

A COMPARATIVE STUDY OF THE ATTITUDE OF WOMEN ADMINISTRATORS AND WOMEN LECTURERS TOWARDS RECREATIONAL SPORTS

Grace O. Akintunde (G. O. TINWA)
Lagos State College of Education, Ijanikin

ABSTRACT

A total of 115 Women Administrators (60) and Women Lecturers (55) of Ahmadu Bello University main campus, (ABU) Zaria, were sampled in this study to determine the attitude of women towards Recreational Sports using the Questionnaires.

Statistical analysis showed that:

- (a) 60.87% of the women anticipated participating in recreational sports
- (b) 70% women Administrators and 73.73% women Lecturers affirmed that they gained social, physical and psychological values through recreational sports.
- (c) Reasons why some women did not participate are similar for both sampled groups and include, lack of time and occupation with other leisure activities such as reading, story telling etc.

Recommendations were made towards encouraging participation in recreational sports.

INTRODUCTION

The need for Recreation in modern life is growing in importance. This is due to a number of factors, chief of which is the tremendous increase in leisure time. Man, throughout history has prized and thought for leisure and dreamt of an ideal state of existence as one in which he might be free to do as he desired (Neumeier, 1949). Today the need for recreation is more heavily realised than over before. The machine has virtually made man's dream come true particularly in developed nations of the world.

Technological improvements and developments have so increased man's efficiency and production that leisure has been extended to everyone (Meyer, 1956). The problem today seems to be, not how to obtain leisure time but how to develop positive attitude especially among women and how to use it wisely.

Leisure presents so many opportunities for the enrichment of personal life and the improvement of the social order, but few people are equipped to make the most use of it. People of all ages need meaningful recreational experience, but the most enjoyable recreational sports for men may not provide satisfying leisure for the female counterparts.

According to Oglesby (1978) the reason why women or girls would not participate in sport, was because of social structure which orientate girls away from sports world, and unless girls were under the influence of other brothers or make gang counterparts they would grow into the socially preconvinced feminine model.

Women in the university system preconceived themselves into different hierarchical classes such as the administrators and the lecturers depending upon leisure time available to them. Lecturers have their classes as allotted on the timetable while administrators usually start work like any other office workers (7.30 a.m. — 3.30 p.m.). This difference appears clearly in their nature of work. It is the difference that this study is interested in quantifying in relation to the use of leisure.

Therefore, the aim of this study is to find out if there will be any significant difference in the attitude of Women Administrators and Women Lecturers towards Recreational Sports.

METHODS

The subjects for this study were selected, based on simple random sampling of women, from various departments of Ahmadu Bello University, Zaria. The subjects consist of women

lecturers (55) and women Administrators (60) who are Typists, Secretaries and Accountants in the different Administrative Offices of Ahmadu Bello University.

Questionnaire was the only instrument used for data collection. The instrument was made up of four sections. The first section was designed to obtain some demographic data from the women. It included nature of work, marital status and types of sport in which they participated. The second section was made up of questions based on their anticipation towards Recreational Sports. The third section was made up of questions based on the physical, social and psychological values obtained from Recreational Sport.

The last section has a list of reasons why women do not participate in Recreational sport.

Responses given in the second and third part of the sections were drawn according to the Likert scale-either strongly Agree, Agree, Undecided, disagree and strongly disagree. Numerical value of 5 was assigned to strongly agree, 4 to agree 3 to the uncertain position on each statement. 2 to disagree and 1 to strongly disagree.

One hundred and forty questionnaires forms were administered to the respondents in their various office. Only one hundred and fifteen questionnaires were returned upon several visits.

The data collected were analysed using frequencies and percentages.

