

## Availability of Recreational Facilities for Psycho-Social and Mental Well-Being of Adults in Anambra State

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### Abstract

*The study was on the availability of recreational facilities for psycho-social and mental well-being of adults in Anambra state. The purpose was to ascertain the extent of available recreational facilities that would promote the psycho-social and mental well being of adult citizens of the state. There is need for the study because there has been increase in the number of individuals of adult age dropping dead everyday in the state. Medical practitioners, counsellors and physical educators ascribe this situation on the high incidence of high blood pressure restlessness and piled up tension and stress. The researchers then wished to find out the availability of recreational facilities for psycho-social and mental well-being of adults in the state. One research question and null hypothesis guided the study. The study adopted in descriptive survey design. A questionnaire structured in form of checklist was used for data collection. It contains 14 items and was validated by three experts in physical education and measurement and evaluation. Also, the reliability coefficient was obtained from 20 community heads in 20 towns in Enugu State of Nigeria. Split half method was adopted based on odd and even number items of the instrument. The data collected was analysed using Pearson product moment correlation coefficient and the coefficient alpha obtained was 0.86. The population of the study consists of 147 town union presidents from the 147 towns in Anambra state. A sample of 100 town union presidents was selected. Proportionately stratified random sampling technique was used in the selection of the sample representing 68 percent of the population. The stratification was based on urban and rural types of towns. Data collection was carried out by the researchers and 10 research assistants. The data collected were analysed using frequency tables and percentages for the answers to the research question and the null hypothesis was tested using chi square ( $X^2$ ). The study revealed that most of the recreational facilities necessary for the psycho-social and mental well-being of the adults are not available in Anambra state. There is however significant difference in the availability of the recreational facilities in the urban and rural settings*

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**Keywords:** availability, recreational facilities, psycho-social, mental well- being and adult

### INTRODUCTION

Irrespective of various definitions of the word recreation, it is regarded in this work as those purposeful worthwhile socially acceptable activities in which a person voluntarily engages during leisure hours which have the potentiality to develop physically, socially, mentally and psychologically the well-being of the participant. Because it is a leisure activity, it is imperative that such engagements must have the potentiality of being voluntary yet purposeful, free, pleasurable and satisfying – a medium for self-expression and self-adjustment. Whatever is the conceptual emphasis given to recreation by recreation experts, it remains a fact that recreation serves many purposes but the essential element relevant remains the tremendous

contributions it makes to human health and well-being (Umeasiegbu 2003).

Literature is replete with inherent health benefits for participating in recreational activities. Primary values of recreation include health promotion, prevention of certain disorders and treatment of certain disabilities. Gorman (2002) showed that recreation activities can help reduce alienation, loneliness and isolation all of which contribution to depression. Health recreational activities enhance the socialization of man through group involvement, cooperation, comradeship and service to others. It is apparent that during such group activities (inherent in sports clubs, chess and football fans, polo clubs, tennis clubs, gulf) members imbibe relevant socially desirable habits and virtues such as good

leadership/followership, cooperation, supportiveness and care for others.

Armstrong & Biddle (1991), Umeasiegbu (2003) emphasized that for mature adults, moderate recreational activities have much to contribute to psychological disposition of adults with regard to human happiness, posture, decreased anxiety, depression and elevated level of self-esteem. They concluded that as long as adults in Nigeria remain a social and gregarious entity, recreational activities like chess, cinema, tennis games, swimming, concert etc will continue to have special appeal for them.

There is no doubt that in Nigeria, the quality of an individual's life is enhanced by good physical and mental health. Recreational activities can contribute to the mental health of an individual. Indeed, Fontaine (2002) postulated that participation in regular recreational activities can help reduce the severity of many mental health disorders, thereby enabling individuals to better cope with their daily lives. Intelligent choice and participation in recreational activities can result in good mental health. Researchers have come to conclusion that individuals (adults) who engage in physical exercises have been consistently found to have more desirable mental health profile than those who do not (Morgan 1982, Gorman 2002). Desirable mental health profile includes positive self-esteem and self-image all of which can be achieved through intelligent choice of recreational activities hence Frank and Gustafson (2001) reported that consistent recreation activities helped to increase self-esteem & self-image of the adult population of their study. It is to be noted here that even though the use of recreation as a therapy does not come within the ambit of this work, it is important to emphasize that the relevance of recreation to mental health has been well illustrated by the fact that clinical psychologists have successfully used recreational activities as specific therapy for specific patients especially in those problems reflecting deficiency in cooperativeness.

All the favourable recreation attributes so far discussed in this work are only attainable if the other important factors such as manpower, adequate equipment, facilities and recreational programme are put in place in Nigeria cities and towns. Experience has shown that dearth of recreation facilities and equipment militate against effective participation in recreation by the generality of adult population. Recreation and park facilities have been found to enhance peoples participation in recreation activities if properly tailored to their environment. The strength of a nation such as Nigeria can be measured and increased through recreational facilities put in place for the use of her people which allow them share their cultural propensities. Availabilities of recreation facilities have the tendency to make people be

familiar with their natural resources and the environment (Ogu & Eneogwe, 2006).

This kind of exposure made Borrie and Roggenbuck (2000) to conclude that participants' feelings of care, commitment and connectedness for the environment tend to be higher while they were in the park. It is evident that nowadays in Anambra State persons of various gender and age brackets have for sometimes now been slumping to death in their places of work, market places, in their cars or Buses or Cabs. Some die where they were eating, while others at sleep and in their shops. These are all signs of over working the body, lack of rest and recreational activities.

