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**The Official Journal of the
Department of Human Kinetics and Sports Science
University of Benin, Benin City, Nigeria**



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Abstract

This study examined the factors influencing recreational activities lifestyle of health workers in University of Ilorin Teaching Hospital, Kwara State. The research design employed for the study was descriptive survey design. The population for this study comprises all health workers within the study area. A multistage sampling technique involving stratified and simple random procedure were used to select 300 respondents for the study. The instrument for the study was researcher designed and structured questionnaire made up of two sections. The questionnaire was validated by experts in relevant fields and tested for reliability. A reliability co-efficient of 0.68 was obtained. The postulated hypotheses were tested with the use of inferential statistics of chi-square. Three research hypotheses were tested at 0.05 alpha level. All the hypotheses were rejected. The result revealed that use of leisure time have significant influence on the recreational lifestyle of health workers in University of Ilorin Teaching Hospital ($\text{cal } x^2 = 561.101 > \text{table value} = 21.03 @ df = 12$), religion have a serious influence on the recreational activities lifestyle of Health Workers in University of Ilorin Teaching Hospital ($\text{cal } x^2 = 413.002 > \text{table value} = 21.03 @ df = 12$), stress undergone have a serious influence on the recreational activities lifestyle of Health Workers in University of Ilorin Teaching Hospital ($\text{cal } x^2 = 611.010 > \text{table value} = 21.03 @ df = 12$). Based on the findings, it was recommended that health workers should be encourage to make use of their leisure time judiciously. Furthermore, it was recommended that management of teaching hospitals should provide adequate facilities for use in order to encourage active participation in recreational activities lifestyle.

Keywords: Recreational activity, lifestyle, health workers, stress, influence

Introduction

By nature, human beings are created to play and engage in recreational activities and games during their leisure. Recreation and games are part of the history of man, and they cover a wide range of activities that are beneficial to the development of the body and mind. Recreational activities embrace both active and passive undertaking, which are done voluntarily without economic reasons. Elegbeleye (2004) pointed out that recreation is the refreshment of the mind and body after work, especially by engaging in enjoyable activities. It can be understood as the activity a person takes part in for pleasure or relaxation rather than as work. Busser (2007) defined recreation as activities engaged in for the purpose of relaxation or enjoyment with the primary activity requiring physical exertion, and the primary focus is on human activity. Akintunde (2012) ascertained that recreation is the participation in sporting activities during leisure hours through which one may better develop physically, mentally, morally, emotionally, and socially. The author explained further that for any activity to be categorized as recreation, it must be voluntary, enjoyable, constructive, un-survival and performed during leisure time.

Recreation is an important process that helps to refresh and reinvigorate both the mind and body. Recreation is a necessary part of life that refreshes and rejuvenates a person's mind and soul. It helps a person relax and decreases the effects of work-related stress. Recreation is referred to as the time spent in an activity to feel refreshed. It is a positive change from stereotypical lifestyles and it involves an active participation in activities that one is interested in. Recreation is also any activity that an individual voluntarily does during his/her leisure time such as strolling, watching TV and lots more (Ogundairo, 2010). Recreation is difficult to separate from the general concept of play, which is usually the term for children's recreational activity. Children may play by imitating activities that reflect the realities of adult life. It has been proposed that play or recreational activities are outlets of or expression of excess energy, channeling it into socially acceptable activities that fulfil societal needs, without need for compulsion and providing satisfaction and pleasure for the participant. A traditional view holds that work is supported by recreation. Recreation is being used to 'recharge the battery' so that work performance is improved (O'Sullivan, 2001).

Recreation contributes to wellness mostly through prevention and the most beneficial outdoor pursuits are those that become part of one's life done on a regular basis. Many participants embark on a career in a particular activity becoming more devoted to it and adapting their participation to changing life circumstances (Butcher, 2006). Many people see recreation as a social instrument due to its contribution to the society. Professionals also use recreation programmes to produce socially desirable outcomes like the wise use of free time, physical fitness and positive youth development. According to Akintunde (2012), recreation is the

act of engaging in sporting activities during leisure time as a voluntary participation in which no monetary gain is expected. He classified recreation activities into indoor and outdoor activities. Recreation is an essential part of human life and finds many different forms which are shaped naturally by individual interest but also by the surrounding social construction. Recreational activities can be communal or solitary, active or passive, outdoor or indoor, healthy or harmful and useful for the society or detrimental. Not all recreational activities are considered wise, healthy or socially acceptable and useful, examples include gambling, drinking or delinquent activities (Butcher, 2006). Many recreational activities are organised typically by public institutions, voluntary group work agencies, private groups supported by membership fees and commercial enterprises. Recreational activities are those activities where the primary purpose of the activity is participation, with the related goals of improved physical fitness, fun, and social involvement often prominent. Recreational activities are usually perceived as being less stressful, both physically and mentally, on the participant (Busser, 2007).

