

**LEISURE KNOWLEDGE, ATTITUDE AND BEHAVIOUR AS PREDICTORS OF  
QUALITY OF LIFE AMONG RESIDENTS OF BENIN CITY, NIGERIA**

**BY**

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## **CERTIFICATION**

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## **DEDICATION**

This work is dedicated first to the Almighty God, my amiable and good-looking wife, Aforughe Vivian, and to all my strikingly beautiful children, Osagioduwa Princess, Esosa Jennifer, and Osahenrumwen Praise-Paula.

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## ABSTRACT

Quality of life is the standard of health, comfort and happiness, necessary for personal satisfaction, fulfilment and good health. However, extant literature has shown that some residents of Benin City, Nigeria have low quality of life. Previous studies largely focused on clinical issues such as cancer, stroke, and Alzheimer diseases with little emphasis on leisure knowledge, attitude and Behaviour. This study, therefore, was conducted to examine leisure knowledge, attitude and Behaviour as predictors of quality of life among the residents of Benin City, Nigeria.

The study was anchored to the Sirgy and Uysal Theory of leisure well-being, while the mixed methods of exploratory survey design and phenomenology was used. Two Local Government Areas (LGAs) in Benin City (Oredo and Ikpoba Okha) were randomly selected out of the existing four LGAs. The simple random sampling technique was used to select four wards each from the two LGAs in Oredo (Ihogbe, Ibiwe, Ogbelaka and Nekpenekpen) and Ikpoba Okha (Aduwawa, Evbo Modu, Uteh and Idogbo). Eight hundred and forty-three participants were selected in the communities through convenience sampling technique. The Instruments used were Leisure Knowledge ( $r = 0.91$ ), Leisure Attitude ( $r = 0.78$ ), Leisure Behaviour ( $r = 0.90$ ) and Quality of Life ( $r = 0.92$ ) questionnaires. In-depth interviews were conducted with 10 respondents randomly selected from each of the two LGAs. Those purposively selected, met the inclusion criteria of being an indigene and resident in the area for at least 2 years. Quantitative data were analysed using descriptive statistics, Pearson product moment correlation and Multiple regression at 0.05 level of significance, while qualitative data were content-analysed.

The respondents' age was  $41.7 \pm 1.70$  years and 63.1% were females. The respondents exhibited high level of leisure knowledge ( $\bar{x} = 2.74$ ), positive leisure attitude ( $\bar{x} = 2.72$ ) and low level of leisure Behaviour ( $\bar{x} = 2.39$ ) against the threshold of 2.50. Knowledge ( $r = 0.24$ ), attitude ( $r = 0.41$ ), and Behaviour ( $r = 0.36$ ) had significant relationships with quality of life. Leisure knowledge, attitude and Behaviour had significant composite contribution to quality of life ( $F_{(3;839)} = 67.258$ ; (Adj  $R^2 = 19.1$ ), accounting for 19.1% of its variance. Leisure knowledge ( $\beta = .11$ ), attitude ( $\beta = .29$ ) and Behaviour ( $\beta = .14$ ) had significant relative contributions to quality of life. Majority of the interviewees had cultural heritage that impacted positively on their leisure Behaviour. The participants' cultural festivals and traditional activities provided fulcrum for relaxation and cultural bonding to gain more confidence in their personality and self-esteem with positive values. Cultural leisure activities were components of health and wellbeing, which led to significant improvement on the participants' social interaction and emotional wellbeing with evidence of reduction in depression symptoms. However, minority of the interviewees had passive leisure activities pattern.

Leisure knowledge, attitude and Behaviour influenced quality of life. Regular exercises, time for Leisure activities, access to public facilities and provision of Leisure Education by experts should be encouraged to improve quality of life.

**Keywords:** Cultural leisure activities, Quality of life, Benin City residents, Leisure knowledge of Benin City residents

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## TABLE OF CONTENTS

Title Page .....	i
Certification.....	ii
Dedication.....	ii
Acknowledgement.....	iii
Abstract.....	x
List of Tables.....	vii
List of Figures.....	xviii
<b>CHAPTER ONE: INTRODUCTION</b>	
1.1 Background to the Study.....	1
1.2 Statement of the Problem.....	6
1.3 Aim and Objectives.....	8
1.4 Research Questions.....	8
1.5 Hypotheses.....	9
1.6 Delimitation of the Study.....	9
1.7 Limitation to the Study.....	9
1.8 Significance of the Study.....	10
1.9 Operational Definitions of Terms.....	11
<b>CHAPTER TWO: LITERTURE REVIEW AND THEORETICAL FRAMEWORK</b>	
2.1 Theoretical Framework.....	14
2.1.1 Benefit Theory of leisure well-being .....	14
2.2 Conceptual Framework.....	19
2.2. Conceptualization of quality of life.....	23
2.2.2 The concept of Leisure.....	26
2.2.3 Historical perspectives of Benin City.....	26
2.2.4 Common practices among the people of Benin City .....	28
2.2.5 Leisure Knowledge .....	30
2.2.6 Leisure Attitude .....	32
2.2.7 Leisure Behaviour.....	33
2.2.8 Leisure constraints .....	34
2.2.9 Constraints Negotiation.....	35

2.2.10	Constraints Negotiation process .....	37
2.2.11	Leisure patterns .....	40
2.2.12	Leisure Patterns in Nigeria.....	41
2.3	<b>Empirical Review</b> .....	44
2.3.1	Leisure Knowledge and Quality of Life.....	44
2.3.2	Leisure Attitude and Quality of Life .....	50
2.3.3	Leisure Behaviour and Quality of Life .....	56
2.3.4	Leisure Activities Patterns and Quality of Life.....	62
2.3.5	Constraints to Participation in Leisure Activities and Quality of Life.....	66

### **CHAPTER THREE: METHODOLOGY**

	Research Design.....	84
3.1	Population of the Study.....	85
3.2	Sample and sampling techniques.....	85
3.3	Research Instruments.....	86
3.5	Reliability.....	90
3.6	Procedure for data collection.....	91
3.7	Procedure for data analysis.....	92

### **CHAPTER FOUR: RESULTS AND DISCUSSION**

4.1	Results .....	93
4.2	Discussion of Findings.....	120
4.2.1	Relationship among Leisure Knowledge, Attitude, Behaviour and Quality of Life of the Residents of Benin City.....	120
4.2.1a:	Relationship between Leisure Knowledge and Quality of Life of the Residents of Benin City.....	122
4.2.1b:	Relationship between Leisure Attitude and Quality of Life of the Residents of Benin City.....	123
4.2.1c:	Relationship between Leisure Behaviour and Quality of Life of the Residents of Benin City.....	123
4.2.1:	Leisure Knowledge of the Residents of Benin City.....	124
4.2.2	Leisure Attitude of the Residents of Benin City.....	126



4.2.3: Leisure Behaviour of Residents of Benin City.....	129
4.2.4: Common Leisure Activities among the Residents of Benin City.....	130
4.2.5: Common Leisure Pattern of Indoor and Outdoor Activities among Residents of Benin City.....	135
4.2.6: Common Pattern of Active and Passive Activities among the Residents of Benin City.....	137
4.2.7: Constraints to Leisure Participation among the residents of Benin City.....	139
4.2.8: Multiple Regression showing combined Contribution of Leisure Knowledge, Attitude and Behaviour to Quality of Life of the Residents of Benin City. ....	141
4.2.9: Relative Contributions of Leisure Knowledge, Attitude and Behaviour to Quality of Life of the Residents of Benin City.....	143
<b>CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATIONS</b>	
5.1 Summary.....	149
5.2 Conclusion.....	150
5.3 Recommendations.....	150
5.4 Contributions to Knowledge.....	152
5.5 Suggestion for Future Studies.....	153
REFERENCES.....	154
APPENDIX I.....	171
APPENDIX II.....	173
APPENDIX III.....	174
APPENDIX IV.....	175
APPENDIX V.....	177
APPENDIX VI.....	178
APPENDIX VII.....	181
APPENDIX VIII.....	183
APPENDIX IX.....	184
APPENDIX X.....	185

## LIST OF TABLES

Table 4.1:	Demographic Information of Respondents.....	94
Table 4.2:	Correlation Matrix of Relationship among Leisure Knowledge, Attitude, Behaviour and Quality of Life of the Residents of Benin City.....	96
Table 4.2b:	Level of Leisure Knowledge of the Residents of Benin City .....	98
Table 4.3:	Leisure Attitude of the Residents of Benin City.....	100
Table 4.4:	Extent to which the Residents of Benin City exhibit Healthy Leisure Behaviour.....	102
Table 4.5:	Common leisure activities among the residents of Benin City.....	104
Table 4.6a:	Common Leisure Pattern of Active and Passive Activities among Residents of Benin City.....	110
Table 4.6b:	Common Leisure Pattern of Indoor and Outdoor Activities among Residents of Benin City.....	112
Table 4.7:	Constraints to Leisure Participation among the Residents of Benin City.....	114
Table 4.8:	Multiple Regressions showing combined Contribution of Leisure Knowledge, Attitude and Behaviour to Quality of Life of the Residents of Benin City.....	116
Table 4.9:	Relative Contributions of Leisure Knowledge, Attitude and Behaviour to Quality of life of Residents of Benin City.....	118

**LIST OF FIGURES**

	Page
Figure 2.1: Conceptual Framework for the Study.....	18
Figure 2.2 Hypothesized perceived constraints and the active recreational sport participation model by Lin; Liu, Xiao and Luo, (2022).....	39

## **CHAPTER ONE**

### **INTRODUCTION**

#### **1.1 Background to the Study**

The constant desire to improve one's well-being and human pleasure is a true representation of people of all races' pursuit to bettering their quality of life and it is become a growing concern for personal, group, and communal development. The government's inclusiveness in finding and maintaining contentment, happiness and fulfillment in life cannot be overstated. This is one of the most important reasons why our world and environment are always changing which informed the type of life people now live and this type of life is referred to as quality of life. Having good Quality of Life brings about happiness, satisfaction, fulfillment, sound health and good morale. People's happiness, satisfaction, physical health, and morale are all influenced by several causes. These factors can all be improved upon by various intervening factors to promote a high quality of life. A comprehensive feeling of wellbeing is reflected in the characteristics of those who are content, joyful, and fulfilled in life. Furthermore, people who are joyful, satisfied, and fulfilled are more likely to feel positive about life and to take advantage of opportunities to improve their lives.

Similarly, those who are in good health will be able to perform well in all aspects of their lives. People who are in good health are more likely to take advantage of any chance that come their path in order to improve their situation of life. Furthermore, people with high morale are excited about life and are typically willing to participate in any activity that would aid in their mental health improvement. Happiness is linked to a high standard of living and having it can help a person realize how to make their life more worthwhile. As a result of the above-mentioned recognized fact, if a person is euphoric, satisfied, and fulfilled, as well as having good health and morale, one can infer that his or her quality of life is great.

Health-related quality of life in most communities dwelling has been linked to several factors including physical activity and recreation which possesses the propensity to quicken the psychological, mental and physical function. These characteristics are included in the overall quality of life index and are thought to best

reflect the dynamic nature of quality of life. Therefore, the basic attributes of quality of life refer to an individual's sense of satisfaction with his or her life, the determination of his worth or condition by carefully appraising the current life circumstances.

Quality of life is the standard of health, comfort and happiness, necessary for personal satisfaction, fulfillment and good health. Gandhi, Shah and Shah (2019) further describe quality of life as the interplay of interaction among different factors such as health, economic, social and environmental conditions which increases in quantity, degree of force by successive additions and often in unknown ways, act together to affect human and social development at the individual's level and the societies. It is the range to which individual criteria for happiness are met including some basic essentials needed to live a happy life, that is, those necessities that can meet human satisfaction and the achievements that matters most.

The World Health Organization Quality of Life (WHOQoL) Brief (2012), with a reviewed version by Camillone et al (2020); rated the standard of living of the people into the domains of physical and psychological health, level of self-sufficiency, social relationships, environmental and spirituality, religion/personal beliefs. This assertion of the living standard by WHO (2006), is in conformity with some attributes identified by Camollone et al, (2020) which includes "Activity participation domain" that could result to a happy life, satisfaction, fulfillment, sound health and morale or "Measurement domain" represented as "activity of daily living" related to the cyclical functioning of an individual and his inabilities that could result to poor health, decrease in standard of living with no life satisfaction and being dejected with low morale.

The later will presumably have serious negative consequences on a person if nothing is done to improve his or her living condition. Carruthers and Hood (2007) opined that the achievements of these attributes of quality of life enhances and maintain certain life quality through leisure experiences that are reflected in the cognitive, social, psychological and emotional wellbeing; physical and spiritual wellbeing of the individual. Participation in leisure activities can contribute to QoL in communities and across cultural perspectives. Overall, it appears that the importance of leisure-like activities as a framework meant to increase the quality of people's lives, is a unifying element shared by almost all cultural context (Iwasaki, 2007)

Despite how vital it is to have a decent quality of life through leisure experiences, reports suggest that many people's quality of life, particularly in Africa, is very low. Several African countries are living in poverty and below the anticipated standard of living (African Development Bank, 2016). This is because the countries' poverty rate remains at 43% and its health and education outcomes are among the worst in the world. According to the African Development Bank, the continent also lacks appropriate sanitation and safe drinking water that are essential for good living condition. Similarly, the World Bank (2016), in one of its investigations found that the quality of life in most part of Africa which has deteriorated considerably is the most important factor to consider because of its relevance. According to the World Bank (2016), the multidimensional poverty index found that Africans are multidimensionally poor. Nigeria, being one of the countries that make up the African continent, is not exempted from this issue. Likewise, Smith (2016) claim that Nigeria has one of the lowest quality of life in the world according to Business Insider United Kingdom website because the country scored poorly on the Social Progress Index, which assesses basic human needs and the building blocks of happiness, and possibilities.

Studies by Park et al 2020; Panahi and Tremblay 2018, Insel and Roth (2004), Ntui (2000) and Ajala (2005) have revealed that physical leisure activities and exercise participation are beneficial to human health. According to these studies, sedentary or inactive life has a major impact on the overall health of the global population; physical inactivity and sedentary Behaviour have detrimental consequences to the individual and the economy (Koh et al, 2022). On the overall, it is a slow poison to the skeletal, cardiac, and visceral muscles. Physical inactivity accounts for 9% of premature mortality worldwide; therefore, it is very obvious that, leisure exercise participation either for competitive, recreational, fitness or rehabilitative purposes is in harmony with health promotion and wellness goals for the subjective wellbeing of the individual. Some specific recreational and leisure activities associated with each of the categories of recreational activity as listed by Cass, (2023): include Cycling the streets and valley, Adventure sports such as kayaking, boating, hiking, and skiing. Others are Early morning walks, listening to music/watching movies, visiting amusement parks, Fishing and sitting by a beautiful lake, Photography, Browsing the internet for what you love, Meet likeminded people,

Travelling around the world, Yoga, Swimming, Gardening, Golf, Camping among others

Involvement in recreational activities is consistent with the objectives of health promotion and wellness for competitive, recreational, exercise, or rehabilitative reasons of the individual's subjective well-being. When anyone participates in leisure activities, tendencies are that, the person would experience good quality of life as exemplified in life satisfaction, happiness and good morale. Odumuh (2004) has noted that the wise and sensitive utilization of free time could afford the unique opportunity for each and every member in the different communities to be fulfilled and satisfy their fundamental basic requirements necessary for a minimum standard of living, expression of one's self and personality. In this same vein, Folawiyo (2001) asserts that pursuits of leisure time triggers and spur the individual to participate in recreational activities that is entertaining, full of fun and exhilaration which contributes to healthy muscles that are ready for action. This means that citizens of Benin City can enhance their quality of life by participating in leisure activities. Despite the importance of leisure activities to improving the quality of life of the people, research has indicated that their engagement in leisure activities is minimal (Ighodaro and Ajayi, 2018).

From the above research findings in the study conducted by Ighodaro and Ajayi, (2018), it is indisputable that one of the main reasons for the residents of Benin City poor quality of life is their lack of involvement in recreational activities, as inactivity can poison the skeletal, cardiac, and visceral muscles. Physical recreation and sporting pursuits in particular, is generally associated with improved levels of self-esteem, allowing us to feel good at whatever we undertake. One is far more likely to feel satisfied with his life and the overall direction it is taking, when he or she regularly take part in active recreational sports. More so, participating in leisure activities significantly reduces depression by helping to increase ones positive mood and moderate the balance in life, (University Putra Malaysia School of Graduate Studies, 2022). Naturally, our bodies need sunlight, fresh air and regular exercise, which in turn lead us to establish positive thoughts and an overwhelming happy outlook on life. In addition, participation in recreation/leisure activities according to Wienke and Jekauc (2016) provides challenging, stimulating and exciting situations, accompanied by affective states like enjoyment, rush or flow, whereas others triggers relaxation or pleasant forms of exhaustion. At the individual level, leisure activities

can have direct effects on affective states of the personality, foster resilience, and the development of a sense of self, support personal transformation, support flourishing, and foster the development of psychological resources, and more. All the aforementioned, provides the justification needed to investigate the factors that influence their quality of life.

Because of the importance of quality of life, previous researches in other countries, as well as Nigeria, have concentrated on improving quality of life in one or more spheres of life. Damasio (2013) for example conducted a research in Campina Grande, Brazil, on teachers' psychological well-being and quality of life. Shdaifat and Abdul Manaf (2012) carried out a Study in Jordan to determine the quality of life of paid helpers and haemodialysis patients. Martinez-Martin, Prieto-Flores, Forjaz, Fernandez-Mayoralas, Rojo-Perez, Rojo, and Ayala (2012) investigated the characteristics that influence the quality of life of community-dwelling older people in Spain. Others who conducted similar studies are (Sturm *et al* 2021; Chaturvedi 2016 and Tamornpark).

These studies examined the effects of factors like age, gender, appropriate housing, income, and assessment of one's immediate surroundings, neurological disorders and hygiene can predict, enhance, and contribute to people's quality of life in areas like Hong Kong and Greece, among others. In South West Nigeria, Owoaje, Popoola, Ilesami and Akinyemi, (2012) conducted a study on adult quality of life and its associated factors. Akinpelu and Caleb (2009) examined the quality of life of stroke survivors and individuals who appeared to be in good health. In Nigeria, Owolabi (2008) conducted another study on the factors that influence the quality of life of stroke survivors. A study by Oni, Aina, Ojini, and Olisah (2016) investigated the elements that affect the quality of life in post-stroke clinic attendees.

In spite of the much research effort that has been made on the issues of quality of life by these previous studies, they left much to be desired when juxtaposed with the present study. For instance, many of the previous studies were only conducted among teachers, persons with disabilities and stroke survivors among others, with little or no attention to the people of Benin City. More so, many of the previous studies were carried out in foreign countries like Hong Kong and Greece among others, and they only examined how factors like age, gender, adequate housing, income, perception of immediate environment, hygiene can predict, enhance or contribute to the living standard of the people. Most importantly, the previous studies



did not give much attention to how leisure knowledge, leisure attitude and leisure Behaviour can predict quality of life, particularly among Benin City residents. All these gaps, especially the latter, points to the imperativeness of the present study.

## **1.2 Statement of the Problem**

Having good quality of life (Qol) can enhance people's happiness, satisfaction, fulfillment, sound health and good morale. Despite the importance of having a higher degree of well-being, many residents of Benin City, who contribute significantly to the development of social relations and the economy of the country have poor level of well-being, as evidenced by observation and empirical investigation. The low living standards that these people are experiencing can have serious negative consequences on them, such as poor health, a drop in living standards, lack of life satisfaction, depression, and low morale. Previous research on the quality of life in Nigeria and foreign countries concentrated primarily on persons with strokes, teachers, and the elderly, with no attention on the residents of Benin City. Again, many of these previous studies solely focused and examined how factors such as age, sex, gender, socioeconomic background, level of education and neurological issues predict and contribute to people's level of happiness but with little attention paid to how important factors like leisure knowledge, attitude, and Behaviour influence living standard and happiness particularly among Benin City residents. More so, many of the previous studies were carried out in foreign countries like Hong Kong, Greece and Thailand among others. All these gaps, especially the latter, points to the imperativeness of the present study.

Worried by these findings in literature, the researcher conducted an in-depth investigation to learn more about the population of Benin City's quality of life situation. The residents of Benin City captured the researcher's curiosity because the City of Benin was a commercial hub that also occupied a transitional position in terms of ancestral origin, which remains a significant historical factor that narrates their diverse cultural heritage and international commemoration, and this has greatly influenced social processes such as social support and other economic activities which reflects the people's lives in Nigeria through a flourishing tourism-related arts and cultural sector. Economically, the manufacture and sales of wood in Benin City, such as cabinetry furniture, panel door designs, artificial limbs and carvings reflects the people's social and economic status, degree of education, current occupation, and

ethnic background and heritage, all of which had a significant economic impact not only on the people of the City, but also on Nigeria as a regional economy.

Observation revealed that the situation of the general low quality of life is the same among the people of Benin City. Many of these people were observed to have sedentary lifestyle with insufficient physical activities, psychological, mental weakness and physical function degradation. Meanwhile, in order to verify this observation through an empirical approach, a comparative study was conducted by Ighodaro and Ajayi (2018) to investigate the quality of life among residents of Oyo town and Benin City respectively. Findings from the study confirmed the observation recorded. The result showed that the standard of living and wellbeing of persons living within the communities was rated poor due to the inability of the people to care for themselves and their families successfully; they also lack the capacity to access appropriate facilities for leisure and recreational activity participation.

This discovery was worrisome and of utmost concern because the inhabitants of Oyo town and Benin City perform important roles and contribute significantly to Nigeria's social and economic growth and development. It is important to emphasize at this point that if nothing is done to improve their lifestyle, their valuable contributions to the social and economic development of the country will be jeopardized. This is why a study of this kind was necessary. In the meantime, the poor quality of life that these inhabitants are experiencing may have major negative effects on them. For example, they may develop bad health as a result of their inability to care for themselves, and they may find difficulties in having a good level of satisfaction that they desire, they may also struggle to achieve the degree of fulfillment that they desire. All of this can lead to dissatisfaction with life, as well as a drop in their standard of living. As a result, it was necessary to come up with a number of programmes meant to improve the standard of living for people living in these towns. This survey was conducted against this backdrop to investigate the predictive influence of leisure knowledge, attitude, and Behaviour on the quality of life among the residents of Benin City.

### **1.3 Aim and Objectives**

The aim of this study investigated the predictive influence of leisure knowledge, leisure attitude and leisure Behaviour on quality of life of residents of Benin City.

#### **Specific Objectives**

The specific objectives of the study are to:

1. investigate the relationship between residents of Benin City's leisure knowledge, attitude, Behaviour, as well as their quality of life?
2. determine the composite contribution of leisure knowledge, attitude and Behaviour to Benin City resident's quality of life.
3. determine the relative contribution i.e. the (percentage value or effect of leisure knowledge, leisure attitude, and leisure Behaviour to Benin City's resident's quality of life.
4. determine the leisure knowledge of the residents of Benin City.
5. determine the leisure attitude of the residents of Benin City.
6. determine the extent to which the residents of Benin City exhibit healthy leisure Behaviour.
7. identify the leisure patterns of the residents of Benin City.
8. identify the leisure activities among the residents of Benin City.
9. determine the constraints to leisure participation among the residents of Benin City.

### **1.4 Research Questions**

The following research questions were raised to guide the study

1. What is the relationship between leisure knowledge, attitude, Behaviour and Benin City resident's quality of life?
2. What is the level of leisure knowledge of the residents of Benin City?
3. What is the leisure attitude of the residents of Benin City?
4. To what extent do the residents of Benin City exhibit healthy leisure Behaviour?
5. What are the common leisure activities among the residents of Benin City?
6. What are the leisure patterns of the residents of Benin City?
7. What are the constraints to leisure participation among the residents of Benin City?

## **1.5 Hypotheses**

The following hypotheses were formulated to address the study at 0.05 level of significance

**Ho1:** There is no significant contribution of leisure knowledge, attitude, or Behaviour to the citizens of Benin City's quality of life.

**Ho2:** There is no significant relative contribution of leisure knowledge, attitude and Behaviour to citizens of Benin City's quality of life.

## **1.6 Delimitation of the Study**

The study was delimited to descriptive research design of correlational type, all adult residents of Benin City as population, eight trained research assistants who jointly administered the questionnaire with the researcher. The two areas of study in Benin City were Oredo and Ikpoba-Okha Local Government Areas and the multi-stage sampling procedure was used for the study while the study was also delimited to one dependent variable (Quality of life) and three independent variables of Leisure knowledge, Leisure attitude and Leisure Behaviour. Descriptive statistics of frequency count, percentage, mean, standard deviation and inferential statistics of Pearson Product Moment Correlation, Multiple Regression and T-test.

## **1.7 Limitations to the study**

The research was carried out with an ethnic group of the Binis in the South-South of Nigeria where there are over two hundred ethnic groups in Nigeria. The study was limited to only two Local Government Areas out of the four LGAs in Benin City whereas the other LGAs may have the same and similar characteristics, activities and practices. Bringing the inhabitants together during the qualitative section (semi-structure interview) was a herculean task as some indigenes declined participation for reasons that may not be plausible enough to reject an exercise of such magnitude. The absence of some of the elders in the communities whose points and contributions were needed directly or indirectly limited the amount of information that would have enrich the reports of the study

There were difficulties in retrieving the questionnaires administered to the respondents as many were missing in the process (attrition). But many of the questionnaire items that were retrieved eventually were through the supports of eight research assistants motivated by the researcher. Penetrating the local population in the

interior parts of some of the communities in Benin City such as Evhiomodu, Aduwawa and Idogbo to get firsthand information as well as convincing inhabitants of these communities about the research to be carried out was challenging. However, the researcher was able to clarify the essence of the study to the participants. Appropriate time conducive for some respondents to participate in the research exercise was also challenging, most especially the qualitative research; to ameliorate this limitation; “consent form” was given to agreed participants on the appropriate time for the study.

### **1.8 Significance of the Study**

The result of this study could help in addressing the problems of low quality of life among the people of Benin City in order for them to experience better quality of life so as to continue to better contribute to the socio-economic growth and development of the nation. The results of the study provided empirical information on the level of leisure knowledge among residents of Benin City. Likewise, the study also provided empirical data on the type of attitude that the people of Benin City had towards leisure activities. In addition to these, results of the study provided empirical evidence on the extent to which the people of Benin City exhibit appropriate leisure Behaviours.

Since much research attention has not been given to determining the extent to which leisure knowledge, attitude and Behaviour can predict quality of life of the people, the result of this study further revealed empirical evidence on how much each of the three variables (leisure knowledge, attitude and Behaviour) can predict quality of life of people specifically in relation to the inhabitants of Benin City. The inclusion of residents of Benin City in this study through their participation can create the awareness of what leisure activities entails and they could also discover the need for them to take part in recreation and leisure activities. The results of this study can be used as a guide to future researchers who may be interested in concentrating their investigations on the degree to which leisure knowledge, attitude, and Behaviour can predict other areas of respondents' quality of life.

If the findings of this study are made public through publications, conferences and seminars, it could spur relevant government policy makers and interested organizations to create an enabling environment for taking part in recreational activities among the people of Benin City. More so, relevant stakeholders and professionals in the field of leisure may develop further interest in addressing the

problem of poor quality of life among Benin City residents. The study would provide opportunities for organizations, stakeholders and other leisure providers to publicly educate the people through seminars and symposiums at different levels on the importance of having good knowledge of leisure, positive attitude, appropriate and consistent Behaviours toward leisure activity participation.

## **1.9 Operational Definitions of Terms**

### **Quality of life:**

It is how much to which people exhibit characteristics that reflects general sense and level of wellbeing in relation to their physical, emotional, psychological and social life. This therefore reflects the degree to which the residents of Benin City enjoy the important possibilities of life. In this study, it is measured based on the peoples' health status, life-satisfaction, life fulfillment and happiness using the WHO "Quality of Life Brief".

**Leisure:** Leisure in this study refers to the purposeful and intentional use of time that is free by the residents of Benin City to take part in specified physical activities that are purposeful and inherently satisfying to them which has commensurate results of enjoyment, refreshment and pleasantness.

**Leisure knowledge:** This is the amount of information, belief, understanding and awareness of leisure practices by the residents of Benin City.

**Leisure attitude:** Leisure attitude is the positive or negative disposition towards leisure participation by residents of Benin City.

**Leisure Behaviour:** This is the actual participation in leisure physical activities by residents of Benin City.

**Leisure activities:** Leisure activities in this study refers to the selected activities done during free time by the people of Benin City which involves a choice with a purpose, chosen in some way to enhance self and improve quality of life.

**Leisure pattern:** Leisure pattern is the regular and repeated ways in which the residents of Benin City engage in leisure activities. In this study, it is measured based on intra-home (Indoor), extra-home (Outdoor), passive and active patterns.

**Leisure constraints:** These are limiting factors or obstacles that prevent the residents of Benin City from taking part in fun filled activities.

**Benin City:** In the context of the study Benin City means both towns and communities in rural and urban areas of Benin City.

## **CHAPTER TWO**

### **LITERATURE REVIEW AND THEORETICAL FRAMEWORK**

This chapter reviewed literature related to the study. It was devoted to materials as well as examining several areas of leisure concept. It was divided into the following sub-headings:

#### **2.1 Theoretical Framework**

##### **2.1.1 Benefits Theory of Leisure Well-Being**

#### 2.2 Conceptual Framework

#### **2.3 Conceptual Review**

##### 2.3.1 Conceptualization of Quality of life

##### 2.3.2 Historical perspectives and Common Practices among the People of Benin City

##### 2.3.3 Leisure Knowledge

##### 2.3.4 Leisure Attitude

##### 2.3.5 Leisure Behaviour

##### 2.3.6 Leisure Pattern

##### 2.3.7 Leisure Constraints

#### **2.4 Empirical Review**

##### 2.4.1 Leisure Knowledge and Quality of life

##### 2.4.2 Leisure Attitude and Quality of life

##### 2.4.3 Leisure Behaviour and Quality of life

##### 2.4.4 Leisure Activities Patterns and Quality of life

##### 2.4.5 Constraints to Participation in Leisure Activities and Quality of life

#### **2.5 Appraisal of Literature**

#### **2.1 Theoretical Framework**

##### **2.1.1 Benefits Theory of Leisure Well-Being**

The Theory proposition focuses on how participation in leisure activities can contribute to the well-being of an individual or people. This theory viewed leisure well-being as satisfaction in leisure life that contributes to subjective well-being of individuals. This theory was propounded by Sirgy, Uysal and Kruger (2017) which surmise that participation in leisure activities can satisfy a set of basic

needs in the individual life which could be classified as benefits among community dwellers. These benefits could be related to safety, health, economic, sensory, escape, and/or sensation/stimulation needs and growth needs which are benefits related to symbolic, aesthetic, and moral, mastery, relatedness, and/or distinctiveness needs. Numerous studies have shown that recreational pursuits (such as socializing with family and friends, engaging in sports, watching television, listening to the radio, traveling, taking pleasure walks, camping, creating art, and/or using the internet) do enhance subjective well-being, also called quality of life. A key theoretical linkage in terms of five psychological mechanisms, namely detachment-relaxation, autonomy, mastery, meaning, and affiliation were captured between participation in leisure activities and individual wellbeing. Sirgy, one of the authors specifically emphasized that leisure-type activities and time spent outside off work and subjective leisure (that is., perceived participation in leisure activities) contribute to subjective well-being also known as life satisfaction through these five psychological mechanisms by contributing to satisfaction in leisure life. In turn, satisfaction in leisure life contributes to overall life satisfaction (or subjective well-being).

In summary therefore, the authors identified the key mechanisms explaining how leisure promotes subjective well-being. Meanwhile, a follow-up meta-analytic study by Kuykendall et al. (2015) was able to clearly demonstrate that leisure engagement influences subjective well-being via satisfaction with leisure life. Leisure is the state or condition of being free from the urgent demands of lower-level needs. In other words, leisure can be viewed as residual time outside productive activity (work); leisure pursuits in relation to diverse cultural backgrounds; activities that are freely chosen, which are pleasant and intrinsically rewarding to self, and that could have a direct relationship to personal happiness and satisfaction with life. Considering the idea of leisure concept and well-being, one could contend that leisure well-being is connected to quality of life. (Sato et al. 2014). In other words, the definitions and conceptualizations of leisure well-being are typically predicated on the idea that certain characteristics of cognition, affect, and Behaviour are linked to subjective well-being as a result of partaking in recreational activities, either passively or actively during one's free time. This of course is not far-fetched when related to the people of Benin City as this study examined how leisure knowledge, attitude and Behaviour can predict the people's quality of life



As a construct, leisure well-being is defined as satisfaction with one's leisure activities. This definition of leisure well-being makes the assumption that people partake in activities they consider to be leisurely at their free time, and that the subjective experiences connected to those activities are then divided into a life domain we refer to as leisure life. The level of satisfaction with one's leisure time directly affects one's subjective well-being. If the people of Benin City participate in recreational activities, they will certainly attain a level of satisfaction which in turn affect their health and if they are physically firm and healthy, their contributions to the socioeconomic development of the state and the nation is guaranteed because” Health they say is Wealth”. According to Lee et al, (2014), the fundamental assumption of this leisure model is that leisure activity significantly contributes to leisure wellbeing if it provides a variety of different advantages connected to both basic and growth needs. The phrase "subjective well-being" is a combination of three elements that are connected to the actual experience of happiness or a cumulative good feeling, including among others, joy, affection, and pride (Sirgy 2012). According to Kuykendall et al. (2015) and Edginton et al. (2005), the discussion on leisure and well-being typically centers on active involvement in recreational activities and the experiential benefit of engaging in such activities.