RESULT AND DISCUSSIONS

TABLE: FREQUENCIES AND PERCENTAGES OF FIVE ALTERNATIVES FORMS OF RESPONSES

| QUESTIONS | | RESPONSES | | | | | | | | | | | | | | | | | | | |
|---|----|-----------|-------|-------|-------|------|----------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------|--|--|--|--|
| | | WOMEN | | | | | ADMINISTRATORS | | | | | WOMEN | | | | | LECTURERS | | | | |
| | | SA | A | U | D | SAD | NO | SA | A | U | D | DA | SA | A | U | D | DA | | | | |
| Anticipation Toward to Recreational sports I look forward to Recreational Sports | N | 10 | 30 | 19 | — | 1 | No | 9 | 21 | 21 | 4 | — | 9 | 21 | 21 | 4 | — | | | | |
| | % | 16.67 | 50 | 31.67 | — | 1.67 | % | 16.26 | 38.18 | 38.18 | 7.27 | — | 16.26 | 38.18 | 38.18 | 7.27 | — | | | | |
| Recreation Sport is pleasant | NO | 10 | 42 | 7 | — | 1 | NO | 18 | 33 | 3 | 1 | — | 18 | 33 | 3 | 1 | — | | | | |
| | % | 16.67 | 70 | 11.67 | — | 1.67 | % | 32.73 | 60 | 5.46 | 1.82 | — | 32.73 | 60 | 5.46 | 1.82 | — | | | | |
| I would arrange or change my schedule to participate in Recreational Sports | NO | 4 | 26 | 22 | 8 | — | NO | 6 | 22 | 17 | 9 | 1 | 6 | 22 | 17 | 9 | 1 | | | | |
| | % | 6.67 | 43.33 | 36.67 | 13.33 | — | % | 10.92 | 40 | 30.91 | 16.36 | 1.82 | 10.92 | 40 | 30.91 | 16.36 | 1.82 | | | | |
| Social values of sports | | | | | | | | | | | | | | | | | | | | | |
| One of the values of Recreational Sports is to fill leisure in our event filled society | NO | 4 | 38 | 12 | 6 | — | NO | 11 | 29 | 10 | 5 | — | 11 | 29 | 10 | 5 | — | | | | |
| | % | 6.67 | 63.33 | 20 | 10 | — | % | 20 | 52.13 | 18.18 | 9.1 | — | 20 | 52.13 | 18.18 | 9.1 | — | | | | |

QUESTIONS

RESPONSES

| | WOMEN ADMINISTRATORS | | | | | | WOMEN LECTURERS | | | | | |
|---|----------------------|-------|-------|-------|-------|---------|-----------------|-------|-------|-------|------|----|
| | NO | SA | A | U | D | SAD | NO | SA | A | U | D | DA |
| Recreational Sports provide me with excellent opportunities to develop friendship | NO 10 | 28 | 10 | 10 | 2 | NO 11 | 28 | 12 | 3 | 1 | | |
| | % 16.67 | 47.67 | 16.67 | 16.67 | 3.33 | % 20 | 50.91 | 21.82 | 5.46 | 1.82 | | |
| I gain important social opportunities through Recreational Sport | NO 12 | 30 | 12 | 4 | 2 | NO 7 | 19 | 20 | 7 | 2 | | |
| | % 20 | 50 | 20 | 6.67 | 3.33 | % 12.73 | 64.55 | 36.36 | 12.73 | 3.64 | | |
| Physical values of Recreational sports | | | | | | | | | | | | |
| Recreational sport is a techniques used for my weight loss | No 9 | 28 | 11 | 10 | 2 | NO 14 | 23 | 4 | 11 | 3 | | |
| | % 15 | 46.67 | 18.33 | 16.67 | 3.33 | % 25.46 | 41.82 | 7.73 | 20 | 5.46 | | |
| Participation in Recreational Sport will make me to live longer | NO 6 | 15 | 17 | 14 | 8 | NO 6 | 11 | 26 | 10 | 2 | | |
| | % 10 | 25 | 28.33 | 23.33 | 13.33 | % 10.9 | 1 | 20 | 47.27 | 18.18 | 3.64 | |
| I find that I am better able to cope with other pressures when I am physically active in Recreational Sport | NO 10 | 27 | 16 | 6 | 1 | NO 14 | 22 | 10 | 9 | — | | |
| | % 16.67 | 45 | 26.67 | 10 | 1.67 | % 25.46 | 40 | 18.18 | 16.36 | — | | |
| Psychological values of Recreational sports | | | | | | | | | | | | |
| I find that Recreational Sport is useful for me in developing or maintaining self discipline | NO 9 | 24 | 14 | 11 | 2 | NO 9 | 18 | 19 | 8 | 1 | | |
| | % 15 | 40 | 23.33 | 18.33 | 3.33 | % 16.36 | 32.7 | 33.45 | 14.54 | 1.82 | | |
| To me a crucial positive aspect of Recreational Sport is the excitement that I gain from participating | NO 3 | 16 | 23 | 13 | 5 | NO 4 | 27 | 20 | 4 | — | | |
| | % 5 | 26.26 | 38.33 | 21.67 | 8.33 | % 7.27 | 49 | 36.36 | 7.27 | — | | |

