

Work Ethics and Ignorance as Influencing Factors of Low Recreation Participations in Akoko South West Local Government Area of Ondo State in Nigeria

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ABSTRACT

Recreation Participation is highly beneficial to every individual. Despite the numerous benefits of Recreation, there is low participation in Nigeria. Many factors promote the low participation but this paper focused on Work Ethics and Ignorance as influencing factors of Low Recreation Participations in Akoko South West Local Area Of Ondo State in Nigeria. 210 respondents were sampled using multi-stage sampling technique. A self developed research instrument of 0.81 reliability index was used, Two null hypotheses were raised and It was concluded that Low Information and Career Pursuit contributed tremendously to Low Recreation Participation in Nigeria. Recommendations were; Government should intervene and moderate the regulation of work load in private organizations and provide Recreational facilities for their employees. Recreation experts should organize more Recreational activities to sensitize the members of the public. Recreation and Leisure study should be taught in all Nigerian tertiary institutions as a compulsory course across all discipline in Nigeria.

Keywords: Work Ethics, Ignorance, Recreation Participations.

INTRODUCTION:

Recreation is an activity that an individual engage in during the free-time to relax, have fun and enjoy nature in a satisfactory way because it is a voluntary activity. Morakinyo (2014) cited Wuest and Butcher (1999) on definition of recreation as a worthwhile socially acceptable and non-profit-oriented activity performed during leisure hours, which will provide immediate and inherent satisfaction to the individual who voluntarily participates in the activity. All individuals should experience the joy that comes from engaging in Recreation activities that fits their need, interest and desire (Charles, 1979). (Borrofice 2004) cited Gray (1971) believed recreation goes beyond mere activities, it includes an emotional function within an individual that flows from a feeling of well-being, characterized by feeling of mastery, achievement, exhilaration, success, personal worth and pleasure.

Recreation activities could be done either indoor or outdoor. In recreation, many benefits are derived that promote the well-being of an individual and the Nation as a whole. Benefit of Recreation is holistic to the development of every mankind. Since the turn of the century, Recreation has been considered more and more to be a fundamental human need (Charles, 1979). Physical activity programme is as essential for the adult population as for any other age group (Ogunrotifa and Adeyanju, 1987). Recreation as distinct from sports, is the act and of voluntary engagement in, and withdrawal from, any activity be it physical or mental (excluding rest and sleep) at leisure time for the purpose of deriving satisfaction, joy and refreshment. (Agbo 2014).

Physical activity programme as Recreation is essential to all age groups but many people are found in their work places, struggling to get more work load to increase their income. Some that are not occupied with any

forms of work load or job do not think about Recreation Participation. Recreation Activity among our people plus the extended amount of leisure time are rapidly becoming tremendous problems in our culture (Oloyede, 2004). Apart from the benefits for individuals, Recreation also benefited the world generally. Recreational activities play an important part in establishing good relations between people and Nations of the world there by helping in building a virile Nation (Oloyede, 2004). Oduyale (2004) coated Onifade (2003) that, the health benefits derivable from engagement in those activities are physical and multi-dimensional affecting the basic health components positively and these include the physical health, mental health, social health, emotional health, environmental health and spiritual health. The benefits of participating in Recreation are numerous to all age grades, every individual and Nations. But the work ethics and ignorance are hindering majority of the people in Nigeria from enjoying these benefits in Recreation Participation.

STATEMENT OF THE PROBLEM:

Recreation Participation is highly beneficial to every individual and the society at large. Despite the numerous benefits of Recreation, there is low participation in Nigeria. This may be as a result of daily survival or ignorance because sound health would enable an individual to enjoy a better life and make contribution to his or her society. Many factors may promote the low participation in recreation but this paper focused on how Work Ethics and Ignorance influence of Low Recreation Participations among the people in Akoko South West Local Government Area of Ondo State in Nigeria.

SIGNIFICANCE OF THE STUDY:

This paper will enlighten the people both in Nigeria and all over the world, the contribution of ignorance and work ethic on recreation participation. It will create an avenue for both the employee, employers and the government to be aware of the impact of ignorance and work ethic on recreational participation in every society, how it may be improved to promote the health of an individual and triggered the intervention of the government on sensitizing it citizens through seminar and others means.

HYPOTHESES:

1. Work ethic will not significantly influence low recreation participations in Akoko South West Local Government Area of Ondo State in Nigeria.
2. Ignorance will not significantly influence low recreation participations in Akoko South West Local Government Area of Ondo State in Nigeria.

METHODOLOGY:

The population for this study comprised all adults in Akoko South West Local Government, Ondo State in Nigeria. Multi-stage sampling technique was used to sample 210 respondents, five communities out of eight were selected using simple random technique, disproportionate stratified sampling technique was used to select respondents from each communities and volunteer sampling technique was used to select the respondents who filled the questionnaire from the selected communities. A self constructed research instrument of 0.81 reliability index was used. Simple percentage was used to analyze the demographic data of the respondents while inferential statistics of Chi-square was used to analyze the generated hypotheses at 0.05 Alpha Level.

