

**THE ROLE OF RECREATIONAL ACTIVITIES EDUCATION IN THE  
PROMOTION OF HEALTH AMONG THE AGED POPULATION  
IN TARABA STATE, NIGERIA**

**Akawu Bitrus Kirim<sup>1</sup>**

<sup>1</sup> Department of Physical and Health Education, College of education Zing,  
Taraba State

<sup>1</sup> [akabkirim@gmail.com](mailto:akabkirim@gmail.com)

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**Abstract:** Throughout human history, recreational activities education have provided an important source of solace, pleasure and relaxation to the minds of people, especially after going through series of stress wrought by daily routines; hence the old saying, "all work without play makes Jack a dull boy." Recreational activities education have been found to relief the body from physical, mental and emotional stress thereby improving the total health of individuals. This research therefore attempts to investigate the role played by recreational activities education in the promotion of health among the aged population in Taraba State. The research objectively seeks to find out the relationship between recreational activities education and the health of the aged individuals in Taraba State, to find the factors responsible for poor performance of the aged individuals in recreational activities education and to find the factors responsible for poor performance of the aged individuals in recreational activities education in Taraba State. The population of the study includes all the aged people in Taraba State who are 50 years old or older, out of which 100 shall be sampled for the study. A researcher developed questionnaire shall be used as the instrument for data collection and descriptive statistics of frequency, percentages, mean and standard deviation shall be used to analyse the demographic characteristics of the respondents. Pearson product Moment Correlation (PPMC) Coefficient shall be used to test the hypotheses formulated for this research. An alpha level of 0.05 was used to accept or reject the null hypotheses.

**Keywords:** Recreation, Recreational Activities Education, Health, Aged Population.

## **INTRODUCTION**

The term recreational activities education refer to enjoyable activities of leisure. Leisure on the other hand refers to free time, in which one is not engaged in serious business. Recreational activities education therefore involve an element of enjoyment and happiness obtained from engaging in something one likes. According to Kara N. Dentro, the term recreation is an embodiment of activities done for pleasure in one's free time [1]. It serves as sources of immense pleasure

and provides relaxation to one's mind and body. Etymologically, the term recreation is derived from two Latin words- "Re", meaning to do again and "Creates", meaning to create. It is a renewing experience, a different and refreshing change from daily routine and workday experience [2]. Recreation is the expenditure of time with intent to gain some refreshment. It is a break from monotony and a diversion from the daily routine. It is a positive change from the stereotypical lifestyle and involves an active participation in some entertaining activity [3].

Recreational activity is explained by those physical activities engaged in during free time for the purpose of personal sensation of wellbeing, increasing satisfaction, entertainment, rejuvenation and reducing stress [1]. Some of the recreational activities education help us in developing leadership qualities and interpersonal skills. Recreation, therefore, increases the efficiency of workers. This explains why many developed nations have set aside specific periods in between working hours for compulsory recreation for workers [4]. In this modern era, a consistent recreational program has been justified by the claims that it improves the morale and fitness of workers as well as the traditional benefits of increased productivity (Scene, n.d.). One of the benefits of recreational activities education is to help the older people to engage in physical activities that will enable them live a peaceful and healthier life. For instance, sports, games, music, etc. It is important for the aged individuals to have fun and if they can pick an activity that they are interested in.

Old age comes with several challenges which should not be left unattended to. One of the means of resolving such challenges according to experts is participation in recreational activities. These recreational activities education can be indoors or outdoors. However, outdoor recreation has been found by experts to exert more effects on the aged individuals. Examples of outdoor recreational activities education include hiking, camping, mountaineering, cycling, and dog walking, canoeing, caving, rafting, rock climbing, running, and sailing, sky diving and surfing. With the population of aged individuals increasing, there is high need for recreational activities education in Nigeria. However, it has been observed that most aged people leave recreation for the young population. As people grow older, they subscribe more to sedentary life thereby involving less in the activities of recreation. This has a likelihood of posing health challenges to the aged individuals. This research therefore attempts to find out the role of recreational activities education in the promotion of health among the aged population in Taraba State. The study intends to achieve the following objectives: (i) to find the relationship between participation in recreational activities education and health of the aged population in Taraba State. (ii) To find the factors responsible for poor participation of aged individuals in recreational activities education in Taraba State. (iii) To find out the recreational opportunities available to the aged people in Taraba State

