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JOURNAL OF EDUCATIONAL THOUGHT

Editorial

The sixth (6) Volume, Number One – Vol. 6(1), 2017 of the JET is a special edition of the Department of Lifelong and Continuing Education, University of Lagos, Akoka, Nigeria. The Edition is poised to report cutting edge research findings and discuss educational issues of interests.

The articles in the Journal are contemporary and challenging with the implications for national development, global emancipations, empowerment and awareness creation.

The Editorial Board of JET wishes to solicit through this avenue well researched studies and articles for future publications. We will like to thank the reviewers and assessors of the articles published here for their time and other resources well spent. To the contributors, the Board says well done and thank you and please continue to research and send qualitative papers to JET. We solemnly promise a continued improvement in the subsequent editions of JET.

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A JOURNAL OF THE DEPARTMENT OF LIFELONG AND CONTINUING EDUCATION, UNIVERSITY OF LAGOS

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The mission of the Journal of Educational Thought (JET) is to sever society through promotion of excellence in educational research. JET is aimed at generating and disseminating new knowledge to service providers, practitioners and policy makers in the diverse fields of education and development studies.

The Journal provides a forum for publishing and disseminating a balanced mix of well-grounded research studies in education. The scope of JET covers empirical and theoretical research studies that contribute to knowledge and practice, research reviews, case studies, book reviews, field work reports as well as pedagogical and andragogical issues in all fields, levels, and forms of education and training. In addition, the Journal publishes articles that address education and training in relation to other disciplines and development studies.

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- Authors should include the list of between four to six key words below the abstract.
- Articles should be written in English language with Times New Romans 12 font and not exceed 6000 words in length including references, tables and figures.
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Abstract

University education has been noted as a key determinant in fostering entrepreneurship among young people and adults alike. Open and Distance Learning (ODL) programme has been projected as a veritable tool in propagating entrepreneurship to people of different background. In view of this, this study set out to assess the extents to which resource utilization in distance learning programmes influence entrepreneurial skills development among students in University of Lagos distance Learning Institute. A descriptive survey research method was used for the study. Using a multistage sampling procedure, 400 students in the programme were selected from 4 five departments in the institutions. Data were gathered through a researcher’s constructed structured questionnaire titled “Resource Utilization and Entrepreneurship skill development Questionnaire Rating Scale. Four objective and hypotheses were raised, analyzed and tested for the study. The findings from the results revealed a significant relationship between resource utilization and entrepreneurial skill development of distance learning students. Based on the findings form study recommendations were made.

Keywords: Entrepreneurship, Distance Learning Education, Resource Utilization, Skills, Education
PARTICIPATION IN LEISURE ACTIVITIES BY OLDER PERSONS IN SELECTED CARE HOMES IN SOUTH WEST NIGERIA

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Abstract
Participating in leisure activities is a way of exposing care home residents to meaningful and pleasurable leisure experiences, as well as for social interactions. In care homes, participating in leisure activities has potentials to improve the quality of life (QoL). This study therefore examines participation in leisure activities by older persons in care homes in South West, Nigeria. The study was a survey design type and the population comprised twenty (20) respondents drawn through purposive sampling technique in the care homes under study. Questionnaire was the tool used for data collection. The data collected were analyzed using descriptive statistics. The results of the findings showed that the range of the leisure activities which residents enjoy most in the care homes are: Ludo playing (52.6%), religious activities (52.6%), television watching (31.6%), listening to radio and music (31.6%), singing (26.3%) and card playing (26.3%). Some factors inhibiting residents from participating in leisure activities identified were: person-related barriers, such as poor health, lack of interest and organization-related barriers, like no motivation from staff members of the care homes. It was also revealed that the older persons were more or less involved in passive and sedentary leisure activities compared to physical leisure activities. On the basis of the findings, recommendations made are: leisure opportunities should be offered and made available by care homes; leisure activities in the care homes should vary to address the broad range of interests and needs of older persons in the care homes; care homes staff members should encourage residents to participate in many leisure activities in the homes; provision of training on leisure activities for carers and management staff of the homes should be part of the training programmes of all care homes.

