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## ASSESSMENT OF LEVEL OF PARTICIPATION IN RECREATIONAL ACTIVITIES IN FEDERAL POLYTECHNIC, ILARO OGUN STATE

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### **Abstract**

*The* basic relevance of recreation makes it a very significant phenomena. Every society's sociocultural, economic, and physical development is significantly influenced by it. The benefits of recreation to people also include bettering their physical and mental health. In this paper, the level of recreational activity engagement at the Federal Polytechnic Ilaro, Ogun state is evaluated. The study used both secondary and primary data, which brought about increased understanding of the value of recreation. Descriptive survey design was adopted for the research, and 100 questionnaires were used to gather data from the respondents. The respondents were drawn from the polytechnic's faculty, students, and visitors who frequently stopped by the campus to enjoy some of the recreational amenities. The results of this study showed that recreation is prioritized at Federal Polytechnic Ilaro, where a range of recreational facilities are available for use by the school personnel, students, and visitors who reside nearby. In addition, the study revealed majority of polytechnic residents have a tendency of routinely engaging in recreational activities, with most of them doing so at least three times each week while enjoying various recreational facilities on the school grounds. The research, however, clearly demonstrated that there are some factors that can discourage people from recreation. In Federal Polytechnic Ilaro, it was discovered that distance and financial constraints are some of the main barriers preventing people from engaging in recreational activities.

**Keywords:** Assessment, indoor, outdoor, participation, recreation

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### **1.0 INTRODUCTION**

Everyone requires recreation, which is as old as man himself. This is as a result of its enormous and essential relevance. It is crucial to the human race's physical, economic, and sociocultural progress. (Okoli 2001). Based on this, Obateru (2003) asserts that Nigerians should engage in recreational activities to enhance their health, boost their economic production, and make worthwhile use of their free time. According to Atemie (1997), leisure time activities are a crucial component of a long life. Recreational activities are known to calm or reform the mind, relieve stress and anxiety, lessen sadness and loneliness, and enhance self-esteem or confidence. The value of leisure in improving one's quality of life has been underlined (California State Parks, 2005). However, it has been noted that the culture of consciously engaging in recreational activities is very low in Nigeria. This might have anything to do with the country's current economic situation. According to studies on Nigerians' leisure activities conducted in various spheres of life (Makasi, 2008; Imazobi, 2008), a majority of Nigerians appear to be discouraged from participating in leisure activities due to a number of unexpected circumstances. There are many different kinds of

contemporary recreational amenities at Federal Polytechnic Ilaro in Ogun State, yet it is perceived that the usage of these facilities might not seem to be what one may expect. This discovery was made during a preliminary survey that the researcher conducted which revealed that there may be very little leisure activity involvement.

Despite the multiple options and numerous advantages linked with recreational activities, there are signs that the level of recreational activity in Federal Polytechnic, Ilaro Ogun state is low. According to past studies, the absence of facilities is always cited as one of the main reasons people don't engage in recreational activities. According to (Mcintosh, 2014), who views leisure as having advantages for man's health, physical well-being, and environment, the issue of a shortage of recreational facilities that restricts participation in recreation has been acknowledged. Researchers like Morrison (2008) argued that one of the main factors influencing involvement in recreational activities is the location of recreation facilities. An evaluation of the level of participation in recreational activities at Federal Polytechnic Ilaro is of interest in this paper because it seems to be in conflict with the known findings about the reason for non-participation in

recreational activities in the institution given that there are numerous recreational facilities available. The study's goal is to evaluate the extent of recreational activity engagement at Federal Polytechnic Ilaro. The study specifically intends to evaluate Federal Polytechnic Ilaro's recreation facilities, assess Federal Polytechnic Ilaro's leisure activity participation trends and determine the elements that influence recreational activity participation at Federal Polytechnic Ilaro. The study also looked into why recreation engagement in Federal Polytechnic Ilaro, Ogun State, is so low despite the relative accessibility of facilities. Future policy on the supply of recreational amenities in metropolitan areas across Nigeria must take this into account. The study will assist people better grasp the advantages of participating in leisure activities, which will benefit the general public and society as a whole. Recreation is a broad idea that varies from culture to culture and from person to person. This feature has led to the formation of many categories for recreation. Dumazedier (1989), for instance, categorizes recreational activities into five broad groups. These include activities that are "physical," like walking, sports, and traveling; "artistic," like being interested in various fine arts; "practical/applied works," like making crafts; "intellectual," like reading and expanding one's knowledge; and "social," like going out to events and seeing friends.

