

Perceived Recreational Activities Influencing the Health Status of Students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria

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ABSTRACT

The study focused on perceived recreational activities influencing the health status of students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria. A self developed and validated questionnaire with reliability coefficient of 0.84 was used as research instrument. The data were analysed with percentages and binomial test. Five hundred students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria served as sample for the study. The results of the study showed that play (0.6100), swimming (0.6220), exercise (0.7460), Relaxation (0.8180) and excursion (0.5960) were significantly positive. This therefore showed that students perceived them as recreational activities influencing their health status. Part of the recommendations was that the government and school authorities should continue to encourage play, exercise, relaxation, swimming and excursion among students by providing the necessary facilities within the school environment.

Keywords: *Perceived, Recreational Activities, enhancing, Well-Being, Students.*

INTRODUCTION

A healthy population is the nation's greatest resource, the source of its vitality, creativity and wealth (Paul and Walton, 2006). Citizens and entire nation should therefore strive to attain optimum health and vitality knowing full well that good health is essential to happiness and happiness is essential to good citizenship. Since health is a quality of life people should be taken through an educational process of health knowledge, attitude, practice and skills, for protection, maintenance and promotion of their health status through recreation. Adeyemi (1999) observed that personal health can be viewed through a complete state of physical, mental and social well-being which could be achievable by recreation. Recreation is a distinct phase of human activity which is beneficial and constructive to the health of an individual. Recreation is the refreshment of the mind and body or both through some means which in itself is pleasurable. Recreational activities are voluntary and they are activities for free time (Adegoke, 1993). Recreation enhances moments of enjoyment, fun, excitement, pleasure, engrossment and refreshment through active and passive activities (Fawole, 2001). Taking part in wholesome forms of recreational activities such as athletics,

sports and games enhance growth and profound development of important organs of the body, some forms of sports and games allow for increase in blood circulation, better elimination of waste products, greater respiratory capability and it improves digestion. Most games contribute to emotional stability by giving health, an antidote to fatigue, and boredom (Fawole, 2001). According to Folawiyo (2001), recreation is a freely chosen, enjoyable and beneficial leisure time activity, in which one voluntarily engages, because of the joy and satisfaction derived from it. He went further to say that recreation in its various forms involves activities including physical and outdoor recreation, that is, sports which may be vigorous, moderate or minimal such as, cycling, mountaineering, camping and so on, and indoor games such as ludo, ayo, chess, whot and so on.

Awosika (1986) opined that, play (dance, drama) as a form of recreation aids carbohydrate metabolism through the development or maintenance of muscle mass. That is, recreation has effect on basal metabolism. This type of play is equally good in the maintenance of muscle mass, bone, mineral density, functional capacity, and prevention of musculo - skeletal problems. Recreational exercises increase maximum oxygen uptake through the increase of cardiac output and the ability of muscles to extract and use oxygen from blood. Developing and maintaining good health in the area of aerobic endurance, joint flexibility and muscle strength through exercise performance is very important (Ajayi, 1998). Relaxation as a form of recreation could be in form of drama music, dancing, reading which help in the over-all well being of the individual. Sleep and rest, are being prescribed for people suffering from mental and psycho-social disorders. The effect of exercise, play, dance, sports, excursion, swimming and other related recreational activities cannot be overemphasized in improving the health status and the overall well-being of an individual (Folabi, 1996). The contribution of regular exercise and other recreational activities to social, physical and mental fitness make it an important factor in good health practices and development.

According to Muhammad (2006), recreation is refreshment for the body and the mind. The human body is like a machine and for it to run well it has to be maintained. Indeed, largely because of the special circumstances of modern civilization and the 8-hour work day, periodic recreation has become an essential element in the maintenance package for the prolongation of human life and to enhance mental health. The importance of recreation in the life of man cannot be over emphasized. It is indeed, part and parcel of good health. Man has always engaged in one type of recreational activity or the other during period of leisure. Some people recreate for fun and relaxation, others recreate to lose weight and stay fit. There are still others who recreate to alleviate certain medical conditions like high blood pressure or hypertension. Too much leisure and lack of meaningful work according to Muhammad (2006), can cause mental health problems. Some of these problems can be prevented by knowing the proper recreational activities and engaging in them. From the foregoing, this study is aimed at determining the perceived recreational activities enhancing the well-being of students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria. The main purpose of this study is to determine the perceived recreational activities enhancing the well-being of students of Alvan Ikoku Federal college of Education,

Owerri, Imo State, Nigeria. The specific objectives of this study are to determine if:

1. Students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria, do perceive play as enhancing their well-being.
2. Students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria, do perceive swimming as enhancing their well-being.
3. Students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria, do perceive exercise as enhancing their well-being.
4. Students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria, would perceive relaxation as enhancing their well-being.
5. Students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria, do perceive excursion as enhancing their well-being.

A comprehensive Research Question was formulated to guide the study. Thus, do the Recreational Activities significantly influence the Health Status of Students of Alvan Ikoku Federal College of Education? And a corresponding comprehensive hypothesis was formulated in null form to tentatively answer the question above. Hence, Recreational Activities do not significantly influence the Health Status of Students of Alvan Ikoku Federal College of Education.

