

**UTILIZATION OF RECREATIONAL FACILITIES AMONG STAFF OF
TERTIARY INSTITUTIONS IN NORTH-WEST STATES, NIGERIA**

By

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SPS/12/MHE/00039

**A DISSERTATION SUBMITTED TO THE DEPARTMENT OF PHYSICAL AND
HEALTH EDUCATION, FACULTY OF EDUCATION, BAYERO UNIVERSITY,
KANO, IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE
AWARD OF MASTERS OF SCIENCE (M.Sc) IN PHYSICAL AND HEALTH
EDUCATION (RECREATION AND SPORTS TOURISM MANAGEMENT)**

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NOVEMBER, 2017

DECLARATION

I hereby declare that this work is the product of my own research efforts, undertaken under the supervision of Dr. A. T. Yusuf. I also declare that to the best of my knowledge, it has not been presented and will not be presented elsewhere for the award of any degree or certificate. All the sources of information herein have been dully acknowledged at the reference section.

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CERTIFICATION

This is to certify that the research work for this dissertation and the subsequent preparation of this dissertation by Kabir Sulaiman (SPS/12/MHE/00039) was carried out under my supervision.

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DEDICATION

This dissertation is dedicated to my loving parents Late Alh. Sule Muduru and Hajiya Fatimatu (Jumale), and it has also dedicated to my family.

ACKNOWLEDGEMENTS

Praise to Allah (SWT), the creator and the sustainer of the mankind, the beneficent the most merciful. May His peace and blessing be upon His Messenger and Prophet Muhammad (S.A.W), his household and his companions. The researcher is profoundly grateful to Almighty Allah for granting him this opportunity to get to this level of academic pursuit and for sparing his life up to this moment. The researcher is grateful to his supervisor, Dr. A. T. Yusuf for his guidance, constructive criticism and fatherly supports and suggestions rendered to him, May Allah (SWT) reward him and his family with Jannatul Firdausi, ameen. The researcher also seize the opportunity to extend his appreciation to the Head of Department, Dr. Musa Njidda, and to all staff in the Department thus; Prof. L. M. Emiola, Prof. M. G. Yakasai, Prof. Rabi'u Muhammad, Prof. O. O. Oyerinde, Dr. L. Badamasi, Dr. S. Isma'il, Dr. L. I. Yazid, Dr. A. I. Darki, Dr. M. J. Yakasai, Dr. A. M. Getso, Dr. Musa Sa'ad, Dr. A. M. Madaki, Dr. A. I. Hassan, Dr M. H. Darma, Dr. H. U. Usman, Mal. A.A. Anike, Mal. A. S. Kankarofi, Mal. S. Mandawari and the entire non-academic staff of Physical and Health Education Department, Bayero University, Kano for their immense contribution in one way or the other.

A special gratitude goes to Alh. Kabir Dan-Abdu, the H.O.D, PHE, FCE Katsina. Mal. Muhammad A. Idris, Mal. Sule Idris, Dr. M. A. Saka, Dr. (Mrs). Codelia Njoku and the entire staff of Physical and Health Education Department, FCE Katsina. The researcher acknowledges the supports and sponsorship of the Management of F.C.E. Katsina. The researcher appreciates the staff of tertiary institutions who participated in this study for providing necessary information needed during the process of data collection. The researcher also acknowledges the contribution of the research assistants in the persons of Mal. Umar (Biggie) of FCE Kano, Abdu Sa'id (Yarima) and Usman M. Gaddafi. The researcher also

thanks his colleagues, friends and well-wishers for their supports and encouragement throughout the conduct of this exercise. Thanks you and God bless you all.

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Abstract

This study investigated the utilization of recreational facilities among staff of tertiary institutions in north-western States, Nigeria. Three research questions were raised and three sub hypotheses were formulated and tested. Descriptive survey research design was employed for the study. The population used for this study consisted of all staff of the nine selected tertiary institutions in North-Western states of Nigeria. The sample for the study was three hundred and sixty four (364) respondents which were selected using proportionate sampling techniques. The instrument used for data collection was a researcher's developed questionnaire, validated and standardized with a reliability of 0.74. Three hundred and sixty four (364) questionnaires were distributed with the help of three (3) research assistants, in which three hundred and six (306) were duly completed, returned and used for data analysis. Descriptive statistics of frequency count and percentage were used to organize and describe the demographic information of the respondents; while ANOVA and t-test were used to test the formulated hypotheses at 0.05 level of significance. The findings of this study revealed that there is no significant use of recreational facilities among staff of tertiary institutions (χ^2 critical = 3.841, χ^2 value = 10.248, df = 1, $P < 0.05$); it was also found that, significant difference exists among the tertiary institutions ($F = 17.293$, df 3; $p = .001$); there is no significant difference in the use of recreational facilities between male and female counterparts (t -critical = 1.96, t -table = 0.271, df = 304; $P > 0.05$). Finally, it was revealed that there is no significant difference in use of recreational facilities among academic and non-academic staff (t -critical = 1.96, t -table = -1.496, df = 304, $P > 0.05$). Based on these findings, it was recommended among others that, there is the need for staff in the polytechnics and colleges of education to improve the use of recreational facilities available in their institutions as universities staff in the study shown higher use of recreational facilities.

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

Recreation is an activity engaged in during free time. It is enjoyed and recognized as having socially redeeming values. Recreation has a connotation of being morally acceptable not just to the individual but also to the society as a whole. While recreational activities can take many forms, they must contribute to society in a way that society deems acceptable. This means that activities deemed socially acceptable for recreation can change over time. Participation in recreational activities affects quality of life and life satisfaction (Sulaiman, 2010).

Recreation, according to Masterton (2008), is viewed as activity that refreshes and renews individual health and spirit by enjoyment and relaxation. Recreation is the expenditure of time in a manner designed for therapeutic refreshment of one's body or mind. Recreation is active for the participant in a refreshing and diverting manner (Dvarak, 2004). In the opinion of Creed (2004), recreation can be viewed as a distinct phase of human activity, which is beneficial and constructive to the health of an individual.

Recreation is about activities, pastimes, and experiences which are freely chosen. They are usually undertaken in free time and produce feelings of well being, fulfillment, enjoyment, relaxation and satisfaction. Recreation refers to the time spent in an activity one loves to engage in, with intent to feel refreshed. It is a break from monotony and a diversion from the daily routine. They are a source of joy and they provide relaxation to one's mind and body (Wilson, 2012).

Fawole (2001) defined recreation as any socially desirable leisure activity in which an individual participates in voluntarily, and from which he derives immediate continuing

satisfaction. He concluded that the need and the place of recreation in the life of an individual cannot be overemphasized. It is evident that recreation satisfies fundamental needs of man, particularly in three major ways namely; enjoyment and happiness, enriched community living, and individual fulfillment while some modern recreation is required to give both quantitative and qualitative enjoyment to participants and also enhances personal health.

The World Health Organization (2001) emphasis in her definition that an individual health is not only when there is absence of diseases and infirmity but also when there is physical, mental, and social well-being. If this definition of health according to WHO is anything to go by, it then shows that recreation definitely has a great role in maintaining and improving individual's health. Omolawon and Achugbu (2007) postulated that indoor and outdoor recreational activities have important roles to play in the lives of young and old people.

Akinola (2015) stated that recreation is a vital social issue, which needs to be addressed all the time. Also, recreation provides opportunity for young people to test their skills, physical endurance, compete against others, better their standards, and broaden their general life experience. Edginton, Jordan, Degraaf and Edginton (2005) viewed recreation as no longer merely desirable for our pleasure; it is physiologically necessary in order to retain normal equilibrium in the midst of the deadening monotony and the excess strain of the common life today. The main purpose of recreation is basically the relaxation and revitalization of people so that they may efficiently return to their routine activities, which are not recreational but economically gainful. It involves physical, mental and emotional activities. It can reward the participants in terms of intellectual, physical and social growth, better health, improved citizenship and other qualities of personal development (Falade, 2008).

According to Joshua (2011), Provision of adequate recreational facilities plays a major role in recreational development. It would not be important to achieve satisfactory results from recreationist, whose recreational facilities are inadequate or substandard which in actual fact will not compliment the work of the coach. Good recreation activities can function at full effectiveness only when they are supported with effective facilities in good conditions. Hamma (2009) opined that, provision of adequate facilities is as important as providing adequate incentive for the recreationist. The scarcity of recreational facilities constitute a big cog in the wheel of successful recreation Nigeria at large. Edet (2010) opined that recreationist generally exhibit high satisfaction and enjoyment due to the presence of adequate facilities in the recreational centres.

Useini (2009) reported increased fitness arising from active participation in recreational activities. Examples of recreational activities are endless and include sports, music, games, travel, reading, arts and crafts, and dance. These activities and many more contribute to improved functional abilities and economic growth of individuals (Adeyanju, 2004). Jorge (2011) stated that intensity in recreational activities is categorized under low, moderate to vigorous activity. While low intensity activities are activities such as reading books, watching television or physical activities that require minimum efforts or energy. Moderate intensity recreational activities are physical activities such as brisk walk, jogging and so on, that involve moderate efforts. Vigorous intensity recreational activities include running, swimming; circuit training that requires maximum efforts/energy. The implication is that low level participation in recreational activities not only causes deterioration in health but also causes accumulation of fats in human body.

Academic staff are those working as lecturers in tertiary institutions and their primary duties include teaching and conducting research while non-academic staff on the other hand, are those working in administrative offices such as accounts, works, audit,

registry and a like. Both academic and non-academic staff need to participate in recreational activities after working hours but the non-academic seems to stay longer hours at work than their academic counterpart, although, academic staff used to take their work to their various homes. This limits them from enjoying recreational activities, even though both staff are expected to enjoy a free time for daily recreation (Adeyanju, 2004).

Furthermore, academic and non-academic staff at various intuitions enjoys recreational activities and it has been proposed that recreational activities are outlets of expression of excess energy, channeling it into socially acceptable activities that fulfill individual as well as societal needs, without compulsion, and providing satisfaction and pleasure for the staff. The researcher observed that recreational facilities are made available for the staff utilization in order to overcome stress and tension, promote emotional stability and develop healthy body which is paramount to improve productivity of staff especially in academic institutions . Unfortunately, tertiary institutions staff in northwestern states of Nigeria, seem to be uneffectively utilizing such recreational facilities provided to them. It is against this background that this study investigated the utilization of recreational facilities among staff of tertiary institutions in North-west states, Nigeria.

1.2 Statement of the Problem

Utilization of recreational facilities has been linked to a number of positive health outcomes and it is an important in strategy in reducing health problems and promote good life (Moore & Werch, 2005). Facility is one of the determinants of participation in recreational activities as recreation cannot be thought of without them (Akinsanmi, 2009). Abubakar (1991) stated that facilities and equipment are fundamental factors and sensitive areas in recreational participation. Oyeniyi (2012) asserted that facilities are the power house of recreation; hence they are indispensable to competitive and recreational activities. In the same vein, Etim (1986) noted that provision of good and well-equipped

facilities are among other essential factors that are necessary for effective participation in recreation.

Similarly, Cho (2014) added that comprehensive work-based recreational activity programme can yield promising health behaviour changes of employees. In a study submitted by National Association of Sports and Physical Education (2003) that participation in recreational activities makes one fit, gives participants more energy, greater mental alertness, reduces stress and allows for better time management. Recent findings by Gautam, Sarto and Kai, (2007) revealed that potential of participation in recreational activities contribute to positive health not merely the absence of diseases but associated with the capacity to enhance life satisfaction and ability to improve individual's capability to withstand stress.

The researcher observed that tertiary institutions staff in northwestern states Nigeria have made recreational facilities guarantee for staff usage in a view to reduce stress release tension, improve emotional stability and promote sound thinking which in turn improve productivity of staff in the institutions. Unfortunately, however, staff of tertiary institutions in northwestern states of Nigeria, do not seem to maximally or effectively utilize such recreational facilities provided to them. In many occasions, especially in the evening, one may see very few number of staff participating in recreational activities. Similarly, during weekend or holidays, the situation is even worst one may barely find staff in the recreational centres as such they hardly utilize them. This might not be unconnected with their schedule of responsibilities and other personal engagements. It is against this background that this study investigated the utilization of recreational facilities among staff of tertiary institutions in North-west states, Nigeria. The study therefore, answered the following research questions:

1. Do staff in tertiary institutions in north-west states of Nigeria utilize the recreational facilities provided?
2. Is there any difference in the utilization of recreational facilities among staff of tertiary institutions in North-West States, Nigeria?
3. Do male staff in tertiary institutions in North-West states of Nigeria differ with their female counterpart in the utilization of recreational facilities?
4. Do academic staff in tertiary institutions in North-west states of Nigeria differ with non academic staff in the utilization of recreational facilities?