According to Karaküçük (2016), the classification of recreation is based on the reasons why an individual engages in recreational activities, as well as on the individual's preferences and wishes. An acceptable recreation type is developed based on the factors that influence a person's decision to engage in a particular recreational activity. Within these constraints, Karaküçük classified recreation according to its goals (leisure, cultural, social, sporting, touristic, and artistic), as well as according to a number of other factors. (age, number of participants, time, space, and social). Similar to Karaküçük, Hazar (2003) argued that factors like purpose, space, and function should be used to classify different types of recreation. She then categorized recreation into six categories using the findings from Duncan (2004) and Akesen's investigations (1978). Hazar claims that several leisure pursuits fall under more than one category. For instance, sports like golf and kayaking could be classified under the spatial category "outdoor recreation," as well as the functional recreation type category "sportive recreation."

### **Benefits of Recreational Activities**

There is a substantial and expanding body of research that demonstrates the numerous advantages of leisure

activities for people, communities, the environment, and the economy.

Recreational areas are fantastic motivators for exercise. Physical activity is made fascinating, engaging, and encourages lifelong fitness habits. **Decreased obesity, decreased illness risk, improved immune system, and reduced depression** are just a few of the many health benefits of recreation that have been scientifically shown.

### **Decreased obesity**

An epidemic of obesity has emerged. Obesity is still a serious health issue and is closely related to inactivity. Obesity and/or overweight are linked to a higher risk of disease, mortality, and chronic medical disorders such as arthritis, gallstone disease, gallbladder disease, hypertension, diabetes, and several malignancies.

Activities that involve exercise can fight obesity. The Call to Action by the Surgeon General to Prevent and Reduce Overweight and Obesity 2001, a report from Health and Human Services, brought national attention to the link between recreational activity and health. (HHS, 2001). This paper highlights the advantages of increased physical activity and links weight problem to the requirement for institutions to offer appropriate play area and recreational options.

### **Decreased risk of illness**

The risk of several major diseases is also greatly lowered by recreational activities. According to the Surgeon General's review on bodily undertakings and fitness, millions of Nigerians suffer from illnesses that might be avoided or whose symptoms can be lessened with more physical exercise.

### **Heart Disease**

Heart disease and other forms of cardiovascular disease are major killers. Obesity, diabetes, and a absence of human occupation are three of the primary elements that can lead to heart disease. By engaging in regular physical activity and aerobic exercise, obesity and diabetes can be significantly reduced. If done consistently, recreational activities like jogging, rapid hiking, swimming, and biking are great for raising pulsation and reducing the risk of cardiac infarction, plumpness, and diabetes.

### **Cancer**

Another major cause of mortality in Nigeria is cancer, which is followed by heart disease. According to the Nigerian Cancer Society, 32000 new cases of cancer was experienced in Nigeria and 22,200 fatal cancer cases in 2003. 25 out of 33 papers investigating the connection between real occupation and colon cancer

show that people that work-out have a reduced tendency of colon cancer than their inactive peers (Law, 2003). Living an active lifestyle has been demonstrated to reduce the risk of site-specific malignancies, including those of the colon, breast, and lungs.

**Enhanced Immune System**

A healthy individual is less prone to sickness. Energetic adults procure reduced medical costs yearly than unenergetic people, according to a Center for Disease Control and Prevention study. Active people used fewer medications, visited their doctors less frequently, and spent less time in the hospital. Compared to non-exercisers, people who worked out for 20 minutes weekly were considerably less likely to be sick. An Oklahoma State University research that followed 79,000 adults for 12 months found that people who trained at least two times a week came to work more frequently (Mooney et al., 2002). A study of 547 adults found that those who were consistently agile had a 23% reduced case of upper respiratory tract infections than those who were not (Nieman, 2001). Rural recreational grounds and leisure users report less doctor appointments than non-park users for reasons other than checks. (Ho et al., 2003).

**Reduces Depression**

There are many different manifestations of depression which is a mental condition. The signs and symptoms

include thoughts of suicide, feelings of worthlessness, hopelessness, and despair as well as intense, uncontrollable sadness. A typical depressed individual cannot adequately function or participate in everyday undertakings for about one month and a week out of the year (Kessler, 2003). 12,350 individuals perpetrated self-murder in 2000 due to depression, which puts it as the third most common cause of mortality in America for people aged 15 to 24 (Minio, et al. 2002). Activities for leisure and recreation might lessen depression. People who engage in recreational activities get to encounter things they enjoy and look forward to. Recreational activities also lessen depression-causing feelings of alienation, loneliness, and isolation.