## LITERATURE REVIEW

Recreation accords one a deviation from normal activities to helps relaxation. C.B. Corbin et.al described recreation as an activity voluntarily engaged in during leisure and motivated by the personal satisfaction derived from participation, which is also beneficial to health [5]. The benefits, according to Adisa and Olayede, is derivable from engagement in these activities which are physical and multi-dimensional affecting the basic health components positively namely, physical health, mental health, social health, emotional health, environmental health and spiritual health. Recreation in various games and sports pursuit improves health of participants and prepares them fit for daily activities [6]. Participation in recreation can contribute significantly to maintaining emotional stability and wellbeing, offering pleasure, satisfaction, self-esteem, providing a sense of well-being, sense of recreative and personnel accomplishment and creating a sense of belonging. In support of the above assertion, Akhere Ibhafidon et.al, stated that active participation in recreation groomed citizens physically, socially, mentally, physiologically and environmentally sound individuals, producing balanced and hardworking fit citizens, thereby creating a disciplined, productive and stable nation where peace and unity prevail [7].

The development of physical fitness is the result of active participation in physical activity and proper nutrition [3]. Optimal physical fitness is defined in the health context as a state of good health or physical condition, primarily as a result of exercise and proper nutrition [5]. Controversy has arisen as to what the components of physical fitness are, and this led to the grouping of physical fitness into health-related fitness and skill related physical fitness. Health-related fitness focuses mainly on the optimum health of the individual [3]. Andrea Fusco et.al clarified that; health-related components of physical fitness are those components of fitness that are affected by habitual physical activity related to health status. It is defined as a state characterized by; ability to perform and sustain daily activities; demonstration of traits or capabilities that are associated with a low risk of premature development of diseases and conditions related to movement [8].

Recreation is reported as an undertaking that individual choose to occupy in when at leisure, and it may be all-round, consisting physical, cognitive, psychological and social elements [9]. Recreation comprises undertakings that people do for pleasure, frequently to restore/revitalize the body and mind. Recreation, therefore, comprises types of undertakings like sojourning place such as parks, forest areas, lakes, rivers, and forest as well as involving in various practices such as trekking, fishing, hunting, and camping. Engaging in recreational undertakings is of substantial benefit for sustaining mental and physical well-being of people, families, and communities [10]. As revealed in many studies, involvement in recreational undertakings two or three times a week or for half an hour a day is helpful for anthropogenic health [4], [11]. Outdoor recreation on the other hand, is simply recreation that is consistently executed outdoors although; there are a few undertakings like swimming that can take place either outdoors or indoors. Outdoor recreation is of specific importance topographically as it frequently involves the extensive use of areas of land or water which are often short in supply [11].

## METHOD

The descriptive survey was used as research design with a structured questionnaire as the main instrument for data collection. Subjects were selected from

different major towns of the state (Jalingo, Karim Lamido, Zing, Yorro and Lau) using target population sampling method. A total of 100 subjects were administered with the research instrument. Opinions of the subjects on participation in recreational activities, factor of motivation and availability of facilities and equipment were measured on a five-point Likert scale system. Decision was based on a midpoint mean of 3.0 as the benchmark. At the end of data sorting and coding, 94 of the subjects were found to have successfully completed their questionnaire with the necessary information and were used for the study. Data collected were analysed using the Statistical Packages for the Social Science (SPSS), IBM version 26. The descriptive statistics of frequency and percentages were used for the description of the socio-demographic characteristics of the subjects, mean and standard deviation along with frequencies and percentages were used in the provision of solution to the research questions. The Pearson Product Moment Correlation (PPMC) procedure was used in testing the relationship between the investigated variables. Test of significance was carried out at alpha level of 0.05.