The World Health Organization (2003), defines lifestyle as a way of life of an individual, involving how the individual dresses, eats, or the routine of a people living in a society. The lifestyle of an individual determines the lifespan of such an individual. On the other hand, the attitudes of an individual also reflect on the lifestyle of such an individual. Lifestyle therefore, is a set of attitudes, habits or possessions associated with a particular person or group of persons. Lifestyle can be healthy or unhealthy based on an individual's choice of food, activity or behaviour. A positive lifestyle can bring happiness while a negative lifestyle can lead to sadness, illness and depression (Mark, 2015).

Jeffrey (2009) stated that happiness refers to three paths or pursuit, which are the pleasant life, the engaged life and the meaningful life. When blended together psychologists believe that happiness can be achieved. This new-found happiness can change one's attitude and inspiration to make better decisions regarding one's health and behaviour. Exercise can be used as a gateway to achieving a positive lifestyle. Having a healthy lifestyle is important because it helps a person control weight, boost energy, improve mood, combat diseases and live long.

Many churches are now aware of the importance of recreation in the life of individuals, hence encouragement is being given to members to participate in recreation activities. Recreation contributes a lot to spiritual well-being of participants. It is a value that churches and other religious or spiritual organizations tap into for the benefits of promoting and developing the spiritual level of members. Yoga is commonly used by Buddhists as activities for training the body and mind. Many churches now promote good fellowship, picnic, dinner, drama, folk songs and dance activities. There are more activities that many religious sects are promoting now. These include holiday entertainments, outings, play nights, games,

music, craft and other play activities. Churches seem to encourage recreation activities more than other religious organization. Few churches and religious sects make provision for recreational facilities and these few ones have in them very limited numbers which are restricted.

Religion, as a belief and the practice of particular system of faith coupled with the social attributes of organizations and relations between people and communities, play great roles in determining acceptable standards. Customs, traditions, religious practices and beliefs have modelled man's image (Ikulayo & Adekoya, 2006). Some religions frown at participation in some sport activities while some do not. Example is Islam kicking against soccer for Muslims. Owuru (2005) viewed women participation in sports as anti-religious. Sports wears are often smart-looking and could be offensive to some religious faithfuls. In some parts of the country, women are forbidden to expose themselves beyond the knees and elbows. Such women find it difficult to participate in sporting activities which could require them to wear shorts and sleeveless vests.

Stress is the body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger (Carlson, 2007). But this can also be a bad thing, if their stress is in response to something emotional and there is no outlet for this extra energy and strength. Many different things can cause stress, from physical (such as fear of something dangerous) to emotional (such as worry over family or job.) Identifying what may be causing stress is often the first step in learning how to better deal with stress (Peterson & Maier, 1995). Some of the most common sources of stress are:

Survival Stress – This is likened to the phrase "fight or flight". This is a common response to danger in all people and animals. When there is fear of being physically hurt, the body naturally responds with a burst of energy so that it will be better able to survive the dangerous situation (fight) or escape it altogether (flight). This is survival stress (Renner, 2010).

Leisure is a state of mind which ordinarily is characterized by un-obligated time and willing optimism. It can involve extensive activity or no activity. The key ingredient is an attitude which fosters a peaceful and productive co-existence with the elements in one's environment (Agbo, 2007). Leisure is an unoccupied time, free time or spare time when one is free to rest or do what he chooses. It is a time in which our feelings of compulsion should be minimal. It is discretionary time, the time to be used according to our choice. (Adedeji, 2005) refers to it as time free from obligation such as work, attendance at school or college, sleeping, eating, or necessary task. Leisure represents the time available for people to take part in sport activities of which sports are but a few.

Statement of the Problem

Recreation is an important factor in improving quality of life of an individual including physically challenged people. People that engage in recreational activities will likely benefit by having improved cardiovascular function, improve self-esteem, increased stamina and decrease level of stress. All of these will not only improve quality of life but also have positive benefits for other activities.

Despite of all these benefits it was observed that majority of the health workers in University of Ilorin Teaching Hospital do not participate in recreational activities due to the nature of their job as they are always on call for special duties in order to save life.