1.3 Hypotheses

The following hypotheses were formulated to guide the study:

Major Hypothesis

There is no significant utilization of recreational facilities among staff of tertiary institutions in North-west states, Nigeria.

Sub-hypotheses

H₀₁ There is no significant difference in the utilization of recreational facilities among staff based on institutions in north-western states of Nigeria.

H₀₂ There is no significant utilization of recreational facilities among staff of tertiary institutions in North-west states, Nigeria.

H₀₃ Male and female staff in tertiary institutions of North-Western states of Nigeria do not significantly differ in the utilization of recreational facilities.

H₀₄ Academic and non-academic staff in tertiary institutions in North-Western states of Nigeria do not significantly differ in the utilization of recreational facilities.

1.4 Purpose of the Study

The purpose of the study was to investigate the utilization of recreational facilities among staff of tertiary institutions in North-West Nigeria with a view to make suggestions and recommendations on the proper utilization of recreational facilities.

1.5 Significance of the Study

The findings of this study would be of significance in the following ways.

The findings of this study would go a long way in helping staff of tertiary institutions to effectively utilize recreational facilities for healthy living and improve productivity.

It would provide an avenue for the male and female staff of tertiary institutions to readjust their work schedule so as to utilize recreational facilities provided.

The findings of this study would help the future researchers and add literature in the area of recreation and sports tourism management.

1.6 Delimitation of the Study

The study was delimited to the utilization of recreational facilities among staff of tertiary institutions in North-West States, Nigeria. The study was also delimited to the three north-western states which include Kano, Katsina and Zamfara States. It was also delimited to three Universities, three Colleges of Education and three Polytechnics. These include: Umaru Musa ‘Yar’adua University Katsina; Federal University, Gusau; North-West University, Kano; Federal College of Education, Kano; Federal College of Education, Katsina; Federal College of education (T), Gusau; Kano State Polytechnic; Hassan Usman Polytechnic, Katsina State and Federal Polytechnic Kaurannamoda, Zamfara State. The study was further delimited to male, female, academic and non-academic staff of tertiary institutions as the respondents in this study.

1.7 Operational Definition of Terms

The following terms were operationally defined as used in this study:

- **Recreational facilities:** refers to permanent structures or centres such as gymnasium, where recreational activities take place in tertiary institutions in North-west States, Nigeria.
- **Utilization of recreational facilities:** refers to participation in recreational activities in the tertiary institutions in northwest states Nigeria.
- **Tertiary institutions:** refers to all Universities, Polytechnics and Colleges of education in Northwest states, Nigeria.
- **North-west states:** refers to Katsina, Kano, Kaduna, Jigawa, Zamfara, Kebbi, and Sokoto states of Nigeria that are involved in this study.
- **Staff of tertiary institutions:** refers to all academic and nonacademic staff of Universities, Polytechnics and Colleges of education in Northwest states, Nigeria.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.0 Introduction

This study investigated the utilization of recreational facilities among staff of tertiary institutions in North-west states, Nigeria. Literature related to this study were reviewed under the following sub-headings:

- Concept of recreation
- Problems of recreation
- Benefits of recreation
- Overview of recreational facilities
- Utilization of recreational facilities among academic and non-academic staff of tertiary institutions
- Factors affecting the utilization of recreational facilities among staff of tertiary institutions
- Review of Recreational Activities in Nigeria and the World
- Empirical studies
- Summary

2.1 Concept of Recreation

Different schools of thought abound with regards to the meaning of recreation. Butler (1992) defined recreation as any form of experience or activity in which an individual engages from choice because of the personal enjoyment and satisfaction which it brings directly to him. Adesoyi and Talibi (2004) defined recreation as any activity voluntarily undertaken for pleasure, fun, relaxation, exercise, self-expression or to relax from boredom worry of tension which is physically and psychologically rejuvenating because it is different from the essential routine of one's life.

Awosaki (2007) defined recreation as an activity which is not consciously performed for the sake of any reward beyond itself which offers man outlet for physical, mental or creative powers in which he engages because of inner desire and not because of outer compulsion. Briton (2011) defined recreation as activity which man engaged in during his free time which does not include work, nor does it include certain personal and social objectives that all people have such as sleeping and washing. Recreation is any socially accepted sense involving constructive activities for the individual and the community (Ratcliff, 2013).

Pilgrim (2008) stated that recreation is considered to be activity voluntarily undertaken primarily for pleasure and satisfaction during leisure time. Arnold (2005) suggested that the meaning of 'recreation' is taken to represent the re-creation or revitalization of the individual after participation in certain activities, a value or worth is attributed to "recreation" in the sense that creativity is good and non-creativity is bad. There are number of elements associated with these concepts of recreation. These are; Recreation is prompted by internal motivation and desire to achieve personal satisfaction without extrinsic goals or rewards. Recreation is mainly dependent on the state of mind or attitude. It is not what one does as a reason for doing that thing rather it is the way the individual feels about the activities that makes it recreation. Recreation has been widely regarded as an activity that includes physical, mental, social and emotional involvement as contrasted with sheer idleness or complete rest. Recreation may include an extremely wide range of activity such as recreations, games, crafts, performing arts music, dramatics, hobbies and social activities which may be engaged in by an individual or group of people (Wilson, 2012).

Furthermore, Wilson (2012) explained recreation as the time spent in an activity engage with one loves to, with intent to feel refreshed. 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 entertaining activities that one is interested in. A study by Ajibua (2012) was conducted on Participation in leisure activities affects quality of life and life satisfaction. He revealed that the frequency, intensity and duration of leisure activities involvement will significantly affect the overall impact of leisure-time physical activity on participants in Ondo State.

Samson (2010) defined recreation as the activities undertaken during leisure. Recreation is a sort of amusement or an activity a person takes part in for pleasure or relaxation rather than as work. Recreational areas are public areas for recreation and games, often incorporating a children's playground. He added that is an activity of leisure, leisure being discretionary time. The need to do something for recreation" is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be fun.

Recreation is one's discretionary time spent in non-compulsory activities, time spent away from cares and toils and leisure time is free from compulsory activities such as employment, running a business, household chores, education and other such day-to-day. Humans spend their time in activities of daily living, work, sleep, social duties, and leisure, the latter time being free from prior commitments to physiologic or social needs, a prerequisite of recreation. Leisure has increased with increased longevity and, for many, with decreased hours spent for physical and economic survival, yet others argue that time pressure has increased for modern people, as they are committed to too many tasks (Samson, 2010).

Other factors that account for an increased role of recreation are affluence, population trends, and increased commercialization of recreational offerings. While one perception is that leisure is just "spare time", time not consumed by the necessities of

living, another holds that leisure is a force that allows individuals to consider and reflect on the values and realities that are missed in the activities of daily life, thus being an essential element of personal development and civilization. This direction of thought has even been extended to the view that leisure is the purpose of work, and a reward in itself and "leisure life" reflects the values and character of a nation (Universal Declaration of Human Rights, 2011).

2.1.1 Principles of Recreation

1. Recreation and leisure is for everyone: - Because recreation is a form of human expression, that is essential to growth, development and survival of the individual, opportunities for participation in socially desired and acceptable forms of recreation should be available to all (Ojo, 2014).
2. Needs and interest for recreation and leisure are continual:- the need to express one selves through recreation or through play, (as it is in childhood years), is one which is needed throughout life span; it is not just something, which children do during vocations or what adults find pleasurable when they have holidays (Ojo, 2014).
3. Education for leisure is essential: The satisfying use of leisure periods requires preparation. People must learn how to use their spare or free time, just as they must be taught or prepared for their job and professions, preparations for leisure does not mean planning the other fellow's leisure. It does not mean standardizing leisure or even hinting and urging people to conform and utilize their free zone (Ojo, 2014).
4. Knowledge of existing recreation resources must precede determination of recreational needs. This kind of information is usually obtained by making a survey or appraisal. Information includes the composition, distribution and trends of the population, the housing and residence situation, zoning regulations

economic factors and social problems such as ill health, accident and delinquency (Ojo, 2014).

5. Recreation and leisure require planning:- Adequate recreation opportunities designed to meet the needs, interest, desire and capabilities of the people do not just happen like magic. They must be planned in advance of the time that they are needed• and in a way, which will yield the highest return from the least expenditure of money and effort (Ojo, 2014).

2.1.2 Essential Characteristics of Recreation

Recreation is often seen as an activity that is engaged during an individual's own free time; it is usually pleasurable, and has socially redeeming qualities (Edginton, Jordan, Dregaaf & Edginton, 2005). Professional recreation workers identify recreation as activity indulged in voluntarily for the satisfaction derived from the activity itself and leading to revitalization, or recreation, of mind, body and spirit (Goodale & Wilt, 2015). Recreation participation must result in constructive, positive, socially acceptable behaviours. Lack of recreation activities leads to social ills, such as, delinquency and truancy. Recreation, unlike play, keeps individual off the streets and produces good citizens (Torkildsen, 2001). Edginton et al., (2005) includes the following as consistent characteristics of recreation:

- Recreation is widely regarded as an activity.
- Recreation may include a wide range of activities.
- Recreation is voluntary and does not occur because of outside pressure, compulsion or obligation.
- Recreation takes place during one's free time, although it is not so much the activity that one pursues, but rather the reason for engaging in it.

The essential characteristics of recreation is the attitude of participation in these activities; and the result, which is satisfaction, they bring to the individual. Butler (2006)

reveals that recreation is not a tangible, static thing, but a vital force influencing lives of people. Through recreation one grows and develops one's powers and personality. Therefore, it is a matter of concern that recreation opportunities be available for all the people. It is the task of the recreation management and officials to determine the types of recreation experience, and make these available to the largest possible number.

2.1.3 Classification of Recreation Activities

Recreation activities may be classified in many ways. They are commonly grouped according to types, such as games and recreation, crafts, or nature activities. In studying the list, one should bear in mind that some of the activities are primarily for children, others for young people or adults, while many may appeal to people of all ages; some are essentially for men and boys, and others for women and girls. The following are the examples of recreation activities as classified by Butler (2006):

- Active games and recreations:

Active games and recreations include low-organized games, bull in the ring, relays, cat and mouse, hide-and-seek, club snatch, fox and geese, dodge ball, hare and hounds and tag games (Butler, 2006).

- Individual and dual games and activities:

Individual and dual games and activities comprise athletic test, golf, paddle tennis, baseball pitching, bowling in the green, darts, indoor bowling, hula hoops, table tennis, squash, tennis, marbles and top spinning (Butler, 2006).

- Gymnastics and stunts:

Gymnastics and stunts involve bag punching, rope jumping, trampoline, group or team games, baseball, basketball, bicycle polo, cricket, ice hockey, football, field hockey, netball, soccer, softball, volleyball and water polo (Butler, 2006).

- Recreations:

Examples of recreations are archery, bicycle riding, boating, boxing, canoeing, diving, horseback riding, go-kart racing, jogging, karate, kite flying, life saving, motorcycling, parachute jumping, pistol shooting, rifle shooting, roller skating, sailing, skating, surfing, swimming, water skiing, wrestling and yachting (Butler, 2006).

- Music:

Music consists of action songs, choruses, opera groups, community singing, bands, music festivals, talent shows or contests, jazz concerts, music competitions, composing music, listening groups and music-study clubs (Butler, 2006).

The above classification indicates a wide variety of recreation activities that can bring direct satisfaction in the community. Such classification may be useful to recreation worker in planning programmes and considering the recreation activities that might appeal to a particular group or community (Butler, 2006).

2.2 Problems of Recreation

Igbojekwe (2009) identify the following as the problems that affect recreational development in Nigeria; unavailability of funds and access to recreational facilities, level of economic development, lack of awareness of the essence of recreation, value conflicts: work ethics versus recreation, personality and social class, occupational orientation, government policies and attitudes towards recreation.

