expressed opinion on this factor point to the fact that of awareness and information of the benefits of participating in recreational activities could be a major factor in encouraging participation by the academic staff of the university.

4.3.5 Attitude towards Recreational Activities as a factor

Attitude towards recreational activities was the last variable assessed as a possible constraint to the respondents' participation. In Table 4.8, the responses are re-classified into three options of agree, disagreed and undecided with their corresponding frequencies and percentages.

Table 4.8: Respondents attitude towards recreational activities as a factor of participation

Attitude of staff as a factor of participation	A	D	UD	Mean	Remark
Non participation in recreational activities is due to fear of injury	24(22.6)	69(65.1)	13(12.3)	2.38	Disagreed
Non participation in recreational activities is due to lack of transportation to location of recreational facilities	27(25.5)	64(60.4)	15(14.2)	2.50	Disagreed
Participation in recreational activities is done to keep fit	95(89.6)	6(5.7)	5(4.7)	4.27	Disagreed
Participation in recreational activities is done to be in good health	95(89.6)	6(5.7)	5(4.7)	4.32	Disagreed
I participate in recreational activities to keep my friends	13(12.3)	69(65.1)	24(22.6)	2.26	Disagreed

Sources; Field survey, 2016

In Table 4.8, 24(22.6%) of the respondents agreed that their non-participation in recreational activities is due to fear of injury. Most of 69 (65.1%) of the respondents disagreed with the suggestion and 13(12.3%) of the respondents were undecided. Based on the mean value of 2.38, it could be said that respondents significantly disagreed with the view. Hence it could be deduced that fear of injury is not a factor that influences the non-participation of staff in recreational activities. Here also, 64(60.4%) of the respondents disagreed with the view that non-participation in recreational activities is due to lack of transportation to location of recreational facilities as 27(25.5%) of the respondents agreed with the suggestion and 15(14.2%) of the respondents were undecided. With a mean score of 2.50, it could be said that the lack of

transportation does not play any significant role in the non-participation of staffs in recreational activities. Furthermore, 95(89.6%) of the respondents agreed that participation in recreational activities is done to keep fit and 95(89.6%) of the respondents agreed that participation in recreational activities is done to be in good health of the individuals involved having obtained a mean score of 4.27, it could be said that this is a factor which plays a significant role in the participation of staff in recreational activities.

However, 69(65.1%) of the respondents disagreed that they participate in recreational activities to keep their friends as well as make new ones while 13(12.3%) agreed and 24 (22.6%) of the respondents were undecided. Based on the mean value of 2.26 scored for their agreements, it could be said there is a significant disagreement on the view that participation in recreational activities was based on the fact that participants want to keep old friends or rather make ones. From the observation of the expressed opinions in the table, attitude could be said to be a major factor in the respondents' participation in recreational activities.

4.4 Socio-economic characteristics and participation in recreational activities.

The influence of age, sex and work experience of the respondents on their attitudinal disposition towards recreational activities was assessed on the basis of agreement and disagreement with undecided options into which the five point interval scale were re-classified into three options of agree, disagree and undecided. Each of the variables, sex, age and length of work experience was assessed independently in separate tables.

4.4.1 Gender and attitude towards recreational activities

Items on attitude towards recreational activities were stated in Table 4.8, to determine the influence of gender; the responses were recomputed along male and female responses as indicated in Table 4.9. The table shows the frequencies and percentages by the male and female

respondents on each of the attitudinal assessment towards recreational activities. The percentages were computed on the basis of gender since both groups were not equal. This enable effective comparison of the male female influence on the participation in the recreational activities.

Table 4.9: Respondents' gender on their attitude towards recreational activities.

