

Knowledge, Attitude and Participation of Male and Female Nurses in Recreational Activities in Cross River State, Nigeria

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Abstract

Purpose: This paper investigated the knowledge, attitude and participation of Cross River State male and female nurse in recreational activities.

Method and materials: The survey was adopted with a sample of 320 nurses. Questionnaire that comprised 15-item was administered. On arrival at the hospitals, permission was received from the authorities. The researchers adopted on eh sport administration of items. Independent t-test was used in analyzing the data with 0.05 level of significance.

Results: The result indicated that the calculated t-values of knowledge, (11.19), attitude (11.88) and participation (7.04), were greater than the critical t-value 1.96, 1.96 and 1.96 respectively. It means that there was significance difference in knowledge, attitude and participation of Cross River State Nurses in recreational activities.

Conclusion: Most nurses participate in exercise when they perceive their health to be threatened even though they are awarded that recreation improve their health and fitness.

Key words: Knowledge; Attitude; Participation; Nurses; Recreation

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INTRODUCTION

The nature and intensity of the satisfaction an individual derives from different forms of activities gives its different recreational values. Bucher (1983) defined recreation as socially acceptable worthwhile activities in which a person voluntarily participates during leisure hours and through which he or she has opportunities to develop physically, mentally, emotionally and socially. Recommendations for regular exercise have been evident in the nursing literature since the early 1900's (Brown, Weaver and Thomas, 2006). Health professionals and popular media have promoted vigorous exercise for positive health benefits since the 1960s. They also posited that the concept of exercise as it appeared in the nursing literature during the early part of the 20th century is closer to the concept of physical activity of today regular-moderately intensive activities that becomes part of an individual's lifestyle. Recreation as a necessary adjustment of life is increasingly been appreciated now more than ever before in our daily lives. It is however, true that some people do not still accord recreation a place of importance in their lives, perhaps, because of some factors such as time, facilities and equipment, motivation etc. Nurses were used in this study because they are regarded as health care givers who should exhibit traits of desirable level of well being both in appearance and lifestyle. But there seem to be a deviation in this regard in Cross River State, where most nurses are becoming obsessed (i.e., Having hypo-kinetic disorder). Hence they are becoming liabilities instead of health care givers. It is also observed that most nurses in their place of work look sluggish when carrying out their functions and easily get fatigued after performing one or two duties, even within early hours into today.

Recreation as an area of study in Nigeria is relatively new but interest in the area is gradually being generated by Nigerians, especially now that the tourism industry is taking the center stage in Cross River State. Tourism according to some scholars is also gaining recognition by the government of most African countries (Ajiduah, 1999).

Results of studies carried out by different scholars also indicate that either most Nigerians do not know the value of recreation or that certain unexplained factors prevent them from participating in active recreational activities. According to Ajiduah and Makasi (1985) Nigerians are blessed with rich cultural heritage and have beautiful beaches, waterfalls, numerous rivers, springs, hills, flora and fauna, forests and natural holiday resorts which can serve as recreational facilities. However, it has been observed that predominantly foreigners are the one that do take advantage of the mentioned recreational facilities while most Nigerians are uninterested either because they are not aware of the benefits derivable or do not care about them. They seem to prefer their monotonous daily routine of sleep, wake, eat, work, and sleep. At most, they take part in some passive indoor activities such as watching television or movies, listening to music, or playing ludo game. Another dimension of recreation for some ends at going to weekend parties and consuming large quintiles of food and alcoholic drinks and beverages.

Purposeful and positive recreation activities such as going out with one's family or friends to play games like Tennis, Badminton, Squash and visiting places of interest, going on excursions or expeditions and camping, all appear to be strange to most Nigerians. Most people who are workers would rather claim their leave allowances and stay in their offices working, than take time and out go to enjoy themselves by participating in active recreational activities to ease off pent-up emotions and stress. Ajiduah (1999) identified the following as reasons why people do not like to take part in recreational activities:

- a. There are inadequate recreational facilities in the country
- b. That people are economically not buoyant enough to afford or engage in purposeful recreational activities.
- c. Recreation is not part of their culture, it is alien.
- d. People are too busy to even think of recreational activities, let alone to participate in it.
- e. Others are too shy to come out and play some recreational games because they never learnt to play them when they were in school, or gang.
- f. Recreation is for people who have nothing to do with their time or for the rich people.
- g. Another notion is that recreation should be mainly for men.

Many more reasons have been adduced for this apparent non-challant attitude of Nigerians toward leisure and recreation, but according to Ajiduah (1999), lack of awareness about the importance and value of recreation appears to be the main reason for the poor attitude of people towards recreation. The authors further highlighted that because secondary education in Nigeria does not provide people with much in terms of knowledge of skills of sports and games which they can use in their adult stage for recreational activities. This probably explained why most Nigerians, nurses inclusive do not seem to know the value of recreation.