Unavailability of funds and access to recreational facilities:- Unavailability of funds has been identified as one of the major problem militating against the development of recreation in Niger. Surveys on the attitude of people towards participation in recreational activities reveal that, over 60 percent of Nigerians interviewed indicated that they are hardly meeting up with the provision of basic needs (food and shelter) (Igbojekwe, 2009). More so, basic economic principles tell us that most consumers have a limited income

over any period of time, they must therefore, balance their needs and the costs of various products and services. Recreation is regarded as one aspect of “good life”, hence, it is not on the priority list of most Nigerians. Omorogbe-Osagie (1995) stated that in Nigeria today, where the average family can hardly provide three meals in a day, the question of saving towards visiting places of historical importance and tourist attractions is not a priority.

Level of Economic Development: The poor national economy denies most Nigerians accessibility to recreational facilities. In Nigeria, the poor economic condition in which the citizen survives just at subsistence level does not augur well for tourism development. Over 60 percent of Nigerians live below the poverty level of US\$1.00 per day (Okorafor, 2005). Furthermore, Okorafor (2005) in a paper presented at the National Seminar on “the Need for Statutory Holiday Calendar towards Development of Tourism in Nigeria” stated thus; “the major trammels to the development of domestic tourism in Nigeria include low purchasing power of the Nigerian worker arising from the weakness of the national economy and general lack of vacation culture in Nigeria”. A general improvement in the wealth and earning capacity of the people is relevant to tourism development. Individual income and basic expenditure must leave a sizeable disposable income for meeting travelling costs. Income level should be above subsistence level.

Lack of Awareness of the Essence of Recreation: Lack of knowledge of the essence of recreation has also been identified as a factor contributing to low level of development of tourism culture. A greater percentage of Nigerians are not really aware that recreation can help someone improve the quality of his/her mental and physical well-being. As recreation provides payoffs for the individual, he is redeemed from routine and fatigue through his participation in recreational activities particularly those activities that assist the person exhibit creative ability and achieve self-fulfillment, thus, relieving the individual from

day-to-day stress. This lack of knowledge of the essence of recreation is reflected in the general attitude of Nigerians with respect to the provision of recreational facilities. Urban planners hardly remember to incorporate recreational facilities in the urban development plans (Miller, 2008).

Akinola-Arikawe (1998) said that, in the third world (the developing countries) such as Nigeria there is lack of awareness of the contribution that recreation-time activities can make to the quality of life of urban residents and visitors, hence, the issue of providing recreational facilities is not taken seriously by urban planners and public officials". This situation is diametrically opposed to what obtains in more developed countries such as the U.S.A., and Britain where the provision of recreational facilities have long been made a routine component of plans for urban cities and the society at large.

Value Conflicts: Work Ethics versus Recreation: Work ethics has also been identified as one of the factors influencing the development of recreational/tourism culture. Work ethic according to Elmer (2007), has its central theme that the individual's moral duty is to be industrious continuously "to earn his salt", and the harder one works, the more moral he is supposed to be, in other words, hard work is the means of demonstrating worthiness in terms of self-discipline, rejection of worldly pleasures and righteous success. For some individuals who are strict adherent to work ethics, work is the only way to use their time. Such people lack the psychological capacity to constructively utilize their recreation time. These individuals experience difficulties in detaching themselves from work ethics and are unable to distinguish work from recreation.

Individuals, who find it difficult to break away from work ethics are described by Elmer (2007) as homogenizing toilers. Homogenizing toilers (workaholics) are persons who take the office home with them and continue to focus on their specialized work career without regard to recreation and even family roles. For the homogenizing toiler, recreation

time is practically nonexistent. Saturday and Sunday find him engaged in the same activities as the rest of the week. He spends his total energy, both emotionally and physically in the very act of survival for himself and his family, as commitment to work ethic deprives him the contentment in activities other than work. The enjoyment of “unearned” recreation for its own sake is inhibited by guilt feelings that the pleasure is “sinful” or wasteful unless earned through work. Many Nigerians are caught in the web of value conflict, hence, they claim that they do not have time for engaging in recreational activities.

Igbojekwe (2009) reports that 70% of those interviewed responded that they do not have time for recreation. This orientation tends to affect the cultural, economic and political stability. Omorogbe-Osagie (1995) expressed that a society where everyone is working hard to make a living will never have stability”. “But society needs a recreation class that is tired of material things that can devote its time to think, plan and organize the society.

Personality and Social Class: Engagement in and choice of recreation time activities is related to personality and social variables such as age, sex, educational attainment and social class (Elmer, 1973). It is believed that the personality qualities of an individual are particularly crucial in determining choice of recreation-time activities which is one of the ways in which an individual expresses his personality needs. These needs may range from social ability, cultivation of personality growth and business relationships to maintaining prestige (both social and political) in a particular peer group. Today in Nigeria it is observed that the most likely social class that are consistent and are regularly engaging in recreational activities are the affluent (or the upper-class). The upper-social class (about 20%) represents a very small percentage of the total population of Nigeria. Even if these

upper class individuals have developed recreational culture, the number is too small to boost (domestic) tourism and encourage investment in this sector.

Occupational Orientation: Engagement in and choice of recreational activities is influenced by the tempo of one's occupation. In a study of professors, advertising agents and dentist reported by Elmer (2007), it was found that the work hours of the professor are extended by tasks he can perform at home, whereas the dentist cannot perform his tasks at home. For the advertising agent he has little spill over of office work.

Government Policies and Attitudes towards Recreation: Some government policies and attitudes are favourable towards recreation and tourism. The provision and use of land for recreational purposes involves for the most part outdoor activities on sites consciously developed and equipped with facilities that permit both active and passive recreational involvements. Unavailability of recreational space (land) and facilities is confronting both urban centres and rural communities particularly where every piece of land is owned by someone. In such cases, government policies such as the Land Use Act of 1978, the 3rd and 4th National Development Plans are favourable towards recreation.

The Land Use Act placed all unused and undeveloped land in the hands of various state governments, while the 3rd and 4th development plans recognized that the rapid increase in the urban population of Nigeria demands adequate provision for the development of various urban and rural infrastructures and amenities including parks. The 4th National Development Plan prescribed that each state of the federation should establish a modest tourist village and also a medium holiday camp to provide rest and relaxation for citizens (Ifedi, 2009). Unfortunately, above government policies did not receive priority attention from the governments; hence, they were not satisfactorily implemented. Most unfortunately, a good number of recreational spaces provided during urban planning programmes have been converted to commercial, industrial and residential

plots by unpatriotic government officials. Recently, the most popular urban recreation park in Imo State, Nigeria, has been converted to a commercial plot. The failure of the government to provide recreational spaces for use by the citizens is hindering the development of recreation culture. Well equipped government parks would offer the citizenry opportunity to have access to inexpensive recreation facilities.

2.3 The Benefits of Recreation

Recreation, like work, love and worship, has been an important aspect of life for centuries. Music, dances, games, festivals have always been part of life. Therefore, recreation plays an important role in the life of an individual, community and nation. Recreation is a distinct phase of human activity characterized by a particular spirit or attitude, which brings direct satisfaction to human beings (Butler, 2006). There are perceived benefits why people decide to participate in recreation. These vary with the kind of activity, companions, environment and many other factors. The benefits include:

- ❖ Personal benefits
- ❖ Social and societal benefits
- ❖ Economic benefits
- ❖ Psychological benefits.

For these benefits to be realized, recreation areas and facilities need to be made available for people to participate in. Programmes also need to be formulated and people be motivated to participate in recreation activities.

2.3.1 Personal Benefits

Kelly (2007) stated that personal benefits are the outcomes from recreation that begin with the individual. They include enjoyment and all the other components of participation. Personal benefits include excitement, relaxation and escape from an intimate association with other people. Long-term benefits such as self-enhancement through

improved mental health, the development of self-reliance and competence, building relationships of trust and communication, and a renewal of both mind and body are encouraged and developed. Kelly (2007), personal benefits include psychological benefits, mental health benefits, community benefits, child development and character development. Each of these benefits has significant effect as far as personal development is concerned.

- *Psychological benefits* lead to changes in behaviour, personal development, and a sense of well-being.
- *Mental health benefits* limit the problem of stress with its emotional and physical components. The value of recreation as a means of maintaining physical health applies equally to young people and adults. The primary contribution of recreation to the field of health lies in preventing illness and resulting in healthful, happy living.
- *Community benefits* that lead to social interaction.
- *Child development* is accomplished in human development through the life span. Those in childhood and individual are critical because they are the basis for development and fulfillment through life.
- *Character development* which not only develops individual qualities, but influences the growth of social attitudes which affect the individual as a member of the group. Under recreation people are taught respect for rules, fair play, courage and ability to subordinate their selfish interests to the welfare of the group.

Recreation participation must result in the development of an individual's ego and self-esteem. This helps an individual to fit in the society and be able to live harmoniously with other people.

2.3.2 Social and Societal Benefits

Societal benefits are outcomes from recreation that are related to social groups (Lieber & Fesenmaier, 2013). Social groups support and enhance community intimacy; those family and friendship groups that are central in life. Family interaction forms a major element in recreation and life satisfaction of most people (Iso-Asola, 2008). Recreation provides special opportunities for interaction free from many of the routines of home-based interaction. As a result, communication and familial coherence by joint recreation have been witnessed. Many forces in modern life tend to separate people into distinct and often hostile groups based on differences in economic status, social position, race, education or cultural background. Recreation affords a common ground where differences are forgotten in the joy of participation or achievement. Interests and skills in recreation are shared by all classes. The role of organized recreation is to meet the important social needs, first with respect to the overall community and next in terms of population groups that have special problems (Kelly, 2007).

Kraus (2014) summarizes the main goals of community recreation as follows:

- To enrich the quality of life in the community setting by providing pleasurable and constructive leisure opportunities for residents of all ages, background *and* socio-economic classes
- To prevent or minimise anti-social or destructive uses of leisure, such as delinquent behaviour, drug abuse, or alcoholism, by providing appealing and challenging leadership programmes that offer young people desirable and enjoyable alternatives.
- To contribute directly to the healthy physical, emotional, and social growth and development of participants through a varied range of recreational experiences and involvement.

- To strengthen community life by providing residents with the opportunity to work on special projects or programmes in volunteer service role, thus promoting civic pride and morale and neighbourhood unity.
- To provide a release for tension, aggression, or hostility in crowded urban settings, and to channel anti-social drives and impulses into constructive and socially acceptable activities.

Recreation, therefore, provides special opportunities for community interaction and strengthens relationships within the society. Today numerous institutions focus on providing recreation as a way of promoting, teaching and reinforcing organizational values. Organizations like Young Men Christian Association (YMCA), Young Women Christian Association (YWCA), Girl Guides and Scouts provide fundamental foundation values that influence individuals for the rest of their lives (Ibrahim, 2011).

2.3.3 Economic Benefits

The outcomes that add to some level of economy are economic benefits. Such benefits include the contribution of resources to the market, providing employment in the production of goods and services. The economic benefits may be primary, such as income-producing employment; or secondary, such as the demand for goods and services in communities. Leaders in business and industries are realising the way in which their employees spend their leisure influences effectiveness on the job. The provision and utilization of recreation facilities and programmes for enjoyment and the use of their employees and families has been a prime factor in the location of many industries. It has been noted that recreation area and facilities if well-maintained and wisely administered, have caused a marked increase in property value and have proved a factor in maintaining a sound economic condition and a high standard of live ability in a community (Ibrahim, 2011).

2.3.4 Psychological Benefits

Recreation adds to the joy of living. Life becomes richer, happier and more meaningful when certain basic human needs are satisfactorily met. Danford (2014) identifies the psychological needs as to experience a sense of creative achievement, to acquire status or recognition, to be somebody, the need for acceptance, to belong, to be a part of something bigger than oneself, some relief from monotony and boredom, and the need to feel at least some of life's activities, have significance, purpose and meaning.

Recreation lacks meaning unless it adds joy of living to the sum total of human happiness. Happiness is in a world of so much unhappiness. Fun is a part of the good life; life without it would not be worth living. Unless people have fun they will not participate in recreation activities. Danford (2014) added that for those who have the knowledge and skill to use it, leisure provides the opportunities to experience the satisfaction that makes life worth living.