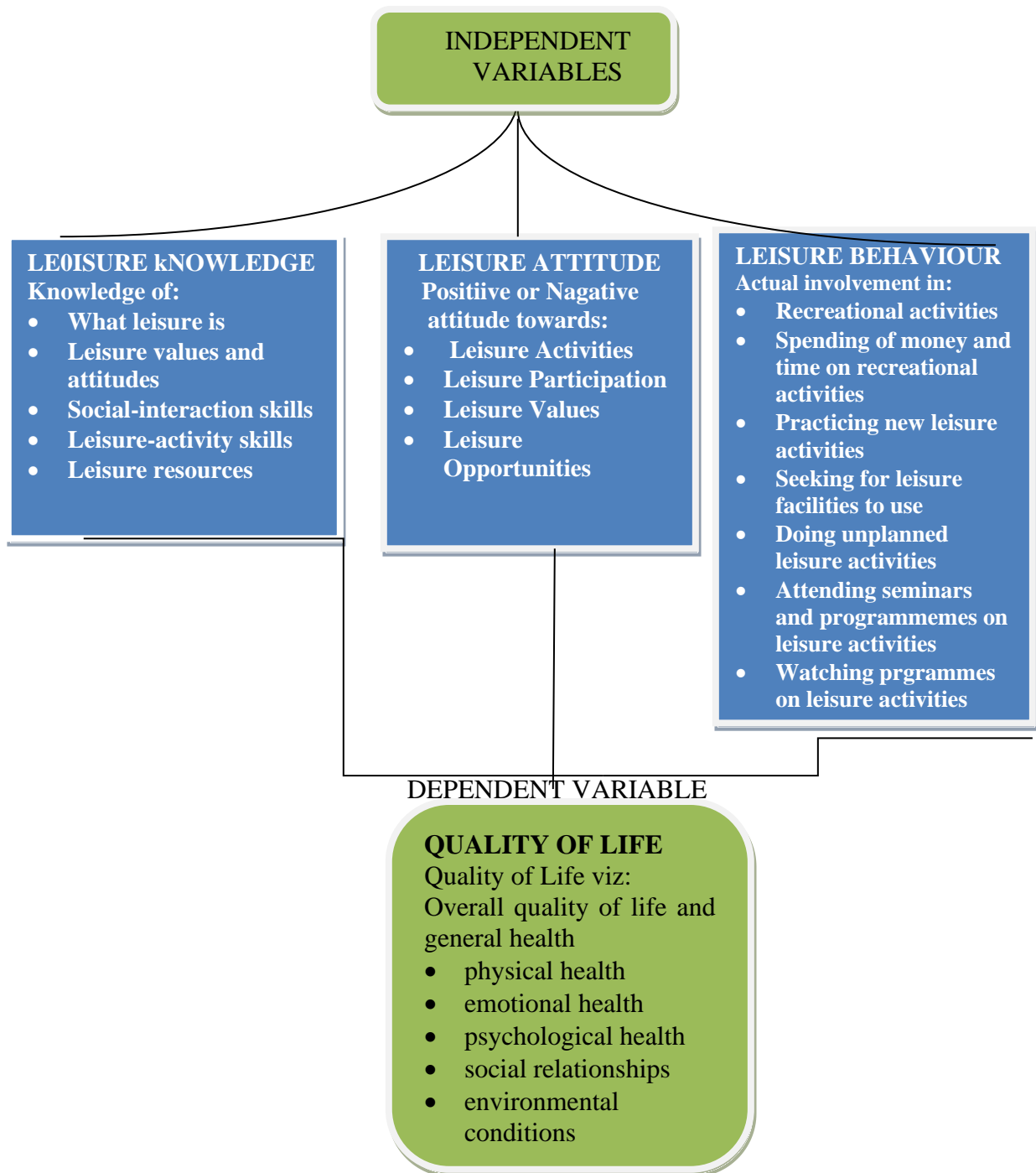
Therefore, the expectation of the this research study is that when the residents of Benin City actively participate more in “active” rather than “passive” recreational activities, there could be a reduction in their physical function degradation, psychological mental weakness and sedentary life style. This way of thinking dominated by the current state of this research is guided by theoretical underpinnings of leisure which is related to its contribution to well-being of leisure activity participants. Furthermore, the theory asserts that satisfaction of a particular leisure activity contributes to satisfaction in leisure life, which in turn contributes to subjective well-being. This is a psychological process involving a satisfaction hierarchy in which happiness with particular life event influences satisfaction with certain life domains, which influences happiness with life as a whole. Among satisfaction in other life domains are social life, work life, family life, love life, community life, and financial life. The theory categorizes the benefits related to leisure activities into basic needs which include safety, health, economic, hedonic, escape, and sensation-seeking benefits. Now, let us look at these benefit variables as derived from leisure activity participation.

Leisure Well-Being derived from Safety Benefits is mostly determined by leisure activities that have values derived from benefits related to basic needs. People make assessments of the activity's safety before and after engaging in that activity. A recreational activity that considerably lowers the likelihood of a painful experience but satisfies the individual's safety needs is likely to inspire feelings of confidence and security which could lead to enjoyment of the activity. Therefore leisure well-being derived from a leisure activity is a positive function of the individual's perception that the activity is safe and is not likely to result in an injury to oneself or others. Consequently, there is an advantage of greater safety that comes with recreational activity. According to Blank et al. 2015; Careless and Douglas 2016; Chen et al. 2016; Davidson et al. 2016; and Newman et al. (2014) some people may consider the health benefits of leisure activities when they make judgments about a particular leisure activity before and after engagement. In a nutshell, there is an interaction effect between perceived safety and safety consciousness on leisure well-being.

Leisure satisfaction could be attained if an individual perceive significant health benefits accrued from participating in that activity or playing a particular game/sport. The individual could assume how many have been lost, the activity may have increase the muscle tone, and or may have benefit to the cardiovascular system among others, in other words, perceived health benefits should contribute to satisfaction with the leisure activity. Here are some circumstantial proofs that these relationships are as predicted. Previous studies point to a favorable correlation between leisure activities with positive health effects and subjective well-being. For instance, Newman, Tay, and Diener (2014) discovered that there is a detachment-recovery (which is a component of leisure activities related to health); this promoted leisure well-being. In another study by Nimrod et al. (2012) revealed that Individuals with depression view leisure as a coping mechanism strategy. Yet the more depressed they are, the less time is spent on leisure activities and the less time spent on leisure activities the more depressed they become. In a cross-sectional study among Spanish university students, Molina-García et al. (2011) found that male and female students who are more involved in higher-level physical, leisure activities experience higher levels of psychological well-being. Therefore, health-benefits from leisure activities contribute significantly to satisfaction in leisure life and subjective well-being.

Similarly, engaging in leisure activities that require rigorous exercise (like competitive sports) boosts the release of endorphins, which activate certain brain cells

that result in happy emotions (Leuenberger 2006). Positive interactions with friends and family are accompanied by physiological reactions including smiling smiles, friendly voices, and other physiologically based reactions. Csikszentmihalyi and Rathunde (2014) opined that certain leisure activities are innately wired in humans to elicit positive affect which increases health benefit. This theory connects subjective leisure with subjective well-being of perceived leisure benefits. It is a more sophisticated version of the bottom-up spillover paradigm.



**Figure 2.1: Conceptual Framework**

**Source: Researcher, (2018)**

## **2.2 Conceptual Framework**

The conceptual framework shows relationships among leisure knowledge, leisure attitude and leisure Behaviour and how these variables can determine a person's quality of life. Having leisure knowledge is an attempt to assist an individual to develop the understanding, skills and knowledge of leisure resources which help to make more personally and satisfying leisure decisions to use his free time more constructively. Successful engagement in personally satisfying leisure experiences by an individual requires to first gain a better understanding of the term "leisure", leisure values and attitudes, social interactive skills and leisure resources so as to have an awareness of potential leisure opportunities, leisure therefore is linked to knowledge. Therefore, for meaningful leisure to take place, an individual must acquire diverse knowledge, skills as well as positive attitude and self-understanding of leisure preferences. A health and wellbeing benefit from leisure opportunities requires the individual's personal engagement in leisure activities and positive engagement could only occur when individuals are leisure literate. The framework assumes that a person's knowledge of leisure and its activities can determine quality of life because the knowledge which translates into practice can bring about so many health benefits and wellbeing of the individual.

Similarly, when an individual have the right type of attitude towards leisure preferences, the tendency is that he will be predisposed to participation. Attitude towards leisure is an invisible concept which is positively related to leisure participation with specific Behaviours. Therefore, the right attitude by an individual towards recreational activities can earn participant's involvement in free time activities and can contribute to a better quality of life for an individual. Quality of life is guaranteed when an individual have positive leisure attitude. So an individual can have positive attitude towards recreational activities, leisure values and leisure opportunities. Having these attitudes such as socializing with friends, showing delight in recreation activities, being always involve in the "act of doing" can increase leisure participation resulting in developing leisure gratification and good living condition. The most crucial factor in determining whether people are inclined to engage in leisure activities is when there is a good attitude toward recreational pursuits since it has a positive correlation with leisure involvement. Therefore, for an individual to have good living condition, he or she must have the right type of attitude so that the relationships which exist among attitude and quality of life should be recognized base on the

satisfaction derived from active participation. In the foregoing therefore, leisure activities can enable an individual to positively correlate with quality of life.

The other independent variable that has a correlation to quality of life is leisure Behaviour which represents genuine or actual participation in a range of leisure activities both scheduled and unstructured. It is the evaluation of individual skills to participating in meaningful free time activities influenced by the events in the individual's life. Leisure Behaviour has the most positive and significant influence on individual quality of life. In view of the fact that appropriate leisure Behaviour is a veritable tool to good living condition, the people of Benin City would improve their quality of life if they actually have appropriate leisure Behaviour. The following can be termed as leisure Behaviour when the residents actually participate in meaningful free time leisure activities, spend money and time on leisure activities, practice new leisure activities skills and seek for the use of facilities for leisure practices, get involved in unplanned leisure activities (unstructured).

To further realize the gains in leisure participation, individuals should attend seminars and programmes on leisure activities and watch programmes relating to leisure activities. The actual involvement in these activities will in no doubt result in the realization of good life quality. The determination of the good living condition of an individual is replicated in his/her happiness, fulfillment and satisfaction of life. Happiness, good morale, sound health, fulfillment and life satisfaction as good indicators of life quality can be achieved and improve upon when the five key areas such as the general state of health, physical well-being, psychological well-being, social relationships, and the environment are all improved. Benin City's social and economic development, as well as that of their communities, is primarily dependent on the high quality of life they enjoy. People who have a high quality of life are happier, more contented and efficient. Human beings that are happy, satisfied, and fulfilled will have a positive attitude toward life and take advantage of opportunities to improve themselves. On the other hand, poor quality of life can have serious consequences, such as a decline in living standards. As a result, it became necessary to devise specific efforts focused at enhancing the people's quality of life in Benin City; thus, leisure knowledge, positive leisure attitudes, and appropriate and consistent leisure Behaviour could be viewed as a powerful predictive influence and determinant of the people of Benin City's quality of life.

Leisure knowledge is the learning and awareness that one has about leisure practices. Leisure knowledge can also be described as the general understanding of the individual and his awareness about leisure, its characteristics and how it connect to individual's quality of life. Brimacombe (2011) submits that, involvement in recreational and leisure opportunities has direct benefits to the health and wellbeing of individuals. There is the need to be engaged in meaningful free time activities and engagement occurs when individuals are “leisure literate,” This implies that it is the individual who has the knowledge of leisure that can choose to engage in them; it is only when an individual has acquired diverse knowledge of leisure practices with self-understanding of leisure and personal preferences that meaningful leisure can take place.

Leisure knowledge, encapsulated in the what, how and where of leisure practices is the belief and awareness that an individual has about leisure practices. Therefore, a good level of leisure Knowledge can lead to good Quality of Life. The critical component of leisure functioning is to focus on increasing clients knowledge of the “what, where, and how” of recreation participation. When one has leisure knowledge, there is the possibility that one will be involved in meaningful free time activities and ultimately have his/her quality of life improved. However, in spite of how leisure knowledge is important to the issue of quality of life, it cannot be said that the people of Benin City have the required leisure knowledge. This is particularly capitalized on the supposition that the people who live in the area have a low quality of life. Furthermore, academics have not paid much attention to the degree of leisure knowledge held by the residents of Benin City. Similarly, previous research efforts have paid only little or no attention to how leisure knowledge can predict quality of life but no attention especially among the people of Benin City. All these gaps account for the need to conduct the present study.

Turkish Language Society (2005) states that attitude is a concept which denotes “the path pursued and the Behaviour adopted”. The individual’s positive and negative responses toward objects, situations or events (Karakaş and Turanlı, 2008). Attitude according to Akgül (2011), is the individual's possibilities for positive or negative reactions to particular situations or specific circumstances, a phenomenon that could be concrete or abstract which a group of persons advanced as a result of experiences, sentiments, recollections and information about them. Belgin (2016) asserts that attitude is the emotions and individual thoughts that affect his/her Behaviours, which

means that there is the possibility for Behaviours to be changed if these feelings and thoughts are changed.

Leisure attitude is the willingness or predisposition to engage in leisure activities. Yoo, (2022) states, one's attitude toward leisure affects one's satisfaction with one's leisure time and activities. When an individual's perceptions or emotions about leisure are positive, their satisfaction with leisure activities and time with quality of life improve (Choi, S. and Yoo, 2017). Freire 2013; Teixeira and Freire (2013) explained that attitude towards leisure comprises of three components which includes conscious intellectual activity (cognitive), expressing emotions (affective), and way of behaving (Behavioural) components, the cognitive component refers to the beliefs and general awareness one has about leisure and its characteristics to an individual's good living condition. The affective constitutes the feelings an individual has towards leisure, while the Behavioural component refers to previous involvement, present moment and future actions concerning recreation activities and enjoyable experiences.

The association or relationship between leisure attitude and participation in meaningful free time recreational activities is positive, Freire 2013; Teixeira and Freire (2013) equally point to the fact that the attitude an individual has toward leisure can increase leisure participation with the resultant effect in the development of leisure satisfaction. The inference is that if the residents of Benin City have a good attitude toward leisure, an increase in involvement will improve the standard of living of a person in a number of different ways. However, in spite of how leisure attitude is important to the issue of quality of life, it cannot also be said that the people of Benin City have the required leisure attitude. This becomes more obvious as their quality of life is rated low. Furthermore, research studies that have been carried out in the past have not giving considerable attention to investigating the leisure attitude of the people of Benin City. In the same vein, past researchers have not given sufficient research attention to how leisure attitude can predict the people's quality of life, particularly among Benin City residents. These gaps again account for the imperativeness of the present study.

Leisure Behaviour refers to the participation in various leisure activities that is determined by lifestyle and individual characteristics, including the types of activities and the method and period of participation which are affected by numerous factors such as race, social and personal characteristics, age and gender, family and cultural understanding (Gherman, 2020). In other words, leisure Behaviour is the actions which



individuals exhibit in form of actual involvement in leisure activities. According to Siegenthaler and O'Dell (2000), perceived leisure freedom is a significant factor in measuring leisure Behaviour. Siegenthaler and O'Dell (2000) further state that perception of freedom is the individual feeling as to doing what he/she does willingly and by his/her own choice. Appropriate leisure Behaviour is a veritable tool to good quality of life.

In view of the fact that appropriate and consistent leisure Behaviour is a veritable tool to adequate and acceptable standard of health and happiness, the people of Benin City would improve their quality of life if they actually have appropriate leisure Behaviour that is tended towards regular involvement in activities that is in accordance to their personality and interest. However, despite this obvious significance of leisure Behaviour to quality of life, it cannot be said that the people of Benin City exhibit appropriate leisure Behaviour. This assertion again is precisely the fact that majority of them are experiencing low quality of life. Apart from this, previous studies have focused less on making attempt to investigate the leisure Behaviour of people especially among the people of Benin City. Similarly, previous studies have paid less attention to evaluating the predictive influence of leisure Behaviour particularly on the living standards (Qol) of residents of Benin City. It is based on these gaps that the present study was conducted to investigate the leisure Behaviour of the people of Benin City and to determine the predictive influence of leisure Behaviour on the people's quality of life.

### **2.2.1 Conceptualization of Quality of Life**

Quality of life (Qol) concept is an aspects that is related to individual's well-being which has become more of a personal perception than an objective and measurable entity (Cai, Verze and Johansen 2021). According to Rojas, (2014), most understanding of the quality of life notion are linked to extensive lists of indicators, which are frequently grouped into global dimensions. Based on this knowledge, composite indicators are created with the goal of delivering a one-dimensional measurement of a person's quality of life. The degree of human welfare and well-being is regarded as a key sign of social injustice and inequality. In traditional economics, welfare is typically understood to refer to social benefits, which are typically assessed in a one-dimensional way by variables like income, expenses, gross domestic product, and investment, among others. But lately, economics has started to take into account

criteria that go beyond only money. An authority called A. Sen. advocated to focus on concerns of human welfare and quality of life through the autonomy of a person's choices, which is how this stream was started. Indicators of human welfare such as social functioning and competence are appropriately conceptualized in his approach. From this angle, a deficiency in fundamental capacities might be seen as a deficiency in freedom, which indicates that it becomes an issue of human rights (Palovicova, 2017).

Quality of life is the right to live independently in the context of social services and it is the level of freedom and capacity with a provision of real opportunities for the individual to make their choices and free decisions that allows them to identify inequalities caused by social structure that disadvantages, marginalizes or discriminate against certain groups (Palovicova, 2017). Marticio, (2022) claim that quality of life is an assessment of an individual's overall well-being and life satisfaction with related factors such as financial security, health, leisure time, and housing quality are some of the factors that contribute to quality of life. There are other key factors according to Marticio, (2022) that affect quality of life. These additional factors could be one's free time, employment, and housing quality among others.

A critical look at the individual's free time as a factor, when work consumes too much of one's time, it leaves less time for family and leisure activities which is a common outlets for joy, fulfillment, and rest. Overworking can also lead to stress, fatigue, obesity, depression, insomnia, and other health issues. These physical ailments can compromise the individual's quality of life (Prasad and Thakur, 2019). American Psychological Association, (2021) posit that work and job stability were the primary causes of stress, and research has shown that losing a job can have an impact on a person's quality of life even after they find a new one. According to a study, participants did not completely return to their levels of happiness shortly after their jobs were lost, even though they did start to feel more content with their lives as they adjusted to their new jobs (Richards et al, 2021).

Housing quality is still another important aspect; it has been shown that living conditions are directly correlated with housing quality. People's emotional and physical health can suffer when they are frequently displaced, live in overcrowded accommodation, or end up on the streets. Leaks, inadequate ventilation, unstable infrastructure, and other forms of neglect can endanger people's health and safety and lower their quality of life. However, those who reside in safe homes in affluent, secure

communities typically have access to facilities that can enhance their quality of life (Metropolitan Washington Council of Governments, 2021). The social environment life quality represents family and friends, amusement and levels of education. The economic environment is affiliated to money and how money is spent while others are employment and unemployment. The concept of life quality is subjective and the dependence is values and culture sensitive. The peculiarities of our world with the norms and mores that we believe that are crucial, good from an ethical point of view or personally desirable, stem from our personal perspectives (Pallini, 2011).

Factors such as socio-economic status gender and age; education, health, religion and occupation among others, contributes to form our perspectives, and make us different one from the other. So these differences in personal experience and condition in life shape our beliefs and values about what is crucial, good, or desirable. Eventually these values determine also which conditions of life constitute a quality of life problem (Malkina-Pykh and Pykh, 2008). According to Moons (2006), Life satisfaction is the subjective appraisal of the individual personal life. A better indicator of good living standard is when one is fully satisfied with life because it is the person that can tell of how satisfied he/she is completely (Moons, 2006). Many authors endorsed this definition on the strength of its quality of staying without fluctuation over time. They sees life satisfaction as a good indicator that best represents good living condition which focuses on the strengths and talents of the individual and not the shortcomings and weaknesses.

Costanza (2007) suggested a quality of life index as the degree to which the needs of human beings are fulfilled intentionally in relation to a personalized or group insights of subjective wellbeing. The human basic needs are the need for subsistence, affection, understanding, reproduction, security and participation in leisure opportunities, spirituality, creativity and emotional expression, freedom, identity among others. O'Connell and Skevington, 2005; WHOQOL SRPB Group, (2006) further emphasized that other two important determinants of life quality are Spirituality and the affiliation one has at the end of life. Hacker, (2010) reminds us that no gold standard exists in defining life quality, in her different opinion, there are two salient points of theoretical agreement which establishes that: the individual is the most relevant adjudicator of his/her own quality of life.

### **2.2.2 The Concept of Leisure**

The term leisure is versatile, ordinarily; in some cases, the circumstances experienced by everyone are leisure inclined, that is, activities are done voluntarily or involuntarily even if it is given other names. Indeed, it is obvious that leisure is as old as human existence (Stebbins, 2014). Stebbins, (2014) further stressed that, despite its comprehensiveness, many people in the different parts of the world still find it difficult to recognize what it means to participate in leisure even when they are experiencing it. A part of the problem is, in part, language used because there is difficulty in finding moderately good, coherent and precise phrase for it as leisure or no leisure. But a more connected part of the problem is what leisure really means itself. The term leisure has no universally acceptable definition as implied, it appears, there is no one definition or description of leisure that encompasses the social, psychological, physical, mental, physiological, and cultural aspects of leisure.

Wegner, (2008) defined more clearly that leisure is the voluntary and conscious use of available spare time to perform or being engross in specific activities that is in accordance with the individual's personality or interests, relevant and inherently exciting to the individual as these selected activities are entertaining, self-amusing, invigorating and pleasant. This seems more of a concise definition of leisure compared to some other definitions. The act of representing the importance of leisure around the world was highlighted by the United Nations' "Declaration of Human Rights" (Ajibua, 2012). The Declaration recognizes that everyone has the right to rest, leisure, and recreate, and to voluntarily participate in the cultural life of his community freely and without external supervision. Emphasis was laid on the relevance of ensuring that children within the community should also have unlimited opportunity to be involve in play and recreation activities. According to Brajsa-zganec, Merkas, and Sverko (2011), involvement in leisure provides opportunity to meet life values and requirements. Socially acceptable recreational activities have gotten a lot of attention in recent years; act as a deterrent to antisocial behaviour, inasmuch as they have spare time to participate in these socially acceptable types of activities to prevent boredom, and have a positive self-image.

### **2.2.3 Historical perspectives of Benin City**

Nigeria is a vast, ethnically diverse country and one of the most populous on the African continent; in their culturally diversity, the group of people still live together

and this has a unique nature. There are over 250 ethnic groups living in Nigeria which are mostly dominated by Hausa, Yoruba and Ibos with different ways of life and customs (Ojua and Omono, 2012). Benin City, in Edo State, South-South Nigeria is one of the ethnic minorities which is a part of these diversities called “multiculturalism” with other practices. The rich culture and history of Benin City can be appreciated in many notable buildings and sites throughout the city of which the Royal Palace of the Oba of Benin is one of Nigeria’s listed heritage sites, which is at the center of the City (Braith, 2020). Considerable number of these cultural practices has gone through a very long time of rehearsals which served and function effectively for the people of the area. And the concerns of these practices is related to their health, wellbeing and fitness embedded as leisure time activities and this favorably affect the manner in which the people behave as the carriers and beneficiaries of the culture.

The mammoth different cultures, beliefs and life experiences and the natural esthetics and artistry, deeply rooted in a surrounding mass among the group of people in the area, united by historical consciousness in Benin City explains the large varieties and broad spectrum of enjoyment gained in engaging in recreational activities available in this region. The development of leisure-related cultural strategy in this region can contribute to the growth, enlargement and further opportunities to express preferences and make decisions that can advance leisure pursuits, bring to public attention human interactions and relationships which can transformed cultural and social institution overtime with profound impact on the society with change in relationships, and changes in the shared expectations that are socially enforced and rules that guides the Behaviour of the people and their standard of living, discouraging negative Behaviours. As a result of these social change movements, there could be promotion of leadership which ultimately can result in the improvement of human and social conditions and in the betterment of society. And this of course can occur at many levels, including individuals, families, communities, organizations and government.

However, some of these cultural and conventional practices have continued to be effective and successful for a long time with favorable outcome and good impact on the people. It is therefore pertinent to look at some community experiences in Nigeria end-to-end among many other communities as one of Africa's most populous nations which have a population made up of people who share a common cultural background

or descent. These diverse groups have peculiar cultural beliefs which make each of them distinct and have endured century of time. Culture is the lifestyle of the people; therefore, the civilization and custom of the people can regulate their development within the space of their working in excess of a minimum total set of time given for a total period related to growth and development. Kunle, (2004) and Idehen (2007) disclosed that, it is vital to form an opinion about cultural beliefs of some people living in a particular place who are usually linked by common interest because, the patterns a community accept; satisfies definite goals in the beneficiaries of these customs and traditions. The ideas, customs and social Behaviour of a particular people or society affect every facet of life, including interpersonal interactions and their role in promoting social development. Human beings, no matter the family or ethnic group, do have their ways of doing things or thinking about something including repeated exercise performance of an activity or skill so as so acquire or maintain proficiency in it. Every sector and neighbourhood has its special way of putting effort in achieving a given aim and objective and these acts of regular engagement is an important factor that can affect the people's understanding, mindset, and conduct WHO, (2007).

#### **2.2.4 Common Practices among the People of Benin City**

The common practices of the residents of Benin City can be related to the manifestations of arts, crafts and cultural festivals with all the relics attached to these practices. The practices apparently provided a good platform for art, bronze casting and craft to thrive in the metropolis. Benin City is also internationally known for its brass works, termed "bronzes," and ivory wood carvings. Notable remaining pieces are kept at the Benin City National Museum along with other works (Braithwaite, 2020). Nigeria was however in the fore front of arts and crafts, for instance, the Benin Kingdom have been skillful in brass casting and in ivory sculpture found in museums around the world. The productions of these objects were met for the king and the nobles who were members of craft guilds in Benin City area. Brass which most times are renamed bronze is the most famous works of art in Benin City. Other produce such as carved ivory tusks are intended to honor an important event or persons from the past; these are produced elaborately and are placed on the royal ancestral altars adorned with some of the finest arts such as ivory tusks anchored on brass commemorative heads whose presence enhances an altar's sanctity which evokes spiritual harmony for the Benin people (Bondarenko, 2005)

Bondarenko, (2005) further stressed that there is also the rectangular brass plaque which describes court ceremonies and booties and other goods as proceeds from wars, these are used to beautify the pillars of the palace which connect the foundation to the roof beams. In the small settlements usually found in rural setting, ardent followers of local hero-worship and mythical beings who assist the Supreme Being perform rituals; take on strategies with various kinds of (surgical) masks made up of wood, cloth or red parrot feathers, to honor these gods and pray for the achievement and maintenance of physical fitness and mental stability in addition to getting the support they need to have a better quality of life.

Some familiar and frequent recreation activities and physical activities such as dancing, acrobatics, gymnastic performances, as well as masquerade dance, and cultural events were often done for fun, refreshment and enjoyment during leisure time among the people of Benin City. Therefore, in the process of self-entertainment, taking part in sporting activities, customary and long-standing custom and traditional practice of religious festivals which could include dress, cuisine, folklore and handicrafts, the people are able to develop physical competence, emotional stability, aesthetic and social assets.

Other avenues for releasing tension in this areas during leisure hours, includes traditional festivals, moonlight stories at the cool of the day, meetings at the village square where pleasantries are exchanged and listening to folkloric music, engaging in sport that involves seeking, pursuing and killing of wide animals and birds, called “game and game birds”, graceful movements of the arms and legs in a smooth, beautiful and controlled movement into order and pattern, wrestling bouts, a combat sport involving mixed martial arts grappling-type technique such as clinch fighting, throws and takedowns, joint locks, sprawls, pins and other holds used principally to control the opponent and to advance in points or positioning which could be called ultimate fighting system, activity of cashing fish, dive activity at local streams and engaging in other structured and unstructured form of play which could include goals, rules, arts environments, items, stories and characters, rewards exploration and interactions between players of the games, and other various types of games such as “Ayo” or “Ogirise” typically, played on a game board of wooden artfully crafted board with twelve holes and stones, rope skipping, thug of war among others are done during their leisure hours so as to become well adjusted (Ipinmoroti, 2004).

The culture of the people has a distinctive style of education, as well as leisure and recreational pursuits. The Nigerian people especially the Benin City residents know how to enjoy a good time after a long day at work. Festival periods in Benin City are periods that are very hypnotic and tranquilizing; when the inhabitants converge and work successfully with each other as a group, start over again after a long while, rebuild trust that may have been lost due to separate times and group cohesiveness arising from when bonds link the social groups to one another in social relationships, task relationships and perceived unity. These are times (day, year, event) which represents a special time that is related to eternity and sacred power of immortality, vital to authentic worship when the inhabitants are liberated from intense social constraints of normal life (Oderinde, 2011). Some examples of the festivals done by the indigenes are “Igue and Ugie-Ewere festivals;” others are “Ekpo, Isosun and Ekaba festivals among others” in Benin City. These are local ethnic celebrations which take place as part of the New Year celebrations.

The celebrations usually extend to the New Year providing an opportunity which encourages the locals of the towns and beyond its borders to gather at home with family and friends for a social interaction. Some of these individuals are returning home for the first time in a long time for certain reasons, particularly if they live outside their place of birth or residence. Large parties and outings are usually planned in such a way to suit the holidays for fun and enjoyment. Such times of celebrations marked by special observances with religious ceremonies have been so incorporated by Benin City residents as valued patterns of culture within the self as conscious or subconscious guiding principles through learning and socialization and these have been a source of pride and a sense of belongings’. Players and actors in the celebrations follow profoundly this holiday’s calendar in this area. These common practices of the people of Benin City are endeared with passion.

#### **2.2.5 Leisure Knowledge**

Leisure knowledge is the learning, belief and awareness that one has about leisure practices. Attempts should be made in helping the people to develop the understanding; skills and knowledge about leisure to enable them make even more personally satisfying leisure decisions. The emphasis is making individual’s leisure pursuit a meaningful and rewarding experience and this is directed at assisting the bulk of the average population on the use of their free time more constructively. The goal is



to encourage leisure development more broadly, with a focus on the need to deepen and broaden knowledge of the components of good leisure functioning, as well as acceptable methods for determining if maximum leisure functioning has been attained. There are several prerequisite for an individual to successfully engage in a personal satisfying leisure experiences. First, individuals need to develop knowledge of the particular situation surrounding the concept of recreation and the consciousness of potential leisure opportunities,

According to Ayyidiz-Durhan, Kurtipek, and Gungor (2021), leisure knowledge is the instruction given to the individual to spend their leisure in a way that is advantageous to them and the community. In other words, it is education that tries to develop a set of values that the person will take into consideration while deciding the activities to participate in at his/her free time. This concept therefore translates to the education of the individual about leisure practices otherwise known as leisure Knowledge which is an umbrella term used to refer to methods that employ leisure pursuits with the goal of holistically developing a person, particularly in terms of the capacity to manage one's leisure time appropriately (Macku and Cech, 2017)

Through leisure education, people can better comprehend the role that leisure plays in their lives, cultivate positive attitudes toward leisure, and acquire the skills essential for engaging in leisure activities to the fullest (Sivan, 2000b). However individual development approaches in leisure education are frequently linked to a person-centered perspective, they are essential for enhancing both individual and communal well-being (Dieser, 2020; Oncescu and Neufeld, 2019). In this way, it represents an approach that teaches individuals the meaning of leisure which enables them to develop a positive attitude towards leisure, and helps individuals to develop their skills and abilities that can be used in leisure (Sivan, 2014). It has the potential to be an effective way of improving people's mental well-being and leisure Behaviour throughout life, leisure knowledge helps to facilitate not only the development of skills, but knowledge and confidence to participate in preferred activities and also the confidence to overcome constraints,

Leisure education will enable the development of skills, knowledge and confidence to address their mental health issues and wellbeing needs through personally meaningful leisure pursuits when faced with lifelong transitions and health challenges (Hutchinson and Robertson, 2012). It express gaining the capacity for people to use their leisure time productively and creatively and to select leisure

pursuits that will help them become better people (Sen, 2013). With the increase in understanding of the importance of leisure, there will be an increase in the quality of life of the individual as a developmental process which is a part of socialization (Sivan, 2014; Sivan, 2000a, Sivan, 2000b). Wilkinson, Kmiecik and Harvey, (2020) emphasized that through leisure education, individuals are able to discover the personal meanings of leisure, identify leisure preferences, and have a better understanding of the role of leisure in their lives. Leisure education offers programmes to promote these pleasant experiences including activities that encourage people to experience leisure and happiness and ultimately thrive by assisting people in satisfying their demands for autonomy, competence, and social connection, promoting self-determination (Dattilo, 2015). In a summary, Hutchinson and Shannon (2020) suggested that an opportunity should be given to incorporate leisure education into teaching, research, and services, whether formally or informally. They also stressed the importance of effective planning, scheduling, and putting participants into action.

