

ATTITUDE OF SECONDARY SCHOOL STUDENTS TOWARD PARTICIPATING IN RECREATIONAL ACTIVITIES IN JOS NORTH LOCAL GOVERNMENT AREA, PLATEAU STATE

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ABSTRACT

The study was carried out to help find the attitude of secondary school students toward participating in recreational activities in Jos North Local Government Area of Plateau State. A survey research design was used for the study. It is estimated that the number of secondary school student in Jos north as of the time of the study are close to 22,618 students, out of these the total sample size of 211 were used for the study, a structured questionnaire of five sections was used to elicit information on their attitude towards recreational activities, types of recreational activities secondary school student engage in, problems secondary school student encounter in recreational activities, factors influencing the choice of recreational activities for nonparticipation, and factors influencing the choice of recreational activities for participation. The instrument was validated and a reliability coefficient index of 0.8 was obtained. The attitude of secondary school students toward participating in recreational activities in Jos North Local Government Area of Plateau State were as a result of always thinking of recreational activities (2.3), I love participating in recreational activities (1.3), again, others are recreational activities are based on my physical abilities (1.9), and I don't like recreational activities (1.7). The types of recreational activities secondary school students engage in, in Jos North Local Government Area of Plateau State were reading 179 (84.80) and going to the movies 110 (52.10). The problems secondary school students encounter in recreational activities in Jos North Local Government Area of Plateau State were shortage and lack of facilities of recreational activities 158 (72.57), and lack of qualified teachers on recreational activities 123 (58.29). The factors influencing the choice of recreational activities for non-participation in Jos North Local Government Area of Plateau State were lack or poor recreational equipment and facilities 157 (74.41), and long distance and transportation to the recreational facilities 124 (58.77). The factors influencing the choice of recreation activities for participation in Jos North Local Government Area of Plateau State is it improves health and physical fitness 200 (94.79), and it provides deliverance from boredom 154 (72.98). Based on the foregoing it was recommended that Attitudes such as I always think of recreational activities and I love participating in recreational activities are the attitude of secondary school student towards participating in recreational activities in Jos North local government area, plateau state. School authority and school teachers should note the positive attitude of school student towards recreation and put more emphasis, if possible participate with them to encourage them maintain the positive attitude towards recreation for the improvement of good health and fitness.

INTRODUCTION

Sport is accepted worldwide as a unifying factor building up individuals and nations for development. The participation in sport by individuals is however always by choice and therefore not mandatory. People of different ages participate in recreational activities for personal gain most of which is for their wellbeing and health.

Health is a dynamic process that is constantly changing throughout life. Modern society is characterized by a lack of physical activities, due to our advance technology. People spend less and less time during physical work as they are slowly replaced by machines. This lack of physical activity also has a significant impact on the general human health status (Migigoj-Duralkovic, 1999). Many in line with these experts and the World Health Organization recommend regular daily

exercise to compensate for the reduction in physical work with the aim to preserve and improve both psychological and physical abilities. Lifelong habits learnt in childhood are often reflected in one's health status during adulthood. Commonly appearing as the initial risk factor for many diseases (Tirodimus, Georgouvie, Savvala, Karanika & Noukari 2009). It is therefore important to promptly begin tracking the habit and health statuses of such people. In recent years, the number of research studies (Carlson, 1995, Portman, 2010, Ennis, 1996, Koca, Asci & Demirhan, 2005) Regarding secondary school students' attitude towards recreation activities, a health-promoting life style is constantly growing and recreation can further good development of good individual.

Recreation which involves non-obligatory activities according to current basic research approaches (Torkildsen, 2015) is defined as time spend replenishing energy/resting and partaking in voluntary activities, activities done after compulsory duties, and activities such as work. Furthermore, he expresses that recreational activities from the strongest area of sports activities in terms of developing health and a great effort is underway to make recreational activities accessible to all levels of society, (school inclusive) with different models and applications. It is possible for sports instructors to create inviting activities by using different methods and models such as achery, swimming, hunting, and hiking to attract individuals of all ages to such activities at early age boosted the odds of continuing such activities later in life in this sense. It is very practical for sports and recreation groups of all kinds to be available everywhere so student can enjoy an inviting environment. Recreational activities are those that intentionally give people pleasure and reward them with recreational fun activities (student inclusive) (Lobo, 2012).