## RESULT

### Concept of Recreation

The term recreation has been defined by different authors. It also mean different thing to different people. Recreation is a means of escaping from work boredom and/or a body renewal in preparation for routine and necessary work [12] explains, recreation is an essential component of emotional, physical and cultural wellbeing required for balanced lifestyle and a complete person. Recreation refers to all those activities that people choose to do, to refresh their bodies, mind and make their leisure time more interesting and enjoyable. Examples of recreational activities education include walking, swimming, reading, playing games, and dancing [13]. Recreation is a fundamental human need for citizens of all ages and for both sexes and is essential to the psychological, social and physical well-being of man. Thus, society is rapidly changing and leisure time is increasing, it therefore recognizes the fact that recreation is a social service in the same way that health and education are considered as social services and that recreation's purpose should be:

- i. To assist individual and community development;
- ii. To improve the quality of life; and
- iii. To enhance social functioning.

Recreation is a term which has no universally agreed-on definition. Recreation according to Michael J. Leitner and Sara F. Leitner means voluntary participation in leisure activities that are meaningful and enjoyable to the person involved. The author opined that the term embraces both indoor and outdoor activities and refers to sports and exercise as well as to less physically active pursuits. As this definition makes clear, recreation is one aspect of the broader term leisure, which encompasses not only vigorous activities such as softball and hiking but also sedentary hobbies. The concept of recreation presents a basis for solving human problems. Opined that recreation pursuits offer man the chance of activating his essential potential (a free development of the will, intelligence, sense of responsibility and creative faculty) [14]. Also, A. J. Veal Reproduced stated that recreation present a possibility of

enriching life through participation in physical recreation and sports, through an enjoyment of art, science and nature. It creates a basis for compensating for many of the demands placed upon man by today's way of life [\[15\]](#).

### **Types of Recreational Activities**

Recreational activities education can be classified as indoor or outdoor. However, the classification can be done using other parameters depending on the discussion or argument [\[10\]](#). Breaking recreation down into various areas, classifications, or types may be done in numerous ways. The listing below is one of the ways that recreation could be categorized for individuals, groups, or leaders.

- i. Passive recreation
- ii. Semi active recreation, and
- iii. Active recreation.

**Passive activities-** is when an individual receives or consumes entertainment or activities by other people, e.g. watching T.V. (including watching sports); listening to music; reading; playing computer games; going to a restaurant or a public park.

**Semi-active activities-** involve more participation. These include: computer skills; quizzes; discussions; debates; reminiscence; reality orientation [\[1\]](#)

**Active activities-** require more physical involvement from the residents, this simply means when an individual personally participates in an activity which involves physical or mental exertion to a significant degree. (E.g. playing sports/badminton, basketball, sailing, football, playing a musical instrument, acting in amateur dramatics; gardening and crafts and other hobbies, art and craft; movement to music; yoga; table tennis; local outings; cookery; dancing, etc [\[10\]](#).

### **Characteristics of Recreation**

Recreational activities education have the following characteristics:

**Leisure Time:** For an activity to be classed as a recreational activity, it must be engaged during one's free time. From this point of view, one cannot leave during the working hours and engage in recreational activity.

**Enjoyable:** The activity engaged in, must be enjoyable and not boring.

**Satisfaction:** The activity engaged in must be immediate and directly satisfying to the individual.

**Voluntary:** The individual must have chosen recreation activity of his/her own choice. There must be no compulsion.

**Constructive:** The recreational activity is constructive. It is not harmful to the participant physically, mentally, emotionally, socially or in any other way. It helps one to become a better integrated individual.

**Socially acceptable:** The recreational activity is socially acceptable and individually beneficial to the participants [\[15\]](#).