#### **2.2.6 Leisure Attitude**

Akgül (2011) submits that attitude represents the positive or negative responses or propensity towards some events which could either be concrete or an abstract phenomena, persons or group of persons evolved as a result of the events enshrined in their memories, feelings, and knowledge about them. It can also be regarded as the emotion and a consideration of the individual which affects his/her Behaviours, Attitude toward leisure is defined as a willingness or predisposition to engage in leisure activities (Doh and Chung, 2020). Helliwell; Layard and Sachs (2019) emphasized that attitudes toward leisure include beliefs, feelings, perceptions, knowledge, and Behavioural components associated with leisure

In a nutshell, leisure attitude is the individual's useful or deniable emotions toward his or her own leisure that is positively connected to leisure participation; therefore, leisure attitude can heighten or develop one's interest in leisure participation that can result in leisure satisfaction (Freire, 2013; Teixeira and Freire, 2013). Attitude is an abstract idea (invisible concept), which give rise to particular detectable Behaviours. The freedom an individual has to engage or take part in leisure endeavors can be fully apprehended based on observable Behaviours. Anybody with a good leisure attitude may end up in participating in meaningful free time activities with reciprocal effects on good living standard; this is why it is important as a predictive

variable. Therefore, positive leisure attitude could lead an individual to have good standard of living. Previous studies on quality of life, on the other hand, have not focused on or revealed the predictive influence of leisure attitude on quality of life, particularly among Benin City residents. More so, Studies have not also shown if the people of Benin City actually have the right type of attitude towards leisure participation hence this study.

### **2.2.7 Leisure Behaviour**

Leisure is a social institution that occupies a wide space in people's life, directly and indirectly and has become the most predominant for modern adolescents. Therefore, leisure Behaviour could be related to individual's leisure time that is characterized by different activities of his choice for fun and satisfaction. Perceived freedom as a concept in leisure practices is another content area addressed in leisure literature; it appears to be an important and fundamental unit to measure leisure Behaviour.

Gherman, (2020) described leisure behaviour as spending free time navigating on Internet, watching TV shows and listening to music, participating in cultural activities (live theatre performances, film projections, visits to museums and art galleries) and physical indoors (sports played at home or in sports centers/clubs) and outdoors activities, and visiting various tourist attractions. Emine, and Yasemin, (2015) further emphasized that participation in different leisure activities is influenced by lifestyle and individual characteristics, the types of activities and the method and length of participation are affected by numerous factors such as race, social and personal characteristics, age and gender, family and cultural awareness. The leisure behaviour of individuals is predicated by individual preferences either to spend their free time involving in certain activities at home, actively or passively. On a typical working day, many probably spend at most, 1-2 hours for recreation and entertainment activities while some generally watching TV shows and navigating on the Internet. Many more, outside their homes could get involved in activities such as: outdoor walks (in parks, gardens etc.); hiking outside the place of residence; practicing outdoor sports; visiting relatives, friends etc.; participation at shows /concerts among others (Gherman, 2020).

Among the main factors that influence the way people spend their free time are people's profession; the number of hours spent at work, but also the income obtained having a special impact on the duration and type of recreation and entertainment

activities for which they opt; the educational level and the social status, these determining both the typology and the way of participating in the recreational activities; thus, people with higher education generally opt for cultural activities (participation at theatre performances, at concerts/shows, art exhibitions among others) and educational activities.

In some cases, participation is also determined by individual's age, for example, young people want a balance between work and leisure time, allocating free time for hobbies, meetings with friends and co-workers, navigating on the Internet and using various social networks, and participating at concerts/shows; gender, also make a significant differences in the way men and women spend their free time; some prefer the activities should be carried out inside the house, while others especially the female folks appreciates spending their free time outside the their home; the environment in which one lives; in contrast to rural areas, where there are few options for leisure activities, urban areas offer a variety of opportunities for relaxation and enjoyment. Along with the aforementioned variables, marital status can also influence how much time is spent engaging in both scheduled and unstructured leisure activities: the marital status; studies for example; conducted by Gherman Cristina on Romania's leisure behaviour point out that married people and those who have children no longer spend time playing a sport and they greatly limit the amount of time they spend going outside of their nation of residence. The liberty in the choice of activities in leisure reflects an individual's evaluations towards skills acquisition in participating in leisure activities and therefore is influenced by the events in their lives. The beliefs an individual has about additional freedom in leisure experiences reveal that there is a higher levels of capability of locus of control, internal motivation and playfulness feelings (Janke et al, 2011).

### **2.2.8 Leisure Constraints**

What constrains people in their efforts to be physically active is a significant concern to those in the recreation and leisure industry. Although many factors contribute to a healthy population, physical activity has been increasingly recognized as key to living a long and healthful life. Weekly temperate physical exercise has-been found to lower the dangers of health problems which includes heart related diseases (cardiovascular), stroke, and hypertension, type two diabetes, osteoporosis, obesity, colon cancer, breast cancer, anxiety and depression (Haskell, 2007). In recent years, related issues like the

problem of inactivity, exposing constraints and hindrances to physical exercise have been driven by research. Leisure constraints connote individual's hindrances to leisure activities participation which come in different forms that include internal and external factors which serve as barriers that have a negative impact on leisure participation.

The most meaningful sorts of restrictions were thought to be a collection of structural restraints that interfere between preferences and involvement (Godbey, Crawford and Shen, 2010 and Jackson, 2005). Fenton et al. (2016) explain that many individuals are not able to access recreation and individuals may not have someone to participate with (e.g., lack of social network). They may also face a number of structural barriers – lack of transportation, lack of finances, and even social barriers such as stigma or discrimination. Stigma, in particular, has been identified as a barrier that can have more impact than the illness itself (Mental Health Commission of Canada, 2012). The portrayal and perception of individuals with mental health problems as dangerous or unpredictable undermines opportunities for participation in recreation and increases the risk that these individuals will experience social exclusion (Fenton et al., 2016). There are three major constraints to leisure participation as propounded by Raymore et al, (1993).

They are Intrapersonal, Interpersonal and structural constraints, these three limitations inhibit individual participation in leisure activities. Wang and Wu, (2016) submits that Intrapersonal constraints: could be related to faith, introversion, shy, skill, discomfort and living with the family; interpersonal constraints; could be lack of information about activities, money status, obligations, capabilities, time, transportation and distance; and the structural constraints are suitability, availability, financial situation, non-crowded places, time and other elements.

### **2.2.9 Constraints Negotiation**

The need to negotiate constraint has become a necessity for application by participants in order to mediate between unfavorable and favorable influence of motivation on those who take part in leisure activities (Son, Kersteller and Mowen, 2008). Management of time, acquisition of skills, interpersonal cooperation and management of finance were suggested leisure constraint negotiation strategies. Son, (2008) submit that, involvement in leisure by interested persons arises from the interactions with things around them that spur those activities they choose to do to refresh their bodies and minds which make their spare time more interesting and enjoyable. Some

professionals involved in systematic investigation proposed to test a new approach in different circumstances to enable the full understanding of constraint negotiation processes built on Jackson's proposition. The model propounded by Hubbard and Mannell (2001) in reducing or making less serious the hindrances to participation in physical exercise recreation is based on the assumption that constraints discordantly influence the actual number of persons available to participation and this unfriendly outcome can be assuaged or mollified by developing the skills needed to maximize the outcomes in complex deals to achieving the needed goals i.e. developed skills for maximization that can assist participants to overcome inhibitions that may limit participation. Hubbard and Mannell (2001) made definable four step improvement process to negotiation which includes the process of planning and controlling how much time to spend on specific activities, ability to acquire practical knowledge in new conditions and expertise for leisure activities, financial control and interpersonal cooperation. Organizing and planning how to divide time between different activities entails replacing selected activity with a more acceptable activity that is suited to personal comfort or to easy performance meeting at a convenient time, whereas the ability to acquire practical knowledge in new conditions involve budget for savings to do the activities that is strongly wished for with interpersonal communicating skills such as talking and meeting with friends and others around them with the same preferences for different types of leisure activities.

Jackson and Rucks (1995) distinguished two categories of negotiation strategies: cognitive and Behavioural, while reporting a number of tactics to reduce the influence of restrictions. Individuals' psychological and Behavioural changes are involved in cognitive attempts to reduce the discrepancies between their Behaviour and attitudes (Lee and Scott, 2009). People use these tactics when confronted with certain limits by disregarding them and pushing themselves further. Several studies such as (Samdahl and Jekubovich, 1997); Bedini, Hecht, and Schuler, 1995; Frederick and Shaw, 1995; upheld that Individuals' leisure needs can be met by a number of Behavioural strategies involving adjustments to one's leisure or non-leisure activities. These tactics include rearranging work schedules and decreasing participation frequency. According to Jackson and Rucks (1995), people's choice of negotiation methods is largely determined by the kind of limitations they perceive.

### **2.2.10 Constraints Negotiation Process**

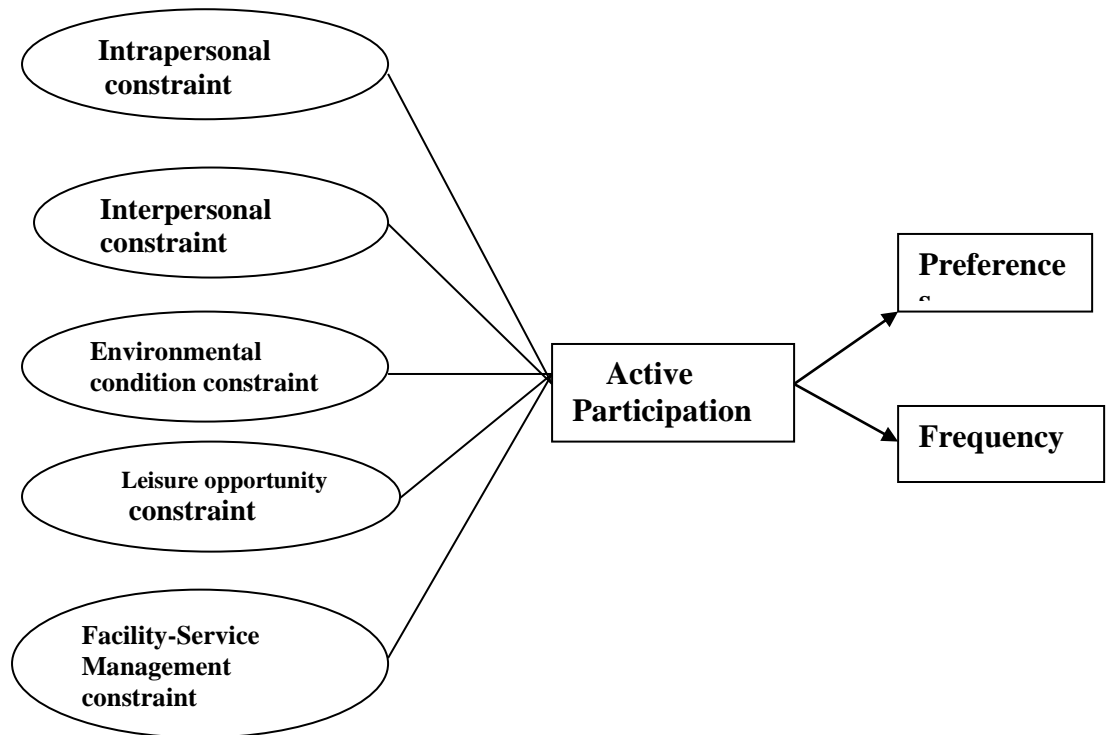
Individuals' participation in their intended activities is recognized to be hampered by time constraints. Despite numerous limits, many people continue to engage in those activities by employing a variety of bargaining methods. Prior studies on the bargaining process around leisure constraints have largely concentrated on whether participants engage in the activities as a study outcome and have paid little attention to whether they experience the anticipated advantages of leisure participation. Existing participants, unlike anticipated and expected participants who want to begin participating, are likely to be interested in exploring a variety of leisure activities benefit from their regular participation while managing a number of restrictions (Seong, 2012).

Jackson, Crawford, and Godbey (1993) proposed six distinct proposals to address the nature and role of constraints negotiation. The final of these tenets is that "both the beginning and conclusion of the negotiating process are based on the relative strength of, and interactions between restrictions on engaging in an activity, and motives for such engagement." This is notable because it emphasizes that motivations are crucial in the concept of constraint negotiation. (Jackson, 2005). Prior research on leisure limits has devoted little attention to the psychological component, Despite the fact that the concept of incentives has gained widespread acceptance to explain individuals' leisure Behaviour, negotiation is still put at the core of the process, according to the model, because it is vital in mediating between limitations and motives in order to decide the amount of participation. Negotiation, in particular, reduces the negative association between limits and participation, (Hubbard and Mannell, 2001), while increasing the positive relationship between motivations and participation by delicately balancing the two extracellular elements (specifically, limitations and motivations).

Drawing on leisure constraints theory from Crawford and Godbey and other previous leisure constraint research, a hierarchy model of leisure constraints proposes that intrapersonal, interpersonal, and structural constraints influence the individual's preferences for leisure activities and participation coherently. Building on the hierarchy model of leisure constraints and additional factors associated with leisure participation identified in earlier studies, Hubbard, Mannell, (2001 and White 2008) propose a five-category hierarchical model of recreational sport perceived constraints. Two categories were referred to as intrapersonal and interpersonal perceived

constraints. Structural perceived constraints were divided into three sub-dimensions: environmental, leisure opportunity, and facility-service management. They first proposed an initial theoretical model and posited that all five perceived constraints would influence the individuals' preferences and frequency of active recreational sport participation. In order to test the multi-variate relationship between the five perceived constraints and active recreational sport participation in leisure time





**Figure 2.2** Hypothesized perceived constraints and the active recreational sport participation model by Lin; Liu, Xiao and Luo, (2022).

Since then, so many studies have tried to alter the constraint-effects-mitigation model in an effort to appreciate the constraints negotiation framework (e.g., Jun and Kyle, 2011; Lee and Scott, 2009, Loucks-Atkinson and Mannell, 2007; Son, Mowen, and Kerstetter, 2008; White, 2008). A number of psychological factors, such as self-efficacy, involvement, and identity, as well as socio-demographic characteristics, such as gender and race, have been incorporated into the model to examine their individual effects.

### **2.2.11 Leisure Patterns**

Patterns of leisure activities are Behaviours associated with physical activities that are not required as essential activities of daily living but are performed at the discretion of the person involved in their freely disposable time, such as sports, moderate-intensity recreation physical activity, and some type of exercise training involving the use of weights (Aerobic Training, Strength Training and Flexibility Exercise). Moore, Patel; and Matthews, Berrington de, Park further emphasized that many people also get involved in activities that are free from outside control of key physical activity domains, such as active transport (purposeful walking or cycling), activities which normally take place as a result of occupying a household but free from commercial or industrial activities (domestic) and occupational-based activity that allows persons to engage in Behaviours or activities that matches their own goals and lifestyles which includes playing on a playground during recess, buying groceries to cook their own meals, adapting assembly lines to achieve greater safety or putting on clothes without assistance are among the additional activities people engage in during their disposable hours.

Modern methods, systems and devices which allow machines to become more and more complex with manual-control tasks mostly automated have reduced the need for regular higher amount of intensified activity done during house chores and other related housework. Individuals experiences leisure when there is relative freedom to make choices of places where they can recreate, have companionships that encourage interactions among both parties. However, leisure may be experienced independently from the needs and demands of others, it amounts to the choice of activity during free time which make people happy and satisfied, among the activities done by people which eventually become a Behaviour are: Watching television, movies, playing computer games, listening to music, producing music, sports, dancing, acting,

technology projects, programming, reading, volunteer work, church, religious event, youth center, youth club, surfing the internet, chatting online, spending time with a group of friends, spending time with best friend, spending time with serious boyfriend/girlfriend, Doing nothing, “hanging out,” daydreaming among others.

Leisure-time and its pattern of activity involvement ranging from the above mentioned is a reflection of the manners individuals and groups are involved in leisure and physical activities, some set of persons are known to be involved in voluntary work as a patterns of leisure activity. Babalola and Alayode (2012) in their research on leisure pattern and physical activities of teaching and non-teaching staff in tertiary institutions in Ondo State, Nigeria, revealed that the teaching staffs were involved mostly in volunteer works, sporting activities, musicals and arts. On the other hand, non-teaching staff took part more in the piece of research work, including social and spiritual exercises. The conclusions disclosed that different set of interactive groups took part in the physical exercise recreation distinctively. This implies knowledge of activity preference will not only assist individual in making wise decisions on the type of leisure activities to participate but also will assist leisure managers/coaches to design programmes of activity experiences that will meet consumers’ recreation requirements that can contribute positively to individual’s wellbeing and personal development.

### **2.2.12 Leisure Patterns in Nigeria**

In pre-independent times, Nigeria devised various means of creating room for leisure. According to Asakitikpi (2005) Participation in activities that refreshes after a long hard day’s work in Nigeria are commonly characterized by practices that reflects values and beliefs held by members of its communities for periods often spanning generations; festivals of music, holy day, feast day, arts and culture as a time of celebrations are sometimes held annually in same place as activities that holds the attention and interests of its audience given pleasure and delight. Promotion and participation in live performances exhibits for intending viewing public singing, drumming and dancing in the process.

Falola (2001) made a narrative pattern of Nigerians as people who sees celebrations as the foundation of their way of living; the celebration of most of their milestones and major accomplishments which gives a sense of achievement, which could be someone’s birthday or anniversary and social gathering for entertainment and

fun; a party. During the pre-colonial era, events such as this put a stop to work by the people irrespective of how important the task maybe. The lent of time and the number of calendar days devoted for such celebrations depends on important personalities that are involved and the nature of occasion. If the occasion is about the birth of a baby, or celebration of some significant persons, the amount of time to be devoted to such important event could be distinguished and should no-longer be compared with the passing away of an elderly person who has a significant role in society. This may involve the entire community commemorating with ceremonies for between 10 days to two weeks (Guyer, 1992).

The times of celebration depend on rituals, veneration of deities, sacrifices, feasts, trances, initiations, funerary services, meditations and other aspects of human culture. From these celebrations, some engagements in recreation activities by the people to refresh their bodies and minds can be seen from these special enjoyable events that are organized by the people and are in two distinct classes, namely: those consuming amusement and pleasant times and those given the amusement, hospitality and fun by specially contrived methods. In most Western cultures, and part of the South-Southern cultures, there is a vivid demarcation between these two groups of leisure providers. These two groups namely the artiste whose responsibility is to give fun and amusement and the consumers of the fun and amusement supplied; (the person who entertain an audience and the group of spectators).

Each of these groups plays a vital role in leisure activity provision and consumption among the citizenry. Examples of these are the storytellers as the performers and the listeners who represent the audience. The main parts of the story involve those who give attention to sound or action, listeners producing musical sounds with the voice and making a rejoinder at varying levels of the story. Furthermore, in relating to drama, the spectators are conscripted in the story through active participation. This characteristics or attributes will rise above into community leisure activities, an aspect of an expressive way to celebrate glorious heritage, culture and traditions and a rite of passage to mark entrance or acceptance into the society to be officially recognized (Falola 2001). Ladani, (1999) further emphasized that other identified meaningful and enjoyable free time activities in Nigeria include traditional wrestling, local boxing, uncoordinated or unstructured swimming activity, hunting, playing ayo, water regatta, boat regatta, dancing, acrobatics, drumming at communal level, fishing, hide-and-seek, continuous period of being seated especially when

engage in a particular activity to deliver or express in speech and relate emotional empathy at interpersonal and group members in a particular position etc.

Nigerians had their leisure activities, which were regarded as celebrations and traditional engagements used to meet certain cultural needs and religious obligations. Celebrations are signs of the major access through which the inhabitants of these communities take part in leisure activities. Such important and enjoyable events such as ceremonies, merrymaking and feast among others are labeled to greatly affect, alter, or impair one's memory for the rest of one's life, the end of life of a person, and ritual observance which emphasizes spiritual commitments leading to spiritual transformation, a fundamental change in sacred or spiritual life, (Asakitikpi 2018). Useful leisure activities serve as a unifying force, social protection and initiation rituals, a way to choose a hero in a particular activity, and a way to pay tribute to previous heroes. The leisure activities engaged in by the community dwellers during their free time create enjoyment for both participants and spectators, so much so that it serves as cultural identity for the different groups of communities. Furthermore, other identified enjoyable free time activities in Nigeria include traditional wrestling, local boxing, uncoordinated or unstructured swimming activity, hunting, playing Ayo, water regatta, boat regatta, dancing, acrobatics, drumming at communal level, fishing, hide-and-seek, continuous period of being seated especially when engage in a particular activity to deliver or express in speech and relate emotional empathy at interpersonal and group members in a particular position etc. First harvest, new yam festival and first rains activities are phenomenally determined within the periods (Hakeem 2003; McCall 2000). These are the connection between the expanses of environment for leisure activities.

According to Emiola, (2008), the post-independent Nigeria is yet to find her fit in what is regarded as leisure. Due to poverty, a lot of people do not have the time for leisure time activities, especially the millions of people who are not employed in one way or the other and are struggling economically. Nigerians prefer to watch television rather than participate in some form of active leisure, such as sports; also, they are more involved in leisure activities at home than outdoors except on special occasions (Okunrotifa, 2006). Furthermore, they prefer spending time on solitary leisure instead of taking part in group activities or socializing with others (Babatunde 2004; and Ogundipe, 2006). In contemporary Nigeria, leisure is considered as pure pleasure or laziness, antagonistic to work and the pursuit of leisure is regarded as against the

traditional virtue of working hard. Thus, leisure is been devalued in contemporary Nigeria (Awopetu, 2007).

## **2.3 Empirical Review**

### **2.3.1 Leisure Knowledge and Quality of Life**

Life is becoming much more dynamic and the dynamic nature spread across so many changing factors which are created by our dialing living. In part, tye stressors of daily life, health problems, and other economic policies that encourage what we consume created the need to evaluate our leisure time and other various activities. According to Hsieh, Spaulding, Riney, (2004) leisure time has become significant as a result of rising living standards, improvements in health and health perception, higher levels of education, shorter workdays, and a desire for greater personal independence. This however, shows the need to be leisure literate in order to have an understanding of the how, when and where of leisure practices which cannot be overemphasized. Hence, Torkildsen, (2005) emphasized that recreation strategist need an in-depth knowledge of human needs in order to understand the issues that constitute the leisure activities that have many benefits for the society such as diversity in society, feelings of belonging, and togetherness in all spheres of life. Having leisure knowledge has a significant role to participation in one's preferred activities which is the perceived freedom of the individual towards leisure participation in activities that contributes to quality of life. Various studies have shown that leisure knowledge is a prerequisite for leisure participation and having leisure Knowledge can spur an individual to gain interest in leisure activities. So individuals need to be introduced to unfamiliar recreation activities; acquire knowledge of what an activity involves, and how to do it, then develop entry level skills, and have opportunity for participation.

Mcilraith, (2000) observed that the elderly who sustained spinal cord injury (SCI) within the past seven years, living in the community of Manitoba, Canada has low life satisfaction and were very much depressed due to the traumatic experiences over the years with spinal cord injury. The observation brought about the drive to assess the implications of leisure knowledge on the satisfaction of life and reduced depression, and accepted measures of adjustment to disorder. Secondly, it determine the outcome of leisure knowledge on the ability to have control over our beliefs or Behaviours, display leisure control, and leisure contentment, which was used to test the

impact of leisure knowledge in former research, that are connected to both life fulfillment and decline in functional activities.

He therefore conducted a study titled “Effects of a leisure education programme on adjustment to disability of persons with spinal cord injury” He saw that leisure education can contribute immensely to the psychological well-being of individuals and thereby adjust favorably to the disability. In as much as it is evident that the leisure needs of some persons with SCI need to be addressed, therefore, the fact of intervening becomes very relevant in order to facilitate the achievement of these leisure needs which must be employed having knowledge of the crucial function leisure education can play in supporting the leisure time of those with spinal cord injuries so that they can learn to improve their living conditions through leisure practices. Mcilraith, (2000) established on a firm basis that having knowledge of the worth of leisure practices, consciousness of leisure activity skills and the abilities to put them into practice (e.g., social skills), and the understanding of how to identify and use opportunities that are available during leisure hours were essential characteristics in determining adults’ leisure satisfaction.

The study had volunteers of 30 who represented Spinal Cord Injury patients who stood for both males and females and were randomly assigned to experimental and control group conditions. Those who partook in the study were 107 clients singled out by the Canadian Paraplegic Association (CPA)-Manitoba division who met some basic criteria. The study employed a two-group, pre-test and post-test experimental design. The independent variable was an adjusted type of the Community Reintegration Programme. A round of tests was conducted on both groups prior to and thereafter the programme for better assessment on the effect of the leisure education programme on five dependent variables. Life satisfaction and depression are two dependent variables that were measured to show adjustment to disability. The three dependent variables such as perceived control, perceived leisure control, and leisure satisfaction were used for the evaluation of leisure education impact in previous investigations. According to Mcilraith, (2000) using leisure education intervention programme allowed the enhancement of the right lifestyle to help people with SCI live a better life.

The study equally revealed that those in experimental group went through a programme in leisure education which took one-third hourly every week and ran through half over an average of 7.5 weeks with 4 weeks of decline. Results of

ANCOVA indicated that there is the likelihood that the relationship between the leisure education programme and the five adjustment measures such as: life satisfaction and depression, perceived control, perceived leisure control, and leisure satisfaction is caused by something other than chance which have a lasting effect on the participants. Subjective assessment and acceptable results put-forward that leisure education had a beneficial influence on leisure satisfaction of experimental group who participated in the study and some limitations were observed to have hampered their participation in the activities.

Mcilraith's, (2000) study is praise worthy especially because it realizes the importance of conducting research in leisure education (knowledge) of adults with spinal cord injury. Besides, the study was concerned with improving the life satisfaction and wellbeing of the victims of SCI. It's also worth noting that this study was able to fulfill its main goal since it used a participatory strategy to examine the impact of leisure education on the five dependent variables by providing a battery of examinations administered to both parties prior to and subsequent to the programme in order to evaluate the influence of recreation education. However, the study of Mcilraith, (2000) also left much to be desired when juxtapose with this study. Firstly, the study was not conducted in the same country with the same environmental factors that predicts life satisfaction and the study was conducted as a community reintegration programme.

Again, even though the study employed leisure education as a means of improving the lifestyle of adults with SCI, In contrast, there are certain elements which stood as obstacles to the adjustment of (1) decreased Ability/reliable increased on others to help with activities, (2) discomfort. (3) Difficulty in accessing the ecosphere, (4) discouraging Behaviours of health personnel and people in general. (5) Internal conflicts/emotions/attitudes, (6) progressive decline in leisure activities participation with friends and Family and (7) medical/surgical problems. It was concentrated on a segment of population that is restricted and may not be able to assess and experience other environmental factors and variables such as (active participation) that can contribute more to improved good quality of life with much exhilaration. This can be seen as physical barriers, attitude barriers and resource barriers; this of course militates and negates total involvement and participation in certain leisure activities. Although, both studies have similar variables but the variables used under the study in view squarely relates to the predictions of the attitudes and Behaviour of the people of Benin



City towards leisure. Again, the study revealed a gap which indicates the need to conduct a similar study as revealed through parametric findings that more investigation is required on the role leisure education can play in depression. The intention may remarkably reduce the levels of dejection and grief after spinal cord injuries to improving life satisfaction and quality of life.

Desrosiers; Noreau, Rochette, Carbonneau, Fontaine, Viscogliosi and Bravo, (2007) conducted a study in relation to how leisure education can improve quality of life of patient with stroke. The research study was titled “Effect of a Home leisure education programme after Stroke: A Randomized Controlled Trial” The study's goal was to determine the influence of leisure education programme taking at home, which concentrates on empowering members of the community who had stroke. In the process of the education, leisure activities were identified and encouraged so as to enable the patient to participate in these activities.

These researchers observed that the members of the community who had a transient ischemic attack, otherwise called a TIA or mini-stroke find difficulties in restarting their former activities and duties; thereby having restrictions in participating in many life activities, this in one way or the other lead to a considerable decrease in Behaviour that can increase one’s health and psychological wellbeing especially in leisure activities that involves using physical or mental energy, often overlap with recreational activities which usually happen outside ones home with other people (like volunteering, hobbies and exercise) which could have a significant impact on their quality of life. Participation in leisure has been identified to be important indicator of good standard of living and coping effectively with life and creating satisfying relationship, recognizing the need for physical activity and good sleep. The study therefore was purposed to find out the impact of how participation in leisure activities can rehabilitate people with stroke through leisure education. The outcome of recreation therapy for persons with transient ischemic attack cannot be underestimating as the leisure-related outcomes were made possible through leisure participation that brought satisfaction. The main outcomes were the experience of good health, happiness and prosperity, including high life satisfaction, a sense of meaning or purpose and immense gratification of a state of being surrounded with the cultural and intellectual conditions (health-related quality of life-HRQoL).

The inquiry as an intervention programme used a scientific impact evaluation experiment in which the population receiving the programme intervention was chosen

at random from the eligible population, and the control group was also picked at random from the eligible population (RCT); the process of concealing treatment group identity from outcome assessors to remove any intentional or unintentional bias was used because those who took part in the research were not aware of who will be getting an active or any treatment that has no active properties to avoid influencing the information. The research had experimental and controlled group participants who received a programme for recreational education at home ground. Participants for the test group were paid a visit at their home ground for a consecutive number of times. Sixty-two participants were enrolled in the 2002 and 2003 trial, which was based on examining the medical records of persons who had previously been hospitalized and treated for stroke rehabilitation up to five years before the study.

Representative sample were assigned in doublet, with thirty-three participants who are exposed to the treatment variable and twenty-nine participants in the group that are not included among the things to be tested but rather are used as a benchmark to measure the results of the other group although, having inclusion and exclusion criteria for participating in the different groups in the study. Just as it was stated earlier, the objectives were to reinforce the participants' in the activity to be able to make positive judgments and take actions that will help them achieve their goals and dreams with a view to speed up their quality leisure experiences, free time that is spent away from work, business usually emphasized in the dimensions of perceived freedom and choice eliminating unnecessary codes from routines that are called frequently.

The programme had three units which are: increasing understanding of the potential value of recreation, when and where leisure can happen as well as the different activity options available, ability to notice by visual/spatial and become aware of when to try a different technique of an activity in order to increase learning and show how relevant it is, to effectively impact their lives. Self-awareness is concerned with people's perceptions of themselves, their values, attitudes, and capacities in terms of recreational activities. At the end, the respondents' developing skills for improving existing competencies encircled with identified constraints and knowledge of alternatives to negotiation in order to have self-directing freedom especially moral independence to make choices for leisure activities participation was realized.

The dissimilarity between the preliminary test and achievement test were set side by side using the dependent sample t-test to determine whether the mean

difference between the two sets of observations is zero for each dependent variable. The result in the study revealed that homes that were directly the target population for the research study which also enables leisure education programme had their leisure satisfaction, (Qol) and participation positively affected in addition to the promotion of wellbeing among community-members living with stroke. Recommendations were made that more research is needed to reproduce the results of the investigation and a constant reexaminations are also needed to examine the persistence of the outcomes subsequently. This study is highly commendable for using the pre-test and post-test intervention programme to collate first-hand information on how home-leisure education can empower persons with stroke towards effective involvement in recreational activities. Among the voids observed in this study is that the study did not determine the composite and relative share of leisure attitude and leisure Behaviour to the quality of life of stroke victims, more especially to the people of Benin City. Furthermore, because the study was conducted in Canada, a comparable study in Nigeria is required in which the current study looked into how leisure knowledge, attitude, and Behaviour can determine the quality of life of individuals in Benin City.

Ni; Kuo, Che-Chun, Chia-Huei, Chang and Chen (2022) in their research, reported the negative effect of self-control demands on the service oriented physical and mental wellbeing of employees. Based on the stressor detachment model and conservation of resources theory, recent research on occupational health Psychology has demonstrated that self-control demands constitutes a major stressor at work for employees (Rivkin et al, 2018). Their study therefore examined how and when then interplay between leisure crafting and perceived supervisor's recreation sports support can lead self-control demands employees to exhibit proactive vitality management. A total of 212 employees completed the surveys at three time points over six months. The result indicated that leisure crafting mediated the relationship between the employees' self-control demands and proactive vitality management. Perceived supervisor's recreational sports support was shown to strengthen the relationship between leisure crafting and proactive vitality management

Coping with work stress is closely related to employees' physical and mental well-being and their potential work performance. Given the increasing complexity and continuously changing work environment of the sports and leisure service industry, understanding how to enable employees to successfully cope with work stress and enhance their physical and mental energy to promote optimal functioning at work are

important issues. Therefore, knowledge of the relevance of leisure involvement becomes crucial to enable employees develop affective, and cognitive resources that would improve their well-being and performance in workplaces (Bakker et al., 2020; Op den Kamp et al., 2018). This study by Ni; Kuo, Che-Chun, Chia-Huei, Chang and Chen (2022) equally created some gaps in research when compared with the present study. For instance, the study was conducted in China and did not use the mixed method approach but it can be ascertain that the results in the findings which imply that the outcomes of the leisure education intervention from supervisor's support were favorable, and that there were significant positive effects on the employees. This effect can be ascribed to people's regular and consistent learning effects on leisure education. This again is in consonance with the present study.

Jordan, Gagnon, Anderson, and Pilcher (2018) conducted a study called "Enhancing the College Student Experience: Outcomes of a Leisure Education Programme" to provide experiential leisure education to generate possibilities for the development of college students, which may contribute to their success. As a result, a form of recreational education programme is proposed as a supplement to experiential learning. This is based on the inquiry made earlier about their abilities to make constructive use of leisure time and a review of leisure education results after necessary changes have been made to the original application among the sizable number of students in the college. This may draw even more attention to the positive effects of leisure education on students' achievements, such as improved health and lifespan, happiness, career development, sports performance, and team building.

