

## **Pattern of Leisure Activity Involvement of Academic and Non-Academic Staff in Tertiary Institutions in Ondo State, Nigeria**

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Leisure signifies individual's choice to spend his/her discretionary time fulfilling certain interest or needs or performing a gratifying experience for the sake of wellness or personal development. The aim of this study was to look into the pattern of leisure activity involvement among academic and non-academic staff in tertiary institution in Ondo State. For the purpose of the study, 40 academic and 40 non-academic staff were selected from each of the five Government-owned tertiary institutions in the state using purposive sampling techniques. Thus, total respondents were 400. An instrument tagged, "Pattern of Leisure Involvement Questionnaire (PLIQ)" was used to collect data on the pattern of leisure activity involvement among staff. The data gathered from the subjects through the questionnaire was analyzed using descriptive (mean, standard deviation and standard error) and inferential statistics (t-test). The findings showed that academic and non-academic staff in tertiary institutions in Ondo State participated in leisure-time physical activity differently. The differences in the pattern observed in this study have implication for implementation of physical activity programme planning and promotion strategies among the staff of tertiary institutions.

Keywords: leisure-time, physical activity, social organizations, special project works, culture and value system

### **Introduction**

Leisure signifies individual's choice to spend his/her discretionary time fulfilling certain interest or needs, or performing a gratifying experience for the sake of wellness or personal development (Alli, 2007 & Barcelona, 2002). Leisure and how we use it is linked to virtually every aspect of life and the development of the society-economic, culture and value system, social behaviour, the intellectual and spiritual dimension of life and how people relate with each other and the nature (Strong, 2009). Jennen and Uhlenback (2004) acknowledged that participation in physical leisure activities affects quality of life and life satisfaction. A body of literature supported the fact that comprehensive work-based physical leisure activity programme can yield promising health behaviour changes of employees.

National Association for Sport and Physical Education (2003) submitted that participation in leisure activities makes one fit, gives participants more energy, greater mental alertness, reduces stress and allows for better time management. Recent findings revealed the potential of participation in physical leisure activities to 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. Similarly, it has the power to create social cohesion and increase productivity (Barcelona, 2002; Ministry of Sport and Recreation, 2008 & Fadoju & Aleta, 2010), prevent cardiovascular diseases (Stewart, 2004; Braith & Stewart, 2006); Tompkins, Bosh, Chenowith, Taide & Swain, 2008), reduces the risk of diabetes and improves plasma lipid (American College of Sports Medicine, 1995), reduces premature mortality and morbidity (Bushch, 2004; Ford, Health, Mannino & Redd, 2008), enhances self-esteem, self-confidence and self-concept (Harworth, 2008) reduces obesity, serve as preventive mechanism for risk behaviour, prevents disabilities associated with old age (Trenbath), reduces fatigue (Ericksen & Brunsgaard, 2004), prevents metabolic syndrome (Jennen) & Uhlenbuch, 2004), nurtures holistic sense of wellness, promotes psychological and environmental benefits (Academy of Leisure Sciences retrieved 2010).

An international expression of the importance of leisure can further be found in the "Declaration of human right" of the United Nations (United Nations, 1998; UNenable, 2006). It recognizes the right of everyman to rest, to leisure, to freely participation in cultural life of his community and also emphasizes

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the importance of ensuring that even children have full opportunity for play and recreation which will fully promote the development of his personality. The benefits of active involvement in leisure have attracted individuals, groups, and governments to it. Even world organizations such as World Leisure Organization, World Tourism Organization, World Travel and Tourism Organization, International Council for Physical, Health Education, Recreation, Sport and Dance, United Nations Education and Scientific Commission etc., are actively involved in propagating leisure programmes around the world because of its tremendous contributions to individual and community development. Looking at this global trend, Ojeme, Iyawe, and Oshodin (2000) were worried that there seems to be no information or data on the size and status of leisure programme development in Nigeria, despite the enormous potentials and the readily available market.

Ealier, Alla (1997) had recommended in-dept look at various strata of the society as means of ascertaining leisure involvement among the citizenry as this will form the fulcrum for national leisure programme planning and development. It is believed in some quarters that leisure programmes will grow in Nigeria if effort is geared towards ensuring that leisure education is integrated into the curriculum of tertiary institutions.

