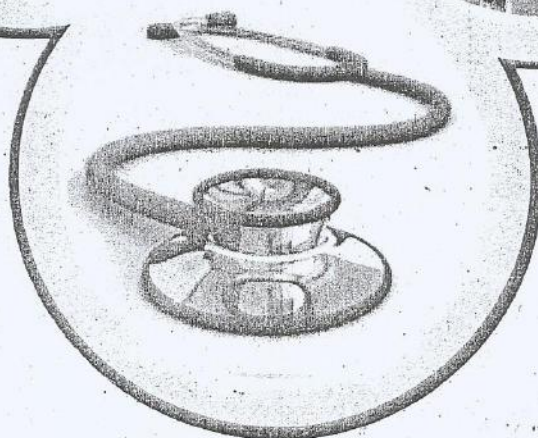
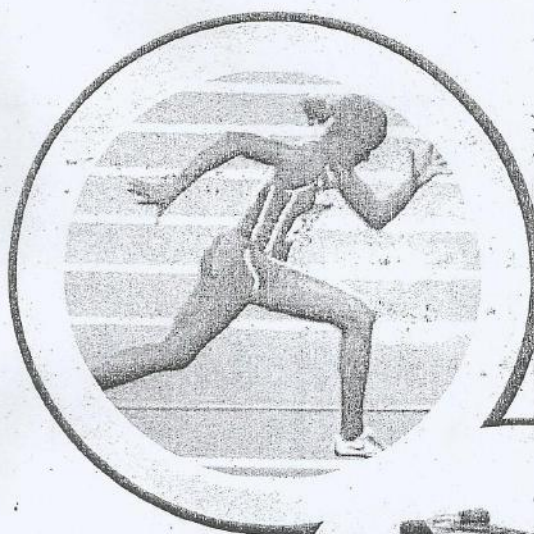




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Contents

Editorial.....	viii
Articles	
Global Trends in Health Promotion: The Increasing Appreciation of Specific Physical Activities for Health and for Work <i>Emmanuel A. Owolabi, Ph.D.</i>	1
Managerial Implications of Health Promotion in a Physical Inactivity Culture <i>Clement O. Fasan, Ph.D.</i>	18
Effectiveness of Self-Designed Resources Database Management Information System for Sports Administrator in University Of Ibadan <i>Bamitale T. David Babatunde O. Asagba, Ph.D.</i>	32
Assessment on Selected Anthropometric Age-Sex Specific Cut off Values of the School Age Children in Ekiti State, Nigeria <i>Jaiyesimi B. Gbenga & Bamitale T. David</i>	43
Body Composition and Cardiovascular Status of Women: Implications for Healthy Living <i>Grace O. Otinwa, Ph.D & Amam C. Mbakwem</i>	54
The Influence of Intramural Sports on the Performance of Nigeria University Athletes in Nigeria University Games <i>Adeyemi R. Awopetu, Ph.D.</i>	65
Motivational Correlates as Determinant of Athletes' Participation in National and International Competitions: A Case Study of Lagos State Athletes <i>Mayowa Adeyeye, Ph.D.</i>	74
Impact of Physical Characteristics on Performance Related Fitness Variables of Footballers and Basketballers of Suzhou University, China <i>Grace O. Otinwa, Ph.D, James A. Esan, Ph.D, Mercy A. Onwuama, Ph.D</i>	81
Awareness and Usage of National Health Insurance Scheme among University of Lagos Academic Community <i>Adeyemi R. Awopetu, Ph.D & Banjoko Oluwayemi, MSc</i>	88
Perception of Health Risk of Refuse Dump Site among Residents of Ojota in Lagos State, Nigeria <i>Mayowa Adeyeye, Ph.D., Kehinde Adeyemo, M.Sc & Fasoranti Afolabi, B.Sc</i>	100
Psychological Benefits of Exercise on Health and Wellness <i>Adewunmi, C. Mojisola Ph.D & Olayemi, B. Oladapo M.Sc</i>	106

