Perceived Impact Of Leisure Activities To Societal Development Of The Indigenous People Of Kwara Central Zone, Kwara State, Nigeria

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Abstract
This study investigated perceived contributions of leisure activities to societal development of indigenous people of Kwara Central Zone, Kwara State, Nigeria. A descriptive survey research design was used with one thousand and twelve (1,012) respondents, which were selected through convenient sampling technique across five Local Government Areas (Ilorin West, Ilorin East, Ilorin South, Asa and Moro LGA) that make up Kwara Central Zone. A self-structured and validated Likert scale type questionnaire was adopted in data collection, which was analysed through chi-square ($\chi^2$) statistical tool. The three hypotheses set at 0.05 alpha level on the variables, general well-being crime prevention and economic development perceived as contributions of leisure activities to societal development were accepted based on result of the findings. It was however recommended that government; corporate organisations and philanthropists should assist in the provision of leisure activities programmes, equipment and facilities that will bring about good health and fitness of the community members.

Introduction
The cultural richness of Africans opened a wide avenue for recreation after the day’s works. Recreation as well as physical exercises during like dance, acrobatic and gymnastic displays cultural festivals are often done for enjoyment and refreshment. These are common activities in this area understudy. Omoruan (1996) opined that in traditional African society, the child jumps, climbs a tree or mountain, rides a horse or donkey, dances or sings and also performs balancing acts because his siblings or elders do such. Every child discovers his lines and their uses. Thus, through playing games, sports and traditional religious festivals, the African child develops physical, emotional, aesthetic and social assets, which will serve him in good stead when he grows up.

In Nigeria, there were lots of other avenues for releasing tension in this area, the include traditional festivals, moonlight stories, meetings at the village square, hunting, dancing, wrestling, fishing, swimming and playing various types of games during their leisure to become well adjusted (Ipinmoroti, 2004). The fast growing amount of leisure time in Nigeria also under scores the need for recreational pursuit. Critcher Bramham and Tomlinson (2001) believed that it is during leisure that citizens express their real personalities. In fact, it is the major determinant of their life consciousness as a basis for adoption of value and attitude that influence their behaviour in other aspects of life. Critcher, Bramham and Tomlinson (2001) further argued that the result of increased leisure that is not properly utilised can manifest in various societal problems ranging from idleness, violence, alcoholism, drug abuse and other related vices.
George and McCullick (1999) buttressed that delinquency, crime, rioting and other anti-social acts may be the result of frustration and boredom but in most instances they are the result of emotional instability. Apart from heredity, the only way to have a strong stable nervous system is through vigorous exercises and recreation during leisure hours. Meanwhile, judicious utilisation of leisure hours provides an opportunity for everyone in the society to satisfy his/her basic human needs for self-expression, physical, emotional, mental and social. Recreation as an antidote to the difficulties of youth life experiences should make them develop good citizenship qualities and encourage democratic principles (Odumuh, 2004). In his submission, Folawiyo (2001) asserted that leisure pursuits stimulate physical activity that is enjoyable and exciting, contributing to good muscle tone and improving blood circulation. It also provides satisfaction of basic psychological needs which in turn create chances for success and the development of sense of belonging. Akorede and Adewole (2005) supported that vigorous activities during leisure promote the development of body ingredients like muscular strength, muscular endurance, power, flexibility, agility and co-ordination.

Asagba (2004) opined that recreation provides avenues for socialisation and it is conducive to the development of desirable behaviour. As if to sum it up, Ikulayo (2007) submitted that recreation regenerates the body and the brain. It serves as a break, which prevents the body from breaking down. However, Nigerians do spend their leisure on choice of activities like participation in sports, game, music, reading, watching film and other arts. Mull, Bayless, Ross and Jamieson (1997) highlighted this cultural programming as; art activities that focus on creating personal aesthetic objects such as painting, wood work, or dance activities such as folk, square, or ballet dancing that focus on rhythmic movement pattern or, drama activities; like story telling or performing skills that result into expression. They also identified literacy, mental and linguistic activities that focus on mental challenges such as reading, working puzzles or writing. Pertinently, they saw musical activities involving vocal and instrumental expression as part of leisure activities engaged in by indigenous people. Therefore, the contributions of leisure activities to societal development in enhancing mental, social, economic and physical well being of every individual cannot be over emphasised. It is therefore a worthwhile venture, assessing perceived contributions of leisure activities to societal development of indigenous people of central zone of Kwara State.