Key words: Leisure activity, participation, older persons, care homes

Introduction
Old age, which is usually referred to as the second childhood is the end of human life cycle or the closing period in the life span. It is a period of reduced activity, disengagement from social life, an exchange of independence for dependence and a general loss of personal control and self-esteem. In addition, it is characterised by decline in physical vigour and diverse diminishing capabilities to walk, see, hear, remember, and withstand as before the strains and stresses of life. There are other problems though, which would include: sudden illness, and geriatric problems (Okunola, 2002). Be that as it may, growing old is a stage of life everyone will eventually have to experience if they live long enough.

The experience of old age varies from culture to culture and it is an honoured condition in many traditional societies. Traditionally in the African society, the respect accorded older persons is such that they head the family and the extended clan that dominates the communities. In Western societies too, older persons are treated with respect, hence they are referred to as senior citizens. Similarly in the Asian culture, older persons occupy positions of respect to the point of reverence. However, older persons remain an integral part of the family and community. In Thailand, the belief is that children have the moral obligation to care for their parents later in life (Knodel, Chayovan & Siribon, 1992). In the Indian culture the type of care children provide their parents include: emotional, financial, as well as socio-cultural support and assistance in varying degrees. The Chinese culture is not different as it promotes a strong relationship between
parents and their children, strong intergenerational cohesiveness and close and dependent family relations (Varshney, 2007).

A major source of caring for older persons in the family is the extended family. In addition, it is a collective social responsibility to look after older persons in the community. The tradition of looking after older persons is aptly illustrated in the sayings of the Akans of Ghana: “when someone has looked after you to grow your teeth, you should also look after the person to lose his or her teeth” (Unanka, 2001). The Yorubas of South West Nigeria say “Ti okete ba d'agba, omu omo e lo ma mu” translated “When the rodent grows to old age, it depends on the younger ones for sustenance” (Ajomale, 2007).

Unfortunately, in contemporary times, family support and care of older persons by their family and kin have been weakened by modernization, triggered by economic development plans and their successful implementation, deterioration of the traditional family values, women's increasing participation in work outside the home (Choi, 2005; Mba, 2007), migration and changes in the family structure (Ng, Tey, Yew, Sia & Long, 2012). Thus the support and care which have been accepted as a customary and essential duty and obligation of the family are gradually being eroded leading to their gradual breakdown. Consequently, this has resulted in gradual loss of safety net of family support by older persons' population. The result is that more and more older persons find themselves requiring alternative care and support system. Care homes which though are not customary and regarded as alien in the African culture are the credible alternative. So it is gradually becoming a choice for older persons in the society to live in care homes.

Moving into and living in a care home is taking care of older persons in an institution, where they would be well looked after. This type of care includes personal and social care services and general physical care, but also with mental stimulation (Li, Chang, Yeh, Hou, Tsai & Tsai, 2010). However, older persons in care homes are highly idle because they observe rather than engage in physical or constructive activities, and by extension leisure activities (Li et al 2010). A high proportion of their daily life is spent being inactive, immobile and frequently take a nap during the day (Ibrahim & Dahlan, 2015). Hence they are prone to health problems and lower quality of life. To stem this, Agahi & Parker (2005) suggest that older persons’ participation in leisure activities could be a resource, which helps to maintain health, involvement with life and active ageing. Furthermore, Mthembu, Abdurahman, Ferus, Langenhoven, Sable & Sondy (2015) argue that an important aspect of the lives of older persons in care homes should be participating in leisure activities, as it enables them use their abilities to enhance their health through participation and engagement in a variety of leisure pursuits. Thus taking part in leisure activities is doing something, rather than doing nothing.