The purpose of this study was to look into the influence of leisure education programme (leisure skills) on the factors that had an impact on college students' achievement which include school contentment; happiness among students, membership in a school, as well as self-confidence are all factors that influence school satisfaction. The researchers wanted to see how the leisure and non-leisure skills groups changed during the semester. The study was comparative and adopted the survey research design (paper-and pencil surveys) and a repeated-measures experiment with two multivariate variables, the most common method of analysis was ANOVA. Five hundred and thirty-one (531) leisure skilled students were compared with a group of one hundred and thirty six (136) students who are not enrolled in a recreational class were used for the study. Within the study's "Leisure Skills" curriculum, students can take a choice of 1-credit hour courses ranging from fly-tying to yoga. The leisure

education programme consists of elective academic courses offered one to two times per week with students utilizing iPads. Treatment for the groups lasted for 16 weeks which employed mixed methods involving qualitative and quantitative methods.

The quantitative result showed that, when compared to those in the non-leisure skills group (quantitative measurement), those participated in the leisure skills programme reported a substantial boost in membership in school and self-confidence. The non-leisure skills group spent the entire semester (16 weeks) learning new skills which represented the quantitative measurement on the average, school contentment, and student' happiness, membership in school, and self-confidence decreased more than leisure skills students. Despite losses in school and student life satisfaction, those who took leisure skills courses appeared to have more stable scores than their classmates who did not take leisure skills courses. If leisure education is already part of a college student's academic schedule and is linked to their GPA, they are more likely to participate actively in leisure activities that can perhaps lead to the positive outcomes. The study of Jordan, Gagnon; Anderson, and Pilcher (2018) further prove that having knowledge of leisure (leisure education) is a potent factor with the attendant skills, is a precursor successful involvement in leisure activities.

However, the study created some gaps which serve as limitations that should be addressed in the study such as the necessity to reach out to a large number of people in a short period of time made the participants a more convenience sample. A study of this nature usually encounters the problems of certain inaccurate data that may disjoint relativity of the findings. The non-leisure skills comparison group was substantially smaller than the leisure skills programme participants. Besides, participants were not indigenes of Benin City. Apart from this, the study main thrust was to improve school satisfaction and membership in school and self-confidence. Unlike in this present study which had the purpose of enhancing the standard of living variables expressed in the general life fulfillment, happiness and good morale encompass and exemplified in the residents of Benin City's quality of life. The study did not also employ the mixed method design which could have provided a better framework for the study. The study pointed to issues that other research efforts need to explore as enumerated above for the purpose of better inference with reference to the fact that, the higher the population sample, the better for proper inference. All these gaps point to the reasons why the present study is imperative.

Finn, (2006) conducted a study titled: “An evaluation of the effects of a leisure education curriculum on delinquents ' motivation, knowledge, and Behaviour changes related to boredom”. The study was carried out to design, implement and evaluate the impact of leisure education curriculum on a population of delinquent youth in a randomized experiment. In the study, Participatory research was employed within the research paradigm whereby; delinquent youths who were the participants in the study were 15-18 years old and had been found delinquent by a juvenile court and sent to a moderate-risk commitment programme within the Florida Department of Juvenile Justice. Pretest-Post-test control group and experimental research design was used. The study used 70 youths who participated in the programme and were youths that have been found delinquent by juvenile court. These are housing delinquent youths who were characterized by repeated arrests and who present a moderate risk to society were selected for the study. The leisure education programme for the delinquent youths includes traditional academics, vocational programme, social skills, Behaviour management and structured learning in a therapeutic community. The research demonstrated the benefits of engaging adolescents in pro-social leisure activity.

The qualitative results showed that, there was higher intrinsic motivation and better use of free time. The delinquent youths also reported improved decision making related to their involvement in healthy, pro-social free time activities. And finally, the improvement in the delinquent youths' motivation influenced a significant decrease in the delinquent youths' proneness to boredom during their free time. Finn (2006) noticed the general states of motivation, knowledge, and Behaviour regarding leisure activities in the institutional context, as well as the impact of an educational intervention, including a particular curriculum on leisure, on the motivation, knowledge, and Behavioural changes of adolescents. That youngsters who got the leisure education curriculum had considerably higher post-test values for happiness, time spent in parks or public spaces, and intrinsic motivation than those who did not.

Finn, (2006) concluded that with little motivation, the youth may engage more frequently in positive leisure activities that will not only reduce their proneness to boredom, with its possible negative consequences, but also enhance their socialization in becoming healthy, productive adults which can be made possible through leisure education curriculum intervention strategies. The study of Finn, (2006) need to be highly commended as it sought to improve the leisure knowledge of its participants on fundamental concepts in two areas namely: that youths can learn to improve their

leisure skills through leisure education curriculum programme and that with a little motivation, the youth may engage more frequently in positive leisure activities that can enhance their socialization in becoming healthy and productive adults. The study proved that having leisure knowledge (i.e leisure education) can be more effective when the need arises to make better the peoples' living standard. The youths manifested positive attitudes to the fundamental concepts treated in the study before the end of the programme.

This could be because of the fact that the research employed a confirmatory approach, which made it possible for a self-reported data on the areas of free time, leisure, motivation and boredom that were gathered, repeated measurement of process and outcome indicators of knowledge, motivation and Behaviour and leisure education curriculum was introduced and assessed for its effectiveness in improving the participants' knowledge of positive activities to enhance their free time, and in bringing about Behavioural changes toward more pro-social attachment to leisure activities during the youths' free time. This of course results in the change of attitudes of the delinquent youths towards leisure participation. However, some gaps were noticed through the study of Finn, (2006). For instance, the study did not focus specifically on the knowledge, attitude and the behaviour of the people especially that of Benin City. More so, the study did not attempt to establish a link between leisure knowledge, attitude, Behaviour and quality of life; the study did not determine the extent to which the youth exhibit healthy leisure Behaviours. The study also did not use mixed method design which could have provided a better framework for a study of this kind. These gaps created through this study have therefore shown the imperativeness of the present study.

### **2.3.2 Leisure Attitude and Quality of Life**

An individual's attitude toward participating in leisure activities has a substantial impact on his or her ability to achieve and improve his or her quality of life. This brings to fore the useful relationships among physical exercise and quality of life (Qol) to the individual as it promotes healthy living. Muzindutsi and Viljoen, (2016) conducted a study titled: "Socio-demographic determinants influencing leisure attitude among South African undergraduate students". The purpose of the study was to determine the effects of different combination of social and demographic factors that defines attitude to leisure participation among students still seeking for a first degree at

a South African University. The descriptive survey research design was employed and it is made up of two periods. The first period showed the statistical characterization of the human populations involved in the study. The second session was made up of Leisure Attitude Scale (LAS), made available by Ragheb and Beard (1982). This instrument for measurement was used to operationalize leisure attitudes which had 32 items and sub-scales of 12 items each; the sub-scale is made up of the cognitive, affective and Behavioural. The frequently used tests to measuring cognition in research studies was used to check some aspects of attitude related to values of leisure knowledge, while the Affective assessment measures focused on student's attitudes, interests and values of leisure activities; this assessment measures shows how students view themselves (including their emotions and mood) this help the students' participants to quantify their current feelings or average feelings of predisposition towards leisure activities over a longer period of time.

The Behavioural subtest or rating scale sought to ascertain specific recreational Behaviours of students used over a period of time, this was created for each individual student, when used over a period of time, the BRS data will indicate if students' Behaviour towards leisure activities is worsened or has improved significantly in relation to their past, current state and proposed leisure activities. Four hundred and thirty (430) undergraduate students participated and enrolled in the University of South Africa; participants were made up of second year and third year students respectively; while the portion of students left were students in the hundred level. The constituent parts of the overall subject composite scale were scored on a point scale which is used to allow the students to express or rate their level of agreement or disagreement with a particular statement and an a mean score above 2.5 was thought-out to have a good state of mind that allows to envision and expect good things; while the midpoint degree to or below 2.5 indicated a bad attitude showing the students' dispositions, feelings or manner that is not constructive, cooperative and optimistic. The results showed that a sum total of sociological and demographic characteristics had significant influence on the students' leisure attitude which includes age, gender, and level of study and the different ways of transportation among others.

Other variables, such as subject area, municipalities were not statistically valid. This suggests that these factors do not have impact on the degree of pleasure derived from leisure engagement. This found that personal characteristics such as self-motivation, demographic characteristics of the population such as male or female, and



other classes of individuals with common characteristics, interests, and habits, as well as an assessment of the university environment and its available modes of transportation, all influence an individual's attitude toward leisure activities. These are the factors that have the greatest impact on the ratio of total actual contributions made by participants in leisure activities, implying that socio-demographic factors influence not only the state of leisure attitude but also the position on a scale of leisure activity intensity. Therefore, the laid out task is designed to achieve a goal that must be accomplished in the future as encouragement to students' participation in leisure activities such as sports and exercise should be used to address individual, characteristics of some targeted audience and external factors such as physical, mental or moral development that have a formative influence on students attitude about leisure.

The relevance of the study by Muzindutsi and Viljoen, (2016) cannot be overemphasized as it has great contributions to leisure as a field of study, particularly in the domain of university undergraduate students' leisure attitudes with reference to the leisure status of the students, the would-be leisure practitioners and other stakeholders to look deeply at the treatment of these variables and other demographic factors as it will have a multiplier effects on motivations to enhanced participation. However, some gaps were noticed through the study of Muzindutsi and Viljoen, (2016). For instance, the study did not focus specifically on the knowledge, attitude and the bahaviour. The study did not employ the mixed methods in analyzing the study. Furthermore, it was conducted outside the localities in Nigeria. Besides, there is no indication as to the study met to make a greater population's quality of life better. Again, it was carried out in the field of Humanities and not Education in which this present study is based. All these gaps signify the need to conduct this present study.

Gökyürek, (2016) conducted a study titled: "An Analysis of Individuals Participating in Dance Activities' Leisure Attitudes and the Relationship between Leisure Attitude and Life Satisfaction." He explored the use of dance activities to contribute to the understanding of the relationship between these attitudes and the life satisfaction of the individuals. He compared it using a variety of variables in order to uncover the link between leisure attitudes and life happiness. The research study used a descriptive research design of correlational type that describe the leisure habits of the individuals and their sense of fulfillment in life. Three hundred and two (302) individuals participated in the study which include activity dance in the University

halls and dance courses. The researcher's questions were adapted from Ragheb and Beard's "Leisure Attitude Scale" (LAS) in order to obtain demographic data from the participants and use it to determine their leisure attitudes. The scale's goal was explained to participants in the dance events, and the scale was implemented using the principles of volunteer engagement and secrecy. The goal of the study was to see if participants' general leisure attitudes are affected by their life satisfaction levels, gender, age group, educational attainment, and perceived income level. And on a final note, the individuals' leisure attitudes and levels of life satisfaction were also examined.

Individuals who participated in dancing activities had favorable leisure attitudes together with a reasonable level of life satisfaction according to the findings. The investigation also discovered that the leisure attitudes of those who participated in dancing activities are unaffected by gender, age, or education level, but only at the Behavioural subscale are they affected by income level. And individuals with a low income level had a more positive attitude toward leisure than those with a medium or high income level. Gökyürek, (2016) study is commendable in that, it further supports the findings of other researchers who conducted researches in similar areas relating to students' attitude and satisfaction. Khong Chiu (2009) found a positive association between leisure attitude, physical activity, motivation, and self-sufficiency in a number of studies undertaken to expose these correlations in students. Other studies on life satisfaction and leisure satisfaction include those undertaken by Brown and Frankel (1993), Yerlisu-Lapa (2013), and Kovacs (2007), all of whom reported a positive link between happiness in life and happiness in leisure participation. Life satisfaction of those participating in recreational activities at sports centers was also examined by Akgül, (2015), who found no substantial link between life satisfaction and perceived leisure freedom.

Gökyürek, (2016) just like other researchers must have realized the potentials of leisure activities participation hence he adopted the dance activity concept relationship to life satisfactions. However, when compared with the present study, Gökyürek, (2016) revealed some gaps in research. The study just like previous studies was conducted in the field of environmental science with some set of students. Unlike in this study which was conducted with the inhabitants of Benin City in the field of Human Kinetics and Health Education. The main objective was not to compare the relationships between attitude and life satisfaction but to enhance the residents of

Benin City's quality of life owing to their low quality of life that have been established through empirical evidence. The study of Gökyürek, (2016) also failed to employ the mixed method design which could have provided a better framework for the study of its kind. Employing the mixed method design would have provided opportunity for reporting the detailed and in-depth process that led to the improvement in the students' attitude towards the activity. This study again revealed that a similar research effort needs to be explored in the attitudes towards leisure participation especially for the purpose of improving the quality of life of other segment of people like Benin City.

On the topic of the effects of leisure activities on individuals' and people's attitudes, the study by Akgul and Ertuzu (2015) comes to mind once more. The research was carried out at Turkey's Gazi and Selcuk Universities. One of the study's main goals was to see how leisure activities can influence and strengthen married couples' relationships, as well as to determine the link between an individual's perspective on the amount of choice he has in participating in a free-time activity and leisure attitudes among married couples. A descriptive research design was used in the study which had a group of people of Two hundred and six married academic staff who got enlisted in Gazi and Selcuk University. The Leisure Attitude Scale (LAS), Perceived Freedom Leisure Scales (PFL) were fully utilized. Findings from the study revealed that there was association among individual's ability to choose the activity or experience when free from other obligations and leisure attitude subscale and positive linear of (Cognitive, Affective, and Behavioural) amount due for married couples. In addition to what precedes, perceived freedom in leisure within the married couples was positively and significantly affected by their Leisure attitude. Akgul, and Ertuzu (2015) again proved through his study that participation in the activities of one's choice can improve and also enhance ones leisure attitude.

The study deserves some commendations especially as it employed the use of participation in activities as prerequisite for measuring leisure attitude of the married lecturers. There is no doubt that the improvement in positive linear relationship among the couples was made possible because the study gave the couples the opportunities to be involved in the activities of their choice. However, some gaps can be noticed in the study when compared to the current research. The goal of the research was not to improve the living conditions of married couples and besides, the study was not conducted with the inhabitants of Benin City neither did the study looked at the pattern of leisure activities of these set of people. Another important thing to note is that the

study was conducted outside Nigeria so it revealed that researchers in recreation and leisure management need to explore the areas of leisure knowledge, leisure attitude and leisure Behaviour as it predicts quality of life.

Cheung, Ting, Chan, Ho and Chan (2009) conducted a study titled “Leisure participation and health related quality of life of community dwelling elders in Hong Kong”. This demonstrated the effectiveness of leisure attitude toward participation in leisure activities to improved quality of life and health promotion. The major thrust of the study was to improve quality living through involvement in leisure activities that could benefit the elders in Hong Kong in their later life for the enhancement of their physical, mental and social functioning through participation.

A cross sectional method was used in the study, the study was conducted over a three month periods. 269 respondents within the age range of 65years and older were randomly selected and interviewed. In addition to the interview, a yearly evaluation is required, as well as a standardized health questionnaire administered by nurses and a clinical examination performed by primary healthcare providers. These tests were carried out on the study subjects, those with mental diseases, depression, or significant limitations in fundamental daily activities that were unable to communicate over the phone were excluded from the study. Participants in the study were asked about their participation in 18 different types of recreational activities which were organized into four divisions, case in point were entertainment, reasoning, interactional, and efficacious. A 5-point scale was used to determine the participation ratio. Interviewers who were trained professionals conducted the interview with the subjects and this was examined in association with socio-demographic variables. And the common activity involvements were watching TV, Listening to radio/music and reading. Others are cognitive and social activities which were associated with the physical and mental domain of health related quality of life.

The result from the study by Cheung, Ting, Chan, Ho and Chan (2009) supports the fact that attitude toward leisure participation is potent for improving the participants' quality of life in relation to health-related quality of life (HrIQoL) including others that maybe involved in active participation especially cognitive and social activities. They however recommended that promotion of active participation in diversified leisure activities should be emphasized with cognitive and social activities should also be promoted. In addition, Cheung, Ting, Chan, Ho and Chan (2009) recommended that further studies should examine the casual relationship and

mechanisms linking leisure participation and HrQoL using longitudinal designs with larger samples as well as quality measures of leisure participation. The study however left much to be desired when juxtapose with the present study. The study was based on the elderly in a community in Hong Kong unlike this study which is based on adult residents in Benin City, Nigeria. Again, the study did not determine the extent to which the residents exhibit healthy leisure Behaviour but this is determined in the present study. Finally, the study did not adopt the mixed method design which was employed in the present study.

Again in another study of Chin-Tsai, (2013) carried out in Chiayi City in Taiwan whose major thrust was at correlating the variables of individual involvement in leisure activities as an external stimulus, the effects on the individual in shaping his personality, standard of living, and a feeling of fulfillment derived from job among residents in Chiayi City, Taiwan. The objective of the study was to ensure the enhancement of the overall physical condition and emotional wellbeing of it inhabitants, the promotion in their standard of living, and the fulfillment derived from their Job. The study as noted earlier was to improve the quality of life through the benefits from leisure participation using the parameters of leisure involvement to affect Job satisfaction, leisure benefits and quality of life. The latent variables of leisure involvement had the measured variables of (attractiveness and life centrality), leisure benefits (psychological benefits and social benefits) job satisfaction (extrinsic and intrinsic satisfaction) and quality of life (physical condition and social environment).

Questionnaire instrument was use to collate data from the subjects, the respondents, totaled 571 actively participated in the academic research. Chin-Tsai, (2013) employed the overall model fit to reach a significance of the ideal value of fitness success which is always related to a person's weight, genetics, goals, type of training, this is called "absolute fit" which measures the ratio of a given genotype before and after selection, while "relative fit" measures the differentials, the relative intensity refers to the percentage of maximal aerobic power that is maintained during exercise and "parsimonious fit" goodness of fit measures and were accepted after testing with chi-square test which subsequently revealed the acceptability of the research model. Subsequently, the theoretical model was accepted and the overall model favorable for the study.

The Construct reliability (CR) as a measure of internal consistency in scale items much like Cronbach's alpha shows a way to gauge how well the survey is

actually measuring what the researcher want to measure. The result of the study by Chin-Tsai, (2013) disclosed that the gains derived from leisure participation directly had good outcomes on the wellbeing of the people. The good living standard and wellbeing of sports participants in Chiayi City, their ability to be able to keep the job for a long time due to increase productivity, being reliable and focus on solutions among others, career development and something that make work enjoyable, convenient and easier at workplace `was shown. Besides, attitude toward active participation in leisure may possibly make a difference in having steady employment, career development and comfortable healthy lifestyle at a state of equilibrium, easy living among participants in designing and building sports-Island, more so, the gains derived from leisure participation may consequently impact fulfillment and achievement of the study subjects. Evidently, designing a Sports-Island Plan can improve in value the fitness level and mental balance in addition to fringe benefits for individuals.

The study again proved that peoples' positive leisure attitude toward leisure participation and subsequent involvement has a lot to do in making better the living condition of the people owing to the numerous benefits including the much exhilaration accruable from participation in these activities. However, some gaps were noticed in the study which revealed the imperativeness of the present study. Firstly, the study was not investigated in Nigeria but among the people of Chiayi in Taiwan. The study did not also employ the mixed method design which was used in the current research. Besides, the knowledge of leisure activities of the participants was not tested as this would have aid participants to wade into more of the activity strategies based on the "what, why and the when" in leisure participation.

In another report by Kaya, Isidori and Sarol, (2015), a study Titled "A study of the attitudes of adolescents regarding recreational activities" was conducted in different high school in Anatolia region, Turkey to assess the attitudes of adolescents towards the leisure activities, The main objective of the study was to examine the attitudes level towards leisure activities of adolescents and to compare the participants' attitudes levels according to some variables such as: gender, age, engaging in physical activities and type of school attended. To be able to achieve this, adolescents were enrolled in this study from different high schools in Turkey and they were divided into groups, the participant groups and the non-participant group. Leisure Attitude Scale (LAS) by (Ragheb and Beard, 1982) was administered on the participants with

Cognitive, affective and Behavioural items used. The Methods used in the study was descriptive statistical methods. Six hundred and ten (610) participants from the different high schools were involved in the study. Correlation analysis was used to test the relationship between T-LAS sub-scales and age.

Findings from the study revealed that there was a significant main effect for participation in physical activity on the sub-scales of “Cognitive”, “Affective”, and Behavioural”. The cognitive sub-scale scores were the highest toward leisure participation. Participants groups had higher mean attitude scores than the non-participants in all sub-scales of T-LAS. Furthermore, the girl participants had lower attitudes toward leisure than the boys. The result further revealed that the attitude scores of the participants were mainly on the affective level and did not reflected much on the Behaviours and participation in the physical activities in adolescence was higher maybe due to the time for social activities and less for physical and intellectual activities. The study also offers insight on the factors related to college students’ participation in physical activities in their leisure time, the study is one of the first in its area to examine and compare the leisure attitude of adolescents who studied in state schools, private high schools and theology schools which contributes to literature. At the end of the study, recommendations were made to school administrators, families, recreational programme developers and operators in leisure attitudes of adolescents to make better use of leisure to increasing the value of the individual and cooperating with and assisting the individual in achieving happiness in life as schools since the schools are the main institutions responsible for teaching the individuals on the use of their leisure time in the best and most productive way. And those adolescents should be motivated and encouraged in leisure activities while also developing related necessary attitude and values. More so, develop and improve the leisure facilities on ground and physical resources for the use of the adolescents during leisure activities.

The study deserve commendation as it involved student adolescents from different state schools, private high schools and theology schools on their leisure attitudes vis-à-vis participation and satisfaction. Adolescents are seen to be bedrock in any society; their importance therefore cannot be overemphasized. Meanwhile, taking part in recreational activities is an important exposure for these students since it is a helpful instrument to create a communal and hospitable environments for the society, their attitude towards leisure has a significant role to play in their personal undertakings and ultimately on Turkish society at large. The study however has its

own limitations when compared with the present study. The study does not have the same objective as the present study because it was not aimed at improving the population's standard of living.

Although, a correlational study but lacks the capacity of investigating two groups of a population from two different localities with similar characteristics. In addition, the study was carry out in far Turkey, a cultural environment different from the one selected for the present study and it was supervised in a foreign state schools, private high schools and theology schools in Turkey. Furthermore, the study concentrated on the adolescents while the present study embraces both the adolescents, adults and the elderly. Since the research was conducted in schools located in Turkey, it is likely to have altered the original tie of the study to the Nigeria culture. One final issue here is that the study brings to fore the fact that much research attention in Nigeria still need to be directed at having a systematic investigation on the effectiveness of participation in leisure activities on leisure attitude. With all the gaps that are noted in the study, the present study was justified.

### **2.3.3 Leisure Behaviour and Quality of Life**

Leisure Behaviour is the real involvement in regularized and unregulated leisure activities. The leisure Behaviour of an individual can be a prerequisite for satisfaction and quality of life, it amounts to the choice of activity during free time which make people happy and satisfied, among the activities done by people which eventually become a Behaviour are: Watching television, video games, and computer games are all popular pastimes. Listening to music, producing music, participating in sports, dancing, acting, technology projects, reading, and doing volunteer work, church going, religious event, Youth center, youth club, Surfing the Internet, chatting online, Spending time with a group of friends, Spending time with best friend, spending quality time with a committed partner or girlfriend, Doing nothing, "hanging out," and daydreaming are just a few examples.

Iulian-Doru and Mariaa's (2013) study, "Leisure sports activities effect on adults' personal development and quality of life," reported and demonstrated the benefits of leisure activity participation. The objective was to investigate issues relating to the practice of leisure sports activities among Romanian adults and promote physical activity and Sports as the main means of combating sedentary lifestyle and increase the quality of life of Romanian youths. Iulian-Doru and Mariaa, (2013) in a



bid to further establish this effectiveness tried to determine the leisure time budget of the investigated adults, their favorite recreational activities, the extent to which physical activity and sport can be found among those activities and the perception on the psycho-emotional and social benefits of leisure sports activity. The study was conducted using the survey research method with a total of one hundred and twenty (120) people as the sample. Questionnaire instrument containing 11 items was used for data collection. The items were succinctly related to free time budget; preferences for leisure activities; if they practice leisure sports. Others are Organizational environment where they practice leisure sports; reasons why they don't practice and their well-being after sports. In addition, the effects of sports on self-image and self-esteem; socialization and Integration through sports; Sports effects on improving interpersonal communication and finally, opinion about improvement of physical and esthetical parameters as a result of practicing leisure sports.

It was established that sports are active component in developing people's self-image, socialization, and integration into social and professional life (Sajin, Dahlan and Ibrahim, 2016). The study found that leisure sports activities had a significant impact on people' personal and social growth, as well as their overall quality of life. This is usually regarded as one of the most successful and satisfying ways to make good use of one's spare time. The study however revealed some gaps that were yearning for attention especially as it relates to the present study. Firstly, the study was conducted in the field of Social and Behavioural Sciences and not in the field of Human Kinetics. Likewise, the focus of the study was not on how leisure knowledge, attitude and leisure Behaviour could predict the standard of living especially among the inhabitants of Benin City in Nigeria and the study did not also employed the mixed method design. Based on these gaps, the present study is imperative.

In another report on leisure Behaviour, Sajin, Dahlan and Ibrahim, (2016) carried a survey on the "The Institution's Malay Older People's Quality of Life and Leisure Participation". The study was designed to establish how profitable it is to take part in leisure activities and to understand how these gains can influence the quality of life of Malay older people in institutions of higher learning. Qualitative method of approach was adopted in the study using in-depth interview guide as means for data collection. Twenty-one (21) Malay elderly individuals who live in government-funded senior institutions were interviewed in depth. The interview transcripts were analyzed using the interpretative phenomenological technique of Sajin, Dahlan, and Ibrahim

(2016). Through the interview procedure, the participant's mental processes, perceptions, sentiments, and emotions concerning their life experience, including their leisure time, were explored. This approach, according to Smith and Osborn, 2008; Bryman, 1988, allows researchers to completely investigate the participants' perspective and create idiographic comprehension of their life experiences, as well as an in-depth understanding and viewpoint on the subject.

Participants were from government-funded elderly people's institutions in Peninsular Malaysia, comprising inhabitants aged 60 and up who were both independent and bedridden. Medical personnel, such as medical assistants, nurses, and occupational therapists, were on hand to care for the elderly. Twenty-one inhabitants were chosen from the lots based on the inclusion requirements, which included being at least 60 years old, autonomous in basic self-skills, engaged in at least one recreational activity, and proficient in Bahasa Melayu. Semi-structured and in-depth interviews were conducted as part of an exploratory research were done to understand more about the benefits of actively participating in leisure activities and how it affects people's lives. The study's findings revealed a favorable link between participation and life satisfaction, implying that Malay seniors' engagement in leisure activities was relevant, valued, and that individualized leisure activities led in internal and external benefits

The study also revealed some gaps that were yearning for attention especially as it relates to the current research. The study was carried out in the subject area of Social and Behavioural Sciences in a Peninsular Malaysian institution with elderly people, rather than in the fields of kinesiology and health education. It was not also conducted among the indigenes of Benin City. In addition, the study did not determine the extent to which the older people in Peninsular, Malaysia exhibit healthy leisure Behaviours. More so, the study only reported some results qualitatively but failed to employ the mixed method design used in the present study which could have provided detailed and in-depth information about the community based participatory programme. All these gaps made the present study imperative.

Another important study to be noted is the one documented by Sulyman and Iorliam, (2016) on the Leisure Behaviours and preferences of Abuja residents in the Federal Capital City of Nigeria. It was titled: "Outdoors Recreational Behaviours and Preferences of Abuja Residents, Nigeria". The population influx has posed a great challenge on the government. This increasing diversity of the urban population has

overwhelmed the available recreational facilities in the capital City, This have hampered the capacity of the government of the day that wish to meet the leisure needs and preferences of its citizens. Consequently, the investigation was set out to provide a better understanding of the recreational Behaviours and preferences of local residents of the Federal City Abuja. This study used a survey research design with 100 respondents chosen at random from each group in residential district of Wuse I, Wuse II, Garki I and Maitama with a final total population of 400 residents. These were contacted and interviewed on the types of activities they engaged in during leisure, the extent to which recreational activities occupy their' leisure time, what they do in their spare time and indicate the type of outdoor recreational activities that they would prefer to engage in during recreation.

The researchers used a mixed-methods strategy which included data that is both quantitative and qualitative. Part of the qualitative data used includes semi-structured interviews with voluntary participation from the residents of Abuja City. According to the study's findings, recreational activities account for more than 65 percent of inhabitants' free time, Again the result revealed that six most preferred recreation activities by majority (58%) of the sampled population includes watching soccer matches/others games in parks, playing soccer, taking beer/other drinks, bicycle riding, visiting museums and trekking. However, the result also indicate that the relative importance of these preferred recreational activities varied with age, gender, educational attainment and income levels of the residents.

Sulyman and Iorliam, (2016) have therefore been able to established that there is a strong inclination to recreation during leisure time which culminates into the Behaviour of people overtime. This could be true because it was found that over two thirds of the population dedicated their leisure time to either indoor or outdoor recreational activities because they actually participates in these activities, it is all about “actual participation” Sulyman and Iorliam, (2016) deserves some commendations for adopting both qualitative and quantitative methods, the study might not have been quite revealing as it was if it has not employed the mixed methods approach. The mixed methods further assisted in eliciting detailed information on their involvement in these activities. Much need to be done especially when juxtapose with the present study. The study was not carried out to specifically improve the quality of life of these residents. In spite of the achievements of this study however, it has revealed that much still need to be done especially in the area of knowledge of the

residents towards leisure and its activities. It is not enough to be involved but the where, the when and what of the activities is very paramount in recreation pursuit. In performing an activity, knowledge of the skill enable the participant to better execute and gain satisfaction. The study exposed the fact that much research attention is yet to be directed towards the area of using leisure to better the well-being of the people. The study also failed to seek the graduating process of individual's leisure knowledge, and leisure attitude. These gaps account for the imperativeness of the present study.

Aslan and Cansever (2016 examined the leisure Behaviour of teachers in Turkey which was titled: "The Leisure Behaviour of the Turkish Prospective Teachers". The study used a qualitative research design with the use of Greimas' Actant Model as one of the analyzing models that was utilized. The study sought to examine the faculty and campus teachers' participation in leisure activities, the factors that motivates them to participate in these recreating activities. In addition, issues on barriers/constraints to participation were on course during data collection. To determine the qualitative approach used for the study, the interview form was completed with 7 pre-service teachers (4 female, 3 male) who were not included in in-depth interviews. The results then informed the decision to embark on the use of in-depth interview as the official language needed for the conduct of the research study. The universe of the study covers 150 prospective classroom teachers who were the fourth grade undergraduates in the faculties of education in Izmir, based on the specific purpose and fixing of the sample, thematic duplications were taken into consideration which was structured and framed with 47 prospective teachers (25 female and 22 male) between the ages of 21 to 22 and a convenience sample was taken by purposive sampling methods in qualitative research. The reason is that both researchers were the academicians of this Faculty.

The researchers preferred the use interview technique for qualitative data analysis in order to assess the social facts related to the issues in this study. The formulation of the interview questions was therefore based on obtaining the basically needed data. This is consequent upon the fact that the structured interview approach gives the opportunity to compare the participants' statements with the similarities and differences in their explanations. For this reason, the structured interview approach was preferred in this study. Finding from the study revealed that, there was great motivation for participation in leisure activities and this promoted their participation. Motivation was in the form of desire, interest, happiness and socializing with friends

for satisfying leisure experiences, and this had a relatively stronger impact in participation for females than males. In addition to the motivation of enjoyment, happiness and sociability, the prospective teachers' aim in leisure participation was said to have developed in their occupational talents and skills.

The study of Aslan and Cansever (2016) is highly commendable as the first study to use a model different from most models use in other study area of leisure research. This is Owing to the fact that this research study proved unique because of its application of 'Greimas' Actant Model to leisure literature which introduced the principle of Sender, Helper and Object within the actant model which is thought to have similarities with motivation and the opponents with constraints. In spite of the achievements of this study however, it has revealed that much still need to be done especially in the area of knowledge of knowledge and attitudes towards leisure and its activities. The research had it concentration on Pre-service teachers only within a campus. This cannot be used to generalize the leisure Behaviour of a population of the City dwellers. It has also been proved that ethnic or cultural issues may largely determine participants' knowledge and attitudes towards leisure. This is also known as patterns of leisure activities that have not been found among Benin City residents. The study did not focus on the inhabitants of Benin City but on teachers. Again, the study on leisure Behaviour of teachers was not conducted in Nigeria. Therefore, there seems to be a dearth of empirical information especially in the South-South Nigeria. All these gaps signify the need to conduct the present study.

Sniadek and Zajadacz, (2010) conducted a study to investigate the leisure Behaviour of the elderly, senior citizens in Poland vis-à-vis their living standard and factors determining the "successful ageing" with regular physical activity. In addition, the cause of the poor participation in physical and tourist activities of Polish seniors includes lack of financial means of subsistence, lack of physical activities during spare time and repeatedly, inadequate opportunities for and other ways of stepping up the ladder of sports and leisure activities to directly involve this group of people with a common statistical characteristics. The study's main goal was to discover ways the senior citizens spend their free time in Poland on week days, at Saturdays and Sundays especially regarded as a time for leisure, on days of special observances where government workers and other citizens are asked to stay at home and holidays met for the celebration of religious festivals, and during a leave of absence from a regular job which could include a specific trip or journey for the purpose of recreation or tourism

which may take a longer break from work. to point out difficulties and blockade restricting the involvement in tourism and physical exercise recreation; to point out circumstances that motivates the elderly persons to take part in recreational activities (consisting of special interest groups and people within the community that make rational decisions some of the time, decisions which are controlled in completely irrational ways that sometimes go unnoticed. The intention was to show how this selected factor motivates elderly people to engage in recreational activities.