Mayaki (2000) was of the opinion that the destiny of any nation is shaped in the classroom. The Federal Ministry of Education, (1981) confirmed these speculations to be true. The document described institutions of higher learning as the center for excellence established to contribute to the up-keep of the society through man-power and knowledge development and social services as well as helping to set agenda for its continued growth and development. Academic and non-academic staff occupy leadership roles in Nigeria tertiary institutions. Thus, it is important that the status of leisure-time physical activity involvement among these groups is ascertained to achieve desired results. This study therefore will research into the pattern of leisure-time physical activity (LTPA) involvement among academic and non-academic staff in tertiary institutions in Ondo State, to ascertain the current status of their involvement.

### Research Methodology

A descriptive survey design was used in investigating pattern of leisure activity involvement among academic and non-academic staff of tertiary institutions in Ondo State. The population for this study was all the academic and non-academic staff in

government-owned tertiary institutions in Ondo State. The institutions include, Adekunle Ajasin University, Akungba, Adeyemi College of Education Ondo, Federal College of Agriculture, Akure, Federal University of Technology, Akure, Rufus Giwa Polytechnics, Owo.

For the purpose of this study, the purposive sampling technique was applied to select 40 academic and 40 non-academic staff from each of the five tertiary institutions. Thus, the total respondents for the study were 400. A structured and validated questionnaire tagged, "Pattern of Leisure Involvement Questionnaire (PLIQ)" was employed to collect information on the activities involved in during leisure time by academic and non-academic staff in tertiary institutions in Ondo State.

The reliability test was carried out using Cronbach's Alpha statistic which is a measure of how reliable and consistent the instrument was. The result showed that Cronbach's Alpha was 0.896. Since the value was above 0.5 which was the average, it showed that the research instrument was reliable and consistent.

The questionnaire was administered personally to the respondents, and explanations given by the subjects were sincere since names were not written on the questionnaire. The questionnaire was collected from each subject after all items were filled. It took 3 weeks to collect all the questionnaire. The data gathered were analyzed using descriptive (mean, standard deviation and standard error) and inferential statistics (t-test).

### Results and Discussion

The results of the study were presented based on the responses to the questionnaire administered. The two groups as indicated on the table 1 were involved in reading and discussing opinions of social critics in their leisure time. The mean score of academic staff was 3.39 while that of non-academic staff was 3.07. This shows that though academic staff were involved more in reading and discussing opinions of social critics in their discretionary time, majority of the two groups were involved in these activities in their spare time.

The Table 1 showed the mean score of academic staff as 3.42 and that of non-academic staff was 3.47 that participated in discussing current issue in their profession during leisure time. This inferred that non-academic staff were involved in discussing current issues in their profession during their leisure time more than the academic staff. The academic and the non-academic staff were found to also enjoy

participating in art, musical and cultural activities during their free time. But from the mean scores recorded for the two groups, it was clear that more academic staff were involved in art, musical and cultural activities during their leisure hours than the non-academic staff.

The academic staff had mean score of 3.06 while non-academic got 2.71. It is true that some staff involved in social services or special projects worked during their leisure hours. The mean score of academic staff that were involved in social services and special projects during free time was 2.68 while that of non-academic staff was 2.71. This indicated that more non-academic staff were involved in social service works or special projects in their leisure time than academic staff. The result on Table 1 clearly showed that more academic staff were involved in sporting activities during their leisure time than the

non-academic staff. The mean score of 3.27 was recorded for academic staff whereas 2.92 was recorded for non-academic staff. The result also suggested that some staff drink or smoke during their leisure hours.

The mean score of academic staff that visit staff club to drink or smoke during free time was 2.16 and that of non-academic was 1.73, meaning that more academic visit staff club to drink or smoke during leisure hours.

The result yielded from Table 1 showed that both academic and non-academic were involved in religious activities during leisure hours. The academic staff had a mean score of 3.14 while non-academic staff had 3.53. This indicated that more non-academic staff were involved in religious activities during free time.