### **Importance of Recreation to the aged**

There are many benefits that can be derived from recreation. Through recreation, the aged can get improvement in health and quality of life; as recreation tend to

improve their overall health and improve their overall lives. It is well known that outdoor recreation lends itself to both physical and mental health benefits. In fact, the two are so linked that improving one directly improves the other.

**Mental Health Improvements:** Mental wellness is critical to overall physical health. Participating in recreational activities education helps manage stress. Taking time to nurture oneself provides a sense of balance and self-esteem, which can directly reduce anxiety and depression. **Improving the Quality of Life:** It's all about balance. People are busier than ever, even at old age. Finding a way to balance the pressures of work and family with physical and mental wellbeing is important. People who make recreation a priority are more likely to feel satisfied with their lives overall, according to (Fabian 2020), active recreational facilities like soccer fields benefit local economies in several ways. First, recreational facilities attract investment. For example, they serve as one of the most important factors for small businesses. Locations with recreational facilities are perceived as preferred living locations for employees. Secondly, recreational activities education and sports also promote physical fitness and healthy lifestyles, challenge participants to excel, and provide a supportive environment in which to develop social skills like teamwork and cooperation. Social benefits of recreational activity have also been linked to increased community health and reduced crime.

## DISCUSSIONS

The total sample consisted of 87.2% male and 12.8% female respondents. By age distribution, 16.0% were within the age range of 50 to 55years. Those within the age bracket of 56 and 60years were 40.4% of the total number of respondents involved in the study. Respondents who were above 60years, involved in the study were 43.6% of the total implying that most of the subjects were above 50years. By highest educational attainment, 43.0% had secondary School education, those with Diploma or National Certificate in Education (NCE) were 8.5% and 20.5% had first degree while 27.7% had master degree and above. For previous engagement in terms of role they were engaged in before the survey, 44.7% were civil servants, those involved in farming were 36.2% and 19.1% were involved in various businesses like artisan, trading among others. Of the total subjects involved in the study, 31.9% were from Jalingo, 25.5% from Karim Lamido, 11.7% from Zing, 14.9% from Yorro and 16.0% from Lau.

### **Participation in recreational activities education and health of aged individuals.**

Knowledge of participating in recreational activity and the associated benefits to health is considered vital to prospective participants. Table 1 showed the opinions of the subjects involved in the survey on the relationship between participation in recreational activities education and health of the aged individuals.



**Table 1: Opinions of subjects on relationship between participation in recreational activities education and health of aged individuals**

Sn	Participation and health	SA	A	U	D	SD	Mean	Std dev
1	Recreational activities education help improve the health of aged individuals	47(50.0)	33(35.1)	7(7.4)	5(5.3)	2(2.1)	4.26	0.961
2	Recreational activities education make the individual to look refresh	38(40.4)	24(25.5)	7(7.4)	14(14.9)	11(11.7)	3.68	1.431
3	Engaging in recreational activities education help aged individual to be strong and resilient	54(57.4)	19(20.2)	14(14.9)	4(4.3)	3(3.2)	4.24	0.907
4	Recreational activities education help aged persons to maintain more balance	42(44.7)	30(31.9)	9(9.6)	8(8.5)	5(5.3)	4.02	1.173
5	Recreational activities education help aged persons to be happy	31(33.0)	25(26.6)	20(21.3)	8(8.5)	10(10.6)	3.63	1.312
6	Recreational activities education make the aged to socialize	47(50.0)	26(27.7)	17(18.1)	2(2.1)	2(2.1)	4.21	0.960
7	Recreational activities education make the aged to be mentally alert	26(27.7)	33(35.1)	28(29.8)	5(5.3)	2(2.1)	3.81	0.976
8	Recreational activities education make the aged to be emotionally stable	39(41.5)	30(31.9)	8(8.5)	11(11.7)	6(6.4)	3.90	1.245
9	Recreational activities education make the aged to sleep well	23(24.5)	19(20.2)	12(12.8)	25(26.6)	15(16.0)	3.11	1.448
10	Recreational activities education provide a good appetite for the aged	14(14.9)	29(30.9)	27(28.7)	11(11.7)	13(13.8)	3.21	1.243
Aggregate mean							3.72	0.384