Questionnaire instrument and interview sections were used in the study evaluated within 2006 and 2009 among four hundred and eight participants who were over sixty years of age. Two research instruments were used: one of the questionnaire items had questions focusing on different ways of spending free time and factors that limit respondents from embarking on trips outside their domains in relation to leisure experience; the other had questions focusing on different ways of spending free time and factors that limit respondents from embarking on trips outside their domains in relation to leisure experience. The other sets of questions x-rayed factors that motivate senior citizens to active lifestyle as against sedentary living. The result revealed that those who participated in the research spent their spare time in taken part in some activities at home or within their immediate environment, It was noticed that majority of them took part in pursuits like watching television for extended periods of time, meeting with family members, looking through newspapers and other pieces of literatures while some had a break in the community gardens where the spirit of oneness of community is fostered by way of growing fresh foods (fruits and vegetables) and as a result, friendly relationships are enhanced to increase deep bonds after hours of hard work.

Just about half of those who took part in the research many a time, spend their time out of work in church, and very small number of them go to live performances that is devoted to the public exposition of a work of art, music or literature including exhibitions, concerts, plays and other theatrical performances. Over and above eighty percent sometimes go to outdoor area in which plays and other dramatic performances are given, while close to eight percent formally make known that they hardly frequently cinemas, visit buildings for the exhibitions of art, usually visual art such as museums or go to some type of restaurant typically meant to serve coffee, tea and light refreshments such as baked goods, sandwich or snacks. Very small number of the elderly persons uses computers; while seventy-two percent agreed to make use of the

computer from time to time. The manner and methods in which the inhabitants of the area devote to recreational activities at their spare time in their homes at weekends and on days specified for religious observance and days when almost everybody in a particular area does not have to go to work or school is not significantly different from the activities they get involved consistently every day. The works of Sniadek and Zajadacz, (2010) is very commendable for spending so much time in looking at the elderly and their leisure Behaviours and have added to available empirical evidence that leisure Behaviour can act as a predictor to quality of life. This is evident in the study that regular participation in leisure activities daily, weekly or monthly enhances individual's wellbeing which improve quality of life.

It is worth noting however that some gaps are revealed when the study of Sniadek and Zajadacz, (2010) is juxtaposed with the present one. The study was based on physical culture and tourism and not specifically in Human Kinetics and Health Education. Furthermore, the research did not look at leisure Behaviour as a predictor of inhabitants' quality of life in Benin City. More so, the study was conducted specifically with a particular segment of the people; that is, the elderly in Poland. These gaps therefore underscore the fact that the present study is highly imperative. Previous studies have suggested the probable necessity that the patterns of engaging in leisure activities among different segments of people could be examined and investigated as a contributory factor to a healthy lifestyle.

In his study, Bakare, (2013) investigated the regular participation in leisure activities among lecturers in privately funded tertiary institutions and higher educational institutions that are mainly funded by the state or federal governments in Nigeria. The focus was on the full time lecturers in the various institutions in the country. A questionnaire/scale that have been developed to be administered among the intended respondents with adequate reliability and validity was used to elicit information from the full time lecturers as to how much time they have to participate in regular physical leisure activities amidst the tight schedule in their work places because habitual involvement in leisure activities obviously have numerous health benefits, including a lower risk of heart disease, stroke, obesity, and type 2 diabetes. It also has commensurate effect on how much is accomplished in a particular work environment; that is, ratio between the output volume and the volume of inputs. Unfortunately, when these lecturers do not devote enough of their free time to leisure

activities or rest, there could be indirect effects or a rebound from the impact of their sedentary lifestyles.

The claim above was backed up by Insel and Roth (2004), Ntui (2000), and Ajala (2005) with other research papers that showed how physical leisure activities and exercise engagement can improve human health. Sedentary or inactive living, according to these investigations, is a poisonous substance that slowly kills the skeletal, cardiac, and visceral muscles. As a result, it should come as no surprise that recreational activity involvement, is in line with wellness and health promotion goals for an individual's subjective well-being, whether for competitive, recreational, fitness, or therapeutic purposes. "Judicious use of leisure hours allows everyone in society an opportunity to meet basic needs for physical, emotional, mental, and social health as well as for the ability to express oneself Odumuh (2004) opined that lecturers in our Universities are expected to reach the highest level of performance in the most efficient manner feasible but there are some threatened circumstances such as major life events and the provision of facilities are insufficient to spread round for use, in addition, the least available ones, If not properly handled, It could have a negative impact on the manufacturing process' efficiency. A total of 250 instructors were chosen at random from six universities in Nigeria, including privately owned, public, and state owned universities.

According to Bakare, (2013) the full time workers who were mostly adults, mentees and properly qualified and experienced personnel in the teaching industries generally face all manners of stress. Base on this fact, there is need for them to have coping strategies that can engage to insulate or protect them from psychological damage in the process of discharging their legitimate duties which could help to reduce the effect of this challenges and one of the coping strategies is to regularly participate in recreational activities. As instructors, they are pressured and do not have sufficient free time to take part in activities that are recreational in nature; this will undoubtedly harm their ability to develop the necessary staff for national prosperity. If lecturers are expected to be exceptionally prolific and there are mitigating situations that induce stress, they must learn to balance their many commitments in order to maximize productivity. The results showed that the lecturers were adequately furnished with information on the effects of recreation participation and facility use during participation; however, some limitations were cited to have prevented them from participation such as time input on their service delivery and family responsibilities.



These are factors responsible for their inability to take part in leisure activities. Persons with Special knowledge and skills relating to leisure counseling and recreation therapists were recommended to teach on leisure education to create more awareness and interests for participation.

#### **2.3.4 Leisure Activities Patterns and Quality of Life**

Babalola and Alayode, (2012) conducted research into a well-known form of recreation Behaviour of teaching and non-teaching personnel in higher institutions in Ondo State, Nigeria. The study's main focus, according to Babalola and Alayode (2012), was on analyzing the pattern of leisure activity involvement among academic and non-academic personnel in tertiary institutions in Ondo State, Nigeria. As part of the objectives of the study, it also examines some peculiar interest in some unusual hobbies pursued by teaching and non-teaching employees in these institutions in Ondo State during their free time. Some of the sports include sporting activities, art, musical and cultural activities; social services and religious activities are not an exemption during their free time.

All the teaching and non-teaching staff in schools owned by the government in tertiary institutions in Ondo State participated in the study. A total of four hundred (400) respondents with forty teaching and non-teaching staff were user-selected for the study from five Government-owned tertiary institutions operational in the state. Survey instrument was used to collect data in the course of carrying out the study and the data gathered from respondents were analyzed using measures of variability and inferential statistics. Information gathered from the study revealed that the teaching and non-teaching staff of the Institutions in the state of Ondo took part in recreational activities at different times. The distinctions in approaches and forms noticed in this study can be used to infer for the execution and planning of programmes of physical activities and actionable plan to influence or generate more leads and boost engagement among the staffs of the Ondo state's tertiary institutions.

Additional revelations shown that increased numbers of teaching staff were involved in art, music and activities which contribute to enhancing the historical and social development, while the non-teaching professionals had a higher level of public appreciation during their free time. However, the two groups were seen to have engaged in reading and discussing opinions of those whose arguments borders around societal commentaries and social analysis in their leisure time. By extension,

understanding the motivations for employees' participation in leisure activities at work will have significant implications for the planning, advancement, and support of participants' interests in participating in physical exercise. A good knowledge of what type of activity consumers like to participate will assist leisure managers and leisure providers design programmes on leisure-activity experiences that will suit their requirements and can contribute substantially to self-guided growth that will improve their quality of life in a variety of ways.

In the field of physiotherapy, Oyeyemi, Ishaku, Oyekola, Wakawa, and Yakubu (2016) conducted research. The purpose of the study was to look into the circumstances surrounding adolescents' physical activity and how they might affect a more targeted approach for promoting physical activity and attracting participation in Africa. The study looked at adolescent physical activity Behaviour and leisure activity patterns in school-related domains, home, transportation, time spent on non-work activity, and different intensity rates such as light, MVPA (moderate to vigorous intensity physical activity) and total PA) as well as their relationship with socio-demographic characteristics like age, sex, education, background and ethnicity, marital status, income, and employment among high school students in Nigeria, with a mix of socioeconomic status (SES). In Nigeria, standardized data on adolescents' physical activity Behaviour is lacking, according to Oyeyemi, Ishaku, Oyekola, Wakawa, and Yakubu (2016), adolescents' physical activity patterns and levels varied depending on their age, gender, weight status, and social standing or class in Nigeria.

According to their findings, when people engage in enough physical activity, the health benefits or outcomes in their lives skyrocket, and this trend can continue into adulthood. At the same time, significant numbers of adolescents from countries with a high rate of industrialization and low income per capita are unable to adhere to the health-related requirements for physical activity. There is presently no information available on the designs of regular ways in which an activity is of the same shape and repeated at regular intervals, as well as domains of physical activity, among Nigerian adolescents and children, and no academic research has found a numerical value from a statistical sample on the proportion of young people in Nigeria who have met the health-related recommended guidelines enough to fulfill the need or goal for participating in physical exercise. Meanwhile, current health-related physical activity guidelines expect youth to be physically active on a regular basis in all domains of life, including psychomotor, affective, and cognitive domains, in order to help prevent and

manage non-communicable diseases like heart disease, stroke, diabetes, and a variety of cancer. The study employed the use of Study questionnaires which measured the adolescents' socio-demographic characteristics and socioeconomic status, and trajectory difference in physical activity scores between subset of group elements. The questionnaires were filled out in a way that prevents the adolescents from being identified by name while in the classroom.

A total of 1,062 teenagers both males and females in their twenties who attended secondary schools in the metropolitan metropolis of Maiduguri submitted comprehensive information that was promptly and simply entered into a data management system; evaluated. According to the findings, most Nigerian adolescents in secondary school, spend the majority of their overall physical activity minutes at school, which is approximately 4 hours per day, followed by 1 hour and 30 minutes at home, 30 minutes spent on the least amount of physical exertion when traveling to and from school, and 1 hour per day for recreational activities during their spare time. Adolescents' physical activity levels are linked to the key physical activity indicators, socio-demographic and socioeconomic status characteristics such as (age, gender, body mass index, and car ownership in the household) during non-working hours, functional transportation, level of effort expended on a particular physical activity by way of assessing it metabolic equivalent, and total physical activity and family income, parents' educational level and parents occupational prestige. In this academic research by Oyeyemi, Ishaku, Oyekola, Wakawa and Yakubu, (2016) the research was also able to complement the empirical evidence that substantial physical activities participation patterns has a lot of better health outcomes among adolescents who have the potential to progress maturely into adulthood.

Only a few studies have been able to report on the many types of domains and patterns of teenagers' physical activity in which the treatment or diagnostic tests of relevance are compared to a reference standard in the same study. The limited research that have been done on the settings of adolescents' physical activity have yielded varied results: While European adolescents reported leisure-time as the most frequent context for engaging in physical activity and home-based physical activity as the least frequent, Americans reported an increased proportion of their physical activity related to exercise and walking at school and outdoors activities. Findings in South Africa, however, showed that participation in physical education programmes at school was a frequently reported physical activity setting by the majority of rural adolescents, were

partly compatible with the findings of Oyeyemi, Ishaku, Oyekola, Wakawa, and Yakubu, (2016). In addition, Oyeyemi, Ishaku, Oyekola, Wakawa, and Yakubu's (2016) showed that school is the most prevalent venue for Nigerian teenagers' physical activity which appears to corroborate the findings of a previous qualitative study that indicated that school is a common and crucial outlet for South African adolescents to engage in physical exercise. The encouragement of extracurricular activities, as well as the provision of sports facilities and equipment at schools, appears to be a promising technique for improving African teens' physical exercise habits.

It is worth noting that the study of Oyeyemi, Ishaku, Oyekola, Wakawa and Yakubu, (2016) when juxtapose with the present study, there is no gain saying that their study's approach relates to the leisure Behaviour of adolescents but there was no concentration on the leisure knowledge and leisure attitude of the adolescents which if probably assessed would have create more opportunity for deeper insight of the what; the when and were of leisure involvements. The importance of having leisure education cannot be overemphasized in the leisure domain and their study did not identify the leisure patterns of the residents in Benin City. In addition, the extent to which the residents of Benin City exhibit healthy leisure Behaviours was not determined. These gaps underscore the fact that the present study is highly imperative.

### **2.3.5 Constraints to Participation in Leisure Activities and Quality of life**

Participation in recreational activities on a regular basis can be limited variously by one factor or the other which falls within intrapersonal, interpersonal and structural constraints to participation in Leisure Activities. In other words, these are the barriers or limitations that prevent persons or groups from taking part in leisure time activities. Arab-Moghaddam, Henderson and Sheikholeslami (2007) conducted research into women's leisure in Middle Eastern cultures, as well as the barriers they face in engaging in and participating in leisure activities. The population-specific questions in the constraints model formed the first step in identifying some of the potential important issues and opening the door for additional study, which used the exploratory method to provide information about the leisure of Iranian women living in Shiraz, one of the larger cities in southern Iran. The instrument used was questionnaire which consists of three sections, covering activities, restrictions, and demographics, totaling 81 items, were employed. Five aspects of constraints were measured by the first set of

questions which include restrictions on a personal, social, cultural, economic, and structural level.

What this implies is that the five dimensions of constraints mentioned here are subsumed and represented within intrapersonal, interpersonal and structural constraints and the researcher's interest was focused on young adult women's social and family responsibilities with probing questions on listings of the activities they engaged in with family and friends. This gave the researcher the chance to develop a list that appeared cultural but was appropriate for the women of Iran. These lists of activities include: sports, outdoor adventures, artistic endeavors, watching movies, reading books and periodicals, listening to the radio and watching TV, going out for coffee or a meal, and family gatherings are just a few of the activities that have special significance in Iranian culture, others are volunteering in social and religious contexts (e.g., studying the Quran, attending seminars to learn about religious precepts, taking part in religious rites led by women on holy days, visiting the sick or old, and other forms of service), or visiting a mosque or other holy places), scientific pursuits (such as joining a club or society), practical pursuits (such as taking computer classes, typing lessons, or sewing lessons), artistic pursuits (such as writing poetry or music), indoor pursuits (such as playing chess or cards on a computer), and satellite television viewing (i.e., an illegal activity whereby people attach a device to their TV so they can access TV programmes transmitted from Europe and the US and other countries; when people watch TV, they typically have access to the six government-provided channels only).

Some key demographic inquiries were included in the questionnaire's final section to help define the sample and provide framework for a deeper examination of the barriers to these activities. Age, employment, education, monthly family income, monthly personal income, marital status, number of children, and general health were some of the demographic characteristics. A total of 570 young middle-aged women between the ages of 25 and 40 were surveyed, and were interviewed about their engagement in indoor and outdoor activities, as well as the barriers that hindered them from engaging in these leisure activities. The completed sample's restrictions items were analyzed using factorial analysis to see if the original five-factor design was verified. These elements were supported by evidence for the postulated structural, economic, and social dimensions, but the cultural components appeared to encompass both conventional leisure ideas and the significance of leisure in the culture. The personal restrictions were further broken down into personal hobbies, personal time

and companionship, individual health and safety, and personal household chores. The findings of the study revealed that the most frequent activities carried out by this random sample of Iranian women included watching television and listening to the radio, spending time with family, and reading, cultural, scientific (i.e., career-based), while artistic options had the lowest levels of involvement. Additional outcomes revealed that the constraint of the community areas related to the Iranian women in particular was lack of infrastructures in these communities to facilitate the leisure opportunities of the Iranian women; including low income among Iranian women. This is a reflection of the social ecological framework of their immediate environment with lack of infrastructures which suggest the importance and influence of the physical environment to enhance involvement in leisure activities of one's choice.

The implication here is that the physical environment can enhance or discourage the Behaviour of an individual to promoting certain actions that could be tended towards leisure participation. This further explains the classes of factors encompassed in the intrapersonal, interpersonal and structural that could have effects on why someone would engage in or choose not to engage in a healthy Behaviour like leisure involvement. This startling revelation is a clear indication that the government of Iran as perceived by Iranian women lacks interest in leisure, most especially, women's participation in leisure activities. In addition, for many of the women, balancing personal and financial obligations was a major challenge because of the household responsibilities, personal commitments, passions, capabilities, well-being, and self-confidence.

The works of Arab-Moghaddam, Henderson and Sheikholeslami (2007) has equally supported empirical evidence that factors such as infrastructures, low income; personal and household responsibilities among others can stand as a limitation or barriers to leisure participation. To find out if this will be the same with those who took part in the present study, the effects of constraints will be examined on their leisure Behaviour. The study has again exposed some gaps in research especially when it is considered in line with the present study. The study focus only on women only (Feminism) and this does not cut across a mixed population for a better inference. Again, the study has brought to fore the fact that there is a dearth of empirical information to show how leisure knowledge, attitude and Behaviour can predict the quality of life of the people more especially the people of Benin City Nigeria. Finally, this research conducted by Arab-Moghaddam, Henderson and Sheikholeslami (2007)

was carried out in Iran different from the location of the present study. All these account for why the present study is highly imperative.

In another research by Rintaugu, Mwangi, and Bailasha (2013), a study named "Negotiating Constraints to Sport Participation of University Soccer Players" was done in Kenyan universities. The objective of the detailed investigation was to ascertain the planning procedures that were used by adult males, made up of the university soccer athletes to find way over or through obstacles and other difficulties that impede sport participation. This was planned to be achieved through selected characteristics of the population under study which includes: (the level at which undergraduate students are registered academically, the amount of parents' income, their employment status and level of education, any supportive adult role model committed to the social, emotional and physical development of their children in football and the order in which they were born, all these were distinguished in their measure of the extent to which they are related with step-by-step plan of action in reducing the impact of the barriers on sport participation and enjoyment.

The researchers' intention was to negotiate constraints factors which prelude or limits the students' frequency, intensity, duration or quality of participation in soccer. Two hundred and forty-two (242) participants were involved in the study and were participators in a national university soccer championship. The major set of tactics to find an acceptable way to reducing the obstacles and barriers to participation in sports were the ability to use one's time effectively and productively, and the tendency to implicitly synchronize Behavioural and linguistic communication patterns during participation in the activity. The selected characteristics of the population under study had frail statistical relationship with the planned procedures used to compromise the constraints.

A comparison of terms of the final deal with what they initially would have done was used to evaluate how the football players of the university strategically discussed a way out that is acceptable for the purpose of compromising the barrier so as to take part in competing soccer events for their separate universities. The questionnaire item was made up of two sections. The first part presented the respondents' demographic profile based on factors such as the level at which the undergraduate students were registered academically, periods of participation on the varsity soccer team, the amount of parents' income, their employment status and level of education and increasing popularity of football game in their university while the

other part of the questionnaire was made up of 27 items that addressed the measures used to minimize or eliminate the negative effects of participation barriers in the football events. This information was collated from students of the university that are football players who stood in for their various universities during the Kenya Universities Sport Association (KUSA) as members selected for the football teams that would stand in for the country in the East African University games.

Part of the findings from the study revealed that majority of the players was in the 2nd, 3rd and 4th academic year and very few of the students were in their 100 and 500 academic levels. The implication here is that it becomes difficult for these students to join the football teams of their respective university because of the divergent focus. For instance, those in 500L level could be planning on how to leave the university system or interacting with others to exchange information and develop social contacts for job placement. And the 100L students busy with their studies, trying to catch a glimpse of the university environment and optimize in their studies. As a result, there is no formally organized conventional pattern in selecting and posting student players to the university team. This of course is a huge limitation to frequency and quality in participation. This could be negotiated through expanding the faculty facilities over a large area at students' reach where a student captain is appointed in the different faculties to select from his or her own faculty those to participate in use facilities at a time at the expense of turning in for training rehearsals in the cause of acquiring talents.

Further findings of the study revealed that the parents of the athletes were gainfully employed and educated. Studies from reputable scholars revealed that increasing education has a multiplier effect on students' encouragements in sports participation and leisure pursuits. More so, parental social economic status also determines such choices. Rintaugu (2005) reported that a significant figure of a number of successful persons that are proficient in sports and physical exercise in Kenya came from families that are involved in sports. This is clearly seen in this academic investigation as various households made up of 61.98% of the participants have at one time or the other taken part in football games as players. In most spheres of life, parents are seen as role models who transmit attitudes and values as part of societal norms and mores to their children including interests in sports, pay fees required to participate in the sporting activity with the provision of corporal supports, care and reassurances (Grevis, 1991). Further finding on ways of making use of



strategies in reducing the barriers to football participation was centered on use of friends, make plans for a long time, and reserve especially sometime to take part in football games. These ways of consultations are limited to interpersonal and structural constraints which have been reported in studies published were disseminated in the past that report results of research findings (Scott, 1991; Jackson and Rucks, 1995; Kay and Jackson, 1991; Beggs; Elkins and Powers, 2005; Samdal and Jekuborich, 1997).

This study by Rintaugu, Mwangi and Bailasha, (2013) is very commendable for its various empirical contributions made to literature. As a consequence, this study was out to discover with difficulty how academic years or the equivalent, birth order, commitment to active involvement and participation by families in football and the parents' educational attainment, family income, family environment, and standard of living of parents' family' impact on constraint negotiation process. The strategic discussion that resolves an acceptable way to avoid or reduce the influence of barriers to participation correlated consistently with the education of Fathers and Mothers who are parents of students in the school's team. Researchers suggested that a future study should focus on how socio-demographic variables such as age, gender, and an integrated course prepared for academic studies may be in agreement with athletes' constraint negotiation process in other competitive sports aimed at boosting physical ability and talent while also providing enjoyment to participants.

The contextual relationship between limitation, methods of resolution to arrive at a better outcome through compromise, Learning new abilities, facing challenges and accomplishments, gaining social advantages from belonging to a team, and improving fitness are all ways to develop and exhibit competence among football players in other universities which will allow us to learn more about the link between playing football and strategies used in reducing barriers that impede participation. One of the gaps to be noted here that justifies the present study is the concentration of their study on soccer players and the conduct of the study was done outside Nigeria which bring to the fore that an empirical study on constraints to leisure participation and constraint negotiating strategies need to be carried out not only on soccer players but on the generality of the people in Nigeria, more especially the people of Benin City whose participation in leisure activities may have been hindered or limited by different constraint factors. This list of gaps mentioned justifies the imperativeness of the present study.

#### **2.4. Appraisal of Reviewed Literature**

Quality of life and leisure indicators are important elements of any community assessment. This study assessed gaps in communities' knowledge of how to measure leisure, as an important element of the people of Benin City quality of life. Active participation in leisure activities can help the residents of Benin City achieve fitness, life satisfaction, happiness, good morale and wellness. Therefore, thirty-five (35) or more hours per week of involvement in recreational exercise, fully absorbed and enthusiastic about physical exercise recreation, has the potentials for very many benefits, not only for the physical health such as (natural energy boost, sense of achievement, more focus and motivation and having fun) but also for mental and emotional health which includes (improve better self-confidence, increase cognitive function, alleviate anxiety, good sleep and increased happiness) that contribute to feelings of happiness and self-gratification, physical fitness that make one happier which is key for personal development benefits in good physical fitness, honing the mind, creating self-discipline and freedom from contention with agreement in feelings, actions, ideas, interests with friendly relations.

It is also hoped that it will contribute to the development of a community's measure of quality of life which in turn, may affect tremendously the economic development of the immediate communities. Our ability to engage in and spend time on things that we enjoy has a significant impact on our subjective perceptions of well-being, pleasure, and life satisfaction and should be meaningful. Therefore for an individual to experience good quality living, involvement and participation must be quantitative and qualitative in nature, this can be made possible only when the individual acquire leisure knowledge, have the right type of attitude toward leisure preferences and consistent leisure Behaviour toward preferred activities.

In the overall, there is a relationship that tends to move in the same direction between leisure knowledge and life satisfaction, leisure attitude and life satisfaction, and leisure Behaviour and subjective happiness, therefore, when one take part in leisure activities of his choice, the tendency is that, the subjective well-being of the individual is positively affected. Based on this, some practical implications for enhancing peoples' subjective wellbeing can be emphasized in a way by focusing on the possibilities that may enhance their subjective well-being and quality of life by engaging more than ever in leisure activities.

Leisure activities can enhance people's physical and mental health and are important for regulating the body and mind, reducing life's stress, and offering a pleasurable experience. Stress reduction, relaxation from engaging in pleasurable experiences, and the development of new social connections are all advantages of leisure activities (Li, 2010). It will suffice to say that the benefits in participating in leisure activities is enormous for the people of Benin City and others from other regions and these benefits enumerated below contains four constructs made up seventeen items which are the health benefits comprised of increased physical strength and exercise physical fitness; can help improve healthy physical fitness, can prevent or control diseases; eliminate fatigue and restore physical strength.

Emotional benefits are realizable through relaxed tensed emotions; enhance psychological satisfaction; ease the pace of life; participation in leisure activities can dispel life boredom. Social benefits include strengthening the connection between friends and individual participator; meet new friends: helps to establish interpersonal relationships; can increase the connection with others. Others are Self-fulfillment interests which allows the individual to train, and work on problems-solving skills of the individual; participating in leisure activities helps to stimulate the potential of an individual; the sense of accomplishment given by leisure activities can relatively boost the sense of work achievement; it also help to improve the self-confidence of an individual; and participating in leisure activities can give a sense of accomplishment and self-challenge enjoyment (Li; Zeng and Li, 2021).

## **CHAPTER THREE**

### **METHODOLOGY**

This chapter discussed the method and procedures that were used in the study. They were organized under the headings.

1. Research design
2. Population
3. Sample and sampling techniques
4. Research instruments
5. Validity of instrument
6. Reliability of instrument
7. Field testing
8. Procedure for data collection
9. Procedure for data analysis

#### **3.1 Research Design**

The study adopted descriptive survey design of correlational type; the design is most suitable when studying a large population. The use of this type of design was supported by Bhandari, (2022) who opined that the research design investigates relationships between variables without control and manipulation. Correlational research is ideal for gathering data quickly from natural settings. That helps you generalize your findings to real-life situations in an externally valid way and this reflects the strength and direction of the relationship between two or more variables. In this study, a mixed-methods approach was adopted, involving the collection and analysis of both quantitative and qualitative data. The qualitative aspect of the study used the phenomenology which enables the researcher to gather information on the experiences of the residents involved in the study. Unstructured interview and audio recorders were used to collect qualitative data.

### **3.2 Population of the Study**

The study's participants consisted of adult residents in the communities of two Local Government Areas in Benin City (Oredo LGA, headquartered at Benin City and Ikpoba/Okha LGA, headquartered at Idogbo), Edo South Senatorial District. The wards where participants were selected in Oredo are (Ihogbe, Ibiwe, Ogbelaka and Nekpenekpen) and Ikpoba Okha (Aduwawa, Evbo Modu, Uteh and Idogbo) respectively. Official Report from the last Census ever conducted in Nigeria, the total number of the population in the Local Government Areas under study, according to National Population Commission 2007 Annual census Report for Benin City is 1,147,188 Population Density of Benin City Areas of study and wards.

### **3.3 Sample and Sampling Technique**

Multi stage sampling procedure was used for the study: Although the proposed sample for the study was 1040 respondents, the questionnaires returned were only eight hundred and forty three (843). The different stages of selection in the study are as follows:

#### **Stage 1**

Purposive sampling technique was used to select one Senatorial district (Edo South Senatorial District) out of the three Senatorial districts in Edo State base on the criteria that the two LGAs (Oredo and Ikpoba Okha) where the research was conducted are constituent in this district area and the concentrated populations were also resident in these two LGAs.

#### **Stage 2**

Two Local Government Areas in Benin City (Oredo and Ikpoba Okha) in Edo South Senatorial District were randomly selected out of the existing four LGAs in Benin City base on equal chance. Randomization as a process enables the researcher to select a smaller group of individuals from a larger group to be participants in a study.

#### **Stage 3**

Simple random sampling technique was used to select four wards from each of the Local Government areas. Oredo Local Government Area had twelve (wards). Among the twelve wards, (Ihogbe, Ibiwe, Ogbelaka and Nekpenekpen) were selected randomly, while Ikpoba Okha had ten (10) from which four wards (Aduwawa, Evbo

Modu, Uteh and Idogbo) were also randomly selected. This gave a total of 8 wards from the two LGAs.

#### **Stage 4**

The selected wards were clustered into urban and less urban areas using cluster sampling technique. In each of the two clusters, a total of 52 households were selected purposively based on the criteria that the households had more than five (5) residents who met the inclusion criteria of being an indigene or of being a resident in the area for at least 2 years. In all, a total of 104 households were selected from each LGA making a total of 208 households.

#### **Stage 5**

In each of the household selected, convenience/accidental sampling technique was used in selecting five (5) residents who met the inclusion criteria mentioned in stage 3 above. This brought the total number of respondents from each LGA to 520 giving a grand total of 1,040 from the two LGAs. However, due to the attrition of the instruments administered which was mentioned earlier, a total of 843 residents and cases were eventually used to generate results for the research.

### **3.4 Research Instruments**

Seven instruments were used for this research. Six of the instruments were self-developed while one of them was adopted. The instruments are listed and described below:

1. Leisure Knowledge Questionnaire (LKQ)
2. Leisure Attitude Questionnaire (LAQ)
3. Leisure Behaviour Questionnaire (LBQ)
4. Quality of Life Questionnaire (QLQ)
5. Leisure Activities and Patterns Questionnaire (LAPQ)
6. Constraints to Leisure Activities Questionnaire (CLAQ)
7. Leisure Activities and Patterns Interview Guide (LAPIG)

#### **Leisure Knowledge Questionnaire (LKQ)**

Leisure Knowledge Questionnaire was self-conceptualized by the researcher to assess the degree of leisure knowledge of the respondents in the study. The instrument contains two sections which are sections A and B. Section A is made up of three demographic variables which are gender, age and educational status. Section B contains 15 items which measure the knowledge of the respondents in different areas

of leisure activities. For the section B, the response formats used are True and Very True. These scores were allotted to positively worded items while the negatively worded items are Very Untrue, Untrue, which were scored in reverse order.

### **Validation of Leisure Knowledge Questionnaire**

Leisure Knowledge Questionnaire was first developed and subjected to the scrutiny of experts in the areas related to the research work as well as in the area of research endeavors in the Department of Human Kinetics and Health Education in University of Ibadan and University of Benin. The corrections and observations made by the experts were incorporated; a fresh copy was developed and then presented to the researcher's supervisor who gave final approval on the instrument. After this, twenty respondents were given 20 copies of the instrument in a different LGA not used in the study (Uhumwonde Local Government Area) in Edo State. The data obtained were subjected to reliability test using Cronbach's Alpha technique and a reliability index of .91 was obtained.

### **Leisure Attitude Questionnaire (LAQ)**

Leisure Attitude Questionnaire was developed by the researcher to assess the degree of leisure attitude of the respondents in the study. The instrument contains two sections which are sections A and B. Section A is made up of three demographic variables which are gender, age and education status. The section B contains 15 items which measure the attitude of the respondents in different areas of leisure activities. For the section B, the response formats used are Strongly Agree, Agree, Disagree and Strongly Disagree. The scores allotted to positively worded items are 1 for Strongly Agree, 2 for Agree, 3 for Disagree and 4 for Strongly Disagree while the negatively worded items are scored in reverse order.

### **Validation of Leisure Attitude Questionnaire**

Leisure Attitude Questionnaire was first developed by the researcher and subjected to the scrutiny of experts in the areas related to the research work as well as in the area of research endeavors in the Department of Human Kinetics in University of Ibadan and University of Benin. The corrections and observations made by the experts were incorporated; a fresh copy was developed and then presented to the researcher's supervisor who gave final approval on the instrument. After this, twenty respondents were given 20 copies of the instrument in Uhumwonde Local Government Area of Edo

State. The data obtained were subjected to reliability test using Cronbach's Alpha technique and a reliability index of 0.78 was obtained.

### **Leisure Behaviour Questionnaire (LBQ)**

Leisure Behaviour Questionnaire was self-developed by the researcher to assess the level of leisure Behaviour of the respondents in the study. The instrument contains two sections which are sections A and B. Section A is made up of three demographic variables which are gender, age and education status. The section B contains 15 items which measure the Behaviour of the respondents in different areas of leisure participation. For the section B, the response formats used are Strongly Agree, Agree, Disagree and Strongly Disagree. The scores allotted to positively worded items are 1 for Strongly Agree, 2 for Agree, 3 for Disagree and 4 for Strongly Disagree while the negatively worded items are scored in reverse order.

### **Validation of Leisure Behaviour Questionnaire**

Leisure Behaviour Questionnaire was first developed and subjected to the scrutiny by experts in the areas related to the research work as well as in the area of research endeavors in the Department of Human Kinetics, University of Ibadan and Human Kinetics & Sports Science, University of Benin. The corrections and observations made by the experts were incorporated; a fresh copy was developed and then presented to the researcher's supervisor who gave final approval on the instrument. After this, twenty respondents were given 20 copies of the instrument in another Local Government Area in Edo State (Uhumwonde Local Government Area). The data obtained were subjected to reliability test using Cronbach's Alpha technique and a reliability index of .90 was obtained.

### **Constraint to Leisure Activities Questionnaire (CLAQ)**

Constraint to Leisure Activities Questionnaire was self-developed instrument by the researcher to assess the level of leisure constraints of the respondents in the study. The instrument contains two sections which are sections A and B. Section A is made up of three demographic variables which are gender, age and education status. The section B contains eleven items which measure the constraints of the respondents in different areas of leisure participation. For the section B, the response formats used are Strongly Agree, Agree, Disagree and Strongly Disagree. The scores allotted to positively



worded items are 1 for Strongly Agree, 2 for Agree, 3 for Disagree and 4 for Strongly Disagree while the negatively worded items are scored in reverse order.

