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## Selected factors influencing students' participation in recreation and physical fitness programmes in Ibrahim Badamasi Babangida University, Lapai, Niger state

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### Abstract

The study was an attempt to examine some factors that influence students' participation in recreation and physical fitness programmes. In the university, 150 subjects were randomly selected from the student population of Ibrahim Badamasi Babangida University, Lapai, 50 subjects were randomly selected from each level of the student population. Four sub hypotheses were postulated and appropriate questionnaire produced to test the subjects on the various hypotheses. The Likert scale was used to categorise the responses from the respondents into positive and negative responses and the student T-test was used to relate the influence of the various factors on the attitudinal responses of the subjects. The results showed that the quality of facilities, degree of financing and the maintenance culture significantly influenced participation in the programme, while quality of manpower for managing the facilities had no significant influence. Three of the sub hypotheses were rejected while one was accepted. It was concluded that good facilities. Adequate financing of the facilities and good maintenance culture will enhance better participation in recreation and fitness programmes.

**Keywords:** Physical fitness, influence students', Lapai

### Introduction

Recreation programmes in the school setting can be very useful as informal approach of teaching students how to use their leisure and participate in Physical fitness activities, Health is Wealth, and a healthy mind can only be found in a healthy body. The need to encourage students' perception in health and recreation related physical fitness programme cannot be overemphasised. The Researcher noticed that participation in school practical physical activities has dwindled even for regular physical education practical classes, and participation either for recreation or physical fitness purpose has reduced to the extent that Physical Education students are more concerned with the theories of games than their practical. The practical knowledge of games and sports will no doubt positively influence individual's participation in recreation and fitness programme in later life. But the lack of interest and apathy with which students treat acquisition of practical skills are canker worms that should be addressed with sincerity of purpose. In order to realise the inherent benefits that are associated with purposeful usage of the skills acquired in games and sports for future participation in recreation and fitness programmes, students' interest should be geared towards more involvement in acquiring skills in games and sports today. It was the observed reduction in the students' participation in physical fitness cum recreation programmes that prompted this study, which was focused at analysing the influences of the quality, maintenance and administration of sports facilities on students' participation in recreation and physical fitness programmes.

### Hypothesis

The general hypothesis for this study was that quality, manpower, maintenance and finance would not significantly influence students' Participation in recreation and physical fitness activities.

The specific hypotheses were that:

- The quality of the sporting facilities would not significantly influence students' participation in Recreation and Physical fitness activities.

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- ii. The quality of manpower to manage the facilities would not significantly influence students' participation in recreation and physical fitness activities.
- iii. Level of maintenance could not significantly influence students' participation in recreational and physical fitness activities.
- iv. Degree of finance would not significantly influence students' participation in recreation and physical fitness activities.

## Methods and Procedures

**Population:** The population for this study consisted of students of Ibrahim Badamasi Babangida University

**Samples:** The subjects were randomly selected from three levels of students who were undergoing different four – years programmes in the University. Specifically, 50 students (25 males & 25 females) were randomly selected from each level of students in the 100, 200 and 300 years of studies in the University. Altogether 150 students consisting of 75 males and 75 females served as subjects for the study.

**Table 1:** Table showing the Subjects' Categorisation

Level of Study	1 <sup>st</sup> Year		2 <sup>nd</sup> Year		3 <sup>rd</sup> Year	
	Male	Female	Male	Female	Male	Female
No. of Subjects	25	25	25	25	25	25
Total/Level	50		50		50	
Total for the University	150					

## Data Collection

Personal observation showed that there was lower level of participation in recreational and physical fitness activities. Questionnaire was used in collecting data from the subjects. The questionnaire was subdivided into two portions A & B; for personal data and responses to questions relating to the factors highlighted under the hypotheses respectively. The issues considered under the questionnaires were to study the:

- i. Influence of Quality of facilities on participation in recreation and physical fitness programme.
- ii. Influence of Quality of manpower to manage the facilities on participation in recreational and physical fitness programme.
- iii. Influence of maintenance of facilities on participation.
- iv. Influence of finance on participation.

The Likert scale type of questionnaire was adopted with each item having a 5-point scale. Five questions were addressed towards each item under the hypotheses. Each of the questions was scored with the 5-point scale ranging from 5 points for Strongly Agree  
4 points for Agree  
3 points for Undecided  
2 points for Disagree  
1 point for Strongly Disagree

The scoring for each response was such that the total score obtained on all the statements would measure whether the statement was able to elicit the positive or negative response from the subjects regarding the influence that any of the factor under consideration has on their levels of participation. Specifically, a score above the mean of the total score on any response stands for positive response and a score below the mean score is a negative response, that is any score above 3 which is the mean score of the scale indicated positive influence and any score below indicated negative influence. This indicates that if a respondent chooses strongly Agree - a score of 5 points is indicated and this stands for positive influence, while strongly disagree which carries 1 point indicated negative influence.

## Analysis of Data

All responses for each question in the completed instrument were independently analysed to get the frequencies on the

attitude continuum. The data collected were analysed into positive and negative influences as shown below.

**Table 2:** Table indicating the positive that indicate positive and negative influences on recreation participation

Factors Considered	Positive	Negative
Quality of Facilities	6.87	1.97
Level of Manpower	9.58	0.95
Maintenance	7.21	1.97
Finance	6.78	2.71

A look at the table shows that the respondents have all shown strong agreement that the factors of: Quality of facilities, level of manpower to execute the purposeful usage of the facilities, the level of maintenance and the degree of finance have Influenced their degree of participation in Recreation and Physical fitness activities. This finding was in consonance with the observation of non-participation in the programmes, by most of the subjects.