Attitude towards participation in recreational activities	Gender	Agree	Disagree	Undecided	Total
Non participation in recreational activities is due to fear of injury	Male	20(23.0)	55(63.2)	12(13.8)	87 (100.0)
	Female	14(73.7)	4 (21.1)	1(5.3)	19 (100.0)
Non participation in recreational activities is due to lack of transportation to location of recreational facilities	Male	23(26.4)	52(59.8)	12(13.8)	87 (100.0)
	Female	4(21.1)	12(63.2)	3(15.8)	19 (100.0)
Participation in recreational activities is done to keep fit	Male	79(90.8)	5(5.7)	3(3.4)	87 (100.0)
	Female	16(84.2)	1(5.3)	2(10.5)	19 (100.0)
Participation in recreational activities is done to be in good health	Male	78(89.7)	6(6.9)	3(3.4)	87 (100.0)
	Female	17(89.5)	0(0.0)	2(10.5)	19 (100.0)
Participation in recreational activities is too costly	Male	21(24.1)	49(56.3)	17(19.5)	87 (100.0)
	Female	2(10.5)	10(52.6)	7(36.8)	19 (100.0)
I participate in recreational activities to keep my friends	Male	11(12.6)	55(63.2)	21(24.1)	87 (100.0)
	Female	2(10.5)	14(73.7)	3(15.8)	19 (100.0)

Sources; Field survey, 2016.

The distribution in the table revealed that by percentages, more female (73.7%) agreed than male (23.0%) on the issue of non-participation in recreational activities due to fear of injury. More (63.2%) of the male respondents disagreed with the suggestion than the female (21.1%). The table revealed that more (13.8%) of the male respondents did not answer the question compared to 5.3% of the female. More female (63.2) than male (59.8%) disagreed with the suggestion that non-participation in recreational activities is due to lack of transportation to location of recreational facilities. But more (90.8%) agreed that participation in recreational activities is done to keep fit than observed among the female (84.2%). But both male and female respondents had a consensus agreement on the suggestion that participation in recreational activities is done to be in good health and were relative equal in disagreeing with the suggestion that participation in recreational activities is too costly. The male and female respondents differ in terms of

participation. Female (73.7%) agreed that they participate in recreational activities to keep their friends while only 63.2% of the male agree with the suggestion. From general observation of the responses, gender could not be said to have a major influence on the respondents' participation in recreational activities.

4.4.2 Age Influence on Respondents Attitude towards Recreational Activities

The influence of the respondents' age on their attitude towards participation in recreational activities is summarized in Table 4.10.

Table 4.10: Respondents' age on their attitude towards recreational activities

Attitude towards participation in recreational activities	Options	Age range of respondents			
		<31years	31-40years	41-50years	>50years
Non participation in recreational activities is due to fear of injury	UD	0(0.0)	3(7.7)	6(16.7)	4(16.0)
	D	6(100.0)	24(61.5)	20(55.6)	19(76.0)
	A	0(0.0)	12(30.8)	10(27.8)	2(8.0)
Non participation in recreational activities is due to lack of transportation to location of recreational facilities	UD	0(0.0)	7(17.9)	6(16.7)	2(8.0)
	D	4(66.7)	25(64.1)	21(58.3)	14(56.0)
	A	2(33.3)	7(17.9)	9(25.0)	9(36.0)
Participation in recreational activities is done to keep fit	UD	0(0.0)	2(5.1)	1(2.8)	2(8.0)
	D	0(0.0)	3(7.7)	1(2.8)	2(8.0)
	A	6(100.0)	34(87.2)	34(94.4)	21(84.0)
Participation in recreational activities is done to be in good health	UD	0(0.0)	1(2.6)	4(11.1)	0(0.0)
	D	0(0.0)	2(5.1)	2(5.6)	2(8.0)
	A	6(100.0)	36(92.3)	30(83.3)	23(92.0)
Participation in recreational activities is too costly	UD	0(0.0)	10(25.6)	9(25.0)	5(20.0)
	D	4(66.7)	22(56.4)	19(52.8)	14(56.0)
	A	2(33.3)	7(17.9)	8(22.2)	6(24.0)
I participate in recreational activities to keep my friends	UD	0(0.0)	14(35.9)	7(19.4)	3(12.0)
	D	5(83.3)	19(48.7)	27(75.0)	18(72.0)
	A	1(16.7)	6(15.4)	2(5.6)	4(16.0)

Sources; Field survey, 2016

From the frequencies and percentages scores in the table, age could be said to be a major factor influencing the respondents' attitude towards participation in recreational activities. In the first item of the table, for example, none of the respondents within the less than 31years age group agreed that their non-participation in recreational activities is due to fear of injury. But 30.8% of those within the 31-40years age bracket agreed that the fear of injury is responsible for

their non-participation in recreational activities. This percentage however decreased to 27.8% and 8.0% for respondents within the 41 to 50years and those above 50years respectively. The implication here is that the fear of injury is not linear in trend and therefore did not necessary mean that the higher the age the more the fear of injury.