**2.0 MATERIALS AND METHODS**

The paper employed a descriptive survey research design as its methodology. The people of the Federal Polytechnic, Ilaro, Ogun State, made up the study's target population. Random sampling technique was utilized to reduce the research population. The respondents received a total of 100 questionnaires, which were dispersed at random. The statistical package for social sciences (S.P.S.S.) was put to use in analyzing the data gathered for this study, and tables, frequency counts, percentages, and other descriptive statistical tools were used to illustrate the results.

**3.0 RESULTS AND DISCUSSION**

The availability of recreational facilities at the federal polytechnic in Ilaro, patterns of recreational activity participation, and factors influencing recreational activity participation were all examined and reported chronologically.

**Table 1: Availability of recreational facilities**

Variables	Strongly Disagree (%)	Disagree (%)	Undecided (%)	Agree (%)	Strongly Agree (%)	Total (%)
Federal polytechnic Ilaro has variety of Recreational facilities	5	15	15	34	31	100
Recreational Facilities in Federal Polytechnic Ilaro is Sufficient	3	10	15	17	55	100
Federal Polytechnic Ilaro Management encourages the use of recreational facilities	2	8	11	51	28	100
Federal Polytechnic Ilaro Organizes activities that gives people opportunity to recreate	3	5	12	26	54	100

Federal Polytechnic Ilaro gives room for students to make use of recreational activities in the school	4	7	25	44	20	100
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**Source: Authors Field Survey (2022)**

Table 1 above reveals that 34% of respondents agreed and 31% strongly agreed that federal polytechnic Ilaro has a variety of recreational facilities, while 5% of respondents strongly disagreed, 15% disagreed, and another 15% of respondents were undecided. This demonstrates that the respondents believe the federal polytechnic Ilaro has a wide range of leisure amenities. The table also reveals that 10% of respondents disagree, 3% strongly disagree, 15% were unsure, whereas 17% of respondents agreed, and 55% of them strongly agreed that recreational facilities at federal polytechnic Ilaro are sufficient. This demonstrates that the respondents believe the leisure facilities at federal polytechnic Ilaro are adequate. The table also reveals that 28% strongly agreed that Federal Polytechnic Ilaro management encourage the use of recreational facilities, while 2% strongly disagreed, 8% disagreed, 11% were undecided, 51% agreed, and 28% strongly agreed.

This data demonstrates that respondents believe Federal Polytechnic Ilaro management encourage the use of recreational facilities. The table shows that 3% strongly disagree that Federal Polytechnic Ilaro organizes activities that give people the chance to relax, 5% disagree, 12% were unsure, 26 percent agreed, and 54 percent strongly agreed. This demonstrates how the federal polytechnic Ilaro provides opportunities for recreation through the planning of events. From the table, it can be inferred that 4% of respondents strongly disagreed, 7% disagreed, 25% were unsure, 44% agreed, and 20% strongly agreed that Federal Polytechnic Ilaro gives students the opportunity to participate in recreational activities on campus. This indicates that the federal polytechnic Ilaro provides space for students to engage in leisure activities.

**Table 2: Pattern of participation in recreational activities**

Variables	Strongly Disagree (%)	Disagree (%)	Undecided (%)	Agree (%)	Strongly Agree (%)	Total (%)
How often do you participate in recreational activities	Once a week 7	Thrice a week 45	Everyday 29	Never 19	–	100
You feel enlightened while participating in recreational activities	1	6	29	33	31	100
You engage in more than one recreational activity within a week	1	13	14	20	52	100
Participation in recreational activity has a positive influence on the development of skills and competence in federal polytechnic Ilaro	1	3	21	39	36	100

**Source: Authors Field Survey (2022)**

According to (Table 2 above,) 29% of respondents recreate every day, 45% participate three times per week, 7% participate once per week, and 19% do not participate in any recreational activities. This shows that the majority of respondents engage in recreational activities three times per week. 1% strongly disagree,

6% disagree, 29% were unsure, 33% agreed, and 31% strongly agreed that engaging in recreational activities makes them feel enlightened. Therefore, it can be concluded that those who attend federal polytechnic Ilaro are becoming more informed as they engage in leisure activities. 1% of respondents strongly disagree that they participate in more than one recreational

activity every week; 13% disagree; 14% are unsure; 20% agree; and 52% definitely agree. This demonstrates that many of the respondents engage in multiple leisure activities throughout the course of a week. 1% strongly disagree, 3% disagree, 21% were unsure, 39% agreed, and 36% strongly agreed that participation in recreational activities has a positive

influence on the development of skills and competence in Federal Polytechnic, Ilaro. This indicates that, in the opinion of the respondents, recreational activity participation has a positive impact on the development of skills and competence in this institution.