In order to determine a significant influence, the various data were collated and subjected to the T-test inferential statistics. This enabled the researcher to relate the influence of the various factors (the independent variables) to the scores on the attitudinal scale. Each of the hypothesis were tested at 0.05 level of significance and the critical value was 1.96 for rejecting or accepting the hypotheses.

## Results and Discussion

The outcome of data analysis is presented as follows:

**Table 3:** Influence of the quality of facilities on students' participation in recreation programmes

	N	$\bar{X}$	SD	DF	T.O	T.C
Positive Responses	150	6.87	3.70	298	*15.87	1.96
Negative Responses	150	1.97	1.69			

\*Significant P = 0.05

Table 3 shows that the mean scores that indicates positive influence was 6.87 (SD=3.7) and the mean score that indicates negative influence was 1.97 (SD=1.69). The observed "T" value was 15.87 and is greater than the critical value of 1.96. The Null hypothesis relating to the influence of the quality of facilities on participation was rejected. This shows that the present quality of facilities has an influence on the degree of students' participation.

**Table 4:** Influence of the quality of manpower to manage the facilities on the students' participation

	N	$\bar{X}$	SD	DF	T.O	T.C
Positive Responses	150	9.58	3.70	298	1.65	1.96
Negative Responses	150	7.95	0.69			

\*Significant P = 0.05

The table above indicated that the observed T of 1.65 was less than the critical value of 1.96 for the above factor. The related null hypothesis was thus accepted. This indicates that participation of students in recreational programme was not influenced by quality of personnel who managed the facilities.

**Table 5:** Influence of the finance of facility on participation

	N	$\bar{X}$	SD	DF	T.O	T.C
Positive Responses	150	6.78	3.63	298	11.67	1.96
Negative Responses	150	2.71	2.25			

Not significant P = 0.05

The table shows that the observed "T" of 11.67 is greater than the critical value of 1.96. Thus, the related null hypothesis was rejected.

**Table 6:** Effect of maintenance of facilities on participation

	N	$\bar{X}$	SD	DF	T.O	T.C
Positive Responses	150	7.21	4.61	298	12.73	1.96
Negative Responses	150	1.97	2.18			

The observed "T" of 12.73 was greater than the critical value of 1.96 and the related null hypothesis was rejected.

## Discussion

From the analysis of the results it is glaring that the quality of recreation facilities, the degree of financing of the recreation programme, and the maintenance of the available facilities will have significant effects on the level of participation in recreation and Physical fitness programmes by the students. The study also showed that quality of manpower to manage the facilities may not have significant influence on the participants. The factors that have direct influence on students' participation in recreation programmes are the factors that could be used as incentives for stimulating the participants in recreation programme, such as improved financing and quality of facilities.

The resultant effect of inadequacies in all the positive incentives for participation is the observed lack of interest in students' participation in recreational and physical fitness programmes.

Omojowo (1987)<sup>[6]</sup>, reported that without incentives, students will not take part in sporting activities Amusa and Onyewadume (1992)<sup>[7]</sup> while considering the physico-physiological effect of recreation on working class adults, emphasised the need for the providing appropriate facilities coupled with adequate financing with consideration to good maintenance of facilities

Without proper financing, the standard of facilities would be low and participation in sports would reduce significantly as shown in this study. The responses of the students showed the need to motivate them to participate in the recreational programme by providing a healthy environment for such participation.

Participation in sports and recreation is as old as Mankind. Unfortunately, much as the time for leisure is increasing the

level of participation in fitness programme for recreative purpose continuously decreases; amongst students and adults alike. Goodman and Knapp (1981)<sup>[4]</sup> opined that the main purpose for providing adequate facility for participation in fitness programmes for recreation purposes is to ensure all round development for the participants and provide a total life enriching programme.

The usefulness of participation in organised fitness programme either through regular recreational programme or moderated exercise regimen has been highlighted in many studies: (Emiola, 1986; Odedeyi and Babalola, 1988)<sup>[3,7]</sup>. The Physico-Physiological effects of recreational fitness programme on working-class adults were buttressed in a study reported by (Amusa and Onyewadume 1992)<sup>[1]</sup>.

The volitional nature of recreation makes the participants to exude some degree of discipline that enables them to follow their recreational pursuit without any compulsion. This readiness to participate should be supported with the provision of adequate facilities to enhance a more purposeful participation in any given organisation. Penman (1977)<sup>[8]</sup> set forth some general principles for planning and managing recreational facilities. The principles include:

- i. establishment of a priority for use of the facilities;
- ii. designing facilities that are compatible with the nature of the community;
- iii. specifying the age group for which the facility is meant;
- iv. projecting the prestaton growth rate in early stages of planning; and
- v. if planning is for a new school, it should be designed for 50 years of use.

Bookwalter (1964), suggested that; validity, utility, accessibility, isolation, durability, maintenance, beauty, flexibility, expansibility and economy should be considered when planning recreational facilities.

## Conclusion

For participation in recreational and fitness programme to be enhanced, facilities should be provided, adequately funded and maintained. These facilities will also improve the learning and teaching procedures in Physical Education Courses.

## Recommendations

In view of the findings from the study, the following recommendations were made:

- i. Facilities should be provided adequately to enhance participation in sporting programmes.
- ii. Manpower and good managerial ability should be provided to enhance proper maintenance and utilization of the sporting facilities.
- iii. The provided facilities should be sufficient for the populace for which they are provided, in terms of number and functionality.

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