Opinions expressed by subjects in the table revealed that the aged individual had adequate knowledge of the relationship between participation in recreational activities education and healthful living. This is revealed in the table by 50.0% and 35.1% of the respondents who strongly agreed and agreed with the suggestion that participation in recreational activities education has positive effect on health of the aged. Among such effects were making the participants looking fresh which 40.4% and 25.5% strongly agreed and agreed with in the table. In what could be said to be a manifestation of their deep knowledge of participating in recreational activities, 57.4% and 20.2% of the respondents strongly agreed and agreed that engaging in recreational activities education help aged individual to be strong and resilient while 44.7% and 31.9% strongly agreed and agreed that such participation help aged persons to maintain more balance. In line with these perceptions, 33.0% and 26.6% of the respondents strongly agreed and agreed that participation in recreational activities education enhances happiness among aged individuals while 50.0% and 27.7% strongly agreed and agreed that involvement in recreational activities education promotes aged individuals' socialization process in the society. Parts of the physical benefits which 27.7% and 35.1% of the respondents strongly agreed and agreed were the benefits of participating in recreational activities education was the enhancement of mental alertness among such participants. Inclusive in the benefits were emotional stability which 41.5% and 31.9% of the respondents strongly agreed and agreed respectively was one of the advantages, coupled with

these were better sleeping pattern which and better appetite for such participants. The overall mean rating of participating in recreational activities education and associated health benefits by aged individuals in the table was 3.72 with standard deviation of 0.384 which revealed that respondents were of the view that there is a positive relationship between participation in recreational activities education and healthful living of aged individual participants.

### Factors responsible for poor participation of aged individuals in recreational activities

Table 2 showed the opinions of the respondents on some of the associated personal oriented factors responsible for poor participation of aged individuals in recreational activities education within the state.

**Table 2: Opinions of subjects on factors responsible for poor participation of aged individuals in recreational activities education within the state**

Sn	Factors for participation	SA	A	U	D	SD	Mean	Std dev
1	Family problems stop the aged from recreational activities	3(3.2)	2(2.1)	49(52.1)	30(31.9)	10(10.6)	2.55	0.838
2	Hunger prevents the aged from participating in recreational activities	47(50.0)	37(39.4)	6(6.4)	2(2.1)	2(2.1)	4.33	0.860
3	Poor knowledge of the importance of recreational activities education effects on the aged	30(31.9)	36(38.3)	18(19.1)	9(9.6)	1(1.1)	3.90	0.995
4	Decline in physical strength leads to poor participation for the aged	1(1.1)	2(2.1)	27(28.7)	15(16.0)	49(52.1)	1.84	0.987
5	Social and emotional stress stops the aged from recreational activities	24(25.5)	39(41.5)	6(6.4)	16(17.0)	9(9.6)	3.56	1.300
6	Declined interest for recreational activities education affects the aged	21(22.3)	24(25.5)	9(9.6)	27(28.7)	13(13.8)	3.14	1.411
7	Aggressive search for wealth discourages participation in recreational activities	0	53(56.4)	31(33.0)	5(5.3)	5(5.3)	4.40	0.821
8	Lack of designed recreational facilities for the aged is a problem	13(13.8)	47(50.0)	6(6.4)	18(19.1)	10(10.6)	3.37	1.244
9	Weakness of the body as a result of old age discourage them for activities	17(18.1)	41(43.6)	11(11.7)	15(16.0)	10(10.6)	3.43	1.257
10	Lack of time for recreation affects the elderly.	53(56.4)	24(25.5)	7(7.4)	8(8.5)	2(2.1)	4.26	1.057
Aggregate mean							3.48	0.336