Some of the respondents and this cut across all age groupings as shown in the table agreed that their non-participation in recreational activities is due to lack of transportation to location of recreational facilities. But most respondents across age grouping did not agree with this suggestion as indicated for the second item in the table. Practically all the respondents across the different age groupings agreed that participation in recreational activities is done for the individual to keep fit. In the table all (100.0%) of those within the less than 31years agreed, for those within 31-40years it was 87.2%, 94.4% for those within the 41-50years age bracket and 84.0% for those above 50years. This pattern of attitude is again reflected in the fourth item where 100% of those within the less than 31years agreed that participation in recreational activities is done to be in good health.

The percentages for agreement for the remaining groups were 92.3% for 31-40years, 83.3% for those within 41-5oyears and 92.0% for those above 50years. Most of the respondents as indicated by their frequencies and percentages in the fifth item did not agree that participation in recreational activities is too costly. But they did not agree that they participate in recreational activities. In the table only 16.7% of those within the less than 31years agreed that they take part in recreational activities. For those within the 31-40years age bracket, the figure was 15.4%, 5.6% for those within 41-50years and 16.0% for those above 50years. With these observations, there is no sufficient evidence to significantly associate the respondents' ages to their attitude towards participation in recreational activities.

4.4.3 Influence of Years in Service on Attitude towards Recreational Activities.

The length of service on the respondents' attitude to participation in recreational activities was assessed in Table 4.11. The table shows the frequencies and percentages enclosed in brackets on the reclassified five point scale.

Table 4.11: Influence of respondents' length of years in service on their attitude towards recreational activities

Attitude towards participation in recreational activities	Options	Years of working experience			
		1-10years	11-20years	21-30years	Above 30yrs
Non participation in recreational activities is due to fear of injury	UD	3(6.7)	6(21.4)	2(8.7)	2(20.0)
	D	35(77.8)	15(53.6)	14(60.9)	5(50.0)
	A	7(15.6)	7(25.0)	7(30.4)	3(30.0)
Non participation in recreational activities is due to lack of transportation to location of recreational facilities	UD	6(13.3)	3(10.7)	5(21.7)	1(10.0)
	D	29(64.4)	17(60.7)	14(60.9)	4(40.0)
	A	10(22.2)	8(28.6)	4(17.4)	5(50.0)
Participation in recreational activities is done to keep fit	UD	1(2.2)	2(7.1)	2(8.7)	0(0.0)
	D	3(6.7)	0(0.0)	1(4.3)	2(20.0)
	A	41(91.1)	26(92.9)	20(87.0)	8(80.0)
Participation in recreational activities is done to be in good health	UD	2(4.4)	2(7.1)	1(4.3)	0(0.0)
	D	0(0.0)	0(0.0)	5(21.7)	1(10.0)
	A	43(95.6)	26(92.9)	17(73.9)	9(90.0)
Participation in recreational activities is too costly	UD	8(17.8)	7(25.0)	6(26.1)	3(30.0)
	D	28(62.2)	13(46.4)	15(65.2)	3(30.0)
	A	9(20.0)	8(28.6)	2(8.7)	4(40.0)
I participate in recreational activities to keep my friends	UD	12(26.7)	6(21.4)	5(21.7)	1(10.0)
	D	29(64.4)	19(67.9)	16(69.6)	5(50.0)
	A	4(8.9)	3(10.7)	2(8.7)	4(40.0)

Sources; Field survey, 2016

From the expressed opinions of the respondents with different years of service, the influence of the variable could not be said to be reflected in their attitude towards participation in recreational activities. For example, 77.8% of those with 1-10years of service disagreed that their non-participation is attributable to fear of injury. Those within 11-20years, 21-30years an above 30years of service that disagreed with the suggestions were 53.6%, 60.9% and 50.0% respectively. In the same vein, 64.4%, 60.7%, 60.9% and 40.0% of those with 1-10years, 11-20years, 21-30years and above 30years of services disagreed with the suggestions that their non-

participation in recreational activities is due to lack of transportation to location of recreational facilities. But 50% of those with above 30years of service agreed that their non-participation in recreational activities is due to lack of transportation to location of recreational facilities.