DATA ANALYSIS:

Table 1: Data on Gender

Respondent	Frequency	Percent (%)
Male	101	48.1
Female	109	51.9
Total	210	100.0

Table 2: Data on respondent’s age

Respondent (in years)	Frequency	Percent
18-27	66	31.4
28-37	75	35.7
38-47	53	25.2
48 and above	16	7.7
Total	210	100.0

Table 3: Data on respondent’s community

Communities	Frequency	Percent
Akungba akoko	54	25.7
Supare akoko	44	21.0
Iwaro-oka akoko	43	20.5
Oba akoko	28	13.3
Ikun akoko	41	19.5
Total	210	100.0

Table 4: Data on respondent religion

Religion	Frequency	Percent
Christianity	124	59.0
Islam	64	30.5
Traditional	18	8.6
Others	4	1.9
Total	210	100.0

Table 5: Data on respondent marital status

Marital status	Frequency	Percent
Married	34	16.2
Single	164	78.1
Separated	12	5.7
Total	210	100.0

Table 6: Data on Hypothesis One

No	SA	A	DNK	D	SD	Raw total	X ² cal	X ² table	S. L	D.F
7	121	49	27	8	5	210				
8	77	82	29	15	7	210				
9	75	71	45	15	4	210	132.34	26.30	0.05	16
10	79	66	37	22	6	210				
11	80	49	46	18	17	210				
N	432	317	184	78	39	1050				

X² calculated value = 132.34, Critical value = 26.30, Significant level = 0.05, Degree of freedom = 16. Since the calculated X² value of 132.34 is greater than the table value of 26.30 at significant level of 0.05 and degree of freedom of 16, the null hypothesis which stated that Work ethic will not significantly influence low recreation participations in Akoko South West Local Government Area of Ondo State in Nigeria was rejected.

Table 8: Data on Hypothesis Two

No	SA	A	DNK	D	SD	Row total	X ² cal	X ² table	S. L	D.F
12	84	54	37	23	12	210				
13	67	65	45	19	14	210				
14	45	58	62	28	17	210	33.86	26.30	0.05	16
15	49	71	46	22	22	210				
16	64	55	47	24	20	210				
Total	309	303	237	116	85	1050				

X² calculated value = 33.86, Critical value = 26.30, Significant level = 0.05
 Degree of freedom = 16. Since the calculated X² value of 33.86 is greater than the table value of 26.30, the null hypothesis which stated that hypothesis which stated that Work ethic will not significantly influence low recreation participations in Akoko South West Local Government Area of Ondo State in Nigeria was rejected.

DISCUSSION:

The findings of this study showed that work ethic and ignorance influenced the low participation of recreation in Akoko South West Local Government Area of Ondo State. The findings corroborated with Babatunde and Francis (2007) the relationship between work condition and leisure practice includes not only the effects of leisure practice on work condition but also the influence of work condition on leisure. People in Akoko South West Local Government Area of Ondo State in Nigeria are ignorance of the benefits derived in participating in recreation activities. Many non-communicable diseases taking lives of the masses would have been solved through participating in recreational activities. A deliberate attempt of depriving the body of these basic essentials invites diseases not necessarily caused by pathogenic agents, but otherwise diseases related to the physiological alterations of the body’s homeostasis (Oduyale, 2004). Oloyede (2004) coated Van (1960) that pleasant recreation exercise not only increase one’s energy; productivity and ability to cope with stress; it may add some years to one’s life as well. Today, a few percentage of Nigerian population realize this, nevertheless few do much about it (Oloyede, 2004). It has been ascertained that cholesterol, in conjunction with other related lipids, is necessary a raw material for our body (Veronica and Akeredolu, 2003).

CONCLUSION:

Work ethics and ignorance contribute tremendously to low Recreation Participation in Nigeria. Many have no information about Recreation and it benefits, and some that are aware of the importance are too occupied with career development and achievement, in order to meet up with the demands of their various organizations and the society, at the detriment of their personal health and the development of the society. Chronic diseases which are related directly and indirectly to exercise and which have a high incidence in Nigeria include coronary hearts disease, hypertension, stroke , obesity, type ii diabetes mellitus (non-insulin-dependent), gall stones and peptic ulcer disease.(James,1987)

RECOMMENDATIONS:

- Based on the findings of this study, the following recommendations were made:
1. Government should intervene and moderate the regulation of work load in private organizations in Nigeria.
 2. Recreation and Leisure study should be taught in all Nigerian tertiary institutions as a compulsory course across all discipline, to get people acculturated to Recreation Participation.
 3. Recreation experts should organize more Recreation activities to sensitize the members of the public in Nigeria.
 4. Government and Private Organizations should provide Recreational facilities for their employees as this would encourage them to participate in Recreational Activity at any convenient leisure.

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