According to Iganugo (2006), the values of participating in recreational activities are numerous. It contributes to the physical health of the individual. For example in children and youth, active recreational activities promote healthy structural development and growth. The skeletal system as well as the cardio-respiratory systems develops well and they become more physically fit to be able to perform their day-to-day activities without undue fatigue. Another value in which recreation promotes personal health and physical fitness is by establishing opportunities for youths to engage in productive activities and free them from thoughts of joining secret cults, drug abuse and sexual promiscuity in society. It can also create opportunities for better ways of living after retirement. For many people all over the world, the choice of recreational activities varies between rural and urban dwellers. In many ways recreation is taking place but it is on very minimal level. If individuals have not perceived their health to be threatened, they may not see the need to exercise, even though they may believe exercise improves health. An individual who lives a sedentary lifestyle can be helped to gainfully engage in recreation activities such that it helps promote better health and fitness status.

The researchers in this study therefore wish to find out how male and female nurses rate with regards to knowledge, attitude, to and participation in recreational activities in Cross River State. It is expected that the findings derived from this study will increase nurses' knowledge and spur their participation in various types of recreational activities, and assist them overcome problems which normally result from their non-participation in recreation.

METHODS AND MATERIALS

Participants

This study was essentially a survey. The target population involved in this study consisted of all the nurses in Cross River State. The accessible population which the researcher believes typified and reasonably represented the target population, consisted of all the nurses in Government-owned hospitals in Calabar. They are numbered 320 male and female nurses. A multi-stage sampling plan involving stratified and simple random sampling techniques were used to select the nurses. The stratification was based on gender (male and female). In each of the stratum, a simple random sampling technique was adopted to select the nurse.

Instrumentation

The research instrument, which was a structured questionnaire comprised fifteen (15) items, on the Likert-type four point, scale of (Strongly Agree-4 points, Agree -3 Disagree-2 points and strongly Disagree-1 point). The respondents were required to indicate the degree of agreement to each item on the instrument. In terms of

validity, four experts in Educational Measurement and Evaluation and Research and statistic affirmed with 90% agreement that the entire instrument was suitable for measuring what it purported to measure. Using the split-half reliability method with the associated spearman Brown Prophecy formula, the reliability index of the entire instrument was found to be 0.91.

Procedure

A face-to-face hand delivery method was used during data collection. Though a very rigorous approach, and with the assistance of some nurses to whom the researchers were very grateful, 200 copies of the questionnaire were retrieved, and were properly completed, thus giving a 90% return rate.

Hypotheses

The following hypotheses were tested in the study:

1. There is no significant difference in the knowledge of male and female nurses towards recreational activities.
2. There is no significant difference between attitude of male and female nurses towards recreational activities.
3. There is no significant difference in the level of participation of male and female nurses towards recreational activities.

Statistical Analysis

The independent t-test analysis was used in testing the hypotheses. All the testing was done at .05 level of significance. The present result of analysis is below hypothesis-by-hypothesis.

RESULTS

Hypothesis One

There is no significant difference in the knowledge of female and male nurses towards recreational activities.

Independent variable: Knowledge of male and female nurses.

Dependent variable: Recreational activities.

Independent t-test analysis was used for the statistical testing of this hypothesis. The result of the analysis is presented in Table 1.

Table 1
Independent t-test Analysis of Difference in the Knowledge of Male and Female Nurses Towards Recreational Activities (N=200)

Variables	N	\bar{X}	SD	t-test
Male	50	19.81	2.05	11.19*
Female	150	16.09	1.99	

*Significant at .05, critical = 1.96, df = 198

The result of the analysis as presented in Table 1 shows that the calculated t-value of 11.19 is greater than the critical value of 1.96 at .05 level of significance with 198 degrees of freedom. The result of the analysis is significant since the calculated value is higher than the

critical value. With this result, the null hypothesis was rejected while the alternate was accepted. This therefore means there is a significant difference in the knowledge of male and female nurses towards recreational activities.

Hypothesis Two

There is no significant difference between attitude of male and female nurses towards recreation activities.

Independent variable: Attitude of male and female nurses.

Dependent variable: Recreational activities.

Independent t-test analysis was used for the statistical testing of this hypothesis. The result of the analysis was used for the statistical testing of this hypothesis. The result of the analysis is presented in Table 2.