Irrespective of the years of service, most respondents agreed that participation in recreational activities is done to keep fit and that participation in recreational activities is done to be in good health. These are indicated with high percentages for agreement in items 3 and 4 in the table by all categories of the respondents' years of service. The cost of participation in recreational activities was not really a mjor facto in the attitude in terms of their years of services as indicated with the percentages in item 5 of the table. But only 8.9% of those with 1-10years of service, 10.7% of those with 11-20years of service, 8.7% of those with 21-30years of service and 40.0% of those with above 30years of service agreed that they participate in recreational activities to keep their friends. From the observations of the responses, length of service could not be said to have a major influence on the respondents' attitude towards recreational activities.

4.5 Discussion

This study investigated the constraints to participation in recreational activities by academic staff from all the departments in six faculties Kongo and Main campuses of Ahmadu Bello University. Possible constraints investigated were available facilities and equipment, Nature of work of the respondents, consideration of safety and security, awareness of the need for participation in recreational activities and the attitudinal disposition towards recreational activities.

In the analysis of the data relating to the investigated constraints, it was found that respondents' indicated gender related issues such as fear of getting harmed and injury, the fragility in women physiology, irregularity in the nature of participation in recreational activities, cumbersome nature of office assignments and engagements and the inability of university

authority fixing dedicated weeks in the year for staff recreation and poor attitudes of staffs to recreational and physical wellbeing were the major constraints to their participation. Of most impact was the awareness. Most respondents were not aware of the existence of recreational facilities and in most cases therefore not aware of the benefits. Next in this line of constraints was an attitudinal disposition which was observed to have major influence on their participation. Available facilities and equipment, nature of work and consideration of safety and security were not found to be major constraints to the respondents' participation in recreational activities. The finding here agree with the report of Kara and Demirci, (2010) who reported that lack of knowledge, overcrowding, long distance to activity areas among others could constitute significant constraints to participation in recreational activities. The finding contradicts the report of Walker and Virden, (2005), Attarzade and Sohrabi, (2007); Shores (2007); and Mozafari(2010) who reported respectively that fear of assault, lack of facility, gender, race, high entrance fee, lack of care and broken equipment among others were factors affecting preference and participation of different groups of people in recreational activities.

In the assessment of respondents' age, sex and length of service influence on their attitude towards recreational activities. None of the variable was found to have major and significant influence. The observations implied that sex, age and length of work experience did not have major impact on the respondents' attitude towards recreational activities.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.0 Introduction

Recreational activity participatory factors among academic staff of Ahmadu Bello University, Zaria are summarized in this chapter among others; the chapter includes conclusion, recommendations and suggestions for further studies.

5.1 Summary

The population used for this study consisted of male and female academic staff of Ahmadu Bello University, Zaria. The questionnaire which was employed as instrument used to gather information for the study contained six sections, demographic data, nature of work, safety and security, awareness and personal attitude.

To achieve this purpose, Expost-Facto research design was used for the study. A proportionate sampling, procedures was used to select the faculties. The faculties selected were, pharmacy, environmental design, engineering, agriculture, social sciences and administration. The validated questionnaire was then administered to a total of 150 academic staff selected through proportionate sampling procedure across all the departments of six faculties selected randomly from twelve faculties of the Kongo and Main campuses of the university. Of the total 150 administered 106 successfully completed the questionnaire and were used for the study. The data collected were presented using descriptive statistic of frequency, mean, standard deviation.