Leisure activities are those activities that can be selected more or less deliberately on the basis of individual abilities and preferences. Leisure activity is a purposeful activity done solely for the sake of the satisfaction derived from the activity, not for external rewards or benefits, which the individual may receive as a consequence (Janke, 2005). Participating in leisure activity is when an individual or a group of people engage in an activity or activities, which they are interested in, have competence in and participate freely with others in the activity. When people participate in leisure activity, they can decide to immerse themselves in the activity and be committed because of the value they attribute to the activity (Lee, Dattilo & Howard, 1994). The activity engaged in, is without obligation or duty and is independent of work or the activities of daily living. When people participate in leisure activities, what they experience is fun, enjoyment, pleasure, relaxation and positive mood state (Lee et al, 1994).

Participating in leisure activity can take place anywhere, be it a care home or even outside a care home. For leisure activity to take place in a care home, availability and accessibility of leisure activity programmes in the home may be a predictor of activity participation. Availability and accessibility are thus key components of participation. Dube & Choyal (2012: 408) argue that...
Availability of and participation in leisure activities opportunities for social interaction, development of friendships and reduces social isolation. This in turn is associated with improved mental and physical well-being.

There are studies which showed that participating in activities and by extension leisure activities help people live full lives and this improves physical and mental well-being (Haecker, 2002). Participation in leisure activities is seen as a part of a healthy lifestyle and leisure researchers proposed that there are health benefits in leisure activity participation.

In this part of the world, there is less participation in leisure activity by older persons. This, according to some of the works reviewed will lead to older persons standing the risk of developing non-communicable diseases like cardiovascular diseases, diabetes, high blood pressure, raised blood sugar and being overweight. The study thus focuses on the leisure activities in the care homes selected for the study.

Statement of the problem
The importance of leisure activities on the physical and mental health of older persons in care homes is in the participation as this satisfies a variety of needs. It is pertinent to state that there are positive physiological outcomes associated with regular participation in leisure activities by older persons. Evidence from available literature reveal that not much is known about the leisure activity participation of older persons in care homes in South West Nigeria, though some of the homes have been in operation for about seventy years. The functionality of the leisure activities and the extent to which residents participate has not been assessed in a methodical and consistent manner. One may then question the real exposure of older persons in care homes in South West Nigeria to participation leisure activity.

Where there are obvious provisions for leisure activities, observations show that these are not effectively managed to enable residents enjoy a meaningful life by participating. The central problem of the study therefore is how much provision have been made for leisure activities and to what extent are these older persons in care homes encouraged to participate in the available leisure activities.

Purpose of the study
The purpose of this study is to:
- find out the leisure activities mostly enjoyed by residents of the care homes;
- examine the attitude and interest older persons have toward participating in the available leisure activities in the care homes;
- assess the factors that motivate older persons to participate in the available leisure activities in the care homes.

Research Questions
- What are the leisure activities mostly enjoyed by residents of the care homes?
- What are the attitude and interest of older persons towards participating in leisure activities in care homes?
- What factors motivate older persons’ participation in the available leisure activities in care homes?

Methodology
The survey research design was employed for this study. The care homes purposively selected for the study include: Centre for Happy Elderly People (CHEP) - Isolo, Lagos State and Heritage Home for the Elderly- Ipakodo, Ogun State. The homes were selected because they are privately owned. The instrument used for data collection was structured questionnaire: Leisure Activity Participation Interview for Individual Residents (LAPIGIR). The sample size for the study comprised twenty residents (20) which is the entire population of older persons in the care homes selected for the study as at the time of this study.