The researcher is therefore interested in investigating the factors influencing recreational activity lifestyle of health workers in University of Ilorin Teaching Hospital, Kwara State.

Objectives of the Study

The objective of this study was to examine the factors influencing recreational activity lifestyle of health workers in University of Ilorin Teaching Hospital. Specifically, this study aims to:

1. Investigate the extent to which use of leisure time influence recreational activities lifestyle of health workers
2. Examine how religion as a factor of recreational activities influence the lifestyle of health workers.
3. Investigate the influence of stress on the lifestyle of health workers in University of Ilorin Teaching Hospital.

Research Questions

The following research questions were raised by the researchers in order to guide the study.

1. Does use of leisure time have any influence on the lifestyle of health workers
2. Does religion as a factor have any influence on the lifestyle of health workers
3. Does stress have any influence on the lifestyle of health workers in University of Ilorin Teaching Hospital

Research Hypotheses

The following research hypotheses were formulated and tested

1. Use of leisure time will not significantly influence the lifestyles of health workers in University of Ilorin Teaching Hospital.
2. Religion of health workers will not have significant influence on the lifestyles of health workers in University of Ilorin Teaching Hospital.

3. Stress undergone by health workers will not have significant influence on the lifestyles of health workers in University of Ilorin Teaching Hospital.

Methodology

A descriptive survey research design was used for this study. The population for this study consists of all health workers within the study area. Multistage sampling techniques involving stratified and random sampling procedure were used to select the sample size for the study. The health workers were stratified into 10 departments and 30 respondents were randomly selected from each department. In all 300 respondents were purposively sampled for this study. A researcher self-designed questionnaire structured in the Likert (4points) rating scale format was adopted. The instrument was validated by the lecturers in the Department of Human Kinetics Education, University of Ilorin. The reliability level of the instrument was established through test re-test method using Pearson Product Moment Correlation (PPMC) coefficient statistics. A correlation coefficient of 0.68 was obtained. The administration of the instrument was done by the researchers and three trained research assistants. Data collected were analyzed using inferential statistics of chi-square (X^2) to test the formulated hypotheses set for the study at 0.05 alpha level.

Result

Three research hypotheses were postulated for this study.

Hypothesis One: Use of Leisure time will not significantly influence the lifestyle of health workers in University of Ilorin Teaching Hospital, Kwara State.

Table 1: Chi-square (X^2) analysis of Use of Leisure time and Lifestyle of Health Workers

S/N	Items	SA	A	D	SD	Total	Cal. Value	df	Crit. Value	Decision
1.	Busy schedule of Health Workers usually affect their recreational life.	20	150	100	30	300				
2.	Time constraints undergone by Health Workers on daily basis negatively affect their lifestyle because they are not able to recreate.	67	186	33	14	300				
3.	Judicious use of leisure time by the Health Workers usually promotes their sedentary lifestyle.	109	135	51	57	300	561.101	12	21.03	Ho Rejected
4.	Most Health Workers usually use their leisure time to ease the tension in their bodies.	192	75	14	14	300				

Table 1: Chi-square (X^2) analysis of Use of Leisure time and Lifestyle of Health Workers

5.	The nature of job of Health Workers does not allow them engage in recreational activities.	44	15	54	183	300
Total		432	561	252	298	1500

$P < 0.05$

Table 1 revealed the calculated Chi-square value of 561.101 and the critical value of 21.03 with 12 degree of freedom at 0.05 alpha level of significance. Since the calculated x^2 value is greater than the critical x^2 value, the null hypothesis that stated that use of leisure time will not have significant influence on the lifestyle of health workers in University of Ilorin Teaching Hospital was rejected.

Hypothesis Two: Religion of health workers will not have significant influence on the lifestyle of health workers in University of Ilorin Teaching Hospital.

Table 2: Shows Chi-square analysis of Religion of Health Workers on their lifestyle

S/N	Items	SA	A	D	SD	Total	Cal. Value	df	Crit. Value	Decision
1.	My religion gives room for active participation in recreational activities because it tends to promote a healthy lifestyle.	70	166	42	22	300	413.002	12	21.03	Ho Rejected
2.	The religious belief is that engaging in recreational activities usually promote promiscuous acts among the Health Workers.	144	92	23	41	300				
3.	Our religious leaders often kick against participating in recreational activities as a taboo because it exposes the bodies of individuals unnecessarily.	79	176	34	11	300				
4.	Religion also emphasize on recreational activities as a way of enhancing healthy lifestyles.	192	75	14	19	300				
5.	The nature of job of Health Workers helps to boost their religious belief in participating in recreational activities.	125	73	77	25	300				
Total		610	582	190	118	1500				

$P < 0.05$

$P < 0.05$

Analysis of table 2 indicates the calculated x^2 value of 413.002 and critical x^2 value of 21.03 with 12 degree of freedom at 0.05 alpha level of significance. Since the calculated Chi-square value is greater than the critical x^2 value, therefore the null hypothesis that stated that religion of health workers will not have

significant influence on their lifestyle was rejected. This means that religion of health workers has influence on their lifestyle.