The study was structured into five chapters. Chapter one gave the background of the study, the theoretical framework, and statement of the problem, the objectives, and research questions. The significanceof the study was also given within the chapter. Chapter two consisted of the review of the related literature to the study. In chapter three, the methodologies used for

the sample selection, instrumentation, data collection and statistical methods used for the analysis of the data were stated. The statistical analysis and interpretation of the findings from the analyzed data were presented in chapter four. The chapter is made up of the description of the demographic variables of the respondents, their opinions on the constraints to the participation in recreational activities by the academic staff.

5.1.1 Summary of Findings

Based on the analysis of the data collected the major findings from the data collected shows that awareness and attitudinal disposition are the major factors to participation. Gender factors play a significant role in the sense that male participant finds it easier to make use of the available facilities for their recreation than do the female. All what it takes to participate in recreational activities is for the university authorities to acquaint its staff to know the importance of sports to the development of the health of individual staff. The facilities are structured in the two campuses for the use of the staff any time they deem it fit for use.

The gender, awareness and attitudinal factors added to the low level of staffs participation even in the presence of sporting and recreational facilities spread across the two campuses. Other factors considered in this research were nature of work, safety and security and available facilities and equipment which were found to significantly affect participation in recreational activities by academic staff of Ahmadu Bello University.

5.2 Conclusion

From the analysis of the data of this study, the researcher concludes thus; that the low rate of staffs' participation in sport could be traced to certain factors like socio-cultural, psychological, physiological and attitudinal factors. Furthermore, that non-participation in recreational activities by academic staff of the university is due to lack of the awareness of the importance of the

recreational activities to the contribution of good healthy living of the staff. Hence, it could be said that all these factors could hinder significant participation in recreational activities of Staffs of Ahmadu Bello University, Zaria.

5.3 Recommendations

Enlightenment campaign should be carried outvigorously through the use of ABU Samaru FM and Special official bulletins to educate the staff on the important of recreational activities. The university authority can also go a step further by institutionalizing a recreational week quarterly to know and boost the physical state or wellbeing of its staffs in order to increase their productivity. A physical health awareness could be carried on staffs' department-by-department by both physical and medical health instructors, results provided on the spot as well as advice given to staffs to imbibe the culture of participating in recreational activities.

Instructors attached to each facilities will also help to boost participation by way of psychologically motivating and encouraging the participants to participate regularly. Also, the department of physical and health education being the university custodian of sports should organize workshops and seminars on the importance of recreational activities**.**It is important that more facilities should be built in strategic areas e.g. in the residential area for fitness purposes.

5.4 Recommendations for Further Studies

This investigation focused solely on academic staff of the University. The study could be replicated to cover non-academic staff and students of the university as a way of improving the general health of the university staff and students.

5.5Contribution to Knowledge

This study has been to empirically establish that recreational activities can only be advanced where there is facilities are adequately provided. It has also further established that engagement in recreational activities by workers is good for their physical wellbeing and overall health. The

study was able to also empirically establish that factors like nature of work and time spent in the office, the physiological and psychological makeup of gender also affect staff participation in recreational activities. This research also provide an insight towards institution staff participation in recreational activities.

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APPENDIX 1

QUESTIONNAIREON RECREATIONAL ACTIVITY PARTICIPATION AMONG ACADEMIC STAFF OF AHMADU BELLO UNIVERSITY, ZARIA, KADUNA STATE

S/N	AVAILABLE FACILITIES AND EQUIPMENT AS A FACTOR	SA	A	UD	D	SD
1	I do not participate due to lack of availability of recreational facilities and equipment					
2	I participate due to my knowledge of recreational activities					
3	I participate because the staff personnel are available					
4	Non participation in recreational activities is due to the distance of recreational facilities					
5	Non participation in recreational activities is due to lack of the qualified personnel to handle creational facilities and equipment					

S/N	NATURE OF WORK INFLUENCE					
1	Participation in recreational activities is of no use for my work					
2	I do not have spare time to participate in recreational activities					
3	My office work does not permit me to participate in recreational activities					
4	Participation in recreational activities is done regularly					
5	Participation in recreational activities is done once a month					