Data collected were analyzed using descriptive and inferential tools. Data were summarized in tables showing frequency, percentage and cumulative frequency.
Results and discussion of findings

Analysis of socio-demographic characteristics of respondents

Results of the socio-demographic characteristics of the respondents were captured as follows: **Age:** 35% were in the age bracket of 75-79 years; 25% were in the age bracket of 70-74 years; **Gender:** 55% were female and 45% were male. The bulk of the residents in the care homes were female. **Religion:** 83.3% were Christians, while 16.7% of the respondents were of Islamic faith. An overwhelming majority of the respondents who indicated their religious background were Christians. To represent **Marital status,** two dichotomies reflected-married and widowed. 63.6% of the respondents were widowed and 36.4% were married. From the responses, it can be deduced that majority of the respondents were widowed.

Analysis and Results of the Research Questions

Research Question 1: What are the leisure activities mostly enjoyed by residents of the care homes under study?

Table 1: Leisure activities enjoyed most as a result of resident’s interest in participating

<table>
<thead>
<tr>
<th>Variables</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Card playing</td>
<td>5</td>
<td>26.3</td>
</tr>
<tr>
<td>Ludo playing</td>
<td>10</td>
<td>52.6</td>
</tr>
<tr>
<td>Draft</td>
<td>1</td>
<td>5.3</td>
</tr>
<tr>
<td>Watching Television</td>
<td>6</td>
<td>31.6</td>
</tr>
<tr>
<td>Monopoly</td>
<td>1</td>
<td>5.3</td>
</tr>
<tr>
<td>Reading Newspaper/Magazines/Books</td>
<td>2</td>
<td>10.5</td>
</tr>
<tr>
<td>Listening to radio/music</td>
<td>6</td>
<td>31.6</td>
</tr>
<tr>
<td>Outing</td>
<td>2</td>
<td>10.5</td>
</tr>
<tr>
<td>Ayo playing</td>
<td>2</td>
<td>10.5</td>
</tr>
<tr>
<td>Participating in religious activities</td>
<td>10</td>
<td>52.6</td>
</tr>
<tr>
<td>Singing</td>
<td>5</td>
<td>26.3</td>
</tr>
<tr>
<td>Dancing</td>
<td>4</td>
<td>21.1</td>
</tr>
<tr>
<td>Others</td>
<td>3</td>
<td>15.8</td>
</tr>
</tbody>
</table>

Source: Researcher, 2016

Table 1 shows leisure activities enjoyed most by respondents as a result of their interest in participating in leisure activities. The range of their participation are: participating in religious activities (52.6%), Ludo playing (52.6%), watching television (31.6%), listening to radio or activities enjoyed mostly by residents are participating in religious activities and Ludo playing with the highest number of participants. The attractive nature of these activities was that the older one is, the closer to God and less participation in physical activities.

Research Question 2: What are the attitude and interest of older persons towards participating in leisure activities in the care homes under study?

Table 2a: Attitude of residents to participating in leisure activities in the care homes

<table>
<thead>
<tr>
<th>Variables</th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
<th>Cumulative Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very positive</td>
<td>2</td>
<td>10</td>
<td>10.5</td>
<td>10.5</td>
</tr>
<tr>
<td>Positive</td>
<td>17</td>
<td>85</td>
<td>89.5</td>
<td>100</td>
</tr>
<tr>
<td>Total</td>
<td>19</td>
<td>95</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>No response</td>
<td>1</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>20</td>
<td>100</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: Researcher, 2016

Table 2a shows 85% of respondents had a positive attitude to participating in leisure activities, while 10% had very positive attitude. It can be deduced that all the respondents have an encouraging attitude to leisure activity participation. A determinant factor for involvement in leisure activity participation is the attitude towards leisure. A positive attitude tends to relate to greater involvement in leisure activity, while a negative attitude will impede participation. Attitude towards leisure activities varied. Respondents were asked about their attitude to leisure activity participation. Choices included: very positive, positive, very negative, negative.
It was revealed from table 2a that 95% of the total respondents have a positive attitude towards participating in leisure activities, while 5% of the total respondents were indifferent.