Effect of Calisthenics Exercises on Hip Flexibility in Male and Female Adults <i>Esan J. Adebayo Ph.D. & Okebiorun, J. Omojola, Ph.D.</i>	115
Awareness of Low Energy Electromagnetic Field Exposures and Related Health Implications among Students and Staff of Faculty of Education University of Lagos <i>Mercy A. Onwuama, Ph.D.</i>	123
Physiological Implication of Exercise on Health and Wellness: Elimination of Toxins from Body Organs and Systems through Adequate Physical Exercise <i>Jane S. Akinyemi, M.Sc.</i>	135
Factors Influencing the Utilisation of Fitness and Recreation Centre by Students in the University of Lagos <i>Gbenga S. Ajibola M.Sc, & Aladesokun T. Adedoyin.</i>	145
Electricity Technology and Perceived Health Implications among Residents of Owerri Municipality of Imo State <i>Osigwe C. Okwudiri.</i>	152
The Place of Information and Communication Technology in the Teaching and Learning of Physical Education in Schools <i>Gbadebo, A. David, Adesanya, A. Joseph, Osifeko, Omolade A. Olatunde & Osifeko Remigious.</i>	160
Predictors of Recreational Sports Programme Compliance among Academic and Non- Academic Staff of Tertiary Institutions <i>Macpherson A. Ogunsemore, M.A, Ph.D & Gbenga S. Ajibola, MSc.</i>	170
An Investigation into the Perceived Academic Challenges of Student-Athletes in some Selected Tertiary Institutions in Lagos State, Nigeria <i>Joseph O. Awoyinfa Ph.D.</i>	179
Environment Safety Management and Sports Development Implication for Health and Wellness <i>Adewunmi C. Mojisola, Ph.D & Johnson A. Semidara, A. Ph.D.</i>	186
Religious Activities and Environmental Variables in Lagos State, Nigeria <i>Falako Francis O. Ph.D & Nkemdirim, M. Uzomah.</i>	209
Sport Injuries: Causes and Safety Measures <i>Ademiju Pauline Ph.D.</i>	218
Effect of Mercedes Model with Embedded Assessment Strategy on Senior Secondary School Students' knowledge, Understanding and Application of Selected Biology Concepts <i>Oladipo Adenike Ph.D.</i>	224

Implication of Circuit Training Programme on selected Physiological Regulation Enhancing
wellness and Healthy Lifestyle among Students of Niger State College of Education, Minna,
Nigeria

Yanda A. Emmanuel..... 242

PREDICTORS OF RECREATIONAL SPORTS PROGRAMME COMPLIANCE AMONG ACADEMIC AND NON-ACADEMIC STAFF OF TERTIARY INSTITUTIONS

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Abstract

The focus of this study was to ascertain the indicators of recreational sports programme compliance among academic and non-academic staff of tertiary institutions. Total samples of two hundred (200) participants were used for this study. The instrument used was a structured questionnaire administered to a randomly selected sample of participants. Three hypotheses were tested in the study. Data obtained were analysed using descriptive statistics of frequency percentage and inferential statistics of Chi-Square (X^2). The hypotheses tested were significant. The research ascertained that job description and work schedule, interpersonal relationship, specific medical prescription and health status were predictive factors for recreation sports programme compliance among academic and non-academic staff of tertiary institutions. The study recommended regular dual and team sports participation and the provision of standard recreation facilities for staff with easy accessibility for usage in order to improve health status.

Keywords: Health Status, Interpersonal Relationship, Job Description, Medical Prescription, Sports Programme Compliance.

Introduction

Recreation as a concept is geared fundamentally towards health promotion and improvement on an individual's health status. Individualised and group recreational activities which are currently in vogue in Nigeria have not deeply permeated through the ranks of public workers in tertiary institution in Nigeria. The recreation activities that are provided by the management of institutions of learning abound in various sports recreational facilities that are constructed to meet recreational challenges of academic and non-academic staff in tertiary institutions.

Tertiary education policy lays emphasis on recreation as a means of sustaining wellness in Universities, Polytechnics and Colleges of Education. Many hours are set aside for leisure and recreation programmes with the likes of sporting activities which are individual, dual and team in purpose. Recreation activities develop skills that provide incentive, motivation, as well as a means of spending leisure and time constructively.

Recreation is concerned with a variety of activities. People engage in recreational activities for different reasons, some of which may be to relax from academic stress and recreate, to learn and acquire skills in outdoors crafts, examine nature at first hand, provide fun and employment for social integration, and appreciate the gift of nature, help build interest in adventures, build self-reliance and cooperation.

The recreation activities are endless and it includes sports, music, games, travel, reading, arts, crafts and dance. The tertiary institution system is supposed to provide necessary leadership in sports. It is expected that with men of knowledge, skills, the young and adults alike in a disciplined atmosphere should be capable of attaining high standards of recreation sports participation to satisfy the expectation of a healthy living.