It is known that recreational activities are of different categories which are the "physical activities", social activities, camping and outdoor activities and arts and craft activities these are considered in this work. However, the participation of student in this type of recreational activities may be dependent on their attitudes.

As described by Ineoglu (2010), attitudes are generally described as the mental, emotional, and behavioral tendencies of people organized with regard to experience, knowledge, emotion and response to a particular situation in a particular time frame. Attitude can either be positive or negative. Negative attitude of young students for physical education and fitness classes can decrease effectiveness of the subject and also reduce the commitment with the subject. Due to this reason, students attitude towards recreational activities is very important for shaping and attaining aims of the course participation. Furthermore, in previous studies, it was specified that high school students' attitudes towards recreational activity class were shaped in accordance with important features like demographics, grade level, sex and students' cultural factors (Ali, 2015). Again recent study conducted on young Austrians adults demonstrates that lacking recreational activities leads to greater risk of obesity and cardiac disease which ultimately leads to premature death (Burnett, 2016). In addition, the University of Philipines conducted a research on students attitude of those who are active in sports and recreational activities are found that they have balanced body weight, responsible behavior, and low rate of absenteeism, while the student who were not involved in any recreational activity showed sedentary life style and were obesed showing that recreation and health related activities where lacking (Bulaklak, 2014).

In Oman, a study was conducted on 98 students to examine their participation in sports and physical activities. The study concluded that students who are usually active in recreational activities show healthy life and favorable attitude towards such activities. It is evident from the study that secondary school student who are healthy show positive and strong attitude towards physical activities. These phenomena can possibly be described by students in their childhood age where they are seen keenly involved in physical activities for joy, fun, and amusement and learning. In line with this, health experts accept that many recent cases of prolonged disease and obesity are due to lack of physical activities and negative attitude toward such activities. Studies also suggest taking part in recreational activities help in the control of cardiac disease, cancer, and diabetes (Ainsworth, 2014).

According to Oxford Advanced Learner Dictionary (2006) participation is the act of taking part in an activity or event; it further defines participation as the involvement in life situations which includes, physical, social, and self-engagement in activities. For people with disabilities, participation in meaningful intrinsically motivated leisure activities fosters mental and physical health and social relationship and may also improve quality of life.

Recreation activities has been shown to have major health, social and psychological benefits that render its significance in the school curriculum indisputably, however it is discovered that an overview of the status of recreation activities globally suggest that there is a significant decline in recreational activities in schools (Hardman, 2010). The decline or non-existence of recreational activities in schools is also evident in developing countries (Anon, 2008). In addition, the primary obstacles are insufficiency of facilities and equipment (Herguner, 2004). However even when there are sufficient facilities and equipment, many secondary school students, particularly in Jos North, hardly engage themselves in recreational activities during and after school hours. They seem to have developed indignant attitudes toward recreational activities. If this situation is allowed to continue the benefits of recreation might be an illusion to health, social and psychological benefits. Therefore the question to be answered is what is the attitude of secondary school students participating in recreational activities in the area?

Research Questions

To guide the present study the following research questions were stated

1. What is the attitude of secondary school students toward recreational activities?
2. What are the problems students' encounters in recreational activities?
3. What are the type of recreational activities secondary school students engage in?
4. What are the factors influencing the choice of recreational activities of secondary school students.
5. What are the types of facility use for recreational activities in secondary schools?

