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INTRODUCTION *to* TEACHING METHODOLOGY

EDITED BY:
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RECREATIONAL SPORTS: ANTIDOTE TO STUDENTS' VICES IN SCHOOLS

T. O. Ibraheem *Ph.D*, S. T. Bakinde *Ph.D* & M. G. Aina *Ph.D*

Objectives

By the end of the lesson, students should be able to:

1. Mention the causes of student vices.
2. Define recreational Sports.
3. Explain benefits of participation in recreational sports

Introduction

It is obvious that movement is a natural process of life of all creatures. These movement patterns are packaged and restructured by movement experts/educators to suit human existence through organization of sporting and recreational activities. Despite frequent unrest among students especially tertiary institutions, organisation of sporting and recreational activities have been found to be one of the major antidotes to the students vices. Therefore, this write up focuses on the recreational sports as a means to curb students' unrest.

School life is very important stage in a person's life time. In Nigeria and possibly the world over, as one strives to acquire education, there are intervening variables derailing the process which is inimical to the smooth running of every level of educational institutions. Lonsdate (2011) described the vices as bonus subject taught by students to other students without a syllabus which includes smoking, drinking, gambling, teenage sex, pornography, flirting and other social vices. Ryme and Rossi (2002) explained that these traits lead students into all sort of unwholesome behaviour such as; robbery, rape, bullying, taking prohibited drugs, unwanted pregnancies, abortion and other forms of criminal tendencies.

Yar (2005) explained that the causes of student vices includes: peer pressure, escapism or curiosity, thrill-seeking behaviours, lack of adequate parent guidance and social economic situation. George and McCullick (1999) corroborated that delinquency, crime, rioting and other anti-social acts, may be the result of frustration and boredom, but in most instances they are the results of emotional instability. Yar (2005) further explained the causes of social vices among students through the Surplus Energy Theory propounded by Spencer

1873) that energy not expended through work but builds up individual until it reaches a bursting point. This energy can then be spent either in wholesome activity or in the form of delinquent behaviour.

Clinard and Wade (1966) propounded the Boredom Theory which stated that many acts of violence and vandalism were the results of adolescents having nothing better to do with their time. The Sub-cressey Theory propounded by Sutherland and Cressey (1966) proposed the concept of differential association which argued that deviant behaviour is learnt within peer groups through communication of both techniques for committing criminal act, and the motivation, drives and rationalisation to justify these actions.

Yar (2005) in Criminology Theory of Developmental Psychology argued that when individual moves from childhood to adulthood, they pass through number of stages of moral learning; and it is only with "maturity" that these individuals are fully able to appreciate and apply moral principles to regulate their own and other's behaviour. Students occupy a special space of moral "Immaturity" in which they are more likely to act upon their impulses with limited regard for the impact of their action upon others.

Saskatchewan (2003) elucidated that recreation and organised sports programmes for youth that develop social skills, mentoring opportunities with adult role model, cognitive skills and increased feelings of self - confidence and self - esteem; all provide an antidote to anti-social behaviour. Omolawon and Ibraheem (2002) described recreation as an aspect of Physical Education which has always been a part of the life of everyone without regards to race or nationality. The health problems often associated with physical inactivity tend to suggest that men and women were constructed and designed for movement and physical activities.

Akinyele (2012) defined recreational sports as activities involving physical exertion and skill that are governed by a set of flexible rules or customs and often undertaken competitively at leisure. According to Odumuh (2004), recreation is an anti-dote to the difficulties of youth life experiences which makes them develop good citizenship qualities and encourage democratic principles.

Participation in recreational programmes improves a range of cognitive and social skills such as self - discipline, self - confidence, cultural identity and pride, goal setting and delay gratification (Lousdate, 2011). Based on this assertion, Ipinmoroti (2004) said that there are lots of avenues for releasing tension in our society such as traditional festivals, moonlight stories, meeting at the village square, hunting, wrestling, fishing, swimming and playing various types of games during leisure. Furthermore, Critcher, Bramhan and Tomlinson

(2001) and Asagba (2001) explained that it is during leisure that citizens express their real personalities and attitudes that influence their behaviour in other aspects of life; but where increased leisure is not properly utilised, it can manifest in various societal problems ranging from idleness, violence, students' unrest, alcoholism, drug abuse, etc.