S/N	SAFETY AND SECURITY AS FACTOR					
1	There is adequate security provided during participation in recreational activities					
2	No participation in recreational activities is due to lack of safety and security measures					
3	The facilities and equipment lack professionals					
4	The facilities and equipment are not safe and secure and it does not allow participation in recreational activities					
5	The securities provided are insufficient					

S/N	AWARENESS AS A FACTOR					
1	In order to enhance participation in recreational activities there is the need for adequate information					
2	Participation in recreational activities is learnt through friends					
3	Participation in recreational activities is acquired through mass media					
4	Participation in recreational activities is informed through the university bulletin					
5	Non participation in recreational activities is due to lack of information on its benefits					

S/N	ATTITUDE OF STAFF AS A FACTOR OF PARTICIPATION					
1	Non participation in recreational activities is due to fear of injury					
2	Non participation in recreational activities is due to lack of transportation to location of recreational facilities					
3	Participation in recreational activities is done to keep fit					
4	Participation in recreational activities is done to be in good health					
5	Participation in recreational activities is too costly					
6	I participate in recreational activities to keep my friends					

APPENDIX 2

Recreation Facilities on Campuses (Kongo and Samaru)

Pictures of some of the recreational facilities in Ahmadu Bello University two campuses



Plate 4.1: Basketball court as in use (SamaruCampus). One of the recreational facilities used by both staff and students

Football Pitch



Plate 4.2: Football pitch and athletics track on main campus Samaru. Recreational and competitive sporting events are been organized and performed here.

Track and Field



Plate 4.3: Athletics tracks for recreational practices and competitive sports for both staff and students.

Table Tennis



Plate 4.4: Table tennis facility for the campuses.

ABU Fives



Plate 4.5: Plate 4.5: Fives courts for recreation situated in both campuses

Tennis



Plate 4.6: Tennis court situated on the Main Campus for staff and students recreational purposes.

Aquatics



Plate 4.7: Swimming pool situated on the Main Campus for staff and students recreational purposes.

Martial Arts



Plate 4.8: The martial art court situated in the main campus for both staff and students.

Badminton



Plate 4.9: Badminton court on the Main Campus for staff and students recreation.



Plate 4.10:The Gymnasium building of Ahmadu Bello Univeristy, Samaru, Zaria for indoor games

APPENDIX 3

Table 4.1: Age of the respondents

Age ranges	Frequency (N)	Percent (%)
<31years	6	5.7
31-40years	39	36.8
41-50years	36	34.0
Above 50years	25	23.5
Total	106	100.0

Sources: Field survey, 2016

Table 4.2: Gender of respondents

Sex of respondents	Frequency (N)	Percent (%)
Male	87	82.1
Female	19	17.9
Total	106	100.0

Sources; Field survey, 2016

Table 4.3: Classification of the respondents by their length of service

Length of working experience	Frequency (N)	Percent (%)
1-10years	45	42.5
11-20years	28	26.4
21-30years	23	21.7
Above 30years	10	9.4
Total	**106**	**100.0**

Source; Field survey, 2016

Table 4.4: Role of available facilities and equipment in staff participation in recreational activities

Available facilities and equipment as a factor Agree	Disagree	Undecided	Mean	Remarks
I do not participate due to lack of facilities and equipment 40(37.7)	47(44.3)	19(17.9)	2.88	Disagreed
I participate because the facilities and training personnel are always available to staff 24(22.6)	53(50.0)	29(27.4)	2.58	Disagreed
Non participation in recreational activities is due to the distance of recreational facilities 40(37.7)	49(46.2)	17(16.0)	2.89	Disagreed
Non participation in recreational activities is due to lack of the qualified personnel to handle recreational facilities and equipment 23(21.7)	62(58.5)	21(19.8)	2.51	Disagreed

Sources; Field survey, 2016

Table 4.5: Nature of work and respondents' participation in recreational activities.