Table 2
Independent t-test Analysis of Attitude of Male and Female Nurses Towards Recreational Activities (N=200)

Variables	N	\bar{X}	SD	t-test
Male	50	19.81	2.05	11.19*
Female	150	16.09	1.99	

*Significant at .05, critical t = 1.96, df = 198

The result of the analysis as presented in Table 2 shows that the calculated t-value of 11.88 is greater than the critical t-value of 1.96 at .05 level of significance with 198 degrees of freedom. The result of the analysis is significant since the calculated value is higher than the critical value. With this result, the null hypothesis was rejected while the alternate was accepted. This therefore means that there is a significant difference in the attitude of male and female nurses towards recreational activities.

Hypothesis Three

There is no significant difference in the level of participation of nurses in recreational activities in Cross River State.

Independent variable: Level of participation of nurses.

Dependent variable: Recreational activities.

Independent t-test analysis was used for the statistical testing of this hypothesis. The result of the analysis is presented in Table 3.

Table 3
Independent t-test Analysis of Difference in the Level of Participation in Recreational Activities of Male and Female Among Nurses (N = 200)

Variables	N	\bar{X}	SD	t-test
Male	50	18.13	2.03	7.04*
Female	150	16.11	2.01	

*Significant at .05, critical t = 1.96, df = 198

The result of the analysis as presented in Table 3 shows that the calculated t-value of 7.04 is greater than the critical t-value of 1.96 at .05 level of significance with 198 degrees of freedom. The result of the analysis is significant since the calculated value is higher than the critical value. With this

result the null hypothesis was rejected while the alternate was accepted. This therefore means there is a significant difference in the level of participation of male and female nurses in recreational activities in Cross River State.

DISCUSSION

The results indicate that increased in recreational activities participation is dependent on the nurses' perception of recreation, self-deficiency and social support as well as their motivation to participate in exercises. Hypothesis one shows that there is a significant difference in the knowledge of male and female nurses towards recreational activities. Most female nurses see recreation as something that is meant for the men even though they are aware of its effect on the physical, mental and social development of the individual. Some females further argued that they have no leisure time because of home management. That the only time they have is to visit friends and chat but can only engage in vigorous exercises only when they want to lose weight and stay fit. This finding is contrary to that of Ajiduah (1999) and Igbanugo (2006) who observed lack of awareness about the importance and value of recreation as the main cause of poor attitude towards recreation and participation in it.

The result of the second hypothesis showed that there is a significant difference in the attitude of male and female nurses towards recreational sports. Most women generally see recreation as a waste of time and only few of them give attention to it. Dewey (1999) supported these ideas that recreation is attitude of the mind which is attainable in any situation and that participation in recreational activities will depend upon one's interest and the person's state of mind at any given situation. Male nurses have positive attitude to recreation than female nurses.

The result of the third hypothesis showed that there is a significant difference in the level of participation in recreational activities by male and female nurses. This is supported by the views of Nixon and Jewett (1980) and Igbanugo (2006). They noted that male and female nurses' desire to participate in sports varies. Nixon & Jewett (1980) however, observed that male and female participate in activities which they have interest in. The enjoyment of recreational activities for males may not provide satisfaction for females when the number of people involved in specific leisure interest are considered, it is the males who usually have time to participate in recreation and predominate the females. For example frequently males attend sporting clubs, and recreational clubs, while females engage in household chores. To many female nurses, recreation is not their number one priority. It was also observed from the findings of this study that the type of recreational activities most male nurses patronize are cheap indoor activities such as ludo, draft, monopoly etc. only a few proportions can afford the clubs or go out for vigorous exercises perhaps because of the present economic hardships in the country.

CONCLUSION

It is highly accepted that recreation contributes to the physical well-being of the individual. An individual who has a rich recreation lifestyle is more likely to have a well-balanced life than a person who is deprived of recreation opportunities. Recreation fosters general development of man with the aim of building a complete man. Through recreation some of the missing aspects of life like self expression, desire to associate with people, expulsion of tension and boredom can easily be incorporated. Nurses are in a unique position to counsel individuals, families and communities on the importance of regular physical activities and to correct the misconceptions that only vigorous exercises have benefits. But in a situation where they themselves hardly engage in recreation, how will they counsel their patients. So this study would be able to influence people positively to develop interest in participation in recreational activities for its numerous benefits to man.

RECOMMENDATIONS

The importance of recreation to the nurse is very vital. To this end, the following recommendations are made to encourage mass participation of nurses in recreation.

1. Recreation education should be included in the curriculum of nursing schools as a compulsory course.
2. More recreational facilities should be put in place to meet up with the teeming population.
3. Existing recreation centres should reduce their cost so that most nurses (people) may have opportunities to participate.
4. Nurses should be advised to constantly engage themselves in physical exercises. This is because an individual who takes part in recreation on regular basis develops physical fitness and is more tolerated at work.

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