2.4 Overview of Recreational Facilities

In perfect world, demands for recreation activities would be matched by an ample supply of attractive and accessible recreation facilities and resources (Gibson, Macintyre, Wood & Kemp, 2007). Barriers to participation would be absent and satisfaction would be realized. The supply of recreation resources in quantity and quality and in space and time is a fundamental element in creating and structuring fulfilling recreation opportunities (Pigram & Jenkins, 1999). To provide attractively developed recreation areas that meet the recreation needs of its citizens is a major concern of the modern city. Weiskopf (2007) mentions several functions to be performed if adequate recreation areas and facilities are to be provided. These functions are to:

- Acquire, develop, and maintain sufficient land for the needs of the community;
- Provide an organized programme with supervision

- Develop immediate and long-term plans and goals
- Co-ordinate the use of areas and facilities
- Curb the danger of encroachment.

Recreation areas must contain outdoor and indoor facilities that serve both men and women, young and old people. Many facilities can provide opportunities for organised, competitive recreations such as soccer, tennis, rugby, cricket and others can provide recreation for individuals or family groups. Butler (2006) states that the facilities differ widely in the activities made possible, in their construction and operation cost, space requirements, location; in the number of persons served; and in the amount of leadership or supervision required. Recreation areas and facilities should be planned in such a way that they satisfy the needs of the people for whom they have been constructed.

The usefulness of recreation areas depends not only upon their size and location but upon the way they are designed, developed, equipped, maintained, and operated for recreation use. Most of the activities are possible only if fields, courts, buildings, facilities, and equipment are provided. The extent to which a recreation system furnishes such features determines largely the nature and scope of recreation service (Tillman, Volmer, Esslinger & Mccue, 2006). More so, the recreation areas and facilities should be where they are going to be easily accessible to the people for whom they are made. Accessibility can be facilitated by systems of roads or paths of suitable location and width, since tranrecreation networks are basic factors for recreation. Recreation facilities should be well cared for so that they may satisfy the recreation needs of the people for whom they are constructed.

According to Carlson, Maclean Deppe and Peterson (2009), the provision of adequate recreational facilities leads to an increase in recreation opportunities and it also facilitates the profitable use of leisure time. Careful planning is essential to assure

maximum use of the building facilities and equal opportunity to all who desire to participate. They added that recreation activity is not restricted to buildings constructed for such use. Recreation activities can be conducted in schools, churches, industrial plants, settlements, apartment houses, municipal buildings and other institutions. School halls, gymnasiums and libraries can be constructed in such a way that they cater for the staff and the community. Staff and community can perform numerous activities through recreation facilities.

In countries like United States of America there are many schools which have been planned in such a way as to cater for both school and community recreation needs and a large percentage of indoor activities in many recreation programmes are carried on school buildings. Gymnasium periods are divided between basketball teams organized in leagues playing on a schedule and informal groups who meet for low organized games, gymnasium classes, or individual recreations. Music rooms and domestic and industrial arts units require special supervision while used by community groups. TableiJame rooms and reading rooms are usually available for use without restrictions whenever the building is open, although children are sometimes excluded during evenings, except weekends (Shivers, 2008). Among the most important and commonly provided outdoor facilities in modern urban centres are as follows; Soccer fields , Netball courts, Basketball courts, Volleyball courts, Tennis courts, Hockey fields, Golf courses, Swimming pools, Athletic fields, Bowling courts, Cricket fields, Rugby fields and Diving pools.

The above-mentioned recreation facilities are most found in urban areas and only few are found in rural areas and townships. In general, recreation facilities found in rural areas and in townships tend to be less developed than urban areas. The facilities must also be safe for utilisation by anybody. To ensure safety and satisfactory engagement in recreation activities, ample space must be allowed for equipment, game courts and

recreations fields. A recreation facility must inevitably provide for the comfort and convenience of the people who use it. In order to ensure that the recreation areas and facilities are always in satisfactory condition they must be properly supervised and well managed (Shivers, 2008).

2.4.1 Type of Recreational Facilities

Generally, the following due to availability, may encourage or create active engagement of staff in different recreational activities in tertiary institutions, irrespective of location of residence, that is, whether living in an urban or rural area:

- i. Block Playground: This is a small area meant for the use of children or pre-school age. It is a substitute for backyard. It is usually rare except in large scale housing development or suburbs. It should be within reach of children (Shivers, 2008).
- ii. Neighborhood Park: It is a basic recreation area serving the people in a residential neighborhood. It is meant primarily for children between the ages of six (6) and fourteen (14) but contains facilities for older ones including adults. This is best located in the centre of the neighbourhood (Shivers, 2008).
- iii. Community Play Field: This is expected to be a large area, depending on the population of the people in that area. The play field must provide a wide variety of facilities with the children's playground set aside. A portion may be developed as a landscape park (a play field park). The facilities or play fields are comparable to those required by secondary schools, which means the nearby secondary schools can equally make use of facilities (Shivers, 2008).
- iv. Large Urban Park: This also provides a quiet place for the city dwellers to enjoy, and contact with natives within a short distance. It is an environment for enjoying a variety of recreational activities that require more space than is generally available on the types of area previously described [Block playground] (Shivers, 2008).

- v. Regional Park or Reservation: It is a vast area kept primarily in its natural state, part of which can be used for such activities as picnicking, nature study and camping. These types of part are usually outside the boundaries of the city, for example, Gurara waterfall in Niger State, Irin Ijesa falls in Osun State, Tiga dam in Kano State (Shivers, 2008).
- vi. Social Recreation Area: These include areas like golf course, athletic fields, swimming pools and stadia are often provided on separate sites. They usually have definite space requirements. But in most cases definite location standards for special recreation areas are not practicable (Shivers, 2008).
- vii. Small Landscape Park: It provides a bit of nature in a congested neighborhood, a restful breathing spot in a business area. It usually contains lawn, shrubbery and trees. It has no standard size (Shivers, 2008).
- viii. Parkway: It is elongated area with a road running through it and is meant for pleasure traffic. It may afford a connection between the centre of a city and more outlying park areas and serve as circumferential highway connecting large units of a system (Shivers, 2008).
- ix. Mini Park: A small open space usually in a congested neighborhood with installed equipment for children's play or facilities for young ones. It is usually privately funded and is a substitute for public recreation areas (Shivers, 2008).
- x. Other Types of Recreation: These are squares, plaza, museums, zoological gardens, botanical gardens, nurseries, community gardens and other special purposes. There is no definite standard for these facilities (Shivers, 2008).

In addition, Oyakhilome (2005) maintains that the Nigerian tourism and recreational materials consist of:

- i. Eco-tourism Assets: Nature-based tourism including national parks, game reserves, sanctuaries and wetlands.
- ii. Heritage/Cultural Tourism and Recreation: The cultural assets, especially the festivals are amongst the most fascinating the world over; the land of a million dances with museums of finest collections of arts and crafts, palaces heritage sites, monuments, and so on.
- iii. Sports Tourism and Recreation: Nigerians sporting activities like soccer, athletics, golf, professional and traditional wrestling, and so on.
- iv. Conference/Business Tourism: Nigerians have emerged as one of Africa's centre of business and conferences in cities like Abuja, Lagos and Port-Harcourt.
- v. Beach Tourism and Recreation: Nigeria has over 700km of coastline covered with unpolluted sandy beaches ready for investment. Prominent areas and sites are Lagos, Port-Harcourt, Bonny and beaches, among others.
- vi. Holiday Resorts: There are other leisure and holiday resorts developed around natural physical attractions, like the Obudu ranch resort, the Farin Ruwa waterfalls, the Ikogosi warm spring resort, Badagry beach and Port-Harcourt tourist beach.
- vii. Adventure Safari: Mountain/plateau experiences, rock climbing, trekking, etc.
- viii. Rural Tourism and Recreation: Village life styles, farm houses, ranches and plantations, hunting, historic places and gardens.

Jacky (2002) listed the following as recreational facilities that people in Nigeria can be motivated to utilize, in order for them to actively take part in recreational activities:

- i. Swimming: To engage in swimming, the consumers need facilities like streams, rivers swimming pools, swimming trunks and swimming caps and trunks for women.

- i. Dance Aerobic Studio: 3,800 square feet hard wood aerobic floor.
- ii. Locker and Shower Facilities: This includes both dry lockers and rental lockers.
- iii. Archery: In archery, the consumers need bow and arrow as well as target board.
- iv. Climbing Walls: The consumer needs 2,000 square feet of vertical rock climbing area.
- v. Saunas: Located in men's and women's locker rooms.
- vi. First-Aid Room: This is open during peak facilities usage hours, staffed by well trained personnel; certified in advanced first-aid. Also available on an appointment basis, is a fitness testing and consultation programme directed by an exercise scientist.
- vii. Whot Card and other Card Games: In carrying out these activities, the consumer needs playing cards. They are of different types, depending on one's interest and choice.
- viii. Darts: Darts board and the darts are highly in need.
- ix. Drought: The facilitates needed by the consumer are boards and playing beads made of wood. The board is divided into squares and is in two different shapes.
- x. Ludo: The facilities needed are ludo board, counters and dice. The counters are sixteen and in four different colours, mostly blue, green, yellow and red.
- xi. Zoological Garden: Monkeys, snakes, lions, tigers.
- xii. Conference Room: The facilities needed are television, tape recorder, ludo drought, chess, newspapers.
- xiii. Holiday Resort: Swimming pools, table tennis, television, shower rooms etc.
- xiv. Cycling: The equipment needed in carrying out cycling activity is bicycle. The consumers need bicycles to do cycling at their leisure (Jacky, 2002).
- xv. Traditional Wrestling: The facility needs a ring or space.

- xvi. Sway: The facilities needed here are designated pitch, stone or wooden dice.
- xvii. Gardening: In gardening, the consumer needs a plot and land, cutlass, hoes, rakes (Jacky, 2002).
- xviii. Fishing: Net, canoe and water.
- xix. Excursion and Camping: There is need for writing materials, dresses, balls, ayo, drought, cards, monopoly.
- xx. Table Tennis: The consumers need table tennis table, bats and balls, for both indoor and outdoor recreation.
- xxi. **Ayo:** This game requires rectangular block wood, seed, omo-ayo (Jacky, 2002).

The Fitness Center located in some Universities/Colleges building is open daily for the College community. Since the Grand Opening on April 14th, 2008, the Fitness Center provides of free weights, weight machines, cardiovascular machines, a dance room and various group fitness classes; everything you need to help improve flexibility, develop strength, tone muscles, increase cardio respiratory fitness, reduce body fat and improve overall health and wellness. The College outdoor pool, mostly located on the end of campus, is open daily from 12PM-6PM and is comprised of six 25 yd. swimming lanes and a 12 ft. deep tank. In addition to recreational swimming, the pool is used throughout the year to host many campus events and celebrations (Onyewadume & Nwaogu, 2006).

In addition to hosting varsity/ Colleges soccer games, the North field is available for the intramural and club sports programs. The intramural program uses the North field for flag-football, soccer, and kickball. Club sports teams that call the North field home are the men and women's rugby teams, men and women's lacrosse teams and the club soccer team (Onyewadume & Nwaogu, 2006).

2.5 Utilization of Recreational Facilities by academic and non academic staff in Nigerian tertiary Institutions

Mass participation in recreation simply means an increase in a nation's population in recreation participation, which extends to the grassroots level. The concept of recreation participation dates back to the middle age era when the great Greece and Roman empires were in dire need of developing a large army of able bodies to defend their territorial integrity. This quest subsequently led to establishment of schools or places where a large number of youths in their societies were trained to receive discipline and made physically fit through physical activities and recreations. Activities such as ball games, callisthenics, gymnastics, wrestling, boxing, swimming, archery, fencing and many others were the main programmes carried out in these centres. These programmes were not restricted to men alone; but also to physically fit and healthy women who could give birth to strong and healthy children. This was needed to maintain the future of their nationhood, as young women actively participated in these programmes (Roche, 2013).

According to Creed (2004), this situation generally brought mass participation of citizens of these ancient empires in recreations and physical activities, this eventually metamorphosed into the Ancient Olympic Games. Later on in response to defeat by some European nations during the world war, many of them resorted to physical education and recreations to programmes to prevent future occurrence of what they suffered during the war. Notably, countries like Germany, Sweden, Great Britain, France, Spain, encouraged their citizens to take part in physical activities and recreations (Andersen & Liassen, 2013).