METHODS

In order to achieve the purpose of the study, the survey research design was employed. Kerlinger (1993) defined survey research design as, gathering data at a particular point in time with the intention of describing the nature of existing condition. The population of this study is made up of secondary school students. The present population of secondary school students in Jos North Local Government Area of Plateau State is 22618. Two hundred and eleven (211) respondents were sampled for the study that is ten (10) from twenty (20) schools and eleven (11) from one (1) school were selected.

On this study, a simple random technique was used in the selection of 21 schools and respondents were randomly selected, with 10 each from 20 schools and 11 from 1 school.

The instrument used for the data collection was a researcher-developed questionnaire. There were five sections of the questionnaire, section A was to obtain information on students attitudes towards recreational activities, section B was to obtain information on types of recreational activities secondary school students engage in, section C stated the problems secondary school students encounter in recreational activities, section D obtained information on the factors influencing the choice of recreational activities for non-participation, section E obtain information on the factors influencing the choice of recreational activities for participation. The researcher used yes or no, as well as strongly agree, agree, undecided, disagree, and strongly disagreed.

The content validity was established through the judgment of three lecturers not below the rank of a senior lecturer in the Department of Physical and Health Education of the University of Jos. The instrument was pilot tested using 40 students of schools not used in the main study. The split-half method was employed and a reliability coefficient index of .82 was obtained and it was considered high enough for the study. Simple percentage method of data analysis was employed

to analyze the data. The choice of simple percentage method of data analysis is appropriate because of clarity in the presentation of information thus facilitating the readers understanding.

RESULTS

TABLE 1: Attitudes of Secondary School Students towards Recreational Activities.

N=211

S/N	ITEMS	$\bar{X}$	VERDICT
1	I love participating in recreational activities	1.3	Positive
2	I am happy when engaging in recreational activities	1.5	Positive
3	I always think of recreational activities	2.3	Positive
4	I don't like recreational activities	1.7	Positive
5	Recreational activities affect me negatively	1.9	Positive
6	Recreational activities affect me positively	1.9	Positive
7	Recreational activities motivate me	1.8	Positive
8	I like recreational activities because it contributes to my physical wellbeing	1.4	Positive
9	I like recreational activities because it contributes to my psychological development	1.8	Positive
10	Recreational activities are based on my physical abilities	1.9	Positive

The result in table 1 shows that I always think of recreational activities (2.3), recreational activities affect me positively (1.9), recreational activities motivate me (1.8), I like recreational activities because it contributes to my psychological development (1.8), I am happy when engaging in recreational activities (1.5), I like recreational activities because it contributes to my physical wellbeing(1.4), I love participating in recreational activities(1.3), again others are recreational activities are based on my physical abilities(1.9), recreational activities affects me negatively(1.9) and I don't like recreational activities (1.7) are the attitudes of secondary school students towards participating in recreational activities In Jos North Local Government Area of Plateau State.

TABLE 2: Types of Recreational Activities Secondary School Students Engages in.

N=211

S/N	ITEMS	YES		NO	
		f	%	f	%
1	Active games and sports(soccer)	168	79.62	43	20.38
2	Swimming	103	48.80	109	51.72
3	Dancing activities	171	81.04	40	19.00
4	Listening to music	178	84.40	30	14.22
5	Hiking	102	48.30	110	52.10
6	Knitting and sewing	116	55.00	90	42.70
7	Reading	179	84.80	31	14.70
8	Going to movies	110	52.10	101	47.90
9	Surfing the internet	116	55.00	95	45.00
10	Tree planting	105	49.80	109	51.70
11	Drama and play	151	71.70	59	28.00
12	Cooking activities	45	21.30	45	21.30
13	Camping	135	64.00	75	36.00
14	Wall painting	102	48.30	103	49.00

The result in table 2 on types of recreational activities secondary school students engage in the result shows that reading has 179(84.80), listening to music 178(84.40), dancing

activities 171(81.04), active games(soccer) 168(79.62), cooking activities 163(77.30), drama and play 151(71.70), camping 135(64.00), knitting and sewing 116 (55.00), surfing the internet 116(55.00) and going to movies 110 (52.10) are the types of recreational activities secondary school students engage in, in Jos North Local Government Area of Plateau State.

