

Level of Leisure Activity Involvement among Academic and Non-Academic Staff of Tertiary Institutions in Ondo State

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Abstract

Participation in leisure activities affects quality of life and life satisfaction. The frequency, intensity and duration of leisure activities involvement will significantly affect the overall impact of leisure-time physical activity on participants. The aim of this 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 non-academic 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.

Keywords: Moderate activity, vigorous activity, intensity, frequency, duration.

Introduction

In June 1, 1970 sixteen (16) agencies operating internationally in the field of play and recreation met in Geneva to develop a Charter of leisure (IRA, 1970). The document defined leisure as that period of time at the complete disposal of an individual, after he has completed

his work and fulfilled his other obligations. Leisure time was of great importance to these agencies, because a nation is made richer or poorer by the way its people use their leisure.

Observations have shown that Nigerians are involved in both active and passive leisure activities. They are involved in activities that require physical or mental exertion such as basketball, swimming, squash, tennis, hunting, fishing, draught, scrabble, and chess. Ojeme, Iyawe, and Oshodin (2000), reported that among the local people of Nigeria wrestling, dancing and acrobatic activities are very common. Also common among them are high-impact activities that involve almost no physical exertion but do require a substantial mental effort such as playing draught, ayo (warry), painting, art and craft. However, many people are involved in passive activities which do not exert any significant physical or mental energy. These include activities such as going to cinema and watching television, cultural display and wrestling.

Jennen and Uhlenbuck (2004) acknowledged that participation in active leisure affects quality of life and life satisfaction. An international expression of the importance of leisure can be found in the "Declaration of human right" of the United Nations (UNO, 1998; UN enable, 2006). The Declaration recognizes the right of everyman to rest, to leisure, to freely participation in cultural life of his community and emphasizes the importance of ensuring that even children have full opportunity for play and recreation which will fully promote the development of their personality.

The benefits of 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 around, one will realize that volumes of study have been carried out on workplace leisure activity involvement in many parts of the world. In recent times, studies have also recommended in-depth look at various strata of the Nigeria society as means of ascertaining leisure involvement among the citizenry (Alla, 1997). This study therefore will research into the level 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 leisure activity involvement among academic and non-academic staff of tertiary institutions in Ondo State.

The populations for this study were all the academic and non-academic staff in the five government-owned tertiary institutions in Ondo State. 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 tertiary institutions. Thus, the total respondents for the study were 400.

The instrument employed in the study was a structured and validated questionnaire, label pattern of Leisure Involvement Questionnaire (PLIQ) this was used either to information on the frequency and intensity of staff involvement in leisure activities.

Analysis of data

The information gathered from the subjects through the questionnaire and interview was analyzed using descriptive (mean, standard deviation and standard error) and inferential statistics (t-test), to answer the problem posed in the study.

Results

The results of the study are presented based on the responses to the questionnaire administered

Table 1a: Independence sample test to find out the significant difference in the level of leisure-time physical activity involvement among academic and non-academic staff.
N = 400

Level of Activity	t-test for equity of Means				
	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Level of participation Equal variance in leisure activities assumed between academic and non-academic.	4.377	398	.000	435	.090

Source: Fieldwork 2011

If $P < 0.05$ there was significant difference.

The study wanted to find out if there was a difference in the level of physical leisure activity involvement among academic and non-academic staff. The data in the above table indicated that the P value is less than 0.05. Therefore one can conclude that there was significant difference in the level of involvement of academic and non-academic staff in leisure-time physical activities.

Table 1b: Information on the intensity of involvement in leisure-time physical activity
N=400

Level of Activity			Frequency	Percent	Valid Percent	Cumulative Percent
Academic	Valid	No Activity	61	30.5	30.5	35.5
		Low	38	19.0	19.0	49.5
		Moderate	71	35.5	35.5	85.0
		Vigorous	30	13.0	13.0	100.0
		Total	200	100.0	100.0	
Non-academic	Valid	No activity	76	38.0	38.0	38.0
		Low	81	40.5	40.5	78.5
		Moderate	27	13.5	13.5	92.0
		Vigorous	16	8.0	8.0	100.0
		Total	200	100.0	100.0	

Source: Fieldwork 2011

Table 1B: showed the level of involvement of respondents in leisure activities. It indicated that 30.0% of academic staff were not involved in any particular activity, 19% in low activities, 35.5% engaged in moderate leisure activities and 13% in vigorous. For non-academic staff also, 38% were not involved in any particular leisure activity, 40% in low activities, 13.5% in moderate activities and 8% engaged in vigorous activities. This suggested that while more academic staff liked participating in activities with moderate intensity, majority of non-academic staff preferred engaging in activities of low intensity.

Table 2b: Independent sample test to determine the nature of leisure activity involvement among academic and non- academic staff.