Recreation as Solution to Students Vices

The Surplus Energy Theory of Spencer (1873) explained the value of play and exercise intension – reduction. The Sub-culture Theory of Sutherland and Cressey(1966), believed that since sports are guided by strict standard of behaviour not only on the field but off as well, athletes are likely to be an exemption where deviant behaviour is mentioned. These theories attested to the importance of recreational sports in curbing social vices among students.

Judicious utilisation of leisure provides an opportunity for everyone in the society to satisfy basic human needs for self - expression, physical, mental and social development. Folawiyo (2001) asserted that recreation stimulates physical activities that is enjoyable and exciting, contributing to good muscle tone and improving blood circulation.

Olaitan, Bakinde and Ibraheem (2012) believed that recreation provides satisfaction of basic psychological needs which in turn create chances for success and the development of a sense of belonging. Furthermore, Akorede and Adewole (2005) and Bakinde, Olaitan, Ajayi – Vincent and Ibraheem (2013) agreed that vigorous activities during leisure promote the development of body ingredients like muscular strength, muscular endurance, power, flexibility and co-ordination. Also, Asagba (2004) is of the opinion that recreation provides avenues for socialisation and it is conducive to the development of desirable behaviour. This is supported by the view of Ikulayo (2007) that recreation regenerates the body and the brain because it serves as a break which prevent the body from breaking down.

Akinola (2013) believed that the main purpose of recreation is basically the relaxation and revitalisation of individuals so that they may efficiently return to their routine activities, which are not recreational but economically gainful. It involves physical, mental and economical activities. It can reward the participants in terms of intellectual, physical and social group, better health, improved citizenship and other qualities of personal development.

Nevertheless, Eugene, Messner and Bull-Rokeach (2002) concluded that the assumption behind participation in recreational sports is that personal change caused by participation in the outdoor activities will be carried over into the home environment and the society upon completion; resulting in decreased

delinquent behaviour for the youth involved. Also, participation in recreation by the youth assists in various means such as:

- Bringing students together
- Young people can change their attitude by playing sports.
- Cultural differences and political agenda are dissolved on the playing field.
- Youth who play sports discover that interaction is possible without coercion or exploitation.
- Players interact within a frame work of rule; a referee adjudicates on the justness of activity during a game.
- Penalties exist to sanction transgression and enable a re-approach between sporting adversaries.

Conclusion

As the number of the universities in the country continue to raise so as the increase in the number of students accommodated by each university. These call for greater demand on the available recreational programmes, recreational equipment and facilities, personnel and leisure time to cater for students' needs. Due to academic pressure coupled with inadequate or inefficient social amenities, the school campus may become unfriendly to students and these may include unrest among students. As an adage says "Idle hand is the devil's workshop". Therefore, the school authorities need to ensure that provision is made to curb students' vices, especially through the provision of balance - recreational programmes which will make them judiciously maximise their leisure hours.

Summary

1. There are intervening variables inimical to smooth running of every level of educational institutions.
2. The causes of students vices includes; peer pressure, curiosity, thrill seeking behaviours, lack of parent/guidance, social-economic situation etc.
3. Recreation is defined as activities involving physical exertion and skill that are governed by a set of flexible rules or customs and often undertaken competitively at leisure.
4. Benefits of participation in recreational sports include;
 - Bringing students together.
 - Through participation, cultural and political sentiments are dissolved.
 - Interaction is promoted without coercion or exploitation etc.

Review Questions

1. Mention and explain the causes of students' vices?
2. Define recreational Sports?
3. Explain benefits of participation in recreational sports?

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