TABLE 3: Problems Secondary School Students Encounter in Recreational Activities
N=211

S/N	ITEMS	YES		NO	
		f	%	f	%
1	Lack of qualify teachers on recreational activities	123	58.29	91	0.004
2	Shortage and lack of recreational facilities	153	72.57	56	26.54
3	Inadequate monitoring of recreational facilities	134	63.51	77	36.49
4	Time barrier	134	63.51	78	36.97
5	Lack of knowledge on the benefits of recreational activities	93	44.08	118	55.92
6	Gender barrier affect participation in recreation	85	40.28	128	60.66
7	Cultural aspects limits participation in recreation	103	48.82	108	51.18

The result in table 3 shows that shortage and lack of recreational facilities 153 (72.57), inadequate monitoring of recreational facilities 134 (63.51), time barrier 134 (63.51), and lack of qualify teachers on recreational activities are the problems secondary school students encounter in recreational activities in Jos North Local Government Area of Plateau State.

TABLE 4: Factors Influencing the Choice of Recreation Activities for Non-participation.

N=211

S/N	ITEM	YES		NO	
		f	%	f	%
1	Lack or poor recreational equipment and facilities	157	74.41	54	25.59
2.	Too much Academic work and stress	127	60.19	81	38.39
3.	Lack of knowledge	63	29.38	144	68.25
4.	Lack of knowledge on the benefits of participating in recreational facilities	91	43.13	118	55.92
5.	Long distance and transportation to recreational facilities	124	58.77	83	39.34

The result in table 4 shows that lack or poor recreational equipment and facilities 157(74.41). Too much Academic work and stress 127(60.19) and long distance and transportation to the recreational facilities 124 (58.77) are the factors influencing the choice of Recreational activities for non-participation in Jos North L.G.A of Plateau State.

TABLE 5. Factors Influencing the Choice of Recreational Activities for Participation.

S/N	ITEM	N=211			
		YES f	%	NO f	%
1.	It provides relaxation and refreshment	191	90.53	21	9.95
2.	It provides recovery from fatigue	183	86.71	29	13.74
3.	It provides deliverance from boredom	154	72.98	58	27.49
4.	It increases personal development	198	93.84	10	4.72
5.	It increases psychological wellbeing	187	88.63	21	9.95
6.	It provides self-esteem and fulfilment for positive mental and physical health	193	91.45	21	9.95
7.	It increase social development and physical-confidence	197	93.37	14	6.64
8.	It increases positive mental and physical health	187	88.63	25	11.85
9.	It improves health and physical fitness	200	94.79	07	3.32

The result in table 5 shows that, it improves health and physical fitness 200(94.79), it increase social development and self-confidence 197 (93.37), it increase personal development 198(93.84), it provides self-esteem and fulfillment for positive mental and physical health 192(91.45), it provides relaxation and refreshment 191 (90.52), it increases positive mental and physical health 187(88.63), it increases psychological well-being 187(88.63), it provide recovery from fatigue 183(86.71), it provides deliverance from boredom 154(72.98), are the factors influencing the choice of recreational activity for participation in Jos North Local Government Area.

DISCUSSION

Table 1 shows that I always think of recreational activities (2.3) and I love participating in recreational activities (1.3) have the highest positive responses. This result was expected because anything an individual is interested in, his attention will be on that phenomena, therefore the finding is not surprising, because Neilinger, (2011) expressed that recreational attitude is as a disposition towards an object or event, disposition is assumed to have cognitive, affective, and behavioral components. He also described recreational attitude as a person's attitude towards leisure in his particular way of thinking about, feeling about and acting towards leisure or recreation. Again, Guclu (2009), and Ekiciet, (2011) studies focused on secondary school students as they usually demonstrate a positive attitude toward participating in sport and recreational activities. Moreover, notably differences have been revealed between different sexes with respect to their attitude in the five domains. Females were found showing greater scores in aesthetics sub-domain while males show higher scores in vertigo, health and fitness sub-domain. These differences exist due to various reasons, for instance male and females by nature carry unlike instinctive feelings about the meaning of each sub-domain. Secondly, they may be coming with stereotypic attitudes in minds when taking part in recreational activities.