In the former Union of Soviet Socialist Republic (USSR), the leaders of the revolution saw physical education and recreations as a means of national integration to bring the 15 states that made up the USSR together. The new republic also believed that

physically fit and healthy citizens will better sustain the growing national economy of the new republic through more productive life and therefore, vouched for mass participation in physical activities and recreations. To actualize these goals, the then Soviet Union Government instituted times and periods where both school children, University staff, government and industrial workers and the general public were to engaged in one form of physical activity and recreations or the other (Bitrus, 2005).

The Asian countries of Japan, Korea and China were not left out in the effort to encourage mass participation in their domains. China and Japan have been in the forefront of mass recreation participation programmes in Asia. African nations particularly in the sub – Sahara region and recently South Africa are also crusaders for mass recreation participation. Today, the quest for mass participation in recreations is being championed by the United Nations, and it is moving like a wild fire among all nations of the world. The former Secretary General of the United Nations, Dr. Kofi Anan in his speech during the declaration of the International Year of Recreation and Physical Education (IYSPE) in 2005, stated that, People in every nation love recreation. Its values: fitness, fair play, teamwork, and the pursuit of excellence – are universal. At its best, it brings people together, no matter what their origin, background, religious beliefs or economic status. In addition, when young people participate in recreations or have access to Physical Education, they can build their health and self-esteem, use their talents to the fullest, learn the ideals of teamwork and tolerance, and be drawn from the dangers of drugs and crime. That is why the United Nations is turning more and more to the world of recreation for help in our work for peace and our efforts to achieve the Millennium Development Goals (Sampam, 2005).

Furthermore, With the declaration of the year, 2005, by the United Nations General Assembly as the International Year of Recreation and Physical Education. Governments,

International Organizations, and Community groups everywhere have used this occasion to consider how recreation can be included more systematically in plans to improve people's lives (Sampam, 2005). Most nations across the globe have set machineries in motion to encourage and promote mass participation in recreation through, 'recreation for all programme (Sampam, 2005).

Tertiary institutions in this context refer to post secondary or higher institutions of learning that are found within the Nigeria nation. These institutions include the universities, colleges of education, polytechnics and other similar institutions that learning is offered at the higher level. These institutions as per the practice in Nigeria are in most cases located at the outskirts of cities inhabited by rural communities or where the under privileged people live because large expanse of land are always available for future development of such institutions. However, the development that always accompanies the establishment of such institutions transforms these rural communities into urban areas with time. A typical example is the establishment of Ahmadu Bello University, Zaria and the transformation of Samaru village into a semi-urban centre. The presence of the institution has transformed every aspect of life of the community including their recreation culture. Up to date the rural areas enjoy the privilege to have most of these institutions sited in their domain.

According to Oduyale (2004), tertiary institutions particularly the universities in many parts of the world, faculty members looked down on recreations as non-academic and have therefore, developed negative attitude toward it. This was true of countries in Europe and the United States. Kabido (2001) postulated that during medieval period times, university staff sporadically played games and recreations in defiance of restrictions and under threat of punishment. Negative attitude towards recreations at the universities was very common among academicians who saw no value in recreations; and most of them

threaten staff who took part in intramural and interscholastic recreations. Even with this negative attitude and repression, staff still form recreations clubs and promote both intramural and inter- collegiate athletic competitions. However, the situation has changed, today Tertiary institutions all over the world are interesting and largely involved in recreation programmes of their various institutions. Today the practice has made a significant improvement.

According to Bitrus (2005), the Universities and other tertiary institutions have taken recreation more seriously. These institutions probably because of large sums of money they got from staff as recreations fee, now allocates large sums of money for recreation development in areas of facilities, provision of equipment and logistics for recreations as well as training programmes. Tertiary institutions have gone further in creating departments to handle recreations within the general administrative set up. These offices in most cases are headed by a director or a recreations coach with several subordinate officers serving under him. The officers include coaches who are specialists in various recreations. Staff from Physical and Health Education Department, sometimes made to work hand in hand with these recreations offices in the institutions where they exist as coordinators of recreations (Bitrus, 2005).

Given this advantage in addition to availability of facilities and equipment, there is often a greater enthusiasm for participation in recreations among staff of tertiary institutions particularly the universities than at other levels. Today the establishment of Nigeria University Games Association (NUGA), Nigeria Colleges of Education Games Association (NICEGA) and Nigeria Polytechnics Games Association (NIPOGA) has offered tremendous opportunity to staff of tertiary institutions to participate in a wide variety of recreations, which the staff welcomed with great enthusiasm, and have participated in all the recreations available in the various institutions. Series of

competitions have been held among these institutions with credible records of performance (Omoruan, 1996).

The result of participation in recreations by the staff in the tertiary institutions is that, it has produced recreations men and women who have represented Nigeria at important regional and world recreation events such as West African Universities Games, FISU Games, All African Games, Commonwealth Games, the Olympic Games and a host of other national, regional and international open championships in recreations. Through the activities of these tertiary institutions, Nigeria's image has been greatly enhanced in Africa and the rest of the world as a recreation nation (Omoruan, 1996).

Recreations in tertiary institutions in Nigeria took its course when the majority report of Elliot commission submitted in 1945, recommended the establishment of a University College in Nigeria and Gold Coast (Ghana) was approved. When the university eventually took off in 1948, in Ibadan, staff from old Yaba College who gained admission to the university brought with them various games they had been playing at Yaba College, Lagos. These recreations include cricket, Tennis, table tennis, field hockey, football (soccer), swimming, and athletics (track and field) (Oduyale, 2004).

As earlier mentioned, the individual efforts put by the staff of the University of Ibadan to organize recreations gave them the confidence to cross Nigeria borders and look for a counterpart in the field of recreations at Gold Coast University College, Ghana. These two institutions had their first series of games in March, 1951, and this continued for a period of fourteen years. While the friendship between the two University Colleges were going on, the National Union of Nigeria Staff on the other hand had single handily organised a biannual recreation competition among the then Nigeria tertiary institutions since 1959 (Ladani, 2008).

The institutions involved were Technical and Teachers' Training Colleges, Federal Emergency Science School, the Colleges of Arts and Science and Technology and the University College, Ibadan. Three campuses of the Nigeria Colleges of Arts, Science and Technology were converted into full fledged Universities. Therefore, when the last of the NUNS games were held at Ahmadu Bello University, Zaria in 1965, there were eight institutions of different categories namely: Ahmadu Bello University, Zaria, University of Ibadan, Ibadan, the University of Lagos, Lagos, the University of Ife, Ibadan branch, Ibadan, Ransome – Kuti College of Education, Ibadan, Olunloyo College of Education, Ibadan, Adeyemi College of Education, Ondo and School of Pharmacy, Zaria (Ladani, 2008). All this while, the staff were solely responsible for organizing and sponsoring recreation activities among themselves from one campus to the other (Kabido, 2001).

Omoruan (1996) supported the above statement, accented that, the then National Union of Nigeria Staff in the late fifties comprising of Universities, the Polytechnics, Colleges of Education and Advance Teachers' Colleges which are higher institutions of learning gave impetus to their joint recreation activities. Omoruan also added that with the increase in the number of staff coupled with financial and administrative constraints, it soon became necessary that each go its way. As a result of this, there emerged the Nigeria University Games Association (NUGA), the Nigeria Polytechnic Games Association (NIPOGA), and the Nigeria Colleges of Education Games Association (NICEGA).

The pattern of administration of recreations in all these higher institutions of learning was the same. However, the existence of the Departments of Physical and Health Education in some of them created some differences. In all these tertiary institutions of learning, recreation programmes was mainly a welfare service to the staff and hence the administrative set up is always attached to the Staff Affairs Division in the Registry Department. Initially, the staff played the greater role of responsibility in recreations

management with little assistance from the officers of the staff Affairs Division and few academic staff members. This soon developed into a situation where senior administrative staff of the Staff Affairs Division took up the leadership role of recreations, working closely with the captains of each recreation. The staff Union executives of each institution soon created a post of recreation secretary, popularly known as minister of recreations (Bitrus, 2005; Omoruan, 1996).

Today, beside the intramurals recreation activities going in each division of tertiary institutions in Nigeria, there are also extramural and friendly recreation activities taking place among staff in these institutions of higher learning. Since the inception of games associations in Nigeria tertiary institutions, they have continuously held biannual recreations competitions at their respective levels. These competitions have no doubt brought about recreation development to these institutions, the communities where they are situated and Nigeria at large. These developments took place in the area of facilities, management, participation and performance. For instance, since the inception of NUGA in 1966, it has held 22 biannual competitions hosted by several Nigeria Universities. These competitions have greatly brought transformation of recreations facilities in these universities. Today many universities in Nigeria can boast of having stadium, standard swimming pool, multipurpose recreations hall and standard pitches for ball games (Bitrus, 2005).

These facilities have not only benefited the university communities alone but, also benefited their host communities, thereby encouraging greater participation among staff and members of the communities. Also, from these university games, Nigeria has discovered talented athletes who have represented the nation in world class recreation contests, such as West African Universities Games (WAUG), FASU, FISU, All African Games, Commonwealth Games. Examples of these athletes are Dr. George Ogan, a

Commonwealth games medallist in 1966 and 1970 in long jump, Miss Saidat Onanuga an international 400 metres hurdler. Others were Udeme Ekpeyong, Akinremi sisters (Omotayo and Omolade), Felix Owolabi, Daniel Effiong and a host of others. On the side of recreation administrators, we have people like professor Ajisafe, Dr. Amos Adamu, Dr. Yusuf Tijjani, Dr. Musa Dogonyaro, Alhaji A.K. Amu, Taiwo Ogunjobi and many others (Bitrus, 2005).

On the other hand, NATCEGA and NIPOGA, which started in 1965 and 1976 respectively, grew rapidly and as well contributed to the development of recreations in Nigeria. For instance, NATCEGA, which started with six institutions participating in 1965, had thirty-five institutions who participated in the 1992 games in Azare, Bauchi State. The sharp difference in participation in the 1992 event is an indication that the games have made impressive progress since its inception. In addition, participants in the first NIPOGA game at Ibadan in 1976 were eight institutions; however, this figure rose to twenty-five institutions at Yaba games in 1985 in Lagos. This was an incredible outing compared with to the eight institutions in 1976; this is another pointer to recreation development in Nigeria that was brought about by the tertiary institutions in Nigeria (Ladani, 2008).

In the opinion of this researcher, these games have also brought an increase in the area of facility development, staff and community participation in recreation activities. In addition, with all these records, the influence of Nigeria Tertiary institutions in the development of recreations in Nigeria cannot be ignored.

2.6 Factors affecting the utilization of recreational facilities among academic and non academic staff of tertiary institutions

There are several numbers of factors that determines both the forms and the participation of recreational activities in any given urban environment. These can be classified into physical, time, socio-cultural and economic factors among others.

2.6.1 Physical Factors:

Physical factors categorized as land and water bodies have great influence on the development of recreational activities. The location of natural resources is a major determinant of recreation patterns. Some of the important resources includes land, mountains, hills, lakes, rivers, other water bodies, forest etc. Generally, physical resources could support land-based activities (mountaineering, football, car-racing etc), biologically-based activities (game viewing), and scenic-based activities [waterfall viewing, picnicking] (Attah, 2006).

2.6.2 Time Factors:

Recreational activities use time. Time is an important factor in participation. Long uninterrupted period of time may be necessary for participation. In Nigeria, the eight (8) hours a day and 5 days a week with two (2) days free at the weekends observed by Government workers provide time for some to devote to recreation. In addition, National and religious holidays have helped in providing time especially for others to participate in recreational activities (Jibrin, 2009).

2.6.3 Socio-Cultural Factors

Socio-cultural factors such as age, sex, education and religions are important determinants of recreational activities in any community.

Age: Age affects the type of recreational pursuit of an individual. The youth were noted to participate more on active and outdoor recreation than the elderly. Briton (2011) has

identified the age group 18-25years as those that participate maximally in outdoor recreation activities.

Gender: some recreational activities are exclusively or mainly done by males e.g females may be constrained by domestic responsibilities, a shortage of free time, gender stereotype and expectations. It has been established that except for individual of less than 10years old, males of all age-group have more leisure time than females (Gold, 2008).

Educational: Educational level shows some form of relationship with leisure time activities. It affects both types and level of participation. Studies carried out by Shalfanda (2012) have shown that those with western education tend to participate more on recreational activities and vice-versa. This is mainly because educated people are more widely exposed to a variety of ideas and experiences, which broaden leisure interest and promote habits of varied participation. It is also partly a reflection of the influence education has on occupation and income level.