### **Validation of Constraints to Leisure Activities Questionnaire**

Constraints to Leisure Activities Questionnaire was first developed and subjected to the scrutiny of experts in the areas related to the research work as well as in the area of research endeavors in the Department of Human Kinetics, University of Ibadan and Human Kinetics & Sports Science, University of Benin. The corrections and observations made by the experts were incorporated; a fresh copy was developed and then presented to the researcher's supervisor who gave final approval on the instrument. After this, twenty respondents were given 20 copies of the instrument to complete in another L G Area in Edo State (Uhumwonde Local Government Area). The data obtained were subjected to reliability test using Cronbach's Alpha technique and a reliability index of .74 was obtained.

### **Leisure Activities Questionnaire (LAQ)**

Leisure Activity Questionnaire was self-developed by the researcher to assess the level of leisure activities of the respondents in the study. The instrument contains two sections which are sections A and B. Section A is made up of three demographic variables which are gender, age and education status. The section B contains 43 choice items which measure types of activity involvement by the respondents in different areas of leisure participation. For the section B, the response formats used are Yes, No, Indoor (Passive or Active) Outdoor (Passive or Active). The scores allotted to positively worded items are Yes or No Active and Passive.

### **Validation of (Leisure Activity Questionnaire)**

(Leisure Activity Questionnaire was first developed and subjected to the scrutiny of experts in the areas related to the research work as well as in the area of research endeavors in the Department of Human Kinetics, University of Ibadan and Human Kinetics & Sports Science, University of Benin. The corrections and observations made by the experts were incorporated; a fresh copy was developed and then presented to the researcher's supervisor who gave final approval on the instrument. After this, twenty respondents were given 20 copies of the instrument to complete in another local government area in Edo State (Uhumwonde Local Government Area). The data

obtained were subjected to reliability test using Cronbach's Alpha technique and a reliability index of .71 was obtained.

### **Quality of Life Questionnaire (QoLQ)**

Quality of Life Questionnaire was adopted from (WHOQoL-BRIEF). World Health Organization used the instrument to classify the general well-being and Physical, health, psychological, level of independence, social interactions, and environmental quality of life; spirituality/religion/personal beliefs domains. The adaptation was mainly on the responses which were all made at four levels. The response formats used are Very poor, Poor, Good, Very good and Excellent. Very Dissatisfied, Dissatisfied, Satisfied, Very Satisfied and Very much Dissatisfied. Not at all, A little, A moderate amount, Very much and An Extreme amount. Not at all, Slightly, Moderately, Very much and Extremely. Not at all, A little, Moderately, Mostly and Completely. Never, Seldom, Often, Very often and always. The scores allotted to positively worded items are 1 for Very poor, 2 for poor, 3 for Good, 4 for Very Good and 5 for Excellent and this runs through other worded items while the negatively worded items are scored in reverse order.

### **Validation of Quality of Life Questionnaire**

Quality of Life Questionnaire was first adopted and subjected to the scrutiny of experts in the areas related to the research work as well as in the area of research endeavors in the Department of Human Kinetics and Health Education in University of Ibadan and in University of Benin. This was then presented to the researcher's supervisor who gave final approval on the instrument. After this, twenty respondents were given 20 copies of the instrument to complete in another Local Government Area in Edo State (Uhumwonde Local Government Area). The data obtained were subjected to reliability test using Cronbach's Alpha technique and a reliability index of .92 was obtained.

### **3.5 Reliability:**

Reliability of an instrument measures the consistency of an instrument after multiple trials in relation to what it is supposed to measure. In this study, six of the instruments were tested for reliability usage. The data obtained for each instrument was subjected to reliability test using Cronbach's Alpha technique and the reliability index for each of the instrument was obtained. Below were the indexes obtained:

Leisure Knowledge Questionnaire (.91),

Leisure Activity Questionnaire .78),  
Leisure Behaviour Questionnaire .90),  
Leisure activities Questionnaire .71)  
Constraint to Leisure Activity Questionnaire .74)  
Quality of Life Questionnaire.92)

### **Leisure Activities and Patterns Interview Guide (LAPIG)**

Leisure Activities and Patterns Interview Guide was self- conceptualized by the researcher in order to assess the various forms of Leisure time activities they engage in and level of participation in the activities. The instrument contains two sections which are sections A and B. Section A was made up of five demographic variables which are gender, age education status, region and the community. The section B contains five major question items and other additional questions relating to the things they do at their free time. The interview questions measure the leisure activities and participation of the respondents. For the section B, the response formats used was open discussion made up of questions and answers segments.

### **Validation of Leisure Activity Pattern and Interview Guide**

Leisure Activities and Patterns Interview Guide was first developed and subjected to the scrutiny by experts in the areas related to the research work as well as in the area of research endeavors in the Department of Human Kinetics, University of Ibadan and in University of Benin, Benin City. The corrections and observations made by the experts were incorporated; a fresh copy was developed and then presented to the researcher's supervisor who gave final approval on the instrument. After this, the interview questions were administered on 10 respondents each in Idogbo Community in Ikpoba Okha Local Government area and Nekpenekpen Quarters in Oredo, Benin City. The data obtained were subjected to content analysis which were supported by direct extracts from interview discussions

### **3.6 Procedure for Data Collection**

For the purpose of identification and access to the participants, the researcher obtained a letter from the Head, Department of Human Kinetics, University of Ibadan, Nigeria. This enabled the researcher to collect data from the sampled population. The respondents were given an informed consent form to fill to duly inform them of the purpose for the study and reasons while their participation is important in the research.

The researcher supervised and conducted the interview procedure, which lasted 8 to 10 weeks, and administered the questionnaire with the support of eight trained research assistants. Furthermore, interpreters were recruited in the process to aid and translate from English to Bini language for the qualitative sessions, and this featured ten interviews from the two LGAs in Benin City. This was done to ensure a high return rate and to be able to direct respondents on what to do as well as answer any questions that arose from the survey items.

### **3.7. Procedure for Data Analysis**

Copies of the questionnaires were collated, coded and analyzed using both descriptive and inferential statistics while the qualitative data were interpreted using the content analysis which were supported by direct extracts from interview discussions. The demographic data of the participants was analyzed using descriptive statistics such as frequency counts, percentages, and graphs, while the data was analyzed using Pearson Product Moment Correlation to measured relationships between and among the independent and dependent variables. Descriptive statistics of frequency counts, percentage, mean and standard Deviation were used to answer Research Question 2 (what is the level of leisure knowledge of the residents of Benin City?), 3, (What is the leisure attitude of the residents of Benin City?) 4, (To what extent do the residents of Benin City exhibit healthy leisure Behaviour?) 5, (What are the common leisure activities among the residents of Benin City?) 6, (What are the leisure patterns of the residents of Benin City? and 7 (What are the constraints to leisure participation among the residents of Benin City?). While the hypothesis raised were tested using Multiple Regression Analysis and T-test at 0.05 level of significance.

### **Ethical Consideration**

Ethical clearance for the study was obtained from the University of Ibadan Social Sciences Ethics Committee (UI/SSHRE/2018/0029

## **CHAPTER FOUR**

### **RESULTS AND DISCUSSION**

#### **4.1 Results**

This chapter presents the demographic information of the respondents used for this study. It includes responses to the research questions as well as the outcomes of hypotheses tested at the 0.05 level of significance. Descriptive statistics, such as frequency counts, percentages, graphs, and bar charts, were used to assess the data collected on the demographic profile of the participants. Similarly, descriptive statistics of the sample's personal information, percentages, mean, and standard deviation were used to interpret the numerical data. Inferential statistics like multiple regressions and the t-test were used to test the hypotheses. The following are the findings from the data analysis:

#### 4.1 Demographic Information of Respondents

<b>Gender</b>	<b>Frequency</b>	<b>Percentage</b>
Male	311	36.9
Female	532	63.1
<b>Total</b>	<b>843</b>	<b>100.0</b>
<b>Age</b>	<b>Frequency</b>	<b>Percentage</b>
<b>18-29 years</b>	<b>237</b>	<b>28.1</b>
<b>30-49 years</b>	<b>357</b>	<b>42.3</b>
<b>50-59 years</b>	<b>172</b>	<b>20.4</b>
<b>60 years and above</b>	<b>77</b>	<b>9.1</b>
<b>Total</b>	<b>843</b>	<b>100.0</b>
	<b>Benin Town</b>	
<b>Educational Status</b>	<b>Frequency</b>	<b>Percentage</b>
No Education	114	13.5
Primary	183	21.7
Secondary	199	23.6
NCE/Diploma	256	30.4
HND/B.Sc/B.Ed etc.	83	9.8
Masters	7	0.8
PhD	1	0.1
<b>Total</b>	<b>843</b>	<b>100.0</b>

**Table 4.1** illustrates the gender distribution of the respondents in this survey. According to the data, a total of 843 people took part in the survey. There were 311 male respondents (36.9%) and 532 female respondents (63.1%) among the 843 respondents from Benin City. As a result of this data, the study had more female respondents.

The table shows that 237 (28.1%) of the respondents were between the ages of 18 and 30, 357 (42.3%) were between the ages of 30 and 49, 172 (20.4%) were between the ages of 50 and 59, and 77 (9.1%) were aged 60 and over. According to the results in the table above, the majority of the respondents (70.4 percent) were between the ages of 18 and 59.

The table shows that 114(13.5%) of the respondents possess no education at all, 183(21.7%) had primary education, 199(23.6%) had secondary school education, 256 (30.4%) had NCE/Diploma, 83(9.8%) had HND/B.Sc. /B.Ed., 7(8%) had masters while only 1(1%) had PhD. Figure 4.3 the outcome is shown in a bar chart below.

## Answers to the Research Questions

**Research Question 1:** What is the relationship among leisure knowledge, attitude, Behaviour and residents of Benin City's quality of life?

**Table 4.2:** Correlation Matrix of Relationship among Leisure Knowledge, Attitude, Behaviour and Residents of Benin City's quality of life.

<b>Benin City</b>					
1	<b>Quality of Life</b>	1			
2	<b>Leisure Knowledge</b>	.236**	1		
3	<b>Leisure Attitude</b>	.414**	.332**	1	
4	<b>Leisure Behaviour</b>	.355**	.252**	.654**	1
<b>N</b>		843	843	843	843
	<b>Mean</b>	73.62	27.96	40.97	95
	<b>STD.D</b>	11.3958	19.87	6.71	7.93



**Table 4.2:** shows the relationship that exists among leisure knowledge, attitude, Behaviour and residents of Benin City's quality of life. The table represents that a positive and significant relationship exists among all the variables for the respondents. There was a weak but positive and significant link between leisure knowledge and people's quality of life (N = 843;  $r = .236$ ;  $p < 0.05$ ). The table also reveals that the respondents' leisure attitude and quality of life (N = 843;  $r = .414$ ;  $p < 0.05$ ) are moderately favorable and significant, as is their leisure Behaviour and quality of life (N = 843;  $r = .355$ ;  $p < 0.05$ ).

The table also shows that there was a moderately favorable and statistically significant link between the leisure attitude and leisure knowledge of the respondents (N = 843;  $r = .322$ ;  $p < 0.05$ ), while a moderate significant and positive relationship exists between the leisure Behaviour and leisure knowledge of the people (N = 843;  $r = .252$ ;  $p < 0.05$ ). Again, the table reveals that a strong positive and significant relationship exists between the leisure Behaviour and leisure attitude of the people of Benin City (N = 843;  $r = .654$ ;  $p < 0.05$ ). Based on this result, it can be inferred that the relationship between the leisure knowledge, attitude, Behaviour and people of Benin City's quality of life is moderately significant and positive but weak links between the leisure knowledge and quality of life.

**Research Question 2:** What is the level of leisure knowledge of the residents of Benin City?

**Table 4.2b: Level of Leisure Knowledge of the Residents of Benin City**

S/N	Items	Benin Town (N = 843)	
		Mean	Std. D
1	Leisure is the purposeful utilization of spare time to take part in choicest activities that is in accordance to one's personality and interest	2.76	.94
2	Leisure has to do with participating in activities that are purposeful and inherently inspiring to the individual.	2.64	1.01
3	Leisure time is not the same as free time or non-working hours for the individual.	2.85	.87
4	Involvement in leisure activities helps to release stress and tension.	2.79	1.00
5	Socializing with family and friends are leisure activities undertaken during free time.	2.86	.84
6	Leisure activities have benefits not only to the individual but also to the entire society.	2.69	.92
7	Engagement in activities like singing and dancing are forms of leisure activities.	2.70	.90
8	Leisure does not increase individual's happiness and satisfaction.	2.92	.89
9	Leisure time implies doing something constructive and worthwhile that can positively add value to the individual's life.	2.61	.93
10	Cultural festivals and arts and crafts cannot be regarded as forms of leisure activities.	2.72	.94
11	Leisure activities meet needs, interests and desires of the individuals.	2.51	.94
12	Participation in leisure activities elevates mood and sense of wellbeing.	2.67	.94
13	Through leisure activities, people make friends.	2.86	.85
14	Leisure activities promote one's health and general wellbeing.	2.81	.96
15	Leisure activities are means for self-improvement and increase in work productivity.	2.71	.90
<b>Weighted Average</b>		<b>2.74</b>	

**Key to Response:** Positive Items: Very Untrue = 1, Untrue = 2, True = 3, Very True = 4  
 Negative Items: Very Untrue = 4, Untrue = 3, True = 2, Very True = 1

**Decision Value:** 0.00-2.34= **Low**, 2.35-4.00 = **High**

**Note on Decision Value:** Mean values of all the items in the table were added and divided by the number of items in the table. This gave the mean weighted average of which 4.00 is the highest value that can be obtained. Any value of the weighted average that is between 0.00 and 2.34 was taken to stand for **Low** while the one between 2.35 and 4.00 was taken to stand for **High**.

**Table 4.2b** above showed the level of leisure knowledge of the residents of Benin City. The table shows that the residents demonstrated the knowledge that the following items are true: leisure is the purposeful utilization of spare time to take part in choicest activities that is in accordance to one's personality and interest ( $\bar{x} = 2.76$ ); leisure has to do with participating in activities that are purposeful and inherently inspiring to the individual meaningful. ( $\bar{x} = 2.64$ ), involvement in leisure activities helps to release stress and tension ( $\bar{x} = 2.79$ ), socializing with family and friends are leisure activities undertaken during free time ( $\bar{x} = 2.86$ ), leisure activities have benefits not only to the individual but also to the entire society ( $\bar{x} = 2.69$ ), engagement in activities like singing and dancing are forms of leisure activities ( $\bar{x} = 2.70$ ), leisure time implies doing something constructive and worthwhile that can positively add value to the individual's life ( $\bar{x} = 2.61$ ), leisure activities meet needs, interests and desires of the individuals ( $\bar{x} = 2.51$ ), participation in leisure activities elevates mood and sense of wellbeing ( $\bar{x} = 2.67$ ), through leisure activities, people make friends ( $\bar{x} = 2.86$ ), leisure activities promote one's health and general wellbeing ( $\bar{x} = 2.81$ ) and leisure activities are means for self-improvement and increase in work productivity ( $\bar{x} = 2.71$ ). The table, on the other hand, demonstrates that the residents of Benin City displayed some level of knowledge on some of the items such as: The residents said it is true that leisure time is the same as free time or non-working hours for the individual ( $\bar{x} = 2.64$ ), that cultural festivals and arts and crafts are forms of leisure activities ( $\bar{x} = 2.72$ ). Finally, the residents agreed that it was untrue that leisure does not increase individual's happiness and satisfaction ( $\bar{x} = 2.92$ ). As a result, based on the weighted average value (2.68 and 2.74 out of a maximum value of 4.00), and it fits the classification of high decision value, it can be concluded that citizens of Benin City have a high degree of leisure knowledge.

**Research Question 3:** What is the leisure attitude of the residents of Benin City?

**Table 4.3:** Leisure Attitude of the Residents of Benin City

S/N	Items	Benin Town (N = 843)	
		Mean	Std. D
1	I enjoy engaging in leisure activities because it is good and refreshing to do so.	2.79	.83
2	I do not appreciate taking part in leisure activities.	3.04	.82
3	I participate in leisure activities because it enhances my creativity.	2.78	.87
4	I enjoy doing leisure activities because it promotes mental capacity.	2.84	.89
5	Because leisure activities develop my physical fitness, I always enjoy doing it.	2.81	.90
6	I do not delight in participating in leisure activities because they are not always interesting.	2.91	.88
7	Participating in Leisure activities is not necessary for my relaxation and enjoyment.	2.00	.82
8	I don't need to take part in leisure activities to create relationships and opportunities.	2.64	.85
9	Leisure activities give me pleasure so it is good for me.	2.81	.94
10	I enjoy leisure activities because it is alternative to doing something unproductive.	2.36	.92
11	Participation in structured leisure activities do have specific results on my lower blood pressure level.	2.55	.88
12	My participation in leisure activities gives me the opportunities to socialize and pursue personal hobbies.	2.73	.98
13	I feel that engaging in leisure activities is goodfor me.	2.79	.88
14	I always look forward to engaging in leisure activities.	2.67	.90
15	Participating in leisure activities is a waste of time.	3.16	.83
<b>Weighted Average</b>		<b>2.72</b>	

**Key to Response:** *Positive Items:* Strongly Disagree = 1, Disagree = 2, Agree = 3, Strongly Agree = 4

*Negative Items:* Strongly Disagree = 4, Disagree = 3, Agree = 2, Strongly Agree = 1

**Decision Value:** 0.00-2.34 = **Negative**, 2.45-4.00 = **Positive**

**Note on Decision Value:** Mean values of all the items in the table were added and divided by the number of items in the table. This gave the mean weighted average of which 4.00 is the highest value that can be obtained. Any value of the weighted average that is between 0.00 and 2.34 was taken to stand for **Negative** while the one between 2.35 and 4.00 was taken to stand for **Positive**.

**Table 4.3** above showed leisure attitude of the residents of Benin City. The table represents that the residents of Benin City agreed that they enjoyed engaging in leisure activities because it is good and refreshing to do so ( $\bar{x} = 2.79$ ), they participated in leisure activities because it enhances their creativity ( $\bar{x} = 2.78$ ), they enjoyed doing leisure activities because it promotes mental capacity ( $\bar{x} = 2.84$ ), they enjoyed doing leisure activities because it develops their physical fitness ( $\bar{x} = 2.81$ ), leisure activities gives them pleasure because it is good for them ( $\bar{x} = 2.81$ ), participation in structured leisure activities had specific results on their lower blood pressure level ( $\bar{x} = 2.55$ ), their participation in leisure activities gave them the opportunities to socialize and pursue personal hobbies ( $\bar{x} = 2.73$ ), they agreed to the fact that taken part in recreational *activities* is good for them ( $\bar{x} = 2.79$ ) and that they always looked forward to engaging in leisure activities ( $\bar{x} = 2.67$ ). The table, on the other hand, demonstrates that the residents of Benin City disagreed that they do not appreciate participating in leisure activities ( $\bar{x} = 3.04$ ), they do not delight in participating in leisure activities because they are not always interesting ( $\bar{x} = 2.91$ ), they don't need to take part in recreational activities to create relationships and opportunities ( $\bar{x} = 2.64$ ) and that participating in leisure activities is a waste of time ( $\bar{x} = 3.16$ ). Further, the table revealed in the attitude of the people is that participating in leisure activities is very necessary for their relaxation and enjoyment ( $\bar{x} = 2.00$ ), although the respondents disagreed to the fact that they enjoyed leisure activities because it is alternative to doing something unproductive ( $\bar{x} = 2.36$ ). As a result, the weighted average value (2.73 and 2.72 out of a possible maximum value of 4.00) is within the decision value for positive, implying that citizens of Benin City have a favorable attitude toward leisure.

**Research Question 4:** To what extent do the residents of Benin City exhibit healthy leisure Behaviour?

**Table 4.4:** Extent to which the Residents of Benin City exhibit Healthy Leisure Behaviour

S/N	Items	Benin Town (N = 843)	
		Mean	Std. Deviation
1	I do leisure activities frequently.	2.34	.85
2	I spend less time on participating in leisure activities.	2.52	.92
3	I make sure that I put much effort in leisure activities to achieve competency.	2.30	.94
4	I always participate in leisure activities to enhance a healthy lifestyle and practices.	2.64	.88
5	I spend money on getting relevant equipment for leisure activities that I do.	2.26	.90
6	I practice new leisure activities every time I have the opportunity to do so.	2.49	.87
7	I do multiple leisure activities at my free time.	2.38	.90
8	I frequently practice different leisure activities to enhance my lifestyle.	2.45	.90
9	I seek for places or environment where I can engage in leisure activities.	2.46	.84
10	I do some leisure activities even when they are not planned.	2.48	.88
11	I attend seminars or programmes where I can learn more about leisure activities.	2.25	.87
12	I always plan to increase my leisure time activities.	2.38	.88
13	I do not allow being busy to disturb my participation in leisure activities.	2.26	.88
14	I give high priority to participating in leisure activities.	2.37	.84
15	I watch programmes regularly on leisure activities.	2.30	.90
	Weighted Average	2.39	

**Key to Response:** *Positive Items:* Strongly Disagree = 1, Disagree = 2, Agree = 3, Strongly Agree = 4

*Negative Items:* Strongly Disagree = 4, Disagree = 3, Agree = 2, Strongly Agree = 1

Decision Value: 0.00-2.34 = **Low Extent**, 2.45-4.00 = **High Extent**

**Note on Decision Value:** Mean values of all the items in the table were added and divided by the number of items in the table. This gave the mean weighted average of which 4.00 is the highest value that can be obtained. Any value of the weighted average that is between 0.00 and 2.34 was taken to stand for **Low Extent** while the one between 2.35 and 4.00 was taken to stand for **High Extent**.

**Table 4.4** above shows the extent to which the residents of Benin City exhibit healthy leisure Behaviour. The table shows the extent in their leisure Behaviour that the residents of Benin City do not participate in leisure activities frequently in some aspects of the leisure Behaviour that they exhibit ( $\bar{x} = 2.34$ ), and when they do, they spend much time ( $\bar{x} = 2.52$ ), the residents Benin City do not also put much effort in leisure activities to achieve competency ( $\bar{x} = 2.30$ ). In a situation where certain groups of people spend money on getting relevant equipment for leisure activities, the Benin city people do not do such thing ( $\bar{x} = 2.26$ ), the residents of Benin City do not do multiple leisure activities at their free time but engage in these activities in bits ( $\bar{x} = 2.38$ ), the residents of Benin City disagreed to attending seminars or programmes where they can learn more about leisure activities ( $\bar{x} = 2.25$ ), the respondents did not agreed to always plan to increase their leisure time activities ( $\bar{x} = 2.38$ ), More so, the residents allowed their busy schedule to disturb their participation in leisure activities ( $\bar{x} = 2.26$ ), the residents do not give high priority to participating in leisure activities ( $\bar{x} = 2.37$ ) and the residents disagreed to the fact that people must watch programmes regularly on leisure activities ( $\bar{x} = 2.30$ ). The table shows further that the residents practiced new leisure activities every time they had the opportunity to do so ( $\bar{x} = 2.49$ ), they frequently practiced different leisure activities to enhance their lifestyle ( $\bar{x} = 2.45$ ), they sought for places or environment where they could engage in leisure activities ( $\bar{x} = 2.46$ ), they did some leisure activities even when they were not planned ( $\bar{x} = 2.48$ ). In the meanwhile, the weighted average value of (2.39) calculated based on the data out of a possible maximum value of 4.00), which falls within the decision value for low, one can make a well informed guess that the range over which the residents of Benin City exhibit healthy leisure Behaviour is low.

**Research Question 5:** What are the common leisure activities among the residents of Benin City?

**Table 4.5:** common leisure activities among the residents of Benin City

Two forms of data (both quantitative and qualitative information) were collected to respond to the research question. The quantitative and qualitative approaches were therefore employed to analyze the two forms of data. The quantitative is presented below:

S/N	Items	Benin City (N = 796)			
		No		Yes	
		Freq.	%	Freq.	%
1	Simple Entertainments	328	41.2	468	58.8
2	Mental activity and Self-awareness	290	36.4	506	63.6
3	Sports and Exercise	376	47.0	420	53.0
4	Music	317	40.0	479	60.0
5	Arts and Crafts	440	55.3	356	44.7
6	Dance	394	49.0	402	51.0
7	Playing and Games	336	42.2	460	57.8
8	Relaxation	458	58.0	338	42.0
9	Social Activities	321	40.3	475	59.7
10	Humanitarian Services	392	49.2	404	50.8
11	Nature/Outdoor Recreation	444	56.0	352	44.0
12	Tourism and Outdoor	335	42.1	461	57.9

**Decision Value:** 0%-49% = Not Accepted

50%-100% = Accepted

*Note on Decision Value:* Any item with percentage value that is less than 50% for **YES** was considered as an item that is not accepted as common leisure activity among the residents while any of the item with percentage value that is between 50% and 100% for **YES** was considered as an item that is accepted as common leisure activity among the residents.



**Table 4.5** shows the common leisure activities among the residents Benin City. The table indicates that seven hundred and ninety six people that responded to the questionnaire in the study areas. Using the decision value, the table reveals that the common leisure activities among the respondents were: simple entertainment (58.8%), mental activities and self-awareness (63.6%), sports and exercise (53%), music (60%), dance (51%), playing and games (57.8%), social activities (59.7%), humanitarian services (50.8%) and tourism and outdoor (57.9%). Similarly, the table indicates that the following leisure activities were not common among the residents: Arts and Crafts (44.7%), relaxation (42%) and nature/outdoor recreation (44%). As a result of the findings from the table above, simple amusement, mental activities and self-awareness, sports and exercise, music, dancing, playing and games, social activities, humanitarian services and tourism, and outdoor activities are among the residents' favorite pastimes.

### **Qualitative Results on Leisure Activities among the residents of Benin City**

In order to answer research question 5 qualitatively, a Semi-Structured Interview (SSI) was conducted with the residents of Benin City. The data/information collected during the semi-structured interview (SSI) was subjected to the process of summarization and transcription. The residents who were the interviewees from Oredo and Ikpoba Okha LGAs in Benin City were made to answer questions relating to some type of activities. These included four males and six females in Ikpoba Okha LGA, three males and seven females in Oredo LGA who were primarily of working and non-working class status participated in the study. The Interviews were conducted in the two LGAs (Oredo and Ikpoba Okha) on 25/12/2019 and 29/12/2019 respectively.

This section focuses on the Leisure Patterns and Leisure Activities of the residents who were examined and the following statements were made by some of the participants:

#### **To what extent do you have opportunities for Leisure Activities?**

##### **Participant A:**

“We are aware of leisure and its activities but there are no available opportunities basically because there is no money and much time to participate with our families in some of these activities. As much as we would love to do these activities, we are limited by so many factors such as: seeking for means of livelihood as the living condition of the people is very poor and also the inadequate facilities and knowledge of basic skills in some recreational activities deprive us from participation. However, we still play games with our families within our homes” (Male/35yrs/ a

Tiller from Aduwawa in Ikpoba Okha LGA/ Married/ with Leisure in Interest in playing games within his home)

### **What type of Activity do you do in this Community during free time?**

#### **Participant B:**

“However the poor condition of our living place and our daily experiences, we do participate in a lot of activities that makes us happy. Some of the activities we do are: watching television, playing Ayo or Ogirise, Ludo and Draught games, drinking palm wine with friends and well-wishers, and cultural dance, composing and singing songs in our local dialect, Only sometimes we go for party, clubbing and association. Other activities are carving and weaving baskets, going hunting, farming, church and mosque going and traditional religious activities. Some of the activities such as attending cultural festivals and traditional activities remind us of where we come from, relate with our ancestral lands and this gets us closer to our ancestors including carving” (Male/29yrs/Bronze Caster from Ogbelaka in Oredo LGA Married/with leisure interest in Traditional activities, party, clubbing and association)

Majority of the interviewees who were indigenes of the community spoke during the interview and acknowledged the fact that participating in the activities of once choice during free time allow them to socialize with friends and families thereby helping them to gain more confidence in their personality and self-esteem. They further observed and agreed that through leisure activities, they are able to make new friends and refresh themselves, the following are statements made by the interviewees from Benin City:

#### **Participant C**

“The activities I do during my free time improves my value for leisure, which makes me become much more attracted. In the process of engaging in the activities, I get refined and better with the things I do and I usually have a sense of belongings as I join others in playful activities such as masquerade dance, acrobatic displays, traditional festivals and moonlight story telling at the cool of the day. I really enjoy what I do when I am out of the day’s work and at my free time. We sometimes meet at the community town hall where we often exchange pleasantries. Sometimes, we visit shrines, historical sites, and participate in festive activities such as Igue Festivals, Ugie-Ewere, Ekpo, Isosun and Ekaba Our involvement in all these activities during our leisure hours helps us to release tension, makes us happy, gain satisfaction and fulfillment in the process” (Male/44yrs/Civil Servant/from Ibiwe in Oredo LGA Married with leisure interest in visiting shrines, historical sites, and participates in festive activities).

Majority of them submitted that as much as they like doing the things that make them happy and fulfilled, they are however limited or hindered in their participation due to their work, finance, dedication to family matters, non-available facilities for some type of recreation programme and lack of basic skills in some games they would have love to do during their free hours. The people of the communities in the areas of study effectively participated and actively contributed to the interview sessions throughout the periods, and they had positive attitude toward the study in the sections with enthusiasm.

### **Benin City residents' active involvement in the interview sections through contributions.**

Besides the fact that the residents were actively involved in the study, they participated showing enthusiasm, excitement, eagerness and attention. They reacted to points and questions raised by the researcher enthusiastically and this further created an atmosphere with lots of smiles and fun. Again, they were so eager that they listened and contributed meaningfully in the cause of the interview sessions. This of course kept the researcher's attention on the information and responses from the interviewees. The respondents in the areas of study spoke on some common leisure activities among them which they partake in and which make them happy and satisfied. These activities were classified as playing and other game activities, relaxation and social activities. Others are entertainment, music, arts and crafts which include carving and terracotta at the bronze village. The following statements were made by some of the participants and were summarized as answers to some basic questions:

#### **Which types of activities do you like to partake in as a person during your free hours, are they indoor or outdoor; which also make you happy?**

##### **Participant D:**

“The thing I love to do so much at my rest time is going out, watching drama and sleeping. More so, playing with my children, knowing what they need and watching movies with them is one of the activities I like doing during my leisure hours”  
(Female/57/Sales Representatives/from Nekpenekpen in Oredo Married with leisure Interest in playing with my children, and watching movies with them).

One of the respondents submitted that going out and watching films (drama) is one of the activities done during leisure time. While other activities as stated and enumerated by the respondents are: watching football, reading and visiting friends. Among the respondents was a fashion designer who submitted that seeing people around

especially her children and attending parties are the activities done during her free time.

**Participant E:**

“I derived joy from fashion designs at my leisure time and watching films with my children, gossiping with my children and friends in addition to home-game activities gives me a bit of satisfaction as we rub minds together”. Female/63yrs/Trader/from Evbo-Modu in Ikpoba Okha LGA, Divorced with Leisure Interest in fashion designing, gossiping with Children and home-Game Activities

One other respondent claimed that attending parties is what she loves doing but one unique thing about attending these parties which make her feel good and happy is staying close to where the party foods are cooked.

**Participant F:**

“Being around the places where caterers are making foods, makes me happy as I see the different foods that are prepared for the parties and this also help me learn more about making different delicacies in the process” Female/63yrs/Trader/from Evbo Modu in Ikpoba Okha LGA, Divorced with Leisure Interest in fashion designing, gossiping with Children and home-Game Activities.

Many of the respondents’ responses were mostly related to their personal experiences as they were relaxed and calm to freely express themselves during the interview process. The submissions of many of the respondents can be seen as a social process which could facilitate the developments of social relationship skills in them as these activities are socially oriented in nature in delivery. These practices encourage the development of sharing, interactions, friendship and relationships. This was exemplary as one of the respondents submitted and made the following statements:

**Participant G:**

“My own is that I like greeting people from my house to my place of work, this activity makes me happy, satisfied and very responsible” I also like helping others to learn about what I have already learnt which I believed will make them grow and become dependent on themselves. Whenever I accomplish this task in the lives of the people around, I feel happy, satisfied and fulfilled” Female/55yrs/Home-keeper/from Idogbo in Ikpoba Okha LGA, Married with leisure Interest in greetings and teaching

**Participant H:**

“As a student, the most I can do after a hard day at school, I go for relaxation to be able to refresh myself, restore mentally to help my reading capacity, thereafter go associating with friends to make my day. I also derive interest in watching fashion parades on TV, which help me to discover different styles in clothes making” (Female/28yrs/student from Uteh in Ikpoba Okha LGA, single with Leisure Interest in relaxation and associating with friends).

While others reiterated that studying the word of God and singing; mingling and talking stories to children, parading and travelling were some of the activities done during their leisure hours and doing these activities makes them satisfied and fulfilled irrespective of the harsh environment and conditions faced by them.

**Research Question 6:** What are the common patterns of leisure activities (active/passive, indoor/outdoor) among the residents of Benin City?