<table>
<thead>
<tr>
<th>Table 2b: Expression of attitude by residents of the care homes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequency</td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>Exciting</td>
</tr>
<tr>
<td>Beneficial</td>
</tr>
<tr>
<td>Pleasant</td>
</tr>
<tr>
<td>Good</td>
</tr>
<tr>
<td>Total</td>
</tr>
</tbody>
</table>

Table 2b show respondents, who had a very positive or positive attitude to participating in leisure activities. 40% of the respondents stated that it was beneficial for them and 40% stated it was good for them. 10% found leisure activities participating exciting. It can be deduced that a good number of respondents who had a positive and very positive attitude to leisure activity participation stated that it was good and beneficial for them. From the findings, a high number of the respondents showed a very positive and positive attitude towards leisure activity participation. Furthermore, an exciting, pleasant and good attitude to participating in leisure activity as reported by respondents is also a positive attitude. This positive pattern of responses support the findings of Haworth & Lewis (2005) which found a positive attitude as an important factor influencing participation in leisure activity by older persons. Again, these findings confirmed the studies conducted by Almeida & Neves (2014) in Portugal and Carla-de-Castro & Carreira (2015) in Brazil, which found that the attitude towards leisure activity of institutionalized older persons was shown to be generally positive.

The fact that the general attitude towards leisure activity participation was positive could be linked to past experiences of participation in leisure activities.

Research Question 3: What factors motivate older persons’ participation in the available leisure activities in care homes under study?

<table>
<thead>
<tr>
<th>Table 3: Factors that motivate older persons’ participation in leisure activities in the care homes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Variables</td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>Motivation from staff members of the home</td>
</tr>
<tr>
<td>Motivation from my fellow residents</td>
</tr>
<tr>
<td>Physical and mental ability</td>
</tr>
<tr>
<td>Conducive environment and leisure activity room</td>
</tr>
</tbody>
</table>

Table 3 shows that 75% of the respondents stated that motivation from staff members of the care homes influenced residents’ participation in leisure activities, while 80% believed that motivation from fellow residents influenced their participation in leisure activities in the care homes. 50% of the respondents stated that their mental and physical ability influenced their participation in leisure, while in the same manner 65% stated that a conducive environment and a leisure activity room made them participate in leisure activities. It can be deduced that majority of respondents were motivated by fellow residents to participate in leisure activities in the care homes. In this study, various factors were found to influence leisure activity participation of older persons in the care homes. The findings are in line with the studies of Dube & Choyal (2012) and Causey-Upton (2015) which confirmed that staffing, organizational culture and living environment impact leisure activity participation in the care homes. Availability of a leisure activity room is a factor that
encourages participation in leisure activities. Majority of respondents stated that there was a leisure activity room in the care homes. It was however observed that in the care homes visited, there were no leisure activity rooms. But the care givers improvised in that, their living rooms doubled as leisure activity rooms and living rooms.

Conclusion and recommendations
The focus of this study was to examine the leisure activities participation of older persons in care homes in South West Nigeria. What emerged out of this study was the fact that the care homes provided basic services by concentrating more on care of residents. Generally, older persons in the care homes were not very active, but they engaged in chit-chatting with each other, when they were not watching television. Staff members in care homes should make residents feel they are not there only to receive care, but that the care is all embracing in the sense that leisure activity participation is an important part of life in a care home.

On the basis of the findings of this study, the following recommendations were made:

i. Even though the traditional place of older persons is in the family unit as distinct from care home, however, as the traditional family system is gradually weakening, it is recommended that more care homes be established. To this end, a policy governing the management of care homes should be enacted.

ii. It should be mandatory for all care homes to provide leisure activity programmes for residents, which should be meaningful and promote their well-being.

iii. Providing an in-service training is one way of enhancing and improving leisure activity programmes in this situation in Nigeria, where the resources are limited, so in-service training should be emphasized and promoted as a way of building skills of staff of the care homes.

iv. Creating awareness and sensitizing older persons in care homes about the benefits of participating in leisure activities could stimulate their interest and consequently their participation.

References