2.6.4 Economic Factors

There is a very strong correlation between income and recreation. As income increases so does participation in most recreation activities. This is more so with recreational pursuits such as polo, golf, etc that requires substantial amount of money for equipment. Vehicle ownership is very important as mobility for recreation and it is a factor of income. Certain recreational activities usually take place with increasing mobility. Vehicle ownership became very important where recreational facilities are located away from residential areas and public recreation is not convenient in terms of time, cost and comfort (Attah, 2006).

2.7 Review of Recreational Activities in Nigeria and the World

The modern sense of recreation began with the industrial revolution. However, the earliest patterns of urban recreation behaviour in America originated in 17th century

England. The puritans who first settled the American colonies disapproved of recreations, games and amusement. Despite their sanctions against recreation, they devoted much time to husking bees, tavern recreations, hunting, fishing and country fairs. They were also instrumental in establishing the Boston commons in 1634, this was the country's first urban public open space used for recreation (Gold, 2008).

The industrialization and urbanization of the early 1800s and the decreasing workweek began to exert several new influences on recreation patterns. Indoors recreations become more common. In the latter half of the century, organizing recreations rose to prominence. Many of these activities took place in what seemed to be a limitless expanse of open space or undeveloped areas in and around cities. But this was soon to be changed with the growth of industrial society, large urban centres and residential slums (Gold, 2008).

In the early 20th century (1900-1940), a need for general policy on recreation was recognized. The Antiquities Act of 1906 provided the authority for the Federal government to establish historic, scientific or cultural sites as national monuments. In 1916, the National park service within U.S Department of the interior was established. This period also heralded the beginning of emphasis on organized programme and professional leadership, planning and management. One other notable trend of this period was an effort toward neighbourhood organization reflected in "new enthusiasm for local organizations (Gold, 2008). During the First World War, the recreation movement focused its resources on providing diversions for soldiers. Depression of the 1930s had some influence on recreation movement. Economic hardship reduced attendance at commercially based recreation areas and created soaring demand for available public facilities, which attracts little or no fees.

During the Second World War period (1941-1946), the emphasis was on the values of recreation for the armed forces, industrial workers and civilian morale (Gold, 2008). It witnessed the beginning of labour union involvement in the movement and close association of organization i.e. YMCA (Young men Christian Association), American Red Cross, etc to supply some of the programmes and facilities the government could not because of manpower and equipment shortages. This period saw the growth of industrial and therapeutic recreation and the beginning of Federal aid to assist local communities in providing leisure services (Butler, 2006).

The post-war period (1946-1960) witnessed a boom in urban development and had a marked effect on recreation use patterns and development. The rapid expansion of schools, parks, and all types of recreational areas was unprecedented and based on a drastic change in the population composition, mobility, amount of disposable incomes and increase in leisure time for large numbers of the developed societies. The issue of post-war reconstruction affected virtually every aspect of public policy. Three things in particular had changed, and they combined to influence important attitudes towards the protection of scenic quality and opportunities for outdoor recreation. The first is the role of agriculture in landscape management. The second is the strengthened land use planning system. The town and country-planning Act 1947 provided for the obligatory preparation of development plans covering the whole of U.K. The third, was the rapid increase in informal recreation in the country side, based on the family, car-borne excursion, demand multiply for picnic sites, lay-bys, car parks, access to beauty spots and the opening up of water space (Sue, 1993).

During what could be described as space age that is 1960 - 1970 and beyond, its generally observed that people in the developed societies preferred simple, more convenient and less expensive forms of outdoor recreation that do not require great

expenditures of money or time. Swimming, picnicking, outdoors games, attending recreations events and concerts and walking for pleasure were the most popular outdoor recreation activities in the more developed societies.

The patterns and trends of recreational activities in Nigeria have been identified by Ojo (2014) to constitute three main phases. These phases are: precolonial, colonial and post-colonial periods.

a. Pre-Colonial Period:

In the pre-colonial period, the people were mostly self-employed; the economic was agriculture, pastoral and crafts. Recreation at this period was limited and consisted of time not giving to working, eating, sleeping or performing other essential occupation as determined by individual. Recreational activities during this period (pre-colonial) had the following characteristics:

- i. The recreation activities were home-based and took place within premises of houses or within the immediate surroundings.
- ii. The activities were organized by people of the same age group or sex group for example kokawa, dambe and gada among the Hausas.
- iii. Some of the activities were organized by people of the same profession. For example “igbante (hunting) among the Ibos.
- iv. Some of the recreational activities took place during religious festivals, birth ceremonies, initiation, wedding, installation and funeral, which consisted large measures of activities in which everyone participated.

During this period, recreational activities were not organized on commercial basis but rather it was a part of social living of the people.

b. Colonial Period:

In this period, there was diversification of activities. Apart from their primary occupation, a good number of the people were engaged in secondary and tertiary activities. This period witnessed the emergence of the white collar workers who earn income and obtained leave allowances meant for rest and relaxation (Eneke, 2016). In this period also, religious and educational holidays were introduced. In this period recreational activity such as: swimming, hunting, golfing, horse riding, football, social clubs etc were introduced. The colonial period marked the major turning point in the patterns and trends of recreational activities from being wholly traditional to the modern recreational activities.

c. Post-Colonial Period:

In this period, the economic situation set in motion certain forces, which single or jointly were conducive to the rapid development of recreational activities in Nigeria. This period witnessed the introduction of more efficient and easy forms of transportation, such as rail, road, water and air transportation system. This transportation system gave the people the opportunity to explore or visit recreational area located a way from one's residential area. This period also witnessed the engagement of people in non-agricultural jobs like factories, commercial houses, government and institutional offices. Other factors that influenced recreational activities include the following:

- i. More people were engaged in secondary and tertiary occupations. This means more discretionary time and income for the workers.
- ii. The introduction of western education and religions resulted in formal recognition of leisure hours partly in the form of schools and religious holidays.
- iii. The period also marked the decrease in working days from six to five days with Saturdays and Sundays free for government employees.

iv. There was also a marked increase in income because of the Morgan and Udoji salary review commissions.

v. Urbanization has also helped greatly in the increasing emergence of urban centres and has favoured the rapid growth in the recreational activities in the country. This is because urban centres are where recreational facilities are readily available and with reduced working days workers could afford to spend money and time to avail themselves of the available recreational facilities. These forces have resulted in increasing participation in recreational activities especially in those termed modern. This has increased the pressure on recreational facilities (Ojo, 2014).

2.8 Empirical Studies

Ajibua (2012) carried out a study titled Level of Leisure Activity Involvement among Academic and Non-Academic Staff of Tertiary Institutions in Ondo State. The aim of his study was to look into the level of leisure activity involvement among academic and non-academic staff in tertiary institution in Ondo State. For the purpose of the study, 200 academic and 200 non-academic staff were selected from the five government-owned universities in the state using purposive sampling techniques. Thus, total respondents were 400. The results showed that there was a significant difference in the level of leisure activity involvement among academic and nonacademic staff. Also, 30% of the academic staff were found to have involved more in moderate leisure activities, while 40% non-academic staff participated more in activities with low intensity. When the available free-time among the academic and non-academic staff was examined, it was discovered that non-academic staff have more free-time than the academic staff. It showed that the frequency of academic staff involvement in leisure-time physical activities were once or twice a week, but the non-academic staff were involved in leisure activities more than

twice a week on regular basis. Finally, the study revealed that various social groups participated in leisure activities differently.

Adisa and Oloyede (2013) carried out a study on inhibitors to recreational sports participation among academic staff in Osun state college of education, Ila-orangun, Nigeria. The study investigated the inhibitors to recreational sport participation among academic staff in Osun State College of Education, Ila-Orangun, Nigeria. The population for the study consisted of all academic staff of Osun State College of Education, Ila-Orangun out of which a total of 157 respondents were selected through purposive and maximum variation sampling technique from 5 schools that were randomly selected. Three hypotheses on the effect of participation in recreational sports on Health Status were tested, and all were found significant after subjecting them to chi-square analysis at 0.05 level of significance. Based on the findings of this study it was concluded that job demand, lack of motivation and erroneous belief are some of the inhibitors to recreational sport participation among academic staff in Osun State College of Education, Ila-Orangun. It was therefore recommended that the college management should carry out a comprehensive auditing of the academic staff work load with the aim of reducing it.

In another study, Damaro and Aruoren (2015) on the outdoor recreation activities among staff in academic institutions. The aim of the study was to investigate to investigate the views of employees in the university to ascertain if outdoor recreation activities in Nigerian universities are spontaneous or strategically planned towards building effective human resource management. Survey research design was used and with random Sampling, 395 university staff (academic and nonacademic) staff from selected universities was sampled. Data collection was through distribution of questionnaire and results were analyzed. The contingency table using the 2 X 2 matrix, the Yates correction method and the Chi-square (χ^2) statistical tool was used to test the validity of the

proposition raised in this paper. Findings from the study showed that, 73.7% were of the notion that strategies on outdoor activities are more spontaneous. It was recommended that advance planning for staff outing and recreational activities that include selecting participants, venue, inclusive dates and line-up of activities were essential for the success of the event.

On time or work load as determinant of participation in Physical Activity, Onyewadume and Nwaogu (2006) conducted a study on perceived barriers to recreational activities for healthy living among academic staff of College of Education, Warri, Delta State, Nigeria, using 172 academic staff, the result showed that 45.9% of the respondents indicated time as barrier to recreational exercises for health promotion and maintenance. The time stated here for university lecturers to participate in physical activity is officially made available by the university authority or management. Official policy on time, physical activity programmes, enforcement, regulation are all important determinant identified as policy factors in Ecologic Model. They reported that barriers such as heavy workload and lack of time were identified in a qualitative examination of the small, rural worksites in obesity prevention in Georgia. However, Keating (2007) noted that University authority timing of the PA is one of the important factors in participation. Social class is also identified as a determinant in participation in sport and physical activity (Wilson, 2012). Therefore, higher academic qualification and rank which associated with higher social class may motivate people to participate in sport as recreation and physical activity to promote health.

Ukpong and Ikpeme (2010) carried out an investigation on Recreational Activities of Lecturers in Some Tertiary Institutions in Calabar, Nigeria. They aim of the study was to investigated the recreational activities of Lecturers in the University of Calabar and Cross River University of Technology, Calabar, Nigeria. One hundred Lecturers in various

Faculties of Education, Arts, Agriculture, Sciences and Social Sciences were randomly sampled for the study in which questionnaires were used. The results showed that the Lecturers had little inclination to recreational pursuits. Only a negligible number engaged in vigorous outdoor activities. As a result, the available recreational facilities within and outside the campus were not fully utilized, even during national holidays and free weekends.

The study conducted by Kayode and Tajuddeen (2011) examined the social factors predicting recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. It employed the use of descriptive survey design, simple random sampling technique with the fish bowl method adopted to select 12 government owned tertiary institutions. One thousand six hundred and twenty five (1,625) respondents were selected through stratified sampling technique. The instrument used was a self-developed and validated Recreational Sports Questionnaire on Likert Scale Type. Multiple Regression Analysis was the major statistical tools used for the data analysis. It was revealed based on the hypothesis tested at 0.05 alpha levels that the variable of health status, skill level was not significant. However, variables on geographical feature and occupational demand were found to be significant predictors of recreational sports participation of academic staff. Authors recommend that the importance of recreation on health and other aspects of life should be emphasized by university authorities to promote efficiency and productivity of academic staff.

2.9 Summary

The study investigated the utilization of recreational facilities among staff of tertiary institutions in North-western states, Nigeria. Recreation is an activity engages in during free time enjoyed and recognized as having socially redeeming values. Unlike leisure, recreation has a connotation of being morally acceptable not just to the individual

but also to the society as a whole. This means that activities deemed socially acceptable for recreation can change over time. Participation in recreational activities affects quality of life and life satisfaction. Also, recreation is a vital social issue, which needs to be addressed all the time. Also, recreation provides opportunity for young people to test their skills, physical endurance, compete against others, better their standards, and broaden their general life experience.