Two forms of data (both quantitative and qualitative information) were collected to respond to this research question. The quantitative and qualitative approaches were therefore employed to analyze the two forms of data. The quantitative is presented below:

**Table 4.6a:** Common Leisure Pattern of Active and Passive Activities among Residents of Benin City

S/N	Items	Benin City(N = 796)			
		Active		Passive	
		Freq.	%	Freq.	%
1	Simple Entertainments	468	58.8	-	-
2	Mental activity and Self-awareness	506	63.6	-	-
3	Sports and Exercise	418	53.0	-	-
4	Music	374	47.0	584	73.4
5	Arts and Crafts	315	39.6	476	58.8
6	Dance	402	50.5	-	-
7	Playing and Games	461	57.9	-	-
8	Relaxation	250	31.4	426	53.5
9	Social Activities	475	60.0	-	-
10	Humanitarian Services	404	50.8	-	-
11	Nature/Outdoor Recreation	329	41.3	420	52.8
12	Tourism and Outdoor	448	56.3	469	58.9
	<b>Average Percentage</b>		<b>51%</b>		<b>60%</b>

**Decision Value:** 0%-59% = Uncommon Leisure Pattern

60%-100% = Common Leisure Pattern

**Note on Decision Value:** The total percent of active/12 and total percent of passive/5 responses were multiplied by the total number of items and divided by that number (i.e. total percent of active/12 and total percent of passive/5). This yielded the average percentage, with 100 percent being the greatest possible value. Any value of the average percentage below 60% was assumed to represent an uncommon leisure pattern, while any value above 60% was assumed to represent a frequent leisure pattern.

**Table 4.6a** shows the common leisure pattern of active and passive activities among the residents of Benin City. The table reveals that there was common active pattern of leisure activities among some of the residents of Benin City based on the following: simple entertainment (58.8%), mental activities and self-awareness (63.6%), sports and exercise (53%), music (47%), arts and crafts (39.6%), dance (50.5%), playing and games (57.9%), relaxation (31.4%), social activities (60%), humanitarian services (50.8%), nature/outdoor recreation (41.3%) and tourism and outdoor (56.3%) while there was also common passive pattern of leisure activities among the residents based on the following: music (73.4%), arts and crafts (58.8%), relaxation (53.5%), nature/outdoor recreation (52.8%) and tourism and outdoor (58.9%). Meanwhile, based on the average's N value percentage which is higher for passive pattern of leisure activities (and falls within the decision value for common leisure pattern) among the residents of Benin City, it can be inferred that passive leisure activities pattern is common among the residents of Benin City.

**Table 4.6b:** Common Leisure Pattern of Indoor and Outdoor Activities among Residents of Benin City

S/N	Items	Benin City(N = 796)			
		Indoor		Outdoor	
		Freq.	%	Freq.	%
1	Simple Entertainments	600	75.4	435	54.7
2	Mental activity and Self-awareness	506	63.6	-	-
3	Sports and Exercise	-	-	420	53.0
4	Music	479	60.2	-	-
5	Arts and Crafts	-	-	356	44.7
6	Dance	-	-	402	50.5
7	Playing and Games	570	71.6	424	52.8
8	Relaxation	338	42.5	-	-
9	Social Activities	-	-	475	59.7
10	Humanitarian Services	404	50.8	-	-
11	Nature/Outdoor Recreation			352	44.0
12	Tourism and Outdoor	519	65.2	422	53.0
	<b>Average Percentage</b>		<b>61%</b>		<b>52%</b>



**Table 4.6b:** shows the common leisure pattern of indoor and outdoor activities among the residents of Benin City. The table reveals that there was common indoor pattern of leisure activities among some of the residents of Benin City based on the following: simple entertainment (75.4%), mental activities and self-awareness (63.6%), music (60.2%), playing and games (71.6%), relaxation (42.5%), humanitarian services (50.8%) and tourism and outdoor (65.2%) while there was also common outdoor pattern of leisure activities among the residents based on the following: simple entertainment (54.7%), sports and exercise (53%), arts and crafts (44.7%), dance (50.5%), playing games (52.8%), social activities (59.7%), nature/outdoor recreation (44%) and tourism and outdoor (53%). In the meantime, based on the average percentage value, which is higher for indoor pattern of leisure activities (and falls within the decision value for common leisure pattern) among the Benin City, it can be inferred that indoor leisure activities pattern is common among the residents Benin City.

**Research Question 7:** What are the constraints to leisure participation among the residents of Benin City?

**Table 4.7:** Constraints to Leisure Participation among the Residents of Benin City

S/N	Items	Benin Town (N = 843)		
		Mean	Std. D	RMK
1	Commitment to my work or business hinders me from participating in leisure activities.	2.45	.93	C
2	My lack of interest in leisure activities makes me not to participate in leisure activities.	2.91	.94	C
3	My commitment to and involvement in community matters hinders my participation in activities.	2.86	.86	C
4	Lack of information about the leisure activities to do hinders me from taken part in entertainment activities.	2.58	.98	C
5	Lack of friends who like leisure activities hinders me from taken part in recreation activities	2.64	.87	C
6	My commitment to my family stops me from engaging in recreational activities.	2.66	.89	C
7	Finance is a hindrance to my participation in leisure activities.	2.70	.99	C
8	Non-availability of recreational facilities in the Neighbourhood prevents participation in leisure activities.	2.50	.92	C
9	Culture and tradition of the people do prevent participation in leisure time activities.	2.84	.87	C
10	Not having recreational skills hinders my participation in leisure activities.	2.78	.91	C
11	Lack of time prevents me from participating in leisure activities.	2.61	.95	C

**Key to Response:** Strongly Disagree = 1, Disagree = 2, Agree = 3, Strongly Agree = 4  
 RMK = Remark, C = **Constraint**, NC = **Not a Constraint**

**Decision Value:** 0.00-2.44 = **Not a Constraint**, 2.45-4.00 = **Constraint**

*Note on the Value of the Decision:* The highest mean value that can be obtained for an item is 4.00. Any item with a mean value between 0.00 and 2.44 was taken as Not Constraint while the one between 2.45 and 4.00 was taken as Constraint.

**Table 4.7:** shows the constraints to leisure participation among the residents of Benin City. The table shows that the residents of Benin City agreed to the following as constraints to their participation in leisure activities: commitment to their work or business ( $\bar{x} = 2.45$ ), lack of interest in leisure activities ( $\bar{x} = 2.91$ ), commitment to and involvement in community matters ( $\bar{x} = 2.86$ ), non-availability of recreational facilities in the neighbourhood (Benin:  $\bar{x} = 2.50$ ), culture and tradition of the people ( $\bar{x} = 2.84$ ), not having recreational skills (Benin:  $\bar{x} = 2.78$ ) and lack of time ( $\bar{x} = 2.61$ ). The table however showed that the respondents agreed to the fact that lack of information about what leisure activities to do was a constraint for them ( $\bar{x} = 2.00$ ), they also agreed that lack of friends who like leisure activities can be a constraint ( $\bar{x} = 2.64$ ), the residents accepted the fact that commitment to their family is a constraint to leisure participation ( $\bar{x} = 2.66$ ) and that finance is also a hindrance to their participation in leisure activities ( $\bar{x} = 2.70$ ). Consequently, based on the result from this table and the decision value, it can be inferred that the involvement in leisure activities that is restricted for the residents of Benin City are commitment to their work or business, lack of interest in leisure activities, commitment and involvement in community matters, non-availability of recreational facilities in the neighbourhood, culture and tradition of the people, not having recreational skills and lack of time.

## Results of the Tested Hypotheses

**Ho1:** There is no significant composite contribution of leisure knowledge, attitude and Behaviour to quality of life of the residents of Benin City.

**Table 4.8:** Multiple Regression showing combined Contribution of Leisure Knowledge, Attitude and Behaviour to the Residents of Benin City's Quality of Life

Benin City						
Model Summary						
R = .440	R Square = .194	Adjusted R Square = .191		Sd. Error of Estimate = 10.24003		
ANALYSIS OF VARIANCE						
Model	Sum of Squares	Df	Mean Square	F	Sig.	Remark
Regression	21154.547	3	7051.516	67.248	.000 <sup>b</sup>	Significant
Residual	87975.982	839	104.858			
Total	109130.529	842				

**Dependent Variable:** *Quality of Life*

**Predictors:** *Leisure Knowledge, Leisure Attitude, Leisure Behaviour*

**Table 4.8** shows the combined contribution of leisure knowledge, attitude and Behaviour to quality of life of the residents of Benin City. For the respondents, the model summaries revealed that the independent variables (leisure knowledge, leisure attitude and leisure Behaviour) when combined, have positive relationship with their quality of life ( $R = 440$ ). This suggests that the three independent variables accurately predict the citizens' quality of life. In addition, the adjusted R square value in the model summaries shows that the independent variables explained 19.1% of the total variance in the dependent variable - quality of life (Adjusted  $R^2 \times 100 = 19.1$ ). This means that the remaining 80.9 percent of the citizens' income is related to factors that were not investigated in this study. The overall contribution of leisure knowledge, attitude, and Behaviour to the inhabitants' quality of life is statistically significant ( $F(3,839) = 67.248$ ;  $p < 0.05$ ), according to the F values in the ANOVA. As a result, hypothesis 1 was disproved in the case of Benin City people

**Ho2:** There is no significant relative contribution of leisure knowledge, attitude and Behaviour to quality of life of the residents of Benin City.

**Table 4.9:** Relative Contributions of Leisure Knowledge, Attitude and Behaviour to Residents of Benin City's Quality of Life

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta ( $\beta$ )		
<b>Benin City</b>					
(Constant)	44.691	2.212		20.206	.000
<b>Leisure knowledge</b>	.060	.019	.105	3.186	.001
<b>Leisure attitude</b>	.487	.071	.287	6.822	.000
<b>Leisure Behaviour</b>	.203	.059	.141	3.448	.001

**Dependent Variable:** *Quality of Life*

**Table 4.9** depicts the relative contribution of leisure knowledge, attitude, and Behaviour to the citizens of Benin City's quality of life. The leisure attitude provided the most significant relative contribution to the inhabitants' quality of life ( $=.287$ ;  $t = 6.822$ ;  $p0.05$ ), as seen in the table. The table also showed that leisure Behaviour comes in second with a significant relative contribution to residents' quality of life ( $=.141$ ;  $t = 3.448$ ;  $p0.05$ ), while leisure knowledge comes in third with the least significant relative contribution to residents' quality of life ( $=.105$ ;  $t = 3.186$ ;  $p0.05$ ). Based on these findings, it can be stated and inferred that leisure knowledge, attitude, and Behaviour have a considerable relative contribution to the quality of life of Benin inhabitants. Hence, hypothesis 2 was rejected in this regard.

## **4.2 Discussion of Findings**

### **4.2.1 The Relationship among Leisure Knowledge, Attitude, Behaviour and Quality of Life of the Residents of Benin City**

The findings from the study revealed that there is a positive and substantial association between people of Benin City's leisure knowledge, attitude, Behaviour, as well as the standard of living (Qol). There was a favorable and significant link between leisure knowledge, attitude, Behaviour and life quality probably because leisure knowledge, leisure attitude and leisure Behaviour are good predictors of quality of life and have been seen to have measured to a certain degree the Benin City residents' quality of life. This finding corroborates the findings of Mcilraith, (2000) who employed leisure education (knowledge) as a means of improving the lifestyle of adults with Spinal Cord Injury (SCI), and that the knowledge of leisure acquired had significant and positive improvement on the quality of life (Qol) of the young adults who were depressed and had low life satisfaction due to their present condition.

The result was not also unconnected with the findings of Mitchell, Veitch and Passey, (2014) whose result had it that the quality of life of persons with acquired brain damage caused by events after birth (ABI) were rehabilitated as a result of the degree to which the individuals had satisfaction with leisure experiences, self-respect, confidence and wellbeing based on their leisure knowledge. The intervention programmes which includes, passing on of leisure interest and skills to facilitate leisure experiences, broad range of outdoor and indoor public and private areas and facilities used in meeting recreational needs, competences in facilitating interactions, cooperative skills, social etiquette and communication and activity skills utilized to independently engage in an activity during appropriate times had clinical importance and significant improvements on their quality of life. By implication therefore, the education received on how to take part in leisure activities had beneficial impact on their propensity to experience positive emotions and interact with others with life challenges in a positive way and this have been increasingly recognized as the key determinant of the wellbeing of the people

The finding of the research study relating to leisure attitude and quality of life was positive. The finding may not be unconnected to the fact that having leisure attitude propels individuals towards leisure participation which enhances quality of life (Qol). Therefore, Leisure attitude is positively connected to leisure engagement. Freire (2013) and Teixeira and Freire (2013) argue that a positive attitude toward leisure



might boost leisure involvement, which leads to increased leisure satisfaction. The inference is that having a positive leisure attitude encourages people to participate in more leisure activities, which improve people's quality of life. This finding is consistent with the findings of Cheung, Ting, Chan, Ho, and Chan (2009), who found that an individual's attitude toward leisure activity involvement had a substantial impact on the individual's accomplishment and improvement of quality of life. This emphasizes the beneficial relationship between recreational activity and individual quality of life (Qol) as it promotes healthy living. The study by Cheung, Ting, Chan, Ho and Chan (2009) demonstrated the effectiveness of leisure attitude toward active involvement in leisure activities to improved quality of life and health promotion. The improved quality living through involvement in leisure activities was seen to have benefited the elders in Hong Kong in their later life for the enhancement of their physical, mental and social functioning through participation.

This again may be the reason why the people of Chiayi City's participation in leisure activities, the rewards associated with participation, their good living condition and their feeling of satisfaction on the job was correlated through an assessment to ensure the enhancement of their physical, mental health and quality of life promotions. In the end, there was positive and significant correlation of these variables to the social as well as psychological wellbeing and benefits from leisure participation using the parameters of leisure involvement to affect job satisfaction and quality of life (Qol). This discovery has revealed that people's positive leisure knowledge and attitudes, particularly those of the inhabitants of Benin City, may have and have had a positive and significant impact on their quality of life. This also is not unconnected to the reality of events that the people of Benin City may need sufficient leisure Knowledge and positive leisure Attitude towards leisure participation to improve their standard of living (Qol). It is therefore possible to have quality of life replicated in individuals outside the area of study if adequate knowledge of leisure and participation is made available to the people.

The findings in the study demonstrated that leisure Behaviour had improved in a positive and significant way and leisure knowledge, leisure Behaviour and leisure attitude. The probable reason could be due to the fact that leisure knowledge is a prerequisite to successful leisure functioning. This showed a valid and reliable test which measured these components with regards to the people of Benin City. Leisure-value-and-attitude is positively related to awareness and development which

subsequently create leisure awareness, self-awareness and play attitude. A combination of these factors assists the individual's knowledge utilization to gain leisure activity skills that can cause the propensity towards activities and participatory opportunities. This is the actual participation in choice activity to engage in them "Leisure Behaviour". The implication here is that for meaningful leisure to take place, knowledge of activity and social skills in different Sporting Activities such as Outdoor activities, fitness, Aquatic Activities, Appreciation activities, mental activities, Community services, and Expressive arts among others become very essential for a highly subjective measure of happiness. This therefore is a critical component of leisure functioning which permeates the entirety of the individual participant.

This result is consistent with the outcomes of Iulian-Doru and Mariaa, (2013) that the effectiveness of participation in leisure activities through the practice of leisure and sports activities among Romanian adults promotes physical activity and sports which is the main means to combating sedentary lifestyle and increase the quality of life (Qol) of Romanian youths. The study's findings revealed that participation in sports is an active factor in improving self-image, socialization and integration in social and professional life of the people. Further revelation showed that leisure sports activities had a major impact on adults' personal and social development and in raising their quality of life.

#### **4.2.1a: The Relationship between Leisure Knowledge and Quality of Life of the Residents of Benin City**

Results based on research question one revealed that there are strong and favorable links between leisure knowledge and life satisfaction of residents of Benin City. This implies that a better acquisition of leisure knowledge will result in a better acquisition of quality of life. This could be as a result of the fact that knowledge of leisure is a significant factor in determining a person's quality of life. Weber (2010) has said that leisure education intervention is effective in educating the participants about what leisure can be and what benefits can be gained through leisure. This was the result from his study titled: "A Leisure Education Programme for Postsecondary Students with Intellectual Disabilities". This conclusion supports the findings of Desrosiers et al. (2007), who discovered that a focus on empowerment in home leisure education programme had a good influence on the quality of health, comfort, and happiness experienced by community-dwelling stroke survivors. The study corroborates the

study of Marsden (2010) has said that leisure education provides education on the benefits of leisure. His study on the “Effectiveness of Participation in Leisure Education Programme on Knowledge of Aspects of Community Reintegration for Individuals who have recently Sustained Spinal Cord Injuries” demonstrates that leisure education intervention provides education on the benefits of leisure and participants received education regarding accessibility issues that can occur in the community and ways to deal with them during the leisure education intervention programme.

#### **4.2.1b: The Relationship between Leisure Attitude and Quality of Life of the Residents of Benin City**

Results based on research question one revealed that there was positive and significant correlation between leisure Attitude and standard of health and wellbeing of residents of Benin City. This implies that a better and appropriate leisure attitude toward leisure participation can lead to the acquisition of a better quality of life. Ferrari et al (2014) said that individuals with appropriate lifestyles can have a more favorable attitude toward leisure activities. This was after a study was carried out on community-dwelling elderly in the three sub-scales of leisure attitude irrespective of their socio-demographic, health or functional capacity condition. The results of the Leisure Attitude Scale analysis indicate an overall more positive attitude. This suggests that having the correct attitude toward leisure activity improves one's quality of life. The study corroborates the study of Kim et al (2015) which said that the value of leisure in attitudinal disposition increases with other variable of quality of life. Kim (2015) further revealed that the psychological well-being is influenced by enjoyment gained from leisure activities combined with favorable leisure attitudes as it has the potency in decreasing stress and loneliness and enhance personal self-esteem. Therefore, having positive attitudes toward leisure activities can enhance social and psychological well-being through a mediating effects of satisfaction.

#### **4.2 1c: The Relationship between Leisure Behaviour and Quality of Life of the Residents of Benin City**

The results of the study based on residents' leisure Behaviour revealed that there was a favorable and significant association between leisure Behaviour and people's quality of life in Benin City. This implies that regular participation in leisure activities of one's

choice can develop significantly a type of motivation, desire, interest and happiness in the overall. Aslan and Cansever (2016) has said that the leisure Behaviour of an individual is positively related to Motivation, in the form of desire, interest, happiness and socializing with friends for satisfying leisure experiences, which relatively have a stronger impact in participation. This means that satisfying leisure experiences that lead to quality of life could only be possible when the person has consistent leisure Behaviour. The study also corroborates the study of Chung, Lee and Lin (2016) has said that leisure experiences have a significant impact on participant's evaluation of the merits and its ability to meet needs and expectations and the cumulative effect to improve on the motivational factors that influence a given Behaviour where the stronger the intention to perform the Behaviour. That is, perceived values of an individual with respect to some activities would positively affect Behavioural intentions. Behavioural intention of any participant involved in leisure activities whose ultimate goal is satisfaction and happiness would be achieved when his/her Behaviour is consistent.

**Table 4.3: Level of Leisure Knowledge of the Residents of Benin City**

Findings on research question two revealed that the residents of Benin City demonstrated high level of leisure knowledge. The finding could be as a result of some factors that are not unconnected to the long time education of the people present in these areas. As stated, education is knowledge driven and also the key to knowledge. Base of this factor, interests in recreation activity were created which may have brooding their understanding in leisure activities. Furthermore, the people seem to have acquired diverse knowledge and self-understanding of leisure and personal preferences with the long standing arts and crafts replicated in the beautiful bronze casting and terra cottas, some of which rank among the masterpieces of world sculpture. Different cultures coexisted in the various areas, which were made up of a diverse range of people with diverse interests, skills, talents and needs including differing religious beliefs which existed in practice for a long time and worked for the indigenes living in the areas, in relation to their health and wellbeing as they partake in leisure activities that had impact on the Behaviour of the migrants who carries, diffuses cultural values and traits otherwise known as (culture bearers). The mammoth existence of variety of cultural groups within the communities and the natural habitats these communities is endowed with, explains the widest leisure opportunities available

in the area. This probably explains also the possibilities of their awareness of leisure activities.

Another possible reason could be that these areas got the earliest form of civilization from the white colonial masters who brought in education and introduced other civilizations that may have tended toward leisure functioning in the 15<sup>th</sup> and 16<sup>th</sup> centuries. This finding also corroborates with the discovery of Huang, Chang, and Lou, (2014) that explores a key factor of knowledge sharing attitude and Behavioural intention through information technology. As a result, “Preliminary investigation on recreation and leisure knowledge sharing by LINE” was introduced. This was made possible through information dissemination, computer network and mobile phones, the evolution of a website for community to empower members and create stronger and more connected community and the use of web-based form of communication and social networking services platforms to stay connected with friends, families and peers otherwise called (social networking system). This factor appears very successful as the targeted students’ participants gave reasons for the choice of immediate use of software to gain leisure knowledge. Although, there may not be technological invention as it were that time but knowledge was shared through different means of communications which probably updated their leisure functioning.

This is not unconnected with the fact that most students were LINE users through internet facilities because it is free to chat with friends, convenient and influenced by peers and is the most non-verbal communication functions. This was used immediately to transmit knowledge of recreation and affections involving pleasures to other persons, based on its simplicity, there was an easy sharing of recreation and leisure knowledge with friends. The results of the findings revealed that the observation and awareness of the use and attitude towards sharing of leisure literacy showed higher satisfaction. In addition, the degree to which the awareness and use practically was free of efforts in relationship to system usage had positive impact on the attitude toward the transmission of knowledge of recreation and leisure education. These were hypothesized to be a fundamental determinant of user acceptance.

The finding also support the findings of Finn, (2006) which showed higher intrinsic motivation and better use of free time after the impact of leisure education intervention with a specialize curriculum on leisure, motivation, knowledge, and Behavioural changes of the youths. The youths who received the leisure education

curriculum had significantly higher post-test values for well-being and time spent in parks or public areas. This further influenced a significant decrease in the delinquent youths' proneness to boredom during their free time. The implication is that having knowledge of leisure and its activities participation through leisure education, can greatly impact the lives of the people of a particular area toward leisure participation and subsequent enhancement of their quality of life (Qol) as exemplified in the lives of Benin City residents as they displayed different level of knowledge on some of the test items on leisure knowledge.

#### **4.3.1: Leisure Knowledge of the Residents of Benin City**

Results based on research question two revealed that the leisure knowledge of the residents of Benin City is high. This does not represent that leisure knowledge as a factor is not a good predictor of the people quality of life or they have sufficient leisure knowledge. They may have knowledge but is not sufficient enough as a predicting factor for the enhancement of quality of life. The finding could be as a result of some factors that are not unconnected to the long time education of the people present in this area. As stated, education is knowledge driven and also the key to knowledge. Base of this fact, the interests in recreation activity may have been created through acquiring education which may have brooding their understanding in "unplanned" leisure activities. Furthermore, the people seem to have acquired diverse knowledge and self-understanding of leisure and personal preferences with the long standing arts and crafts replicated in the beautiful bronze casting and ceramics, some of which are considered to be the greatest works of art and craftsmanship in the entire world. Another possible reason could be that this area got the earliest of civilization from the white colonial masters who brought in education and introduced other civilizations that may have tended toward leisure functioning in the 15<sup>th</sup> and 16<sup>th</sup> centuries. This finding corroborates with the finding of Weber, (2010) that leisure education intervention is effective in educating the participants about what leisure can be and what benefits can be gained through leisure. This was the result from his study titled: "A Leisure Education Programme for Postsecondary Students with Intellectual Disabilities". This finding is also in support of the finding from the study of Marsden (2010), result revealed that those who ones had no awareness or knowledge of leisure were found to have improved significantly in leisure knowledge after successful leisure education programme. Participants' leisure awareness was assessed using the Leisure

Competence Measure (LCM) before and after completing the leisure education programme, overall participants in the research demonstrated positive change in their leisure related knowledge, awareness and attitude through participation in leisure education interventions.

The finding also support the findings of Finn (2006) which showed higher intrinsic motivation and better use of free time after the impact of leisure education intervention with a specialize curriculum on leisure, motivation, knowledge, and Behavioural changes of the youths. The youths who received the leisure education curriculum had significantly higher post-test values for well-being and time spent in parks or public areas. This further influenced a significant decrease in the delinquent youths' proneness to boredom during their free time. The implication is that having knowledge of leisure and its activities participation through leisure education, can greatly impact the lives of the people of a particular area toward leisure participation and subsequently enhance their quality of life (Qol) as exemplified in the lives of the people of Benin City as they displayed different level of knowledge on some of the test items on leisure knowledge.

#### **4.3.2 Leisure Attitude of the Residents of Benin City**

Findings on the leisure attitude of Benin City's residents revealed that the leisure attitude of the residents of Benin City is positive. This implies that having leisure attitude can serve as encouragement to engage in recreational activities. This conclusion could be attributable to the reason that the people of Benin City need sufficient value knowledge of leisure and its preferences which formed positive feelings toward leisure participation. Attitude is a characteristic that is not readily seen but causes clearly defined Behaviours. An individual's attitude toward leisure is made up of all the feelings and thoughts displayed in response to observable leisure Behaviours; therefore, the individual's attitude is shaped towards leisure through learning that enables the growth of leisure practices. Anybody with the right type of leisure attitude may end up in participating in leisure activities and have good quality of life, which is why it is important as a predictive variable. Therefore, positive leisure Attitude could lead an individual to have good quality of life (Qol). This again is exemplified in the lives of the people of Benin City hence there is the need for the right type of attitude toward leisure participation.

This assertion is in consonance with the work of Muzindutsi and Viljoen, (2016); in the bid to investigate the socioeconomic and demographic elements that affect undergraduate students' leisure attitudes at a South African university, it was discovered that the “Cognitive” subscale have a close harmonic connection to leisure knowledge and ethics about its moral principles while the “Affective” relates to the individual likes or dislikes, as well as other leisure-related emotions. In addition, there is a Behavioural subscale which relates to the past, present and intended actions to leisure activities and experiences were scored and above the average score of 2.5 of the participants were considered to have had a positive attitude toward leisure participation which means that a number of socio-demographic factors as shown in the result had significant influence on the leisure attitude of participants including age, gender, level of study and mode of transport among others. This further signified that leisure attitude can be determined by characteristic features such as prudent use of time, characteristics of the population which include variants such as race, age, wealth, marital status and educational attainment among others including external factors such as a new set of people with common interests living in a particular area and accessible means of conveying goods and services within the area. These are the elements that can significantly influence the real engagement in leisure activities, this implies that the combinations of social and demographic characteristics impacted leisure attitude with a possibility of also affecting the degree and volume at which they take part in leisure activities.

The people of Benin City may not be exempted from the under listed items that influences ones attitude towards leisure hence in Benin City, participants were scored and above average range which determined the state of leisure attitude of the people with a “Decision Value” as seen in the analysis. Apart from the demographic variables, similar item variables were tested which indicated their positive leisure attitude. Examples of this item variables are; I enjoy engaging in leisure activities because it is good and refreshing to do so, I participate in leisure activities because it enhances my creativity; Because leisure activities develop my physical fitness, I always enjoy doing it; My participation in leisure activities gives me the opportunities to socialize and pursue personal hobbies among others. Therefore, the people of Benin City responded unequivocally towards positive leisure attitudes.

In a related development, Gökyürek, (2016) validated the findings of the current study by incorporating the variable of dancing activities into the analysis of the



association between leisure attitudes and individual life satisfaction. Gökyürek (2016) compared it based on a variety of variables in order to shed light on the link between leisure attitude and life happiness. The researcher used the hall and dance courses as a determinant of attitude toward leisure participation. The findings revealed that those who participated in dance activities had favorable leisure attitudes and a moderate level of life satisfaction. The study also discovered that the leisure attitudes of those who participated in dancing activities were unaffected by gender, age, or education level, but only at the Behavioural subscale that they were affected by income level. Furthermore, those with low income levels had a more positive attitude toward leisure than those with medium and high income levels. The revelations from this study is in tandem with the findings of the present study owing to the obvious effects of the demographic and other variables mentioned on the leisure attitudes of the people of Benin City hence their attitude towards leisure participation was positive.

#### **4.3.3: Leisure Behaviour of Residents of Benin City**

Findings in research question four in the analysis revealed that the Benin City residents exhibited low healthy leisure Behaviour. The low level leisure Behaviours may not be unconnected to the fact that certain factors may have been responsible which either inhibits their participation or make them participate in such activities. Factors such as healthy environment, facilities/equipment and other sports infrastructures, income drive and proximity to places for leisure participation could be responsible at one point or the other. Other factors could be conflict of interests of other extra-curricular activities, lack of skills and tactics in majority of the sports and games. These factors could be the cardinal reasons why the Benin City residents exhibit low healthy leisure Behaviour. A good rationale for this conclusion might be comparable to Rintaugu and Mwisukha (2009) discovery that due to the deficiencies of these components, there could be a significant fall in leisure time exercise. This was the case in the study of a purposeful active participation in sports related physical activities Behaviour patterns of postgraduate students in Kenyatta University, Nairobi, Kenya where similar factors stood as an impediment to healthy leisure Behaviours of the post-graduate students.

Leisure can be boring if the people do not have appropriate skills. It should be appreciated that only after such skills have been learnt that sophisticated leisure pursuits can be exploited for the stimulation and pleasure they are capable of providing. It can be the same situation of loss of interest where the facilities used

during leisure participation are obsolete, in need of repairs and maintenance or non-existent. The fact that the residents of Benin City do not regularly engage in recreational activities may be one of the long-standing causes of their low level of healthy leisure Behaviour. More so, interests in leisure participation are steeped when facilities and equipment are lagging. This does not encourage regular participation and healthy leisure Behaviour. The study is in tandem with the finding of the study by Róiste and Dinneen (2005) that the majority of young people in Ireland are intrinsically motivated, yet their leisure time involvement is poor in the rural areas due to lack of provisions of recreational and leisure facilities.

The low level of healthy leisure Behaviour of the people of Benin City may also imply that the residents were less interested in recreational activities which translate to a negative attitude towards recreation participation. This probably is not unconnected to some barriers that could be responsible, for example, a dearth of time to participate in leisure activities, leisure opportunities, health motivated interest, frequency and money among others. These are associated with engagement in recreational sports that attracts attention. This corroborates the findings of Chen et al (2017) that Behavioural and socioeconomic factors which influence people's willingness to participate in leisure sports. The outcome of the research revealed that variance occurs in recreation preferences with regards to a desire to participate in recreational sports. In some cases, the more remote the location where respondents lived (that is void of facilities and equipment), the less enthusiastic they were about participating in recreational sports. Gender, educational attainment, health-motivated interest, and appearance-motivated interest are all possible characteristics that influence recreational sports participation. This, among other factors, could explain why citizens of Benin City are underrepresented in recreational sports.

#### **4.3.4: Common Leisure Activities among the Residents of Benin City**

Findings in the study on the common leisure activities among the residents of Benin City, based on the result from the table above and the decision value implies that, simple entertainment, mental activities and self-awareness, sports and exercise, music, dancing, playing and games, social activities, and humanitarian assistance, tourism and outdoor activities were the common leisure activities done by the residents of Benin City. This discovery will not be unconnected to the fact that the residents of Benin City were greatly inclined to the normative lifestyle that may have been a follow-up of what

has been laid down as legacies by their forefathers which they sought to preserve and maintain the status quo. The people of the old Benin Empire were known to be very entertaining, attending to social activities, playing games and other outdoor activities. The cultural richness of Africans, most especially the residents of Benin City is opened to its full extent a broad and expansive opportunities for relaxation after the hard day's work. Some of the activities usually done for enjoyment, fun and amusement as well as other bodily activities that maintain physical fitness including dancing, acrobatics, and gymnastics performances, masquerade dancing, and attending cultural events were frequently done for relaxation, fun and amusement during leisure hours. Therefore, partaking in play and games, activities involving physical exertion and skills and indigenous festivals, religious activities, made up of cultural and spiritual activities, the people are able to develop physical, social, aesthetics and emotional benefits; however, there is lesser leisure participation now compared to the middle ages, when celebrations and holidays occupied one third of the year (Asagba, 2007; and Priestly, 2005).

In Nigeria, most communities especially communities in Benin City, have a lots of other ways of making progress towards decompressing strained conditions of worries and relief from unpleasant feelings, unwind and relax after a long hard day during leisure hours, and a few of these activities are customary celebrations that are strictly traditional, and moonlit tales in the cool of the day, meetings at the village square where pleasantries are exchanged and listening to folkloric music, hunting activities, body movement in rhythmic ways, usually to music within a given space, traditional wrestling, catching of wide fish and other aquatic species from the waters, swimming at local streams and other types of games where tactical roles of characters are played to develop a narrative such as traditional board games "Ayo or Ogirise" typically played on a gaming board, made up of hardwood and elegantly made-board with twelve holes and stones, rope skipping, thug of war among others are done during their leisure hours so as to become well adjusted (Ipinmoroti, 2004). The culture of the people has a distinctive style of education, as well as leisure and recreational pursuits. The Nigerian people know how to enjoy a good time after a long day at work. The findings may be related to the works of Masrouf, Tondnevis and Mozaffari (2012) who examined the leisure time activities of female students in an Iran's Islamic Azad University.

The study's goal was to look at the activities that female students at Iran's Islamic Azad University did in their spare time. This is relative due to the activities that were peculiar to the students in the university communities of Iran's Islamic Azad University with a population consisting mostly undergraduate female students. One thousand, two hundred and twenty-five (1225) female students were selected as participants for the study and questionnaire instrument was used for the study. The result of the study showed that during summer holidays, the students were reported to have 6-12 hours leisure time activities every day. The students were reported to spend most of their free time at home or in their dorm, as well as on-campus sports facilities, outside-campus sports venues, on-campus recreation facilities, on the street, at cultural-arts venues, parks, including coffee shops and restaurants respectively.