From the opinions of the respondents expressed in the table, most identified factors were individually related short comings or limitations. Though respondents did not agree that family problems were associated with their none participation in recreational activities education as indicated with a mean score of 2.55 in the table but 50.0% and 39.4% of the respondents strongly agreed and agreed that effect of hunger is a major factor that prevent the age from participating in recreational activities. While most respondents associated none participation to effect of hunger, 31.9% and 38.3% strongly agreed and agreed respectively that poor knowledge of the importance of participating in recreational activities education was responsible



for inability to take part. Most respondents, as indicated by 31.9% and 38.3% who strongly agreed and agreed were of the view that none participation in recreational activities education could be associated to poor knowledge or importance of such involvement. Most respondents did not agree as indicated by 16.0% and 52.1% of the respondents that decline in physical strength among the age could be associated to poor participation in recreational activities. But 25.5% and 41.5% of the respondents strongly agreed and agreed respectively that social and emotional stress could be associated with poor participation of aged individuals in recreational activities education within the state. Opinion was almost divided among the respondents on the role of declined interest in recreational activities education by the aged. While 22.3% along with 25.5% strongly agreed and agreed that declined interest for recreational activities education is responsible for their poor participation 28.7% and 13.8% disagreed and strongly disagreed with the opinion. But 9.6% of the respondents did not express their opinions on the effect. The respondents could be said to have generally agreed with a mean score of 4.40 that aggressive search for wealth discourages participation in recreational activities education by the aged in the state. Coupled with this is the associated lack of time which 56.4% and 25.5% of the respondents strongly agreed and agreed respectively was responsible for poor participation of the aged in recreational activities. Another personal factor which was associated with the poor participation in recreational activities education was weakness of the body resulting from old age which 18.1% and 43.6% of the respondents strongly agreed and agreed tended to discourage aged individuals from recreational activities. The only non-personal factor pointed out by 13.8% and 50.0% of the respondents responsible for poor participation of aged individuals from participating in recreational activities education in the state was lack of designed recreational facilities for the aged. The mean score was 3.37. From the expressed opinions in the table and the aggregate mean score of 3.48 with a standard deviation of 0.336, it could be concluded that some of the major factors for poor participation in recreational activities education by aged individuals were personal limitations.

### **Role of facilities and equipment for recreational activities education available in the state**

The opinions of the respondents on influence of available facilities and equipment for recreational activities education along with associated programs for the age were summarized in Table 3.

**Table 3: Opinions of subjects on role of available facilities and equipment for recreational activities education within the state**

Sn	Available facilities and Equipment	SA	A	U	D	SD	Mean	Std dev
1	There are no specific facilities for recreation for the aged in Taraba	12(12.8)	17(18.1)	19(20.2)	32(34.0)	14(14.9)	2.80	1.266
2	The aged can involve themselves in self-recreation like, walking, country, side views	16(17.0)	22(23.4)	14(14.9)	34(36.2)	8(8.5)	3.04	1.278

3	There are occasional outdoor activities for the aged	33(35.1)	38(40.4)	6(6.4)	16(17.0)	1(1.1)	3.91	1.094
4	The aged have to join the young athletes: during recreation activities	0	60(63.8)	18(19.1)	13(13.8)	3(3.2)	4.44	0.850
5	The aged have limited access to recreational opportunities	2(2.1)	14(14.9)	26(27.7)	36(38.3)	16(17.0)	2.47	1.013
6	Physical and Health educationist should be guiding the aged during recreational activities	29(30.9)	32(34.0)	20(21.3)	10(10.6)	3(3.2)	3.79	1.096
7	Adequate facilities and equipment for recreational should be provided for the aged	28(29.8)	42(44.7)	6(6.4)	16(17.0)	2(2.1)	3.83	1.104
8	The aged should be educated adequately on the values of recreational activities	43(45.7)	27(28.7)	12(12.8)	8(8.5)	4(4.3)	4.03	1.150
9	Recreational activities education should be made compulsory for the aged	27(28.7)	26(27.7)	18(19.1)	16(17.0)	7(7.4)	3.53	1.276
10	Social gathering for the aged should always be encouraged.	21(22.3)	25(26.6)	14(14.9)	26(27.7)	8(8.5)	3.27	1.313
Aggregate mean							3.51	0.408