Provision of adequate recreational facilities leads to an increase in recreation opportunities and it also facilitates the profitable use of leisure time. Careful planning is essential to assure maximum utilization of the facilities and equal opportunity to all who desire to participate. Among the most important and commonly provided outdoor facilities in modern urban centres are Soccer fields , Netball courts, Basketball courts, Volleyball courts, Tennis courts, Hockey fields, Golf courses, Swimming pools and Athletic fields.

Academic staff are those working as lecturers in tertiary institutions and their primary duties include teaching and conducting research while non-academic staff on the other hand, are those working in administrative offices such as accounts, works, audit and students affairs division, and the like. Both academic and non-academic staff needs to participate in recreational activities after working hours but the non-academic seems to stay longer hours at work than their academic staff, even though both staff are expected to enjoy a free time for daily recreation.

Literature pointed out the problems and benefits of recreational activities which include; personal benefits, social and societal benefits, economic benefits and psychological benefits. Factors affecting the utilization of recreational facilities were also identified such as; physical factors, time factors, socio-cultural factors, economic factors.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This study investigated the utilization of recreational facilities among staff of tertiary institutions in North-west states, Nigeria. This chapter described the research design, population of the study, sample and sampling technique, data collection instrument, validity of the instrument, reliability of the instrument, data collection procedure and data analysis.

3.2 Research Design

Descriptive survey research design was used for the study. This is line with Adeloye (2000) who stated that descriptive survey is the one in which a group of people or items are studied by collecting and analyzing data from few people or items considered to be the representative of the entire group. This design was found suitable for gathering data concerning facts and opinion of the respondents in regard to the study.

3.3 Population of the Study

The population for this study comprised all academic and non-academic staff of all the tertiary institutions in North-West states of Nigeria, with a population of thirty thousand thirty nine (29,242) staff, (12, 450 Academic staff and 16,792 Non-academic staff), (Establishment Departments of all the institutions, 2015). Table 3.3.1 below shows the breakdown of the population of staff in the tertiary institutions that were used for study.

Table 3.1: Distribution of Population of Staff of Tertiary Institutions in North-West States, Nigeria based on the institutions:

S/N	Names of the Institutions	Academic staff	Non-academic staff
Universities:			
1	Usman Danfodio University Sokoto	635	914
2	Sokoto State University	211	379
3	Federal University, Gusau, Zamfara	231	360
4	Federal University, Kebbi	209	247
5	Kebbi State University, Aliero	302	457
6	Kaduna State University	287	391
7	A.B.U Zaria	1, 833	2, 264
8	National Open University, Kaduna	83	43
9	North-west University, Kano	241	311
10	Bayero University, Kano	1,225	2098
11	KUST, Wudil	434	551
12	Umaru Musa Yar'adua University, Katsina	219	388
13	Federal University, Dutsinma	198	322
14	Alkalan University, Katsina	126	126
	NDA Kaduna	158	198
1	Colleges of Education:		
2	FGGT Gusau	217	306
3	College of education, Maru	199	203
4	FCE Zaria	313	431
5	COE Kafanchan	512	298
6	Yahaya Hamza COE Kaduna	123	191
7	Kebbi State College of Education, Argungu	198	212
10	FCE Kano	372	587
11	FCE (T) Bichi	131	221
12	Sa'adatu Rimi Kumbotso, Campus	436	563
13	FCE Katsina	237	383
14	Isa Kaita College of Education, Dutsinma	172	226
Polytechnics:			
1	Federal Polytechnic Kauranamoda	203	297
2	Federal Polytechnic Birnin Kebbi	103	209
3	Kebbi State Polytechnic	163	177
4	Kaduna Polytechnic	1,466	1,771
5	Nuhu Bamalli Polytechnic	373	344
6	Kano State Polytechnic	275	344
7	Hassan Usman Katsina polytechnic	320	412
8	Katsina State Polytechnic	274	370
Total		12, 450	16, 792

Source: Establishment Departments of the above institutions (2015).

3.4 Sample and Sampling Technique

The sample of three hundred and sixty four (364) respondents were used for this study. This is in conformity with the suggestion of Krejcie and Morgan (1970), who stated that for any population of five thousand, the sample should not be less than three hundred and fifty seven. A multistage sampling procedure was used by the researcher to select the sample for the study. This is in line with the view of Njodi and Bwala (2004) who stated that multistage sampling is a procedure carried out in phases and usually involves more than one sampling method. They further stated that in a very large and diverse study population, sampling may be done in two or more stages. The following are the stages for sample selection in this study:

Stage 1:- Simple random sampling technique was used to select three (3) states out of seven in north west Nigeria. The procedure was as follows; name of each state was written on a piece of paper; the pieces of paper were folded, mixed and shaken vigorously inside a container. The researcher and the research assistants represented the states by picking three of the folded papers one after another. The names of the states picked were automatically formed the sampled states for the study.

Stage 2: Stratified sampling technique was use to stratify the institutions from the selected states were stratified based on University, Polytechnics and Colleges of education.

Stage 3:- 6.5% of the total population of each of the selected institution was proportionately used by the researcher as a sample of this study and subsequently simple random sampling technique was used to select the respondent for the study, as presented in table 3.3.2.

Table 3.3.2: Distribution of the sample used for this study

Names of the Institutions	Non-Academic Staff		Academic Staff		Total
	Population	Sample 6.5%	Population	Sample 6.5%	
Umaru Musa ‘Yar’adua University, Katsina	388	25	219	14	39
Federal University, Gusau	360	23	231	15	38
North-west University, Kano	311	20	241	16	36
Federal College of Education, Kano	587	38	372	25	63
Federal College of Education, Katsina	383	25	237	15	40
Federal Girls College Technical Gusau	306	20	217	14	34
Kano State Polytechnic	344	22	275	18	40
Katsina State Polytechnic	370	24	274	18	42
Federal Polytechnic Kaurannamoda	297	19	203	13	32
Total	3346	216	2269	148	364

3.5 Data Collection Instrument

The instrument for data collection was a researcher’s developed questionnaire tagged “Assessment of Use of Recreational Facilities among Staff of Tertiary Institutions Questionnaire (AURFSTQ). The modified 4-point Likert scale of Very Large Extent (4 points), Large Extent (3 points), Moderate (2 point) and Not at all (1 point) was adopted. The questionnaire for this study was broken-down into two sections: Section “A” was on the demographic data of the respondents while Section “B” was on the use of recreational facilities among staff of tertiary institutions in North-West states, Nigeria.

3.6 Validity of the Instrument

The instrument for this study was given to five (5) specialists in the Department of Physical and Health Education, to check for content validity. Their comments and

observations were incorporated in the final draft of the questionnaire to the satisfaction of the supervisor before administration.

3.7 Reliability of the Instrument

To obtain the reliability of the instrument, a pilot study was conducted using twenty (20) Academic and Non-Academic Staff of Bayero University, Kano (B.U.K). A Split-half reliability test was used to determine the reliability of the research instrument. The tested questionnaires were pooled and split out in to odd and even numbers. The two Scores were correlated using Spearman-Brown's Prophecy Formula and a reliability index of 0.74 was obtained which confirmed the instrument as reliable for usage.

3.8 Data Collection Procedure

An introductory letter was obtained from the Head of Department, Physical and Health Education, Bayero University, Kano, which was taken to the Managements of the nine (9) institutions seeking for permission to conduct the study. After permission was granted, the researcher employed the services of three (3) research assistants. The researcher with the help of 3 research assistants administered 364 copies of the questionnaire while 306 were duly completed, returned within two weeks and used for analysis.

3.9 Data Analysis

Frequency count and percentage were used to organize and describe the demographic information of the respondents. Chi-square was used to test the major hypothesis, ANOVA was used to test sub-hypothesis 1 while independent t-test was used to test the sub-hypotheses 2 and 3 at 0.05 level of significance.

CHAPTER FOUR

RESULTS AND DISCUSSION

4.0 Introduction

The study investigated the utilization of Recreational Facilities among Staff of Tertiary Institutions in North-West States, Nigeria. This chapter presents results and discussion of findings.

4.1 Results

A total number of three hundred and sixty four (364) copies of questionnaire were distributed out of which three hundred and six (306) were successfully retrieved (84%). The analysis was therefore, carried out based on the three hundred and six questionnaires.

Table 4.1.1: Demographic Information of Respondents

Type of Institutions	Frequency	Percentage
University	108	35.3
Polytechnic	94	30.7
College of Education	104	34.0
Total	306	100
Cadre:		
Academic Staff	200	65.4
Non-Academic Staff	106	34.6
Total	306	100
Gender:		
Male	199	65.0
Female	107	35.0
Total	306	100

Table 4.1.1 presents the demographic information of the study respondents showing that 108 respondents representing 35.3% work in universities, 94 representing 30.7% work in polytechnics and 104 representing 34.0% work in the colleges of education. The table also indicated that among the 306 respondents, 200 respondents

representing 65.4% are academic staff while 106 respondents representing 34.6% are non-academic staff. Finally, the table revealed that among the respondents, male constituted 65% (199) while female constituted 35% (107).

Hypotheses testing:

Major hypothesis: Staff in tertiary institutions in North-West State Nigeria do not Significantly utilized recreational facilities provided to them.

To test this hypothesis, the responses were made base on the scores, the maximum score that a respondent can obtain is 60 points and the minimum score is 15 points. Therefore, any respondent that scored 37.5 points and above is regarded as utilizing the facilities provided and any respondent score below 37.5 points is regarded as not utilizing the recreational facilities provided.

Table 4.1.2: Chi-square summary on the utilization of recreational facilities among staff of tertiary various institutions in north-west Nigeria

Variables	Frequency Observed	Frequency Expected	χ^2	Df	Sig.
Utilizing	125 (40.8%)	153	10.248	1	0.003
Not utilize	181 (59.2%)	153			
Total	306				

χ^2 – critical = 3.841, df = 1, P < 0.05

Table 4.1.2 showed that 125 (40.8%) of the respondents are using the recreational facilities in the tertiary institutions while 181 (59.2%) of the respondents do not use the recreational facilities. χ^2 statistical computation indicated the χ^2 value of 10.248 at df = 1, P < 0.05. The hypothesis tested was therefore, accepted on the basis that majority of the staff do not utilize the recreational facilities in their various tertiary institutions of northwest states, Nigeria.

Sub-hypothesis One: There is no significant difference in the utilization of recreational facilities among staff of Colleges of Education, Universities and Polytechnics in north-west Nigeria.

Table 4.1.3: Summary of One Way ANOVA on the utilization of recreational facilities among staff Colleges of Education, Universities and Polytechnics in north-west states, Nigeria.

	Sum of Squares	Df	Mean Square	F	Sig
Between Groups	2630.444	2	1315.222	17.293	.001
Within Group	23044.670	303	76.055		
Total	25675.114	305			

df= 3; f = 17.293, P = .001

Table 4.1.3 revealed that the utilization of recreational facilities by the respondents (staff) is significantly differ based on institutions in North western states Nigeria (F = 17.293, df = 2, 303; P < 0.05). Therefore, the hypothesis stated is rejected on the account that significant difference exist among the tertiary institutions. Based on that a post hoc test was carried to find out where the differences exist.

Table 4.1.4: Post hoc analysis on utilization of recreational facilities by the staff

(i) Institution	(j) Institution	Mean difference	Std. Error	Sig.
University	Polytechnic,	5.857	1.213	0.00
	College of Education	-.779	1.213	0.00
Polytechnic	University,	-5.857	1.213	0.00
	College of Education	-6.636	1.240	0.00
College of Education	University,	.779	1.213	0.00
	Polytechnic	6.636	1.240	0.00

F= 6.636 df= 303 P= (< 0.05)

The post hoc analysis shows that p-value is less than the α -value (0.05). The significant difference based on the Analysis of Variance (ANOVA) is between university and polytechnic, and also between polytechnic and college of education. Universities staff

in North-west states, Nigeria utilized recreational facilities maximally and effectively than their counterparts in the Colleges of Education and Polytechnics.

Sub-hypothesis Two: There is no significant difference in the utilization of recreational facilities by male and female staff in tertiary institutions in North-Western Nigeria.