Hypothesis Three: Stress undergone by health workers will not have significant influence on the lifestyle of health workers in University of Ilorin Teaching Hospital.

Table 3: Shows the Chi-square χ^2 result of stress undergone by Health Workers on their lifestyle

S/N	Items	SA	A	D	SD	Total	Cal. Value	df	Crit. Value	Dec.
1.	The daily routine of Health Workers usually constitutes a negative effects on their lifestyles.	71	155	57	17	300				
2.	Stresses undergone by medical professional as a result of busy schedule promote healthy lifestyles.	84	160	44	12	300				
3.	The nature of their jobs on daily basis as a result of stress usually pave way for Health Workers to engage in recreational activities.	93	42	155	10	300				
							611.010	12	21.03	Ho Rejected
4.	Active participation in recreational activities enhances stress on the lifestyle of Health Workers.	90	124	57	29	300				
5.	The nature of job of Health Workers usually stress them up and do not allow them to participate in recreational activities.	149	142	8	1	300				
	Total	487	623	321	69	1500				

$P < 0.05$

A critical analysis of table 3 revealed the calculated χ^2 value of 611.010 and critical χ^2 value of 21.03 with 12 degree of freedom at 0.05 alpha level of significance. Since the calculated χ^2 value is greater than the critical χ^2 value. Therefore, the null hypothesis that stated that stress undergone by health workers will not have significant influence on their lifestyle was rejected. This implies that stress undergone by health workers have serious influence on their lifestyle.

Discussion of Findings

Table 1 showed chi-square analysis of the influence of the use of leisure time on the lifestyle of health workers in the study area. The findings revealed that the use of leisure time has significant influence on the lifestyle of health workers in University of Ilorin Teaching Hospital. This result tallied with the view of Adediji (2005) who affirmed that use of leisure time determines the extent at which an individual engages in any form of action in order to reshaping the body and also to replenish lost energy. In the same vein, Agbo (2007) observed that use of leisure time is usually a discretionary time in which an individual has freedom to choose activities that provide experiences which often form the basis for a healthy lifestyle.

Table 2 revealed the Chi-square analysis of religion on the influence of health workers in the study area. The findings revealed that religion of health workers have influence on their lifestyle. This result supported the findings of Ikulayo & Adekoya (2006) who observed that some religions frown against participating in some sports activities while some do not. Example is Islam, kicking against soccer for women. Furthermore, Adediji (2005) stressed that women participation in sports is anti-religious. Sport wears are often smart looking and could be offensive to some religious faithful. In some part of the country, women are forbidden to expose themselves beyond the knees and elbows. Such women find it difficult to participate in sporting activities which found the basis of their lifestyle.

Table 3 indicates the chi-square analysis of stress undergone by health workers. The findings revealed that the stress undergone by the health workers have influence on their lifestyle. The result is in line with the view of Renner (2010) who pointed out that stress can affect both the body and mind. People under large amount of stress become tired, sick and unable to concentrate or think clearly and sometimes suffer mental breakdown. Also, in line with this findings Carlson (2007) observed that nature of job of an individual constitute to the type of stress undergone by people which often contribute to their lifestyle on a daily basis.

Conclusion

Based on the findings of this study, the following conclusions were made;

1. That use of leisure time have significant influence on the recreational lifestyle of health workers.
2. Religion of health workers have serious influence on the recreational activities lifestyle of health workers in the study area.
3. Stress undergone by the health workers have significant influence on the recreational activities lifestyle of medical professional in the study area.

Recommendations

Based on the findings, the following recommendations were made;

1. Health workers should be encouraged to make use of their leisure time judiciously by participating in recreational activities in order to promote a healthy lifestyle.
2. The religious leaders should endeavour to encourage their followers both in churches and mosque to participate in recreational activities; and also to change their mindset toward recreational activities that tends to affect their lifestyle.
3. Health workers needs to realize the benefits and importance of recreational activities so as to ease their burden on daily basis as a result of stress.

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