On the availability of specific recreational facilities for the aged, 34.0% and 14.9% of the respondents disagreed and strongly disagreed with such existence. Though 20.2% of the respondents did not express their views on the suggestions but only 12.8% and 18.1% of the respondents strongly agreed and agreed respectively with the suggestions. The mean score of 2.80 was lower than the benchmark (3.0) which suggested that such facilities were not available in the state. The respondents agreed as indicated by 17.0% and 23.4% with a mean score of 3.04 that aged individuals can involve themselves in self-recreation activities like walking and other physical exercises and 35.1% along with 40.4% of the respondents strongly agreed and agreed with the suggestion that there were occasional outdoor activities for the aged in the state. The mean score was 3.91. As the only way in which the aged could participate in organized recreational activities, 63.8% of the respondents agreed that aged individuals have to join young athletes during recreation activities if they wish to participate. But the respondents did not agree that the aged individuals in the state have limited opportunities to recreational activities education as indicated with a mean score of 2.47 in the table. In realization of the importance of recreational activities, 30.9% and 34.0% of the respondents strongly agreed and agreed with the suggestion that physical and health educationist should be provided as guides for the aged during recreational activities education while 29.8% along with 44.7% of the respondents strongly agreed and agreed respectively with the view that adequate facilities and equipment for recreational activities education should be provided for the aged. Almost all (45.7% and 28.7%) therefore agreed with a mean score of 4.03 that age individuals in the state should be educated adequately on the values of recreational activities education while 28.7% along with 27.7% strongly agreed and agreed with the suggestion that recreational activities education should be made compulsory for aged individuals in the state; In line with this realization, 22.3% and 26.6% of the respondents strongly agreed and agreed that social gathering for aged individuals should always be encouraged in the state. The aggregate mean score of the table was 3.51 with a standard deviation of 0.408 which showed that respondents were of the view that provision of facilities and equipment for recreational activities education in the state could enhance participation by aged individuals.

### **Relationship between participation in recreational activities education and available facilities/ equipment for aged individuals in the state**

The extent of relationship between participation in recreational activities education and available facilities and equipment for aged individuals in the state was tested here using the Pearson Product Moment correlation (PPMC) procedure because of the scaled measurement. The result of the test is summarized in Table 4.

**Table 4: Correlation between participation in recreational activities education and available facilities/ equipment for aged individuals in Taraba state**

Variables	N	Mean	Std Dev	Std Error	r-calc.	df	p-value
Participation	94	3.72	0.384	0.040	0.265	92	0.010
Facilities and equipment	94	3.51	0.408	0.042			

*(Critical value for  $r = 0.205$ ,  $p < 0.05$ )*

The result in Table 4 revealed that participation in recreational activities education by aged individuals in the state is positively and significantly correlated with available facilities and equipment. The observed correlation coefficient (r-calc.) obtained at 92, degree of freedom was 0.265 and the observed level of significance 0.010 ( $p < 0.05$ ). These observations provided enough evidence to reject the null hypothesis, that, there is no significant relationship between participation in recreational activities education and available facilities and equipment for aged individuals in Taraba State.

### **Relationship between personal factors and participation in recreational activities education by aged individuals in the state**

The relationship between personal factors and participation in recreational activities education by aged individuals in the state was carried out here by computing mean score of the two variables and subjecting them to a Pearson Product Moment correlation procedure. The result is summarized in Table 5.