Table 4.1.5: t-test summary on the utilization of recreational facilities by male and female staff of Colleges of Education, Universities and Polytechnics in north-west states, Nigeria

Variables	N	Mean	SD	St. Err.	T	df	Sig.
Male	199 (65.03%)	33.92	9.487	.673	0.271	304	.451
Female	107 (34.97 %)	33.63	8.604	.832			
Total	306						

t-critical = 1.96, df = 304 P => 0.05)

Table 4.1.5 showed that the mean scores of the male respondents is 33.92 and SD is 9.487 while the mean score of female is 33.63 and SD is 8.608. Statistical computation revealed that $t = 0.271$, $df = 304$; $P > 0.05$. This indicated no significant difference between male and female staff in the utilization of recreational facilities in tertiary institutions in North-western states Nigeria. The null hypothesis tested is therefore, retained on the basis that no significant difference in the utilization of recreational facilities between male and female staff of tertiary institutions in North-West states Nigeria. Both male and female staff are not effectively utilizing recreational facilities in the tertiary institutions of northwest states Nigeria.

Hypothesis Three: There is no significant difference in the use of recreational facilities among academic and non-academic staff in tertiary institutions in North-West Nigeria.

Table 4.1.5: t-test summary on the utilization of recreational facilities among academic and non-academic staff of tertiary institutions in north-west States Nigeria

Variables	N	Mean	SD	St. Err.	T	Df	Sig.
Academic staff	200 (65.36%)	33.25	9.072	.642			
					-1.496	304	.545
Non-academic staff	106 (34.64 %)	34.90	9.314	.905			
Total	306						

t-critical = 1.96, df = 304, P = .545 > 0.05

Table 4.1.5 shows that the mean score for the academic staff is 33.25 and the SD is 9.072 while the mean score for the non-academic staff is 34.90 and the SD is 9.314. the statistical computation indicated that $t = -1.496$, $df = 304$; $P = .545$. The null hypothesis tested is therefore retained on the basis that no significant difference in the utilization of recreational facilities among academic and non-academic staff of tertiary institutions in North-Western Nigeria. Most of the academic and non-academic staff of tertiary institutions in North-western states Nigeria equally not effectively utilizing recreational facilities provided.

4.3 Discussion

The study investigated the utilization of Recreational Facilities among Staff of Tertiary Institutions in North-West States, Nigeria.

The finding on the major hypothesis of this study revealed that staff do not significantly utilize recreational facilities in various tertiary institutions of north-west states of Nigeria. This finding might not be unconnected with the lack of adequate recreational facilities in the various tertiary institutions in the study areas. This finding supported that of Edet (2010) who conducted a study on the utilization of recreational facilities among staff of tertiary institutions in Cross-River State. He found that staff of

tertiary institutions in Cross-Rivers State do not fully utilize recreational facilities. This finding testified that of Hamma (2009) who conducted a study on the utilization of recreation facilities by staff of tertiary institutions in North-western states of Nigeria. He found that staff of tertiary institutions in North-western states of Nigeria do not actively engaged in recreational activities due to unavailability of trained personnel in the recreation centres of the institutions.

In contrast, Larson, Verma and Simeonsson (2002) found that staff participation in day-to-day formal and informal recreational activities is vital. Ajibua (2013) conducted a study on the level of leisure activity involvement among academic and non-academic staff in tertiary institution in Ondo State, he found that, there was a significant influence in the level of recreational activity involvement among staff.

The finding of this study revealed that there is significant difference among the respondents on the utilization of recreational facilities in tertiary institutions of North west states of Nigeria. Universities staff utilized recreational facilities more than their counterparts in the Polytechnics and Colleges of Education. This finding agrees with the finding of Alla and Ajibua (2012) who conducted a study on the Involvement in Physical Leisure Activity among Staff of Tertiary Institutions in Ondo State. He found that, there was a significant difference in the level of leisure activity involvement among staff of University and colleges of education in the State. This finding further supported by Nwachukwu (2009) in his study on procuring, managing and financing recreational activities in tertiary institutions. He found that staff in the Universities has higher participation in recreational activities than their colleagues in Colleges of Education in South-east Geo-Political Zone of Nigeria.

The current finding also corroborates with the study conducted by Olaitan (2009) who conducted a study using Staff of Federal University of Agriculture, Abeokuta and

the Federal Polytechnic, Ilaro. On the perceived barriers to recreational activities for healthy living among staff of tertiary institutions in Abeokuta State. He found that Staff of Federal Polytechnic, Ilaro utilized recreational facilities even though most recreational facilities were equally found in Federal University of Agriculture, Abeokuta. In the same vein, Simon (2011) reported from a study conducted among Ekiti State University and Crown Polytechnic Ado-Ekiti, on Accessibility Constraints of the Participation in Recreational activities in Ekiti State, Nigeria. He revealed that staff of the Crown Polytechnic found to have 86% of utilization of recreational facilities while those of the State University had only 67%, which means that the Staff in Crown Polytechnic utilized of recreational facilities more than their university counterpart.

The finding of this study revealed that there is no significant difference in the utilization of recreational facilities between male and female staff of tertiary institutions in north western states Nigeria. Both male and female staff equally used recreational facilities provided in the tertiary institutions in northwestern states Nigeria. This finding is in line with the finding of Jasper (2010) who conducted a study on the determinants of participation in recreational activities among staff of Colleges of Education in Imo State. He reported that male and female staff in colleges of education in Imo State did not differ significantly in their utilization of recreational facilities.

The current finding is contrary with that of Basheer (2014) who conducted a study on utilization of recreational facilities at leisure-time and risk of all cause mortality among the tertiary institution staff in Gumel, LGA, Jigawa State. He found that that male academic Staff in College of Education Gumel have higher utilization of recreational facilities than their female counterparts. In another study conducted by Kayode and Tajuddeen (2011) on the social factors predicting recreational sports participation among academic staff of tertiary institutions in Kwara and Kogi States, Nigeria. They revealed

that female staff utilized recreational facilities more than their male counterparts. They however, attributed this to the nature of workload of male which is far more than the female academic staff.

The finding of this study further revealed that there is no significant difference in the use of recreational facilities among academic and non-academic staff of tertiary institutions in North-West states, Nigeria. This might be due to the facts that most academic and non-academic staff of tertiary institutions in north-western states Nigeria participate in recreational activities after working hours. This finding is in line with the finding of Alla and Ajibua (2012) who conducted a study on the level of leisure activities involvement among academic and non-academic staff of tertiary institutions in Ondo State. They found that academic and non-academic staff did not differed in their utilization of recreational facilities in the state. In contrast, Thompson (2010) who conducted a study on the provision and utilization of recreational facilities in Adeniran Ogunsanya College of Education and University of Lagos, found that academic staff shown higher utilization of recreational facilities than their non-academic counterparts in both institutions.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.0 Summary

This study investigated the utilization of recreational facilities among staff of tertiary institutions in the North-West States, Nigeria. In order to achieve the purpose of the study, three research questions were raised and three (3) sub-hypotheses were test. Descriptive survey design was used for this study. The population of the study comprised all academic and non academic staff of the tertiary institutions in north west states of Nigeria while the sample of three hundred and sixty four (364) respondents were randomly selected and used for the study. Data were collected using a researcher's designed questionnaire on a four point modified Likart-scale, named Utilization of Recreational Facilities among Staff of Tertiary Institutions Questionnaire (URFSTQ). The questionnaire was validated by 5 experts in the department of Physical and Health Education, Bayero University, Kano, and a reliability index of 0.74 was obtained. 364 copies of questionnaire were distributed by the researcher with the help of 3 research assistants while 306 were duly completed, returned and used for the analysis. Frequency count and percentage were used to organize and describe the demographic information of the respondents. A Chi-square, NOVA and independent t-test were used to test all the formulated hypotheses at 0.05 level of significance. The findings of this study revealed that:

1. The utilization of recreational facilities by the respondents (staff) significantly differ based on institutions in North-west states of Nigeria.
2. There is no significant difference in the utilization of recreational facilities between male and female staff of tertiary institutions in North-West states, Nigeria.

3. There is no significant difference in the utilization of recreational facilities among academic and non-academic staff of tertiary institutions in North-West states, Nigeria.

5.1 Conclusions

Based on the findings of this study, the following conclusions were drawn:

1. Universities staff in North west states Nigeria utilized recreational facilities better than their counterparts in the Colleges of Education and Polytechnics.
2. Both male and female staff in tertiary institutions in North-West States Nigeria do not utilized recreational facilities as required.
3. All academic and non-academic staff of tertiary institutions in North-West States Nigeria do not equally utilized recreational facilities as expected.

5.2 Recommendations

Base on the findings of the study, the following recommendations were made:

1. There is the need for staff in the polytechnics and colleges of education to improve the utilization of recreational facilities available in their institutions as universities staff in the study shown higher use of recreational facilities.
2. Management of the institutions should provide more recreational facilities to their institutions so that the staff can engage more in recreational activities.
3. It was recommended that the workload of academic staff should be redesigned to give room for more participation in recreational activities.

5.3 Recommendation for Further Studies

It is recommended that similar study should be conducted among the Principal officers of the tertiary institutions in North-West State Nigeria.

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APPENDIX I:

**UTILIZATION OF RECREATIONAL FACILITIES AMONG STAFF OF
TERTIARY INSTITUTIONS IN THE NORTH-WEST STATES, NIGERIA
QUESTIONNAIRE**

Dear Respondent,

The researcher is an M.Sc. (Ed) student in the Department of Physical and Health Education, Bayero University, Kano, undertaking a research on the utilization of recreational facilities among staff of tertiary institutions in the North-West States, Nigeria. This questionnaire is developed in order to gather the relevant data needed for the study. All information supplied will be used solely for academic purpose and will be treated with confidentiality. Please respond as objectively as possible.

Thank You.

Kabir Sulaiman

SPS/12/MHE/00039

Section A: Demographic Information

Instruction: Please tick [☐] the column that represents your opinion.

1. Type of Institution

- (a). University (☐)
- (b). Polytechnic (☐)
- (c). College of education (☐)

2. Cadre:

- a. Academic Staff (☐)
- b. Non-Academic Staff (☐)

3. Gender:

- 4. a. Male (☐)
- 5. b. Female (☐)

SECTION B: Utilization of recreational facilities among staff**INSTRUCTION:** Please indicate your opinion on each of these statements**Keys:** VLE = Very Large Extent, LE = Large Extent, M = Moderate, NA = Not At all

S/N	ITEMS	Response categories			
		VLE	LE	M	NA
1.	I utilized the available recreational facilities in my institution.				
2.	Variety of programmes in my institution recreational centre makes me to utilize the facilities.				
3.	I prefer to utilize my institution's recreational facilities other than private recreational facilities.				
4.	I utilized my institution's recreational facilities because it's often at my own convenience.				
5.	I always utilized institution's recreational facilities during leisure time.				
6.	My work schedules allow me to utilized recreational facilities provided in the institution.				
7.	I like to utilize my institution recreational facilities because of the spectators.				
8.	I utilized my institution recreation facilities to relieve stress and tension.				
9.	I utilized institution recreational facilities for the development of social interaction.				
10.	I utilized institution recreational facilities for physical fitness development.				
11.	I utilize recreational facilities in the institution for diseases prevention.				
12.	I utilized institution recreational facilities to improve my work productivity				
13.	I utilized institution recreational facilities because it is joys.				
14.	I visit institution recreational facilities because it is free of charge.				
15.	I utilized institution recreational facilities because the intensity of the program are moderate or at my face.				

APPENDIX II:

Determinant sample size from a given population

N	S	N	S	N	S
10	10	220	140	1200	291
15	14	230	144	1300	297
20	19	240	148	1400	302
25	24	250	152	1500	306
30	28	260	155	1600	310
35	32	270	158	1700	313
40	36	280	162	1800	317
45	40	290	165	1900	320
50	44	300	169	2000	322
55	48	320	175	2200	327
60	52	340	181	2400	331
65	56	360	186	2600	335
70	59	380	191	2800	338
75	63	400	195	3000	341
80	66	420	201	3500	346
85	70	440	205	4000	351
90	73	460	210	4500	354
95	76	480	214	5000	357
100	80	500	217	6000	361
110	86	550	226	7000	364
120	90	600	234	8000	367
130	97	650	242	9000	368
140	103	700	248	10000	370
150	108	750	258	15000	375
160	113	800	260	20000	377
170	118	850	255	30000	379
180	123	900	269	40000	380
190	127	950	274	50000	381
200	132	1000	278	75000	382
210	136	1100	285	100000	384

Key:

N= Population

S= Sample Size. By Krejcie and Morgan (1970).