N 400

Nature of participation		t-test for equity of Means				
		t	df	Sig.(2 tailed)	Mean Difference	Std. Error Difference
Nature of participation: Active participation only.	Equal variances assumed	.221	389	.825	.035	.158
Nature of participation: Passive participation. alone	Equal variances assumed	1.050	398	.294	.140	.133
Nature of Participation: Involved in active and Passive leisure activities	Equal variances assumed	-.154	398	.878	-.025	.162
Nature of participation: Not interested in leisure	Equal variance assumed	2.776	398	.006	.365	.131

Source: Fieldwork 2011

The table 2b indicated that there was no significant difference in the number of academic and non-academic staff that were involved in both active and passive leisure activities. However, the result revealed that there was a significant difference in the population of academic and non-academic staff that were not interested in leisure activity involvement.

Table 3: Mean scores of responses to question determining the frequency and available free-time for leisure activity.

N = 400

Frequency of participation	N	Mean	Std. Deviation	Std. Error Mean
Do you have enough Academic Free time for leisure pursuits? Non-academic	200	2.10	1.442	.102
Frequency of participation Academic in leisure activities of not less Non-academic than 20 minutes: once a week on regular basis	200	2.38	1.526	.108
Frequency of participation Academic in leisure activities of not less Non-academic than 20 minutes: Twice a week on regular basis	200	1.91	1.758	.124
Frequency of participation Academic in leisure activities of not less Non-academic than 20 minutes: Twice a week on regular basis	200	2.18	1.462	.103
Frequency of participation Academic in leisure activities of not less Non-academic than 20 minutes: Twice a week on regular basis	200	1.83	1.585	.112
Frequency of participation Academic in leisure activities of not less Non-academic than 20 minutes: more than twice a week	200	1.93	1.448	.102
Frequency of participation Academic in leisure activities of not less Non-academic than 20 minutes: more than twice a week	200	2.24	1.788	.126
Frequency of participation Academic in leisure activities of not less Non-academic than 20 minutes: not on regular basis	200	3.27	1.568	.111
Frequency of participation Academic in leisure activities of not less Non-academic than 20 minutes: not on regular basis	200	2.81	1.706	.121

Source: Fieldwork 2011

Table 3 showed that non-academic staff had more free time for leisure pursuits than academic staff. This was supported by mean score of 2.10 for academic staff while that of non-academic staff is 2.51. It can be concluded that academic staff did not fire much time as non-academic staff to participate in physical leisure activities. Academic staff that were also involved in leisure activities at not less than 20 minutes once a week on regular basis had more mean scores than their non-academic counterpart. This suggests that more academic staff participated in physical leisure activities that were not less than 20 minutes once a week on regular basis than non-academic. While the mean score of academic staff was 2.38, that of non-academic was 1.91. Considering the staffers that were involved in leisure activities not less than 20 minutes, twice a week on regular basis, it was discovered that the mean score of academic staff was 2.81 whereas that of non-academic was 1.83 indicating that more academic staff were involved in leisure activities twice a week on regular basis.

The table above further indicated that the mean score of academic that were involved in physical leisure activities more than twice a week on regular basis was 1.93 while that of non-

academic staff was 2.24. It can be concluded that the non-academic staff that were involved in physical leisure activities more than twice a week on regular basis were more than academic staff. While considering the responses of staffers that did not involve in physical leisure activities that were not less than 20 minutes on regular basis, it was discovered that the mean score of 3.27 was recorded for academic staff and 2.81 for non-academic staff, meaning that more academic staff did not participate in leisure activities on regular basis. According to the table above more academic staff did not participate in leisure physical activities.

Discussions

The study was designed to examine the level leisure activity involvement of academic and non-academic staff of tertiary institutions in Ondo State.

Level of Leisure Activity Involvement

The result of the study indicated that there was a significant difference in the level of leisure activity involvement of academic and non-academic staff. Level of leisure activity involvement refers to the volume of participation. Achieving physical fitness through leisure activity participation depends on the total training volume. Training volume is the sum of work performed during a training session (Siahkouhian and Kordi, 2010). It is made up of duration, frequency and intensity of activities. Duration described the amount of time spend on leisure activities per session, whereas intensity is the quality of activity or the level of exertion (Jorge, 2011). The frequency of leisure activities explains the occurrence or density of activities in a week. There was a consensus that 20 minutes of exercises on regular basis can have significant effect on health status of human being (Eriksen et al, 2004). According to Jorge (2011), intensity of activities are categorized into;

- Low: these are activities such as reading books, watching T.V. or physical activities that require minimum efforts or energy.
- Moderate: these are physical activities such as brisk walk, jogging etc. They involve medium efforts.
- Vigorous: they include running, swimming, circuit training, playing ball etc. It requires maximum efforts/energy.