The tertiary institution provides the medium and opportunities for individuals to engage in sporting activities for recreational purpose, others take part in recreation to build up their skills in professional sports of their choice.

Some academic and non-academic staffs in various faculties and departments engage in recreation sports especially to enhance their health. Some staffs view recreation hours as a period for merry making, watching of television but the active recreation involves the use of the large muscles of the body in sports such as squash, tennis, table tennis, basketball and football which involves physical exertion, (Adeyemi, 1986).

Most academic and non-academic staffs are aware of the values and importance of recreation but do not plan their work schedule to accommodate a recreation programme. This is consequent upon the wrong notion that recreation is relaxation in the passive form which would help improve their health.

The educational institutions have a definite relationship to recreation and leisure services. It has the responsibilities of utilising resources such as students, facilities, personnel, and programmes to help in the attainment of recreation objectives and it also has the responsibility of providing experience within the framework of educational programmes.

Babatunde & Ogundipe (2006), asserted that the report of occupational demand predetermined workers choice of recreational activities and that advancement in many workers sedentary lifestyle, make them live a passive life devoid of physical fitness activities. Despite the low level mass participation in recreation sports, it has been observed that the staffs in tertiary institutions strictly adhere to the recreational sports participation routine. Thus, the focus of this study is to determine the factors responsible for regular compliance towards recreation sports programmes among academic and non-academic staffs in tertiary institutions in Lagos State.

Statement of the Problem

In recent years, there has been an increase in the death toll of principal officers in universities, polytechnics and colleges of education which is untimely in nature. Medical records carried out by various health institutions reveal various ailments such as diabetes, high and elevated blood pressure and overweight that require urgent attention and close monitoring.

Academic and non-academic staffs have shunned regular recreation activities that will prolong their lifespan and encourage longevity. These workers have deprived themselves of the opportunity created to actually participate in recreation activities that will improve their health status. Among the total workforce in the tertiary institution of learning, only few show regular compliance to recreation.

In the study the following research questions were answered:

1. Would medical prescription on health status determine recreational sports programme compliance among academic and non-academic staff of tertiary institutions?
2. Would interpersonal relationship predict recreational sports programmes compliance among staff of tertiary institutions?
3. Would job description and schedule determine recreational sports programmes compliance among academic and non-academic staff of tertiary institutions?
4. To what extent would personal leisure and recreation predict recreational sports programmes compliance among the academic and non-academic staffs in tertiary institutions?

Research Hypotheses

1. Medical prescription on health status would not significantly determine recreational sports programmes compliance among the academic and non-academic staff of tertiary institutions.
2. Interpersonal relationship would not significantly predict recreational sports programmes compliance among the academic and non-academic staffs in tertiary institutions.
3. Job description and schedule would not significantly determine recreational sports programmes compliance among the academic and non-academic staffs of tertiary institutions.
4. Personal leisure and recreation intent would not significantly predict recreational sports programmes compliance among the academic and non-academic staffs in tertiary institutions.

Research Methodology

The population studied comprised the academic and non-academic staffs in four tertiary institutions in Lagos State. The population consisted of male and female staffs who are employees of the four higher institutions selected for this study. The study was delimited to participants in regular recreation sports programme in the tertiary institutions.

The purposive sampling technique was adopted in the selection of samples for the study. The sample size used for the study was 200 participants. The descriptive research method was used for the study. The instrument for the study is titled Recreation Sports Compliance Questionnaire (RSCQ) developed by the researcher.

The first section is for the demographic information while the second section contains questionnaire statement design to elicit information on the predictive factor for compliance in recreation sports. A four-point Likert scale rating of responses was selected and used in the study. A face and content validity of the instrument was conducted

through pilot study after corrections and modifications were effected by experts in the field of study. The reliability coefficient of the instrument was 0.86.

The questionnaire was administered on the selected participants and all copies were duly completed and returned. The inferential statistics of Chi-Square (X^2) was used to determine the relationship of the predicting factors for recreation sports compliance among the academic and non-academic staff of tertiary institutions at 0.05, level of significance.