Hypotheses
(1) General well being of the body will significantly be perceived as contribution of leisure activities to social development of indigenous people of Central Zone of Kwara State.
(2) Crime prevention will significantly be perceived as contribution of leisure activities to social development of indigenous people of Kwara Central Zone of Kwara State.
(3) Economic development will significantly be perceived as contribution of leisure activities to social development of indigenous people of Kwara Central Zone of Kwara State.
Methodology

Research Design
The descriptive survey research design was adopted for the study. This method is most appropriate when one is studying a large population, which involves the use of questionnaire on a selected sample, which permits inferences and generalisation to the entire population.

Population
The population of this study were all people of local governments under Kwara Central Zone (Ilorin West, Ilorin East, Ilorin South, Asa, and Moro Local Government Areas).

Sample and Sampling Technique
Convenient sampling technique was used to select one thousand and twelve (1,012) respondents found in indigenous recreation centres from each Local Government Area that makes up Kwara Central Zone.

Research Instrument
The self-developed and validated 4 point, modified Likert type questionnaire with weight allotment of strongly agree, agree, strongly disagree, disagree was used for the study. Section “A” was on demographic data of the respondents while section “B” was on contributions of leisure activities to societal development of indigenous people of Kwara Central zone, Kwara State, Nigeria.

Data Collection and Analyses
Data were collected with the aid of two trained Research Assistants and analysed through the use of frequency counts, percentages and inferential statistics of chi-square ($\chi^2$) at 0.05 level of significance.

Key
\[
\bar{x} = \text{mean} \\
\text{S.D.} = \text{Standard Deviation} \\
X^2 = \text{Chi-square value} \\
\text{Df} = \text{Degree of freedom} \\
\text{Assump. Sig.} = \text{Assumptions Significance}
\]

Results
H$_0$: General well being of the body will significantly be perceived as contribution of leisure activities to societal development of indigenous people of Kwara Central Zone of Kwara State.
Table 1: X² item analysis table on General well being of the body as contribution of leisure activities

<table>
<thead>
<tr>
<th>S/n</th>
<th>Items</th>
<th>x</th>
<th>S.D</th>
<th>X²</th>
<th>Assp. Sig.</th>
<th>Decision</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Participation in leisure activities keeps my muscles in tone</td>
<td>3.5362</td>
<td>.71662</td>
<td>295.342</td>
<td>.000</td>
<td>Accepted</td>
</tr>
<tr>
<td></td>
<td>Leisure activities increase my mental alertness</td>
<td>3.3882</td>
<td>.71799</td>
<td>219.000</td>
<td>.000</td>
<td>Accepted</td>
</tr>
<tr>
<td></td>
<td>Leisure activities help ease accumulated tension and fatigue</td>
<td>3.4539</td>
<td>.75202</td>
<td>237.579</td>
<td>.000</td>
<td>Accepted</td>
</tr>
</tbody>
</table>

N = 1,012, df = 9, @ P ≤ 0.05

Table 1 revealed that items 1, 2, and 3 recorded x of 3.5362, 3.3882, and 3.4539 respectively. S.D. of 0.71662, 0.71799 and 0.75202 respectively. X² of 295.342, 219.000, and 237.579 respectively with df of 9, all have assumption significance of 0.000 which were less than 0.05. It means that the hypothesis of general well being of the body contributing to leisure activities to societal development of indigenous people of Kwara Central Zone was accepted. This means that participation in leisure activities contributed to the general well-being of the body and thereby the societal development of indigenous people of Kwara Central zone. This is in line with the view of Uguru-Okorie (1988) in Babatunde (2004) that medical scientists have found that leisure activities are required to control hypertension and other coronary heart diseases. Money, Okpako and Ezomoh (2004) buttressed that a long habit of taking balance diet in conjunction with a sensible programme of physical and leisure activities are indispensable to good health and physical fitness.

**H₀₂:** Crime prevention will significantly be perceived as contribution of leisure activities to societal development of indigenous people of Kwara Central Zone of Kwara State.