Nature of work influence	Agree	Disagree	Undecided	Mean	Remark
Participation in recreational activities is of no use for my work	0	97(91.5)	9(8.5)	1.45	Disagreed
I do not have spare time to participate in recreational activities	40(37.7)	55(51.9)	11(10.4)	2.87	Disagreed
My office work does not permit me to participate in recreational activities	32(30.2)	62(58.5)	12(11.3)	2.68	Disagreed
Participation in recreational activities is done regularly	34(32.1)	60(56.6)	12(11.3)	2.71	Disagreed
Participation in recreational activities is done once a month	25(23.6)	58(54.7)	23(21.7)	2.51	Disagreed

Sources; Field survey, 2016

Table 4.6: Respondents safety and security as factor of participation in recreational activities

Safety and Security as factor	Agree	Disagree	Undecided	Mean	Remark
There is adequate security provided during participation in recreational activities	35(33.0)	32(30.2)	39(36.8)	3.01	Agreed
Non participation in recreational activities is due to lack of safety and security measures	14(13.2)	63(59.4)	29(27.4)	2.36	Disagreed
The facilities and equipment lack professionals	21(19.8)	48(45.3)	37(34.9)	2.70	Disagreed
The facilities and equipment are not safe and secure and it does not allow participation in recreational activities	13(12.3)	64(60.4)	29(27.4)	2.38	Disagreed

Sources; Field survey, 2016

Table 4.7: Respondents' awareness of benefits of recreational activities as a factor of participation

Awareness as a factor	Agree	Disagree	Undecided	Mean	
In order to enhance participation in recreational activities there is the need for adequate information	92(86.8)	7(6.6)	7(6.6)	4.17	Agreed
Awareness in recreational activities is learnt through friends	67(63.2)	18(17.0)	21(19.8)	3.47	Agreed
Awareness in recreational activities is acquired through mass media (ABU Samaru FM)	51(48.1)	32(30.2)	23(21.7)	3.12	Agreed
Awareness in recreational activities is informed through the university bulletin	33(31.1)	40(37.7)	33(31.1)	2.90	Disagreed
Non participation in recreational activities is due to lack of information on its benefits	53(50.0)	38(35.8)	15(14.2)	3.19	Agreed

Sources; Field survey, 2016

Table 4.8: Respondents attitude towards recreational activities as a factor of participation

Attitude of staff as a factor of participation	A	D	UD	Mean	Remark
Non participation in recreational activities is due to fear of injury	24(22.6)	69(65.1)	13(12.3)	2.38	Disagreed
Non participation in recreational activities is due to lack of transportation to location of recreational facilities	27(25.5)	64(60.4)	15(14.2)	2.50	Disagreed
Participation in recreational activities is done to keep fit	95(89.6)	6(5.7)	5(4.7)	4.27	Disagreed
Participation in recreational activities is done to be in good health	95(89.6)	6(5.7)	5(4.7)	4.32	Disagreed
I participate in recreational activities to keep my friends	13(12.3)	69(65.1)	24(22.6)	2.26	Disagreed

Sources; Field survey, 2016

Table 4.9: Respondents' gender on their attitude towards recreational activities.

Attitude towards participation in recreational activities	Gender	Agree	Disagree	Undecided	Total
Non participation in recreational activities is due to fear of injury	Male	20(23.0)	55(63.2)	12(13.8)	87 (100.0)
	Female	14(73.7)	4 (21.1)	1(5.3)	19 (100.0)
Non participation in recreational activities is due to lack of transportation to location of recreational facilities	Male	23(26.4)	52(59.8)	12(13.8)	87 (100.0)
	Female	4(21.1)	12(63.2)	3(15.8)	19 (100.0)
Participation in recreational activities is done to keep fit	Male	79(90.8)	5(5.7)	3(3.4)	87 (100.0)
	Female	16(84.2)	1(5.3)	2(10.5)	19 (100.0)
Participation in recreational activities is done to be in good health	Male	78(89.7)	6(6.9)	3(3.4)	87 (100.0)
	Female	17(89.5)	0(0.0)	2(10.5)	19 (100.0)
Participation in recreational activities is too costly	Male	21(24.1)	49(56.3)	17(19.5)	87 (100.0)
	Female	2(10.5)	10(52.6)	7(36.8)	19 (100.0)
I participate in recreational activities to keep my friends	Male	11(12.6)	55(63.2)	21(24.1)	87 (100.0)
	Female	2(10.5)	14(73.7)	3(15.8)	19 (100.0)

Sources; Field survey, 2016.