The results in table 2 revealed the types of recreational activities secondary school students engage in, in Jos North Local Government Area of Plateau State were reading 179 (84.80%) and going to the movies 110 (52.10%). This result was expected because, as students reading should be one of the things you like. Most of the respondents agreed with Sulaiman (2004) that reading is a major recreational activity among secondary school students Jos North Local Government Area of Plateau State. Although, Sulaiman believes going to movies is another recreational activity, some of the respondents did not see it as that important because of the sample age group and educational level of the students. This is in line with Sulaiman (2004) who expressed that active

games, social activities, listening to music, nature and outing activity, reading, arts and craft, service activities, literally language and related activities, going to the movies, hiking, are the types of recreational activities students usually engaged.

The result in table three stated the problems secondary school student encounter in recreational activities in Jos North of Plateau State were shortage and lack of facilities for recreational activities 158 (72.57%) and lack of qualified teachers on recreational activities 123 (58.29%). This result was expected because shortage or lack of facilities in west Africa is common, majorly facilities has been the problem in many aspect including recreation, therefore it is not surprising that Amstrong (2013) in his study on institutional barriers of recreational participation stated that budget constraint, scares resources, reduction in time provision in curriculum, the absence of professional development, the crowded curriculum itself and the shortage or lack of facilities and equipment are some of the problems secondary school student encounter while engaging in recreational activities, again Steven (2014) added that the major contributors of high and low status of recreational activities in secondary school student, lack of qualify teachers, lack in shortage of facilities, lack of equipment, gender barriers, cultural aspect, non-educational status, inadequate monetary inspection, less time allocation to recreational activities in the time table in comparison with other subject and the subject been referred as non-promotional by other countries in the world.

The result in table four stated the factors influencing the choice of recreational activities for non-participation in Jos North Local Government Area of Plateau State were lack or poor recreational equipment and facilities 157 (74.41), and long distance and transportation to the recreational facilities 124 (58.77). The result was not surprising because Mulibana and Nugwedi (2014) in his work, explains the structural constraint to recreational participation is the external factors that intervene between sport and recreational activities preference in an environment, which include finances, seasons, time, resources and access to or lack of facilities which are cited as the leading reasons why secondary school student do not participate in recreational activities in schools.

The result in table five stated the factors influencing the choice of recreation activities for participation in Jos North Local Government Area of Plateau State is it improves health and physical fitness 200 (94.79), and it provides deliverance from boredom 154 (72.98). this result was expected because health is one of the most essential part of life, and whatever we do should be focused towards the improvement or maintenance of our health, therefore the findings are not surprising because (Payne, 1991) expressed that participating in recreational activities improves and gears the body to achieve peak performance levels and have a positive impact on schools. He added that recreation offers healthy decision such as avoiding, smoking or drinking and offer hidden health benefits such as lower chance of getting osteoporosis or breast cancer later life. Balley (2016) and Etnier (1997) discussed the neurological benefits of recreational activities and how it increases the blood flow to the brain thus, increasing one's alertness and attention Span, enhancing student self-esteem and reducing the chances of boredom.

CONCLUSIONS

Based on the findings of the study, it was concluded that students in the study area love participating in recreational activities but lack of recreational facilities in most of the schools prevented them from participation.

RECOMMENDATIONS

1. School authorities and school teachers should note the positive attitude of school student towards recreation and put more emphasis, if possible participate with them to encourage them maintain the positive attitude towards recreation.
2. Reading, listening to music and going to the movies are the types of recreational activities secondary school students engages in Jos North L.G.A of Plateau State.

3. School authorities should reach the government on the need of recreational facilities and the proper training of recreational instructors/teachers for a better society.

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