Table 2: X² Item analysis table on crime prevention as contribution to leisure activities

<table>
<thead>
<tr>
<th>S/n</th>
<th>Items</th>
<th>x</th>
<th>S.D</th>
<th>X²</th>
<th>Assp. Sig.</th>
<th>Decision</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Judicious use of leisure hours helps prevent crime in the society</td>
<td>3.3586</td>
<td>.79170</td>
<td>300.638</td>
<td>.000</td>
<td>Accepted</td>
</tr>
<tr>
<td></td>
<td>Juvenile delinquency can be curbed through leisure activities</td>
<td>3.4934</td>
<td>.69412</td>
<td>261.184</td>
<td>.000</td>
<td>Accepted</td>
</tr>
<tr>
<td></td>
<td>Psychologically related behaviour i.e. frustration, annoyance, stress, can be curbed through leisure activities</td>
<td>3.3322</td>
<td>.79071</td>
<td>176.079</td>
<td>.000</td>
<td>Accepted</td>
</tr>
</tbody>
</table>

N = 1,012, df = 9, @ P ≤ 0.05
Table 2 showed that items 4, 5 and 6 got $X^2$ of 3.3586, 3.4934 and 3.3322 respectively. S.D of 0.79170, 0.69412 and 0.79071 respectively. $X^2$ value of 300.638, 261.184 and 176.079 respectively with df of 9 all at 0.05 alpha level and assumption significance of 0.000. Thus, since .000 was less than 0.05, the hypothesis of significance relationship between crime prevention and leisure activities was accepted, connoting that participation in leisure activities do prevent crime among indigenous people of Kwara Central Zone of Kwara State. This result was congruent to the finding of Odeyemi and Akinremi (1997) that the major part of leisure activities provided in U.S. prisons includes sports and other physical activities to meet the inmate needs for free time pursuits. Hence, participation in these activities provides check for despairs, frustration and destructive behaviour. Dike (2004) supported that involvement in recreational activities such as sports impact the youth positively and help them to imbibe the societal norms such as self-discipline, strong character and good citizenship.

**H0:** Economic development will significantly be perceived as contribution of leisure activities to societal development of indigenous people of Kwara Central Zone of Kwara State

### Table 3: $X^2$ Item analysis table on economic development as contribution of leisure activities

<table>
<thead>
<tr>
<th>S/n</th>
<th>Items</th>
<th>$\bar{x}$</th>
<th>S.D</th>
<th>$X^2$</th>
<th>Assp. Sig.</th>
<th>Decision</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Recreational equipment and facilities can be hired out to the users</td>
<td>3.4901</td>
<td>.68451</td>
<td>257.658</td>
<td>.000</td>
<td>Accepted</td>
</tr>
<tr>
<td>2</td>
<td>Community festivals and carnivals can serve as tourist attractions</td>
<td>3.3618</td>
<td>.79228</td>
<td>190.474</td>
<td>.000</td>
<td>Accepted</td>
</tr>
<tr>
<td>3</td>
<td>Proceeds made can be used for community developmental projects</td>
<td>3.3597</td>
<td>.79274</td>
<td>183.931</td>
<td>.000</td>
<td>Accepted</td>
</tr>
</tbody>
</table>

N = 1,012, df = 9, @ P ≤ 0.05

It was revealed in table 3 that the items 7, 8 and 9 recorded $X^2$ 3.4901, 3.3618 and 3.3597 respectively, S.D. of .68451, .79228, 79274 respectively, $X^2$ of 257.658, 190.474 and 183.931 respectively with df of 9 at 0.05 alpha level all had assumption significance of 0.000. However, since 0.000 was less than 0.05, the hypothesis of significance relationship between economic development and leisure activities was accepted. Referring to the fact that participating in leisure activities promote and contribute to economic status of indigenous people of Kwara Central Zone of Kwara State. This result buttressed the submission of Ibrahim (2004) that Nigeria is endowed with wide variety of tourist attraction which if properly managed will generate foreign exchange, promote tourism based rural enterprises, generate employment, and accelerate rural and urban integration and central exchange. Besides this, Ajala (2004) asserted that same are gainfully employed in helping others utilise their leisure time, such occupations as life-guards, waitresses and cooks in restaurants, musician, producing and repairing items are primarily to help people enjoy leisure.
Conclusion

Based on the findings of this study, the following conclusions were drawn. With the increase awareness of importance of an active lifestyle among those indigenous people, participation in leisure activities is seen as laying the foundation in young and old people for long-term health and improved quality of life. Participation in leisure activities is also believed to curb anti-social vices in the community. Nevertheless, services and occupation from recreation of leisure activities can economically empower individual and community as a whole.

Recommendations

Government, corporate organisations and philanthropists should assist in the provision of leisure activities and programmes that will bring about good health and fitness of community members. There should be availability of recreational equipment and facilities to maintain high moral standard among community members. Recreation sectors and tourist sites should be maximally utilised, so as to generate revenue from the economic potential.

REFERENCES