METHOD

The descriptive survey research design was used for this study. The population for this study comprised students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria. A total sample of 500 students of Alvan Ikoku Federal College of Education was used for this study. Simple random sampling technique was used to select three (3) schools out of the five (5) schools that make up Alvan Ikoku Federal College of Education, Owerri, Imo State. The stratified random sampling technique was used to select the respondents in various schools. Each school was regarded as a stratum from which the respondents were selected. The completed questionnaires were coded and analyzed using both descriptive and inferential statistics. Descriptive statistics of frequency counts and percentages were used to analyze the demographic data of the respondents. The inferential statistic of Binomial test was used to test the hypotheses at 0.05 level of significance.

RESULTS AND DISCUSSION

Table 1: Binomial test table showing the proportion of respondents who agreed or disagreed with items on recreational activities.

Summary Items	Agreed	Disagreed	Test prop.	Observed prop.	2-tailed prob.	Comment
Play items	305 (61%)	195 (39%)	0.5000	0.6100	0.0000	Positively significant
Swimming Items	311(62.2%)	189 (37.8%)	0.5000	0.6220	0.0000	Positively significant
Swimming Items	373(74.6%)	127 (25.4%)	0.5000	0.7460	0.0000	Positively significant
Relaxation Items	409(81.8%)	91 (18.2%)	0.5000	0.8180	0.0000	Positively Significant
Excursion Items	298(59.6%)	202 (40.4%)	0.5000	0.5960	0.0000	Positively Significant

Table 1 above indicated that 61% of the respondents agreed that they perceived play like dance and drama as enhancing their well-being while 39% of the total respondents

disagreed that they perceived play as enhancing their well-being. Table 1 also presented responses to play items computed with binomial test. The results showed that, observed binomial proportion of 0.6100 for those who agreed with the items on play is significantly higher than those who disagreed with the items on play at the 5% level ($p = 0.0000 < 0.05$). Therefore, the hypothesis which stated that students of Alvan Ikoku Federal College of education, Owerri, Imo State, Nigeria, would not significantly perceive play as enhancing their well-being is not accepted and the researchers concluded that Alvan Ikoku Federal College of Education students perceived play as enhancing their well-being. Table 1 above indicated that 62.2% of the total respondents agreed that they perceived swimming as enhancing their well-being while 37.8% disagreed that they perceive swimming as enhancing their well-being. Table 1 also indicated responses to items on swimming computed with binomial test. The results show that observed binomial proportion of 0.6220 for those who agreed with items on swimming is significantly higher than those who disagreed with items on swimming at the 5% level ($p = 0.0000 < 0.05$). Therefore, the hypothesis which stated that, students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria, would not significantly perceive swimming as enhancing their well-being is not accepted and the researchers concluded that Alvan Ikoku Federal College of Education students perceived swimming as enhancing their well-being.

Table 1 above also shows that out of the total respondents 74.6% agreed that they perceived exercise as enhancing their well-being while 5.4% disagreed that they perceive exercise as enhancing their well-being. It also shows responses to items on exercise computed with binomial test. The results showed that observed binomial proportion of 0.7460 for those who agreed with items on exercise is significantly higher than those who disagreed with the items on exercise at the 5% level ($p = 0.0000 < 0.05$). Therefore, the hypothesis which stated that, students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria, would not significantly perceive exercise as enhancing their well-being is not accepted. The researchers therefore concluded that Students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria, perceived exercise as enhancing their well-being.

Table 1 above showed that 81.8% of the total population perceived relaxation as enhancing their well-being while 18.2% did not perceive relaxation as enhancing their well-being. Table 1 also presented responses to items computed with binomial test. The results showed that observed binomial proportion of 0.8180 for those who agreed with items on relaxation is significantly higher than those who disagreed with the items on relaxation at the 5% level ($p = 0.0000 < 0.05$). Therefore, the hypotheses which stated that students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria, would not significantly perceive relaxation as enhancing their well-being is not accepted. The researchers therefore concluded that students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria, perceive relaxation as enhancing their well-being. Table 1 above showed that 59.6% of the total respondents perceived excursion as enhancing their well-being while 40.4% did not perceive excursion as enhancing their well-being. The table further shows responses to items computed with binomial test.. The results showed

that observed binomial proportion of 0.5960 for those who agreed with items on excursion is significantly higher than those who disagreed with the items on excursion at the 5% level ($p = 0.0000 < 0.05$). Therefore, the hypotheses which stated that students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria, would not significantly perceive excursion as enhancing their well-being is not accepted. The study therefore concludes that students of Alvan Ikoku Federal College of Education, Owerri, Imo State Nigeria, perceive excursion as enhancing their well-being.

CONCLUSION AND RECOMMENDATIONS

Perception of recreation as a means of improving health status and well-being of individual is very vital for participation in recreational activities. The need for recreation cannot be over-emphasized, as it helps people to cope with the day to day stress within the environment. Again, taking part in recreational activities is a very sure way of promoting the overall well-being of an individual. Students of Alvan Ikoku Federal College of Education, Owerri, Imo State, Nigeria perceived that play, swimming, exercise, relaxation and excursion enhance their well-being. Based on the findings of this study, the following recommendations were made. The school authorities should continue to encourage play (dance and drama) and exercise among college students to encourage them to continue to participate in it as this would enhance their well-being. The government and well meaning individuals should make sporting facilities like swimming pool, tennis, basketball and volleyball courts available in schools for students' use and for the enhancement of their well-being. More relaxation centres within the school environment should be provided by the government through the school authorities to provide enough relaxation areas for the students. Excursions should be organized regularly in schools since it is perceived by students as enhancing their well-being.

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