**Table 5: Correlation between personal factors and participation in recreational activities education by aged individuals in the state**

Variables	N	Mean	Std Dev	Std Error	r-calc.	df	p-value
Personal factors	94	3.48	0.336	0.035	0.066	92	0.526
Participation	94	3.72	0.384	0.040			

*(Critical value for  $r = 0.205$ ,  $p > 0.05$ )*

From the result in Table 5, personal factors were not significantly correlated with participation in recreational activities education by aged individuals in the state. The observed correlation coefficient (r-calc.) of 0.066 obtained at 92, degree of freedom is lower than the critical value of 0.205. The p-value obtained was 0.526 ( $p > 0.05$ ). These observations did not provide sufficient evidence to reject the null hypothesis. The null hypothesis that, there is no significant relationship between personal factors and participation in recreational activities education by aged individuals in Taraba State is therefore retained.

## Relationship between personal factors and available facilities/equipment for recreational activities education by aged individuals in the state

The relationship between personal factors and available facilities/equipment for recreational activities education by aged individuals in the state was tested here with the aid of the PPMC. The result of the test is summarized in Table 6.

**Table 6: Correlation between personal factors and available facilities/equipment for recreational activities education by aged individuals in the state**

Variables	N	Mean	Std Dev	Std Error	r-calc.	df	p-value
Personal factors	94	3.48	0.336	0.035	0.119	92	0.255
Facilities/equipment	94	3.51	0.408	0.042			

(Critical value for  $r = 0.205$ ,  $p > 0.05$ )

The result in Table 6 revealed that personal factors and available facilities/equipment for recreational activities education by aged individuals in the state were not significantly correlated. The observed correlation coefficient obtained for the test was 0.119. The p-value obtained for the test at 92, degree of freedom was 0.255 ( $p > 0.05$ ). These observations did not provide enough evidence to reject the null hypothesis. The null hypothesis that, there is no significant relationship between personal factors and available facilities/equipment for recreational activities education by aged individuals in Taraba State is therefore retained.

## Discussion of Major Findings

Findings from this study revealed that aged individual in the state had adequate knowledge of the relationship between participation in recreational activities education and healthful living. They were of the view that participation in recreational activities education has positive effect on health of the aged and that engaging in recreational activities education help aged individual to be strong, resilient, maintain more balance and enhanced happiness. They agreed that involvement in recreational activities education promotes socialization process among the aged in the society as well as enhancement of mental alertness among such participants along with emotional stability. The study found that respondents were of the view that participation in recreational activities education improves better sleeping pattern which and better appetite for such participants.

The study found that poor participation in recreational activities education was associated with personal factors like hunger, poor knowledge of the importance of participating in recreational activities, decline in physical strength, social and emotional stress and aggressive search for wealth along with inadequate time which discourages participation in recreational activities. The study found that respondents were of the view that weakness of the body resulting from old age was another limiting factor of their participation.

The study found that respondents were generally of the view that there were no specific recreational facilities for the aged but that aged individuals can involve themselves in self-recreation activities like walking and other physical exercises like joining organized recreational activities education as the only way they can participate. Respondents did not agree that the aged individuals in the state have

limited opportunities to recreational activities. It was found that respondents were of the view that physical and health educationist should be provided as guides for the aged during recreational activities education along with adequate facilities and equipment and be educated adequately on the values of recreational activities.

## CONCLUSION

The significance of recreation to the general wellbeing and health development is not well appreciated by many people. Recreation helps people to cope with the day-to-day stress within their environment. Engaging in recreation is a way of helping emotional, social, physical and mental wellbeing. This study found that aged individuals in Taraba state have good knowledge of recreational activities' importance but are constrained by personal factors which are responsible for their poor participation. Coupled with personal factors were inadequate facilities and equipment for such effective participation. It is therefore recommended that stakeholders in the state should endeavour to improve on existing facilities and equipment if there is any or embark on full mobilization of resources for effective participation in recreational activities education towards better health of the citizens (Health is wealth).

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## AUTHOR'S CONTRIBUTION

All authors contributed equally to the publication of this paper, and all authors read and approved this paper, and all authors declare no conflict of interest.

## CONFLICT OF INTEREST

All authors state that there is no conflict of interest.

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