Table 1. Mean scores to determine the pattern of leisure activity involvement N = 400

Pattern of activity involvement		N	Mean	Std. deviation	Std. error mean
Read and discuss the opinion of social critics	Academic	200	3.39	1.194	.084
	Non-academic	200	3.07	1.620	.115
Read and discuss about current trends in your profession	Academic	200	3.42	1.426	.101
	Non-academic	200	3.47	1.473	.104
Volunteer works	Academic	200	2.93	1.434	.101
	Non-academic	200	2.59	1.642	.116
Involve in art, musical and cultural activities	Academic	200	3.06	1.359	.096
	Non-academic	200	2.71	1.520	.107
Work in social service organization or special projects	Academic	200	2.68	1.719	.122
	Non-academic	200	2.72	1.436	.102
Participation in sporting Activities	Academic	200	3.27	1.512	.107
	Non-academic	200	2.92	1.691	.120
Visiting staff club to drink or smoking	Academic	200	2.16	1.127	.080
	Non-academic	200	1.73	.970	.069
Go for religious activities	Academic	200	3.14	1.790	.127
	Non-academic	200	3.53	1.629	.115

Table 2 revealed that there was no significant difference in the involvement of academic and non-academic staff reading and discussing current trends in their professions and those who also work in social service organizations and special projects. However, the examination of the data revealed that there were significant differences in the involvement of

academic and non-academic staff in reading and discussing the opinion of social critics, participating in volunteer works, involving in art, musical and cultural activities, participating in sporting activities, visiting staff club to drink and attending religious activities e.g. church, fellowship, mosques etc.

Table 2. Independent sample test to determine the pattern of leisure involvement academic and non-academic staff. N =400

Pattern of activity involvement		T-test for equity of means				
		t	df	Sig. (2-tailed)	Mean difference	Std. Error difference
Read and discuss the opinion of social critics	Equal variance assumed	2.284	398	.023	.325	.142
Read and discuss about current trends in your profession	Equal variance assumed	-.345	398	.730	-.050	.145
	Equal variance assumed	2.206	398	0.28	.340	.154
Volunteer work						
Involved in art, music And cultural activities	Equal variance assumed	.463	398	.014	.355	.144
Work in some social service organizations or special project	Equal variance assumed	-.284	398	.776	-.045	.158
Participate in Sporting activities	Equal variance assumed	2.151	398	.032	.345	.160
Involved in drinking Alcohol and smoking	Equal variance assumed	4.088	398	.000	.430	.105
Go for religious activities e.g. church mosques, fellowship etc.	Equal variance assume	-2.279	398	.023	.390	.171

If P < than 0.05 there is significant difference.

The study was designed to examine pattern of leisure-time activity involvement of academic and non-academic staff of tertiary institutions in Ondo State. Responses gathered from the data collected showed that academic and non-academic were involved in reading, and participation in discussing trends in their professions during leisure time. However, the examination of the data suggested that there was a significant difference in the manner academic and non-academic staff were involved in leisure activities such as; reading and discussing the opinion of social critics, involvement in volunteer works, involving in art, musical and cultural activities, participating in sporting activities, visiting staff club to drink and participation in religious activities e.g. church, fellowship, Mosques etc. It was discovered too that academic staff were involved more in art, musical, cultural, volunteer works and sporting activities during leisure time while non-academic staff were found to participate in social service organization and special project and religious programmes than academic staff.

Lastly, the study revealed that few tertiary institution staff visited staff club to drink during leisure time. These differences observed may be as a result of differences in nature of job, education and income (University of Alberta, 2008). Heyne and Schledien (1996) remarked that selection of one physical activity over another is dependent primarily upon sense of value, appreciation, understanding, interest, skills, all of which fall within the province of education. One can assume therefore that educational

attainment is a predictor for pattern of leisure-time physical activity involvement (Droomer, Schrijver & Mackenback, 2001). In order words, there is direct relationship between leisure behaviour and education attainment. The amount of education that a person has can influence his/her concept of leisure. Also, income can be a primary determinant of the type of activities an individual will partake in. Observations have shown that allowances that accrue to academic staff in tertiary institutions in Nigeria is more than that of non-academic staff, this may have significant influence on the purchasing power of the two groups and therefore determining their pattern of involvement in physical leisure activity. This may also explain why the academic staff were more involved in physical leisure activity such as art, musical, cultural and sporting activities that requires expensive equipment than the non-academic.

## Conclusion

The finding revealed that academic staff were involved more in volunteer works, arts, musical, and sporting activities, whereas non-academic staff participated more in social services and project works and religious activities. This finding showed that various social groups participated in leisure activities differently. It thus mean that when planning leisure activity programmes for staff of tertiary institutions , the differences noted in this study should be considered so that provision will not be made for one

group, while the other is isolated. Understanding the motives for leisure activity involvement among employees in workplace will have implication for planning, promotion, maintenance and sustainability of participants' interests in leisure-time physical activity. Knowing activity preference of leisure consumers will in a way assist leisure managers/coaches to design programmes and leisure-time physical activity experiences that will fulfill their needs and contribute positively to their personal development.

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