Christodoulos, Daouda, Polykratis and Tokmakidis (2006) claimed that there have been mixed findings as to which of the intensities-low, moderate and vigorous- has the best impact on leisure participants. Wemme and Rosval (2005) & Jennen and Uhlenbuck (2004) emphasized that low physical activities can impact leisure participants socially and reduce the risk of persistent fatigue. Interestingly, most of the non-academic staff that were involved in leisure activities did so at low intensity level. This is in disagreement with the finding of Wemme and Rosval (2005) that activities of low intensities are found among people with low socio-economic status. If income and education are benchmark for measuring socio-economic status, non-academic staff of tertiary institutions in Nigeria are not in any way in low socio-economic status. They are among the groups that are most educated and earn the highest salary in Nigeria. However, more academic staff participated in activities with moderate intensity.

Understanding how to regulate the duration, intensity and frequency of physical activity is very important. Hardman's (2001) study revealed that activity duration, intensity and frequency can influence some effects on disease risk, but the difficulty of defining and then measuring this in meaningful way has reduced progress. Following the release of the CDC (Centre for Disease Control/ACSM (American College of Sport Medicine) recommendations, there were severe investigations of the effects of moderately intense physical activity on all cause mortality. These findings agreed that only activity of vigorous intensity and not moderate or low intensity predicted lower rate of premature mortality. In contrast, several

epidemiological studies have observed the benefits of moderate physical activity, especially brisk walking, in relation to all cause mortality as well as to the incidence of mortality from cardiovascular diseases (Bucksch, 2004).

Studies have indicated that moderate to vigorous activities have the capacity of reducing health risks. For instance, ACSM, (1990), Buhsch (2005) and Public Library of Science (2010) postulated 2.5hrs a week of moderate activity, which equals 30 minutes on five days a week as the baseline for achieving fitness through leisure activity involvement. The 2008 Physical Activity (PA) Guidelines for Americans recommended 150 minutes of moderate intensity PA or 75 minutes of vigorous intensity PA a week to achieve health benefits (Lee, Sui, Ortega, Kim, Church, Minnet, Ekelund, Katzmarzyk and Blair, 2009). From the argument above it is clear that leisure activity involvement, be it low, moderate, or vigorous have some effects on human beings but their effects cannot be the same. According to Sartic, Jouilahti, Silventoinen, Barengo and Tuomitehto (2005) study of hazard ratios for stroke, which indicate risk, were estimated for different levels of leisure-time physical activities. Researchers adjusted factors such age, gender, body mass index (BMI), blood pressure, cholesterol, education, smoking, alcohol consumption and diabetes. They found that participants that described their leisure activity as moderate had a 14 percent lower risk of suffering any type of stroke than those whose activity level was low. Similarly, participants who reported high leisure-time activity had a 26 percent lower risk of all stroke than those who had a low physical activity level. The report agreed with Schrijvers and Mackenback (2001) which expressed that moderate activities offers some health benefits but that vigorous activities offers maximal protection from diseases.

Gomez-Lopez, Gallegos and Extremera (2010) remarked that time is the greatest obstacle to active participation in leisure activities. This study revealed that non-academic staff had more free time to expend on leisure activities than the non-academic staff. By nature of their assignment, academic staff are researchers whose schedule of duty/academic activities are not restricted to normal school hours and may interfere with their personal lives frequently and thus preventing them from having enough free time for leisure (University of Toronto, 2010). This may have affected the frequency of their involvement in leisure activities. As expected there were differences in the frequency of leisure activity involvement between academic and non-academic staff in tertiary institutions. The number of academic staff that were involved in leisure activities not less than 20 minutes once or twice a week on regular basis was more than non-academic staff. Further investigation showed that non-academic staff that participated in leisure activities of not less than 20 minutes more than twice in a week on regular basis was higher than that of academic staff. This confirmed the issue of lack of much free time for leisure activities among academic staff.

Research has supported the recommendation of leisure activities that is not less than 20 minutes for at least three days a week. Ford (2008) maintained that individuals that involve in leisure activities at least 3 times a week at moderate to vigorous level can achieve health benefits after 4-6weeks of regular involvement. Ericksen and Brunsgaard (2004) and Biernat and Rogusshi (2009) study cited that engaging in physical leisure activities for 20 minutes or more for at least once a week for a period of three to five months can reduce persistent fatigue.

Conclusions

The results showed that there was a significant difference in the level of leisure-time physical activity involvement among academic and non-academic staff. Also, 30% academic staff were found to have involved more in moderate leisure-time physical activities, while 40% non-academic staff participated more in activity with low intensity. When the free-time available for leisure among academic and non-academic staff was examined, it was discovered that non-academic staff have more free-time than the academic staff. It also showed that the frequency of academic staff involvement in leisure-time physical activities was once or twice a week, but the non-academic staff were involved in leisure-time physical

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

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