The presence of well-maintained recreational facilities is an excellent way of sustaining the interest of the population of Anambra adults who have shown marked interest in pursuit of recreational activities during their leisure hours. The big question is: are the recreational facilities abundant in our towns and villages for the peoples use? Thus the need to assess the availability of recreation facilities for psycho-social and mental well being of Adults in Anambra state.

The study was guided by a research question:

1. What are the recreational facilities available in towns in Anambra State?

The study was also guided by a null hypothesis.

1. The recreational facilities available in the urban and rural areas do not differ significantly.

## METHOD

The study adopted in descriptive survey design hence, it was to ascertain the actual situation of the availability of recreational facilities in Anambra state. A questionnaire was structured in the form of a checklist. It contains 14 items and was validated by three experts in physical education and measurement and evaluation. Also, the reliability coefficient was obtained from 20 community heads in 20 towns in Enugu State of Nigeria. Split half method was adopted based on odd and even number items of the instrument. The data collected was analysed using Pearson product moment correlation coefficient and the coefficient alpha obtained was 0.86.

The population of the study consists of 147 town union presidents from the 147 towns in Anambra State. A sample of 100 town union presidents was selected. Proportionately stratified random sampling technique was used in the selection of the sample representing 68 percent of the population. The stratification was based on urban and rural types of towns. Data collection was carried out by the researchers and 10 research assistants. The copies of the questionnaire were administered directly and collected back on the spot. This helped to minimize loss of the instrument.

The data collected were analysed using frequency tables and percentages for the answers to the research question and the null hypothesis was tested using chi square ( $X^2$ ).

**RESULTS**

The data collected were analysed and the summaries were presented in tables to highlight the findings.

Table 1: Frequencies and Percentage on the Availability of Recreational Facilities

S/NO	Recreational Facilities	Frequencies	%
1.	Relaxation Centre	10	10
2.	Viewing Centre	2	2
3.	Folk Tell Square	0	0
4.	Gymnastic Centre	33	33
5.	Historical Centre	4	4
6.	Recreation Centre(Clubs)	25	25
7.	Swimming Pool	51	51
8.	Story telling Centre	0	0
9.	Wrestling ground	0	0
10.	Adults Play ground	0	0
11.	Adult Drinking Centre	45	45
12.	Dancing Centre	17	17
13.	Amusement Park	2	2
14.	Sports Clubs	10	10

Table 1 shows that 51 towns have swimming pools or sports, 45 towns have gymnastic centres and 25 towns have recreation centres or clubs.

Furthermore, dancing centre was available in only 17 towns, relaxation centre only in 10 towns, sports clubs only 10 towns, Historical centre only in 4 towns and viewing centres are available in only 2 towns. Two towns indicated that they have amusement parks. Folk tell square, story telling centres, wrestling ground and adult play ground were not available in any of the 100 towns visited.

Table 2: Chi square on the Availability of the Recreational Facilities Based on Location

Facilities	Urban	Rural	Cal. $X^2$	Crit. $X^2$
Recreational Facilities	2	8	0.03	
Relaxation Centre	0	2	0.45	
Viewing Centre	0	0	0.00	
Folk Tell Square	11	22	7.85	
Gymnastic Centre	0	4	0.92	
Historical Centre	12	13	20.33	
Recreation Centre(Clubs)	15	36	9.13	
Swimming Pool	0	0	0.0	
Story telling Centre	0	0	0.0	
Wrestling ground	0	0	0.0	
Adults Play ground	13	32	6.57	
Adult Drinking Centre	1	16	2.04	
Dancing Centre	2	0	9.30	
Amusement Park	6	4	13.28	
<b>Total</b>	<b>62</b>	<b>137</b>	<b>69.50</b>	<b>29.82</b>

Table 2 indicates that at 0.05 level of significance and 13df, the calculated  $X^2$  69.50 is greater than the critical  $X^2$  29.82. Therefore, there is significant difference in the available of recreational facilities based on location.

**DISCUSSION**

The results of the study have shown that the recreational facilities are not available in most the towns in Anambra State for adult usage. The findings are in line with the observation of Ogu and Eneogwen (2006) who stated that the availability of recreational facilities which have the tendency to make people be familiar with their natural resources and the environment is a mirage. The none availability of the recreational facilities in most of the towns in Anambra state is a pointer that their tremendous contributions to human health and well-being (Umeasiegbu, 2003) elude the adults in the state. The findings of the study also indicated that the primary values of recreation activities which include health promotion, prevention of certain disorders and treatment of certain disabilities has no place for adult Anambrarians. According to Gorman (2002) recreation activities can help reduce alienation, loneliness and isolation all of which contribute to depression.

**IMPLICATION OF THE FINDINGS OF THIS STUDY**

When the necessary recreational facilities are not available in both urban and rural communities in Anambra state, the adults have lost the benefits of such facilities. It all means that if care is not taken, the problem of sudden deaths in offices, ears, buses, taxes, shops, market places among adults will continue to persist.

**RECOMMENDATIONS**

From the findings of this study and their implications the following recommendations were made:

1. Government should organize workshops for town union presidents and secretaries, Igwes and elders, on the importance of various recreational facilities.
2. Physical Educators should go to various mass media like Television and Radio to discuss the importance of the various recreational facilities and activities to human health and psycho-social, physical and mental well-being.
3. Guidance counsellors and psychologists should set up community counselling programmes with emphasis on the importance of various recreational facilities and activities to adult psycho-social well-being.

**CONCLUSION**

It has been observed that none of the necessary recreational facilities needed for psycho-social, mental well-being of adults in Anambra State is

available. These adults, therefore, lack the required rests and recreational activities needed for their well-being. Finally, the study has exposed the actual situation to well meaning Anambrarians, government and other NGOs who might think of assisting the citizens especially the adults in the state. They now know where to focus in the assistance.

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