52.78% Women administrators and 54.55% Women :Lecturers believed that there are physical values obtained through participation in Recreational sports; thus, some saw Recreation Sport as a technique for weight reduction and are better able to cope with other pressures when they are physically active.

A few of the respondents 35% women administrators and 30.91% Women Lecturers believed that Recreational Sports will make them live longer.

43.13% of women administrators and 52.69 Women Lecturers agreed that there are psychological values obtained in Recreational Sport as both groups had a perception that Recreational sports help to inculcate self discipline. Though there was a slight difference in the percentage of women that supported this view hence Women Lecturers had a higher percentage than Women administrators. Boutilier and Lucinda (1983) gave their opinion to support values derived in female sports participation, that "whatever the reasons that originally compelled girls and women to participate they will remain involved only as long as the positive effects out weigh the negative. Apart from the enjoyment that women derive from sport, other consequences which are often more difficult to delineate or anticipate may also occur".

Reasons given by both groups for not participating in Recreational Sport include lack of time, and House care work which keep them much occupied after working hours.

That time spent on Recreational sport could be better spent in other ways as many women prefer other forms of Recreation, such as story telling, reading, letter writing and drama than engaging in sports. Boutilier and Lucinda (1983) were of the view that "Sport remains highly associated with the so-called masculine element of our culture and the female sport is consider a woman in a man's territory". The researcher is of the opinion that with the recent development in women sport especially female participation in soccer competition (National and International) this might serve as a channel of encouragement for women to participate more in sport.

CONCLUSION

From the result of this study the following conclusions can be made:

1. Both Women administrators and Women Lectures anticipate participating in Recreational Sport.
2. There was no significant difference between Women administrators and Women Lecturers in their perception of the following values derived from Recreational Sport.
 - (i) Social values
 - (ii) Physical values
 - (iii) Psychological values
3. Reasons for not participating in Recreational Sports includes.
 - (1) Lack of time
 - (2) Preference for other forms of Leisure activities to Recreational sport.

RECOMMENDATIONS

In the light of the findings of this study, the following are recommended.

1. Due considerations should be given to the time women spend in their offices hence they should close earlier than their male counterparts so as to have time for Recreational Sport.
2. Women Associations in the country, should devise a technique of educating women on the need for Recreational Sport and should also provide appropriate Recreational Sporting facilities.
3. National Sports Commission and various sports councils as well as sports Associations should increase their efforts in integrating women into Recreational Sport.

Boutilier, M. A. and Giovanni (1983) *The Sporting Women*. Champaign: Human kinetics publishers.

Maryr, H. D. and Bright-Bill, L. K. (1959) *Recreation Administration: A guide to its Practices* New Jersey: Prentice Hall Inc.

Neumeyer, M. H. and Neumeyer, A. (1949) *Leisure and Recreation*. New York: The Ronald press co.

Oglesby, C. A. (1978) *Woman and Sport from Myth to Reality* Philadelphia: Lea and Febiger.