Table 1: Summary of Sample Size and Institutions Used for the Study

Institution	Academic Staff	Non-Academic Staff	Sample size
University of Lagos, Akoka	56	24	80
Yaba Polytechnic, Yaba	30	16	46
Lagos State Polytechnic	32	10	42
Lagos State University, Ojo	20	12	32
Total	138	62	200

Results

Table 2: Demographic Information of Participants in the Study

Demographic Data		Frequency	Percentage(%)
Sex	Male	152	76%
	Female	48	24%
Age	20 – 25	5	2.5%
	26 – 30	12	6%
	31 – 35	9	4.5%
	36 – 40	26	13%
	41 – 45	68	34%
	Above 45	80	40%
Designation	Academic Professor Staff	10	5%
	Associate Professor Staff	14	7%
	Senior Lecturer	42	21%
	Lecturer I	30	15%
	Lecturer II	24	12%
	Assistant Lecturer	20	10%
	Non Academic Staff	60	30%
Choice of active recreation	Badminton	40	20%
	Futsal	20	10%
	Squash	60	30%
	Swimming	10	5%
	Table Tennis	26	13%
	Tennis	44	22%

Recreation Participation Experience	1 – 5years	22	11%
	6 – 10years	32	16%
	11 – 15years	64	32%
	16 – 20years	52	26%
	Above 21years	30	15%

The presentation of the demographic data of participants revealed that 152 (76%) of the total participants were males while 48 (24%) were females. According to age, 20 – 25years were 5 (11%), 26 – 30years were 12 (6%), 31 – 35years were 9(4.5%), 36 – 40years were 26 (13%), 41 – 45 years were 68 (34%) while 80 (40%) were above 45years respectively.

Distribution of participants by designation showed that 10 (5%) were Professors, 14 (7%) were Associate Professors, the Senior Lecturers were 42 (21%), Lecturer I status were 30 (15%), Lecturer II were 24 (12%), Assistant Lecturers were 20 (10%) while the Non-Academic Staff were 60 (30%) respectively.

According to choice of active recreation 40 (20%) participants were active in Badminton, 20 (10%) chose Futsal, 60 (30%) participated in Squash. Swimming participants were 10 (5%), 26 (13%) showed interest in Table Tennis while 44 (22%) were keen on Tennis for active recreation participation. Recreation participation experience showed that 22 (11%) had 1 – 5 years, 32 (16%) had 6 – 10years, 11 – 15years were 64 (32%), 52 (26%) had 16 – 20 years experience while 30 (15%) had above 21 years.

Table 3: Chi – Square Analysis of Hypotheses Tested in the Study

Variables	N	Degree of Freedom	Calc. Chi-Square(X^2) Value	Critical Chi-Square(X^2) Value	Remarks
Medical prescription on health status and recreation sports programmes compliance	200	10	142.33	18.31	Significant
Interpersonal relationship and recreation sports programmes compliance	200	10	43.9	18.31	Significant
Job description and schedule in determining sports programmes compliance	200	12	29.68	21.03	Significant
Personal leisure and recreation intent in predicting recreation sports programmes compliance	200	12	81.29	21.03	Significant

❖ Level of Significance = 0.05

Hypothesis one states that medical prescription on health status would not significantly determine recreation sports programme compliance among the academic and non-academic staffs of tertiary institutions.

In testing hypothesis one, the calculated Chi-Square (X^2) value of 142.33 is greater than the critical Chi-Square (X^2) value of 18.31 with the degree of freedom 10 established at

0.05 level of significance (calc. X^2 value = 142.33 > Crit. X^2 value = 18.31, df 10, $p < 0.05$). The null hypothesis one is therefore rejected. This implies that medical prescription on health status significantly determines recreation sports programmes compliance among the academic and non-academic staffs of tertiary institutions.

Hypothesis two revealed that the calculated Chi-Square (X^2) value of 43.9 is greater than the critical Chi-Square value (X^2) of 18.31 with the degree of freedom 10 established at 0.05 level of significance (calc. X^2 value = 43.9 > Crit. X^2 value = 18.31, df 10, $p < 0.05$). The null hypothesis two which states that interpersonal relationship would not significantly predict recreation sports programmes compliance among staffs in tertiary institutions is hereby rejected. This indicates that interpersonal relationships significantly predict recreation sports programmes compliance among staff in tertiary institutions.

Hypothesis three states that job description and schedule would not significantly determine recreation sports programmes compliance among academic and non-academic staff of tertiary institutions. In testing hypothesis three, the calculated Chi-Square (X^2) value of 29.68 is greater than critical Chi-Square (X^2) value of 21.03 with the degree of freedom 12 established at 0.05 level of significance (calc. X^2 value = 29.68 > Crit. X^2 value = 21.03, df 12, $p < 0.05$). The null hypothesis three is therefore rejected. This implies that job description and schedule significantly determine recreation sports programmes compliance among academic and non-academic staffs of tertiary institutions.