Table 4.10: Respondents' age on their attitude towards recreational activities

Attitude towards participation in recreational activities	Options	Age range of respondents			
		<31years	31-40years	41-50years	>50years
Non participation in recreational activities is due to fear of injury	UD	0(0.0)	3(7.7)	6(16.7)	4(16.0)
	D	6(100.0)	24(61.5)	20(55.6)	19(76.0)
	A	0(0.0)	12(30.8)	10(27.8)	2(8.0)
Non participation in recreational activities is due to lack of transportation to location of recreational facilities	UD	0(0.0)	7(17.9)	6(16.7)	2(8.0)
	D	4(66.7)	25(64.1)	21(58.3)	14(56.0)
	A	2(33.3)	7(17.9)	9(25.0)	9(36.0)
Participation in recreational activities is done to keep fit	UD	0(0.0)	2(5.1)	1(2.8)	2(8.0)
	D	0(0.0)	3(7.7)	1(2.8)	2(8.0)
	A	6(100.0)	34(87.2)	34(94.4)	21(84.0)
Participation in recreational activities is done to be in good health	UD	0(0.0)	1(2.6)	4(11.1)	0(0.0)
	D	0(0.0)	2(5.1)	2(5.6)	2(8.0)
	A	6(100.0)	36(92.3)	30(83.3)	23(92.0)
Participation in recreational activities is too costly	UD	0(0.0)	10(25.6)	9(25.0)	5(20.0)
	D	4(66.7)	22(56.4)	19(52.8)	14(56.0)
	A	2(33.3)	7(17.9)	8(22.2)	6(24.0)
I participate in recreational activities to keep my friends	UD	0(0.0)	14(35.9)	7(19.4)	3(12.0)
	D	5(83.3)	19(48.7)	27(75.0)	18(72.0)
	A	1(16.7)	6(15.4)	2(5.6)	4(16.0)

Sources; Field survey, 2016

Table 4.11: Influence of respondents' length of years in service on their attitude towards recreational activities

Attitude towards participation in recreational activities	Options	Years of working experience			
		1-10years	11-20years	21-30years	Above 30yrs
Non participation in recreational activities is due to fear of injury	UD	3(6.7)	6(21.4)	2(8.7)	2(20.0)
	D	35(77.8)	15(53.6)	14(60.9)	5(50.0)
	A	7(15.6)	7(25.0)	7(30.4)	3(30.0)
Non participation in recreational activities is due to lack of transportation to location of recreational facilities	UD	6(13.3)	3(10.7)	5(21.7)	1(10.0)
	D	29(64.4)	17(60.7)	14(60.9)	4(40.0)
	A	10(22.2)	8(28.6)	4(17.4)	5(50.0)
Participation in recreational activities is done to keep fit	UD	1(2.2)	2(7.1)	2(8.7)	0(0.0)
	D	3(6.7)	0(0.0)	1(4.3)	2(20.0)
	A	41(91.1)	26(92.9)	20(87.0)	8(80.0)
Participation in recreational activities is done to be in good health	UD	2(4.4)	2(7.1)	1(4.3)	0(0.0)
	D	0(0.0)	0(0.0)	5(21.7)	1(10.0)
	A	43(95.6)	26(92.9)	17(73.9)	9(90.0)
Participation in recreational activities is too costly	UD	8(17.8)	7(25.0)	6(26.1)	3(30.0)
	D	28(62.2)	13(46.4)	15(65.2)	3(30.0)
	A	9(20.0)	8(28.6)	2(8.7)	4(40.0)
I participate in recreational activities to keep my friends	UD	12(26.7)	6(21.4)	5(21.7)	1(10.0)
	D	29(64.4)	19(67.9)	16(69.6)	5(50.0)
	A	4(8.9)	3(10.7)	2(8.7)	4(40.0)

Sources; Field survey, 2016