**Table 3: Factors influencing recreational activity participation**

Variables	Strongly Disagree %	Disagree %	Undecided %	Agree %	Strongly Agree %	Total %
Lack of finance hinders people from participating in recreational activities.	2	4	20	52	22	100
Distance affects participation in recreational activities.	1	9	17	11	62	100
People with disability are less likely to engage in Recreational Activities	2	7	23	51	17	100
Religion affects participation in recreational activities	2	11	15	10	62	100
Time constraint affect participation in Recreational Activities	6	21	11	52	10	100

**Source: Authors Field Survey (2022)**

According to the respondents, 52% agreed and 22% strongly agreed that lack of finance hinders people from participating in recreational activities, while 2% strongly disagree, 4% disagree, and 20% were undecided. This proves that financial barrier prevents students at Federal Polytechnic Ilaro from participating in recreational activities. The table also reveals that according to the respondents, 11% agreed and 62% strongly agreed that distance influences participation in recreational activities, while 9% disagree and 17% are unsure. However, 1% strongly disagree and 9% disagree that distance impacts participation in recreational activities. This shows that travel time has an impact on recreational activity participation. From the table, it can be inferred that 2% of respondents strongly disagree that people with disabilities are less likely to engage in recreational activities, 7% of respondents disagree with this opinion, 23% were unsure, and 51% and 17% of respondents agreed that this is the case. This demonstrates that individuals with disabilities are less likely to participate in leisure activities. The data shows that 10% agreed and 62% strongly agreed that religion affects involvement in recreational activities, whereas 2% strongly disagree and 11% disagree with this attitude. Meanwhile, 15% were undecided. This suggests that, in the case of Federal Polytechnic Ilaro, religion has a part to play in terms of engagement in leisure activities. Regarding the time factor, the respondents indicated that 52% agreed and 10% strongly agreed that time constraints affect participation in recreational activities, while 6% strongly disagreed and 21% disagreed with this view. However, 11% were undecided about it. This indicates that one of the main reasons why people in Federal Polytechnic Ilaro refrain from engaging in recreational activities is a lack of time.

### **Discussion**

The results of this study showed that the federal polytechnic Ilaro takes recreation seriously because the school offers a variety of recreational facilities that are used by both the employees and students of the institution as well as people who live nearby. The Federal Polytechnic Ilaro Management also promotes the use of recreational amenities on campus because many of them are open 24/7, which encourages engagement in recreation by both faculty and students at the polytechnic. The research, however, clearly demonstrated that there are some

things that can discourage people from recreation. In addition to distance, it was discovered that one of the main barriers preventing people from engaging in leisure activities in federal polytechnic Ilaro is financial constraint.

Some of the students and personnel of the institution were unable to use some of the recreational facilities on the school grounds because of the far distance of the school from their homes. Additionally, it was revealed that the majority of polytechnic residents have a tendency of routinely engaging in recreational activities, with most of them doing so at least three times each week while enjoying various recreational facilities on the school grounds. Furthermore, it was discovered that most of the residents at Federal Polytechnic Ilaro experience mental clarity and are typically calmer after partaking in any sort of recreational activity, therefore people feel more enlightened while engaging in recreational activities.

### **4.0 CONCLUSION**

The Federal Polytechnic Ilaro's recreational activity participation was evaluated in this study. The results showed that most of the respondents had participated in a variety of leisure activities at some time in their lives. Relaxation was the main driver for involvement. The results of this study indicate that faculty and employees at federal polytechnic Ilaro are interested in and frequently participate in leisure activities.

However, the respondents' insufficient financial resources are a significant factor limiting their engagement in recreational activities. Another factor limiting their participation in recreational activities was distance. Additionally, it was determined that inadequate facilities and equipment provision was a factor affecting residents of the federal polytechnic Ilaro's involvement in recreational programs.

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