Hypothesis four revealed that the calculated Chi-Square (X^2) value of 81.29 is greater than the critical Chi-Square (X^2) value of 21.03 with the degree of freedom 12 established at 0.05 level of significance (calc. X^2 value = 81.29 > Crit. X^2 value = 21.03, df 12, $p < 0.05$). The null hypothesis four which states personal leisure and recreation intent would not significantly predict recreation sports programmes compliance among the academic and non-academic staffs in tertiary institutions is hereby rejected. This indicates that personal leisure and recreation intent significantly predict recreation sports programmes compliance among the academic and non-academic staffs in tertiary institutions.

Discussion of Findings

Hypothesis one finding revealed that prescriptions by medical doctors on health status of participants significantly determine constant recreation sports compliance among the academic and non-academic staffs in tertiary institutions of learning. Supporting this assertion Otinwa (2002), opined that recreation has been observed by many scholars in various ways and that the effects reflect on various body systems, such as cardio-pulmonary, neuro-muscular system, and promotes body image. Corroborating this finding, Miller & John (1999), revealed that the individual's health status can significantly improve through regular participation in active recreation sports to improve personal health. Also, the trained heart works more efficiently with improved level of physical fitness which guarantees optimum health of the individual. Medical practitioners therefore recommend exercises as medicine for therapeutic purposes; it is essentially for enhancing health.

The findings in hypothesis two revealed that interpersonal relationships significantly predict the recreation sports compliance among the academic and non-academic staff in

tertiary institutions. It is evident that socializing behaviour brings about interaction among individuals and this leads to associative behaviour which involve the gathering together of persons with common interest or hobbies to enjoy and share free time (Ajiduah, 2002). Supporting this assertion, Onwuama (2012), asserted that regular participation in active recreation promotes community understanding, cohesion and friendship through group involvement. She further reiterated that compliance in selected recreation activities support the development of new relationships that occur in active sports.

The findings in hypothesis three confirmed that the job description and the schedule of academic and non-academic staffs in tertiary institutions predict the level of recreation sports participation compliance. The magnitude of work schedule will reduce the consistency in participating in recreation sports. Haastrup (2012), opined that work commitment is a barrier that has to be eliminated for compliance, which implies that the workload an individual is engaged in on a daily basis will determines the frequency rate at which such individual complies with leisure and recreation activities.

Academic work load of staffs in its entirety deprive them of constant use of available recreation programme outlined for workers within the institutions of learning. The study revealed that the tight schedule of staff also constitute a barrier to compliance.

Hypothesis four finding revealed that personal leisure and recreation intent significantly predict recreation sports programmes compliance among the academic and non-academic staffs in tertiary institutions. Participation in recreation has always been a thing of personal interest.

Onwuama (2012), asserted that factors that influence choice of recreation participation and compliance is the personal interest that sustains most individuals in recreation activities. They derive joy in participation which is also based on the personal needs of the individual. Corroborating this finding; Park (2004), opined that the instinct in showing compliance to active recreation sports is voluntary and the drive is within the individual.

Recreation sports compliance run through some families and it becomes a routine which is highly developed among family members. The intention therefore in showing compliance is personal. Most especially in the area of risk taking behaviour such as mountaineering, cave exploration, and sky diving.

Conclusion

Based on the findings obtained in the study, the following conclusions were reached that medical prescription based on individual health status, interpersonal relationships among staffs, job description and schedule of staffs and the personal leisure and recreation intent of staffs predict recreation sports programmes compliance among academic and non-academic staffs of tertiary institutions.

Recommendation

In view of the findings obtained and the conclusion reached above, the following recommendations are hereby made that;

1. Academic and non-academic staffs should participate regularly in active recreation sports so as to enhance their health status.

2. The management of tertiary institutions should provide standard recreation sports facilities for staffs with easy accessibility for usage in order to actualise their personal intent.
3. Compliance to recreation sports programme should be a forum for developing interpersonal relationship between the academic and non-academic staffs.
4. Sports competition in recreational sports programmes should be revived among tertiary institutions staffs.
5. Academic and non academic staffs are encouraged to show compliance to active recreation sports participation despite their tight job schedule.

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