More so, the Female students were seen to frequently use their free time to watch TV, enjoy favorite shows on DVD/VCD, and engage in leisurely computer activities including chatting and browsing the Internet. This indicated that the female students spent a substantial amount of time engaging in various activities that brought them happiness, satisfaction and fulfillment. Just like the residents of Benin City who are very significant due to the immense roles and contributions they make for the progress of Nigeria developmentally with regards to its economic, social and cultural endowment. In the same vein, students are regarded as the scientific backbone of all countries and the national capital, it is therefore crucial to recognize their requirements for leisure time activities. Students constitute a vast section of the citizenry and population of any sector having a large number of them as youths that form a larger percentage of the total population. Furthermore, due to the frequent correlation between the social standing of colleges and the social standing of its successful sports teams, physical education and sports play a key role in filling student free time. (Masrour, Tondnevis and Mozaffari, 2012).

Campus recreation programmes provide various entertainment programmes for the students, colleges, and staff working together to improve academic life and general quality of life. In the same vein, the involvement and participation in recreational activities by the people of Benin City helps to provide all forms of entertainment, socially and culturally. The decision to engage in cultural and social activities by the people is to enjoy and have pleasant experiences, as evidenced by empirical data. These forms of entertainment, such as cultural and social activities, have been viewed as sources of happiness that improve people's well-being and quality of life, and

individuals choose to participate in cultural and social activities in order to enjoy and have good experiences. This is exemplified in a research conducted by Ateca-Amestoy, Gerstenbl'uth; Mussio and Rossi (2016), during their investigation on how Cultural experiences by live attendance, home consumption, and communal practice were found to influence happiness, the link between Self-Reported Wellbeing and Leisure. had a mammoth of positive effects on the participants' feelings of joy, satisfaction, contentment and fulfillment which goes in a chronological order of attending cinemas, taking part in exhibitions mainly related to arts, painting, sculpture, music, among others, appreciative and inspirational listening of music to recall experiences and information from their lives, reading series of written literatures and symbols with the view to getting meanings from them and spending time viewing television programmes..

Individuals are the best judges of their own happiness and well-being, according to recent literary works, and subjective well-being may be an appropriate approach to measure pleasure or quality of life in a variety of areas, including religion, marriage, sports, job, and leisure (Boes and Winkelmann, 2006; Diener, Oishi and Lucas, 2003). The works of Masrou, Tondnevis and Mozaffari, (2012) is very commendable because it has been able to add to available empirical evidence that individuals and people can choose activities to participate in and participation in leisure activities of one's choice can influence the happiness and wellbeing of the people. It should be noted however that some gaps were revealed when the study of Masrou, Tondnevis and Mozaffari, (2012) is juxtaposed with the present study. The study mainly checked the activity involvement by female students which left out directly or indirectly other gender of the population. The study also focus or was restricted only to those who get involved in physical education programme and sports in the university campus and failed to target the activities done by older male adults outside the university campus. Finally, the study was not conducted in Nigeria but far away Iran. These gaps underscore the fact that the present study is highly imperative.

Asagba, (2007) conducted a study to investigate the perceived impact of leisure activities to societal development of the indigenous people of Kwara Central Zone, Kwara State, Nigeria. Asagba said that the major thrust of the study was the investigation of observed benefits of taking part in leisure activities to the development of the society and the natives of Kwara Central Zone in Kwara State, Nigeria. It also examines general well-being, and how leisure activities participation can prevent crime

and aid economic development in the society. A time-efficient research method, Descriptive survey design that blends quantitative and qualitative data to provide relevant and accurate information through convenient sampling method was used to select one thousand and twelve respondents across five Local Government Areas of the state. It was however suggested as good that government and its corporate organizations and significant others who make active effort to promote human affairs especially through generous donations to good causes should give assistance in the provision of leisure activities programmes' equipment and facilities that could aid the physical condition, psychological condition and physiological state (a state of robust good health and optimal health and wellbeing of the inhabitants). When people are engaged especially the youths productively, they are preoccupied with the activities of engagements. This therefore, reduces criminality in our immediate communities and the society at large. Findings from the study showed that the inhabitants' active involvement in leisure activities provided a structure for long-term health and improved living standard which increases the way of life that integrates physical activity into everyday routines among community members. Engaging in activities chosen for pleasure, relaxation, or other emotional satisfaction typically after work was perceived to curb anti-social vices and juvenile delinquencies significantly in the community and services and occupation from recreation of leisure activities economically empowered individuals and the community as a whole.

The study by Asagba (2007) is very commendable because it has again showcased a stronger factor that taking part in recreational activities provide checks for despondency, irritability, and destructive Behaviours and that taking part in recreational activities such as physical recreation, playing games, entertainment/cultural and social activities impact the youth and adults productively so much that they were able to embrace and inculcate in themselves some standards of acceptable Behaviours in a particular sphere such as fairness of purpose, being persons of honesty, resilience and dependable character and ability to behave and act especially in accordance with the legal and ethical principles of freedom entitle for, responsibilities of the individuals that are required to be done by them and a special advantage or opportunities that are available only to the natives of the community or region. Meanwhile, in comparing this study with the present one, some gaps are noticed. The study though carried out in Nigeria like the present study but only targeted at examining perceived impact of leisure activities on the native inhabitants of

Kwara Central Zone, Kwara State, Nigeria and not on the indigenous people of Benin City in Edo State. Also, the study did not concentrate to examine the leisure knowledge, attitude and Behaviour as determinants of life satisfaction of the indigenous people of Kwara State like the present study. Again, the location of the study is different from that of the present study. With reference to all these gaps, the present study becomes imperative.

#### **4.3.5: Common Leisure Pattern of Indoor and Outdoor Activities among Residents of Benin City**

The common schedule of leisure activities that are done inside and outside space among the residents of Benin City were categorized as passive and active, that is, there were activities that are indoor and outdoor but could as well be active or passive. When an individual is directly involved in an activity as well as having fun while participating in the activity, it can be seen as an active participant. Meaning, the entire activity is characterized by action rather than contemplation or speculation, the subject performs, engages and is disposed to the action represented, the action requires the expenditure of energy in the process. While the passive participant is not actively involved in the activity but could have fun and enjoys every bit of performances while it lasted. A typical example could be that of a footballer in the field of play and an enthusiastic devotee or (a spectator) or an ardent admirer whose job strictly is that of an enthusiast.

The study revealed that there are some common denominators peculiar to common pattern of indoor activities among the residents of Benin City and these include: entertainment, mental activity and self-awareness, music, playing and games, relaxation, tourism and outdoor activities among others and the common outdoor pattern of fun, hobby and relaxation activities such as a diverse variety of activities that involve making things with one's own hands (arts and crafts), dance and activities that involve communication and interaction with others, humanitarian activities among other activities. The peculiarities of these activities among the people of Benin City probably are not unconnected to the fact that these may have been the primary engagements of the people of the this region as they were known to be involved in series of social and entertainment activities. Benin City is a multicultural city made up of many different groups with diverse interests, skills, talents, and needs, including differing religious beliefs that have been in use for a long time and have influenced the

health and wellbeing of indigenes living in the area; these practices have had an impact on the Behaviour of these migrants who carry, diffuse, and traipse these cultural values. However, some of these cultural and conventional practices have persisted to be important and respected for a long period of time and had beneficial effects on the people. The residents of this region are usually involved in cultural celebrations; they were particular time, especially as marked by certain circumstances and need to get the people back together again who may have not been together for a long time or have been set apart for obvious reasons, including reunion with their gods (deities), renewal of stable beliefs, serving as agent of social control of Behaviour by providing ethical codes, social rules and principles, rituals and customs, and measurement of the proportional importance of changes we experience as a result of strengthening our trust in the community. Among these occasions are celebrations of traditions and cultural festivals.

Festival periods according to Oderinde, (2011) are intense periods of celebration when people pull through together as a group, rejuvenate and restore their relationships by strengthening their act of sticking together tightly. They are days set aside for special observance when people are free from external controls on their freedom that is maintained by the society to live a normal life in an intense form of sharing of thoughts with persons and group of people and unity based on community of interests, objectives and standards. Some examples of these festivals engaged in by the people are “Igue and Ugie-Ewere festivals;” others are “Ekpo, Isosun and Ekaba festivals among others” in Benin City. These are local ethnic celebrations which they participates for relaxation and enjoyment. The festivities typically extend into the New Year, giving all locals who reside outside the neighbourhood the chance to visit with family and friends back at their respective homes. These individuals are returning to their native lands for the first time after several years for various reasons, especially if they have been living overseas. Outings are usually planned by Families and friends with large parties around these festive periods and vacations. These carnivals and commemorations have been so institutionalized by the residents of Benin City which became their source of pride and feelings of security, affinity, support and social bond; this is keenly followed by the inhabitants as stipulated in the yearly calendar in this areas.



#### **4.3.6: Common Pattern of Active and Passive Activities among the Residents of Benin City**

Fourie, Slabbert and Saayman (2011) conducted a study titled ‘The leisure and sport participation patterns of high school learners in Potchefstroom’. This study’s aim was to find out how high school students spend their free time and participate in sports (adolescents) and to identify disparities in leisure and sports choices based on socio-demographic characteristics. In the study, the researchers examined a wide range of leisure and sports activities that provided enough opportunity for teenagers to participate, and the reasons why today's adolescents' leisure Behaviour appears either constructive or passive. And learners and others are becoming more passive in recreation engagements; this passive character has been affected by a variety of issues including limited leisure time, too much exposure to electronic means of spending leisure time, changing lifestyles, and other impacts. Survey research design was adopted for the study and questionnaire instrument was used with a population of 1,036 (One thousand and thirty-six) who participated in the study.

The results revealed that high school learners had learners' leisure and sports profiles identified due to the limited time available per week for engagement in leisure activities. Their preferences were spending time with friends, watching television, or using the computer while athletics, soccer and hockey were the preferred typical sports. It was also discovered that a substantial percentage of students attend a gymnasium. Gender and sport, gender and leisure, race and sport, and race and leisure were all found to be related. Rugby and soccer were shown to be more popular among guys. There were some practical differences between gender and leisure activities, but they were minor, It was revealed that the leisure choices of men and women are not usually the same. Females took part in more recreational activities than males. A majority of black respondents were in favor of soccer, whereas a majority of white respondents preferred going to the gym. While white respondents preferred watching television, going to the movies, visiting boys, and socializing with friends as leisure activities, black respondents preferred reading, studying, religious activities, and visiting girls. To have established on the outcome of the experiment, Fourie, Slabbert and Saayman (2011) concluded that there is need to determine the leisure and sport needs of learners because of the regular and continued changes that maybe based on the principles of substitution relative to places, interest, income and skills. And facility providers also need to be aware of the changes in aspects of the technology, economic

and political environments that affect how learners use their leisure time. If society does not address these issues, they could have serious consequences for the future of the country.

The study of Fourie, Slabbert and Saayman (2011) need to be highly commended as it sought to improve on the provision of the leisure needs of the youths to reduce their negative leisure Behaviour and unhealthy lifestyle that influences well-being of families and society at large. The study also showcases the importance of activity planning and facility development decisions that aid participation. The study recognized the cruciality of providing quality activities in the limited time available to the people because provision of quality activities can lead to positive Behaviour and reduce the participation in negative activities such as substance abuse, boredom and the like. However, some gaps were noticed through the study of Fourie, Slabbert and Saayman (2011). For instance, the study did not focus on the indigenes and the indigenous activities of a community in a local setting. Again, the study was conducted in South Africa and not in Nigeria. The study also did not use the mixed method design which could have provided a better framework for a study of it kind. More so, the study did not take into cognizance the residents of Benin City as to how passive and active they are in leisure participation and how leisure knowledge, attitude and Behaviour can predict the people's quality of life. The gaps created through the study have therefore shown the imperativeness of the present study.

Cai (2015) focused on the general leisure pattern of the participants including leisure time duration of the Chinese students and their leisure locations; others are leisure activities, companionship and expenditures. Cai (2015) noted that the activities that the Chinese students took part in most often were all related to electronic devices, which require little or no special equipment, skills, fields, or teammates. Most of the participants were sedentary during these leisure activities. They spent more of their leisure time activities indoors rather than outdoors, which makes it more passive than active and they spent very little money on leisure. The motivations that stand out as the main reason for participating in these leisure activities were for relaxation, escape from monotony and killing time. Cai (2015) adopted the quantitative method of questionnaire instrument, The descriptive survey research design was used in this study in the study. Out of 290 registered students, (287) two hundred and eighty-seven students participated in the study. The contemporary Chinese leisure pattern was x-

rayed with their engagement in leisure activities such as: contemplating, reciting poetry and philosophical introspection.

While others for example, pursue more passive form of leisure activities. They prefer to watch TV rather than participate in active activities such as sports; they are more involved in leisure activities at home than outdoors; even when they are engaged in outdoor recreation, they enjoy more passive activities like taking a walk in the park than strenuous physical exertion. They also prefer spending time on solitary leisure instead of taking part in group activities or socializing with others (Wang and Stringer, 2000). The topmost among participated leisure activities on weekdays and at weekends for these students were watching movies and TV, listening to music, surfing the Internet, and using mobile phones for entertainment or socialization. Others are fitness activities including running and going to gym and yoga. The result from the study showed that Chinese university students always look for easy, affordable and accessible ways to engage in leisure activities. Again, the result revealed that the Chinese students have a lot of common nature, like solitary, sedentary, and self-centered activity patterns where most of the activities are done alone or with friends at any indoor locations.

Although the study employed the quantitative approach which was also employed in this study, it did not use the mixed method design which could have provided a better framework for a study of its kind. This study again revealed that similar research effort needs to be employed in leisure education research that will be able to fully represent a larger population with a larger sample data. More so, the environment where the study took place is different from that of the present study including the levels of economic and social developments as well as regional culture also varies because there may not be some common characteristics among the two areas of study which may not be applicable to the residents of the two areas also. All these gaps point to the reasons why the present study is imperative.

#### **4.3.7: Constraints to Leisure Participation among the Residents of Benin City**

Findings in the study on the constraints experienced by the people of Benin City, based on the result from the table above and the decision value implies that a number of circumstances make it difficult to engage in recreational activities which the residents of Benin City experienced in four constraint areas including: lack of information about what leisure activities to do, lack of friends who like leisure activities, commitment to

family and finance. The under listed is an indication that constraint to leisure participation is an inevitable factor though may vary due to topographies, physical barriers, social and emotional limitations that inhibit participation.

This finding corroborates the finding of Masmanidis, Tsigilis, and Kosta, (2015) that perceived constraints in various context of interpersonal, intrapersonal and structural occurred in different milieu which inhibits the students' participation in campus recreation and sports programmes. Although, the finding failed to specify areas in the three factors mentioned (interpersonal, intrapersonal and structural). The finding is also in consonance with the finding of Rintaugu, Mwangi and Bailasha, (2013) that the factors that restricts participation in football game by the university students were identified and have to be negotiated, determined by strategies to enable the students freely participate in soccer competitions. Among the strategies used are Interpersonal cooperation and time management; these strategies were used to negotiate constraints factors which prelude students' frequency in participation, intensity and duration in playing football game..

In the bid to ensure that engagement in physical recreation activities is improved in the lives of Benin City residents, the above listed barriers or limitations have to be negotiated if the intended successes can be achieved in the fight against constraints. In addition to the strategies employed in the study by Rintaugu, Mwangi and Bailasha, (2013), It is thus necessary to implement other strategies, such as those proposed by Scott (1991), who discovered three main strategies to negotiate diverse constraints to curb the excesses of the barriers to leisure participation, such as: 1) obtaining information about restricted options; 2) rescheduling sports and games to accommodate lower group membership and individual time commitments; and 3) skill development to enable increased participation in play Some of the bargaining strategies suggested by Kay and Jackson (1991) include decreasing the number of people who participate, spending less to take part, looking for the lowest options, as well as reducing the amount of time spent working. Benin City residents will have greater opportunities to engage in recreational activities that will improve their quality of life if these methods are implemented.

**Ho1:**

**4.3.8: Multiple Regression showing combined Contribution of Leisure Knowledge, Attitude and Behaviour to Quality of Life of the Residents of Benin City.**

The first null hypothesis that was raised that there is no significant composite contribution of leisure knowledge, attitude and Behaviour to the residents of Benin City's quality of life was rejected. This is because it was found that the combination of the independent variables of leisure knowledge, leisure attitude and leisure Behaviour have positive relationship and are statistically significant with quality of life (Qol). The inference here is that the independent variables (leisure knowledge, attitude and Behaviour are good predictors of quality of life (Qol) of the residents of Benin City hence they were highly related: relationship  $R=0.400$  for the residents of Benin City. This may not be unconnected with the fact that previous analyses on their leisure knowledge, attitude and Behaviour have been positive which implies that the residents of Benin City had sufficient knowledge of leisure and its activities, and had the right type of attitude towards participation. The resultant effects of leisure participation encompassed in creative participation such as: composing a poem; bronze casting; terra cottas; sculpture and weaving, active participation which may include traditional wrestling and cultural dance; emotional participation involving watching a play, drama and traditional wrestling at the village square and entertainments such as amusement, escape from monotony, killing time, listening to folktales and tails by moonlight stories among others can then be perceive as their own leisure Behaviour that is freely chosen, intrinsically motivated and consequently more expressive of their personality than they do when coerced or with a promising reward before engaging in them.

Therefore, making good use of leisure has evolved into a way of life that can benefit both the person and society. Aristotle described the good life as a well-lived life that results in happiness, which is construed as "human flourishing." According to him, action causes people to act in accordance with their qualities, and happiness is regarded to be dependent on leisure. The well-lived life or quality of life (Qol) is realizable if one can be fully self-consciously aware of oneself as able to make choices of acceptable type of activity and engage in good and deserving leisure pursuits, this was exemplified in the lives of the residents of Benin City. The well-lived quality of life (WLQOL) can only occur when people make wise use of leisure hours, or leisure time to pursue their own interests (Martinez-Martin, 2002). This finding is not unconnected with the finding of Leckey and Mannell, (1999) that leisure Behaviour

can be influenced on a person's perception. An experiment was designed to test the hypothesis that people's confidence in the initial impressions of another person can be greater when they perceive this individual to be engaged in leisure rather than work activities. Work/leisure context was the independent variable; there was an exploration of the underlying relationships of the target person in leisure compared to work context if it may lead to the perceptions that the target person's Behaviour was freely chosen and intrinsically motivated (i.e., the Behaviour was expressive of who they were and was engaged for the fun of it and enjoyment).

Participants were given a booklet containing four specially created photographs of either a male or female and target persons engaged in four different activities (cooking, visiting a shopping mall, reading, and travelling by car among others). At this time, no predictions were made for the impact of the independent variable on perceived personality characteristics. The confidence in their personalities assessment were measured with items such as, "to what extent were you confident about your personality assessment of this person", and "their perceptions of the amount of freedom, expressiveness, fun and enjoyment of the people's leisure attitude and perceived freedom in leisure". Results revealed that qualified support was found for the hypothesis tested that observers' will had more confidence in their first impressions of people who are engaged in leisure rather than work activity. And the personality images associated with various leisure activities can influence our perceptions of the people involved in these activities, although, some people have more confidence in their impressions when they see these people involved in leisure as compared to work activity. There is a tremendous concession to the fact that the independent factors when combined have favorable connections with the standard of life (QoL) hence the independent variables of leisure knowledge, leisure attitude and leisure Behaviour were good predictors of residents of Benin City quality of life.

Further studies that is in consonance with the test of the association betwixt leisure activity and well-being is that of Zimmer and Lin, (1996) that leisure activity is found to increase feelings of emotional well-being. The study attempts to verify the types of activities in which elders within the age range of sixty (60+) in Taiwan tend to engage and their subsequent influences. The result showed that there is greater participation in most leisure activities with greater frequency and physical activity has the strongest positive influence on emotional well-being. The results from the study substantiate the hypotheses developed. Leisure activities have again been found to be an influential

determinant or predictor of successful aging and quality of life (Qol). The activity theory is further emphasized on individual's role enhancement and development of self-concept through leisure activity which promotes social integration and provides one an explanation for the association. This potentiality of leisure activity in enhancing the well-being of the people it's impossible to overestimate the importance of psychosocial processes including perceptions of competence, control, and self-efficacy.

**Ho2:**

**4.3.9: Relative Contributions of Leisure Knowledge, Attitude and Behaviour to Quality of Life of the Residents of Benin City**

The null hypothesis states that leisure knowledge, attitude, and Behaviour have no significant relative contribution to residents' quality of life in Benin City. This null hypothesis was rejected because it was discovered that leisure knowledge, attitude, and Behaviour have a significant main relative impact on Benin City residents' quality of life (Qol). Leisure knowledge was found to be more beneficial in enhancing the residents of Benin City's quality of life. Benin City's residents had knowledge of leisure in relative contribution to a higher standard of living (Qol). The mean gain shows the relative strength of the effect of Benin City resident's leisure knowledge to quality of life because the higher the absolute value of the beta coefficient, the stronger the effect. The result of the study which shows the effectiveness of leisure knowledge is in tandem with the study of Marsden, (2010) who examined the effectiveness of leisure education as an intervention on knowledge of aspects of community reintegration for individuals who have recently sustained spinal cord injuries.

Before and after the leisure education intervention, participants' leisure awareness and attitudes were assessed using the Leisure Competence Measure (LCM). At the end of the leisure education intervention, participants with spinal cord injuries SCI associated with physical and functional deficit demonstrated positive change in their leisure related knowledge, awareness and attitudes through participation in the leisure education interventions. Leisure knowledge, awareness, and attitude towards participation are a treatment option for the rehabilitation of the injured. This treatment option has an ultimate goal of successful reintegration into the community, home, work and leisure (Charlifue and Gerhart, 2004). The use of leisure and recreation is unique to treat as the profession utilizes leisure participation to contribute to

individual's overall quality of life (Sylvester, Voelkl, and Ellis, 2001). Treatment professionals working in the rehabilitation setting use leisure to assist individuals in regaining cognitive and physical functioning and help to provide new meaning in their life after a threat to health. This is done through individual and group therapy sessions, education on adaptive equipment and adapted recreation opportunities, active recreation participation and leisure education regarding the importance of maintaining an active leisure lifestyle-post-injury (Sylvester, Voelkl, and Ellis, 2001).

This brings to fore the effects leisure knowledge, awareness attitude has in the enhancement of individual's taking part in recreational activities. This further demonstrates that the locals in the City of Benin may not have had high positive knowledge but actually demonstrated some level of knowledge in leisure activities and participation for the enhancement of their quality of life (Qol). The processes of facilitating the knowledge of leisure may have been demonstrated in their daily commitments and involvement in diverse life experiences. Other researchers have found that leisure participation helps to prevent disease, promote health and maintain functional independence (Hansen, Forchheimer, Tate, and Luera, 1998). This claim is also not unconnected with the study done by Aksoy, Çankaya, and Taşmektepligil, (2017) that individuals who participated in sports and recreational activities reported improved overall life quality and work satisfaction than those who did not. This they confirmed after comparing the differences and determine the relationships between the scores obtained from Minnesota job-satisfaction and quality-of-life scales applied to males' ages 18 to 40 who participate in recreational activities and those who do not. Following a comparison of life-quality and job-satisfaction total scores and sub-scores, positive significant relationships between quality of life total scores and job-satisfaction total scores and sub-scores were discovered (intrinsic and extrinsic satisfaction). The findings revealed that participating in leisure activities has a direct impact on people's lifestyles and considerably improves their quality of life and job satisfaction.

The leisure attitudes of the residents of Benin City had the highest significant relative contribution to quality of life with ( $\beta = .287$ ) this assumption in the analysis is also consistent with Ighodaro and Ajayi's (2018) study, "Impact Assessment of the People's Quality of Life (Qol) in Oyo Town and Benin City: a Provisional Improvement." The result showed that the residents of Benin had an appreciable mean of 2.91 in relation to the extent to which they have opportunities for leisure activities



more than Oyo Town with a mean average of 2.42. This further revealed that the residents of Benin had the right type of attitude toward leisure participation. Leisure attitude according to Ragheb and Beard (1982) asserts that a key factor in determining a person's readiness or propensity to engage in leisure activities is their attitude toward those activities. This finding corroborates the finding of Kim, Sung, Park and Dittmore, (2015) that leisure attitudes are positively associated with leisure satisfaction. The satisfaction derived from participation in leisure activities with positive leisure attitudes affects psychological well-being by decreasing stress and loneliness, at the same time, enhancing personal self-esteem.

These findings expand the existing research regarding leisure attitudes, satisfaction, and well-being by providing evidences such as the residents of Benin City that having positive attitudes toward leisure activities which enhances their social and psychological well-being through a mediating effect of quality of life (Qol). Again, the table reveals that a strong positive and significant relationship exists between the leisure Behaviour and leisure attitude of the people of Benin City ( $N = 843$ ;  $r = .654$ ;  $p < 0.05$ ). Based on this result, it can be inferred that the relationship between the leisure knowledge, attitude, Behaviour and the living standard (Qol) of the residents of Benin City is moderately significant and positive but weak amongst leisure knowledge and quality of life

The analysis further revealed that leisure Behaviour was next to leisure knowledge in relative capacity to contributing to the residents' of Benin City's quality of life. The leisure Behaviour (actual participation) in recreative activities of the residents of Benin City is indicative of the fact that the residents' Behaviour toward leisure was moderately significant and positive. There may be several factors that described the typical pattern of leisure Behaviour of the residents of Benin City. The coefficient in the table shows the correlation connecting leisure activities and good living condition. The possible factors that describe residents' interest in Those who participate in social/cultural activities, such as playing music and dancing, acting, or volunteering on a regular basis maybe due to the already existing cultural milieu. The friendly and relaxing activities reinforce the correlation in response to leisure activity Behaviour like listening to music, watching television and "hanging out", in addition also, could be meeting with friends and play sports activities. These may have characterized their leisure Behaviour which they primarily enjoy in Benin City. As a

result, it's reasonable to believe that the residents of Benin City's decision to participate in leisure activities could be as a result of their motivation.

The result in the study corroborates with the study of Iulian-Doru and Mariaa, (2013) that promoting leisure time activities through participation is very effective in combating inactive lifestyle with little or no exercise and increased good living condition of the individual, improve self-worth, confidence, adoption of Behaviour patterns of the surrounding culture and interpersonal communication. Therefore, leisure participation can have a major impact on residents' personal and social development and in raising their quality of life. This study is also in tandem with the study of Sulyman and Iorliam, (2016) that over 65% of the residents of Abuja City, Nigeria were involved in most preferred recreational activities which include watching soccer matches and other games in parks, playing soccer, taking beer, bicycle riding, visiting museums and trekking. Involvement and participation in these activities and many more by the residents of Abuja in no doubt had several benefits on the people in maintaining their physical and mental health, strengthening relationships among friends and family members, increasing performances in business life, reducing crime rates, and making individuals more integrated with societies. However, these gains according to Kara and Dermici (2010) could be drawn only after a certain amount of participation has been achieved. A combination of these benefits is a catalyst to good quality life and satisfaction. This goes to show that participation and involvement in recreative leisure is a good predictor to quality of life. The investigation also revealed that leisure knowledge had the least significant proportional contribution to the citizens of Benin City's quality of life; these may not be unconnected to the fact that the area under investigation is potentially significant in what may be mindful to them with regards to community experiences. However, on the overall, there is an important relative contribution of leisure knowledge, attitude and Behaviour to the quality of life of the residents of Benin City hence, hypothesis 2 was rejected in regard the residents of Benin City.

To summarize, the standard of living (Qol) is a significant issue that affects everyone. As a result, a holistic approach to finding a long-term solution is required by looking at certain factors that could predict the good living condition of the people, particularly the people of Benin City; thus, the indicators for measuring high living standard (Qol). Because the test factors were truly good predictors, happiness, fulfillment, good health, and morality should all be evaluated and pursued by the

citizens of Benin City as soon as feasible. This can be considerably aided and facilitated by concerned authorities and other stakeholders who can effectively implement quality of life metrics.

The following are the summary of findings from the study.

**Quantitative:**

- The relationship which exists among leisure knowledge, attitude, Behaviour and the standard of living (Qol) of the residents of Benin City is moderately substantial and beneficial. However, there is a disconnect between leisure knowledge and people's quality of life
- There was positive and significant correlation betwixt their leisure knowledge and quality of life.
- Residents of Benin City demonstrated high level of leisure knowledge.
- The association between leisure attitude and life quality was positive and significant
- There was significant relative contribution of leisure knowledge, attitude and Behaviour to people of Benin City's quality of life.
- The leisure attitude of the residents of Benin City is positive
- Passive leisure activities pattern is common among the residents of Benin City.
- The combined contribution of leisure knowledge, attitude and Behaviour to the residents' quality of life is statistically significant
- The major relative contribution of leisure knowledge, attitude and Behaviour on the Residents of Benin City's quality of life (Qol) is substantial.
- Leisure knowledge, leisure attitude and leisure Behaviour had positive relationship and are statistically significant with quality of life (Qol). Which implies that (leisure knowledge, attitude and Behaviour are good predictors of residents' quality of life (Qol).
- Benin City residents were constrained to leisure activity participation in four constraint areas.

**Qualitative:**

- Majority of the residents who were indigenes of the community acknowledged that participating in the activities of once choice during free time allow them to socialize with friends and families thereby helping them to gain more confidence in their personality and self-esteem.

- They had a unique form of cultural education and they participated in cultural festivals and traditional activities to relax and connect with their cultural roots which had a significant improvement on the participants' social interaction and emotional wellbeing with evidence of reduction in depression symptoms.
- They make new friends during participation..
- Watching television, playing Ayo, Ludo and Draught games, drinking palm wine with friends and well-wishers, and cultural dance are some of the activities they do. Others are composing and singing songs in local dialect, partying, carving and weaving baskets, going hunting, farming, attending church and mosque with traditional religious activities were their ways of reverence to deities.
- Majority submitted that they are involved in activities like masquerade dance, acrobatic displays, traditional festivals and moonlight stories at the cool of the day.
- While others meet at the village square often and this assist them to exchange pleasantries.
- Visiting shrines and historical sites is a part of the activities they were involved in. They attended festive activities such as Igue Festivals, Ugie-Ewere, Ekpo, Isosun and Ekaba as part of partying in the area. Majority of them submitted that as much as they like doing the things that make them happy and fulfilled, they are however limited or hindered in their participation due to their work, finance, dedication to family matters, non-available facilities for some type of recreation programmes and lack of basic skills in some games they would have love to do during their free hours. The people of the communities in the areas of study effectively participated and actively contributed to the interview sections throughout the periods, they had positive attitude toward the study in the sections with great enthusiasm.

## **CHAPTER FIVE**

### **SUMMARY, CONCLUSION AND RECOMMENDATIONS**

This chapter focuses on the study's summary. The conclusion of the study is presented in this chapter, which is based on the findings obtained by the research questions and hypotheses that were created. In addition, the chapter summarizes the study's conclusions, limits, and ideas for future research, and contributions to knowledge.

#### **5.1 Summary**

Quality of life (Qol) is a multidimensional phenomenon. The people's social, psychological, cultural, economic, and emotional life are all entwined with it.. None of these characteristics can be examined in isolation. It's vital to take a comprehensive strategy to finding a long-term way to improve people's quality of life. As a result, happiness, satisfaction, fulfillment, good health, and good morale are indices for measuring good quality of life (Qol) should be pursued by everyone, especially Benin City residents, as soon as possible because there is empirical evidence that individuals' wellbeing is improved by participating in recreational activities. Research conducted by (Insel and Roth, 2004; Ntui, 2000; and Ajala, 2005) demonstrated that the skeletal, cardiac, and visceral muscles are gradually poisoned by a sedentary or inactive lifestyle. As a result, Leisure and exercise participation, whether competitive, recreational, fitness, or therapeutic in nature, are in line with the promotion of health and well-being aims for an individual's subjective well-being. The consequence is that people in Benin City should engage in a wide range of entertaining and recreational activities in order to improve their quality of life. It is so important to recognize the necessity to search and discover new ways for recreation and leisure to improve the quality of life (Qol) of residents in Benin City areas. This emphasizes the importance of investigating the elements that influence their quality of life.

The researchers looked at the relative importance of leisure knowledge, attitude, and Behaviour as measures of inhabitants' quality of life in Benin City. It also looked at the link between leisure knowledge, attitude, and Behaviour, as well as quality of life. The focus of the research was on people's leisure knowledge, attitudes,

and Behaviours. It also revealed the leisure habits of citizens of Benin City. The mixed methods research was conducted using an embedded design. The study used both quantitative and qualitative questionnaires, with the quantitative questionnaire focusing on the participants' basic information on leisure knowledge, attitude, Behaviour, and activities, while the qualitative questionnaire focused on the residents' leisure patterns and constraints. For data analysis, a total of 843 valid questionnaires were gathered. Quantitative data was studied using descriptive statistics such as percentages, mean, and standard deviation, while qualitative data was content assessed. The hypotheses were tested using inferential statistics such as multiple regressions and the t-test.

## **5.2 Conclusion**

Quality of life is a critical metric for assessing an individual's or a population's well-being, having a high standard of living is a demanding phenomenon which affects the physical, psychological, emotional and social life of an individual. And this cannot be measured only by a single variable hence the study investigated variables like leisure knowledge, leisure attitude and Behaviour as predictors of quality of life. The study therefore identified leisure knowledge, attitude and leisure Behaviour as good predictors of quality of life. The diverse knowledge of leisure and its preferences will influence attitude and Behaviour towards an activity, therefore, anyone with the right type of attitude, appropriate and consistent Behaviour will likely improve his/her the standard of living (Qol). In view of the foregoing, the research concluded that leisure knowledge; leisure attitude and Behaviour are important factors of quality of life, particularly among Benin City residents. The standard of living of the Benin City residents will improve significantly if they acquire more knowledge on leisure activities, exhibit better attitude and appropriate Behaviour towards leisure activities.

## **5.3 Recommendations**

Based on the findings of the study, the following recommendations were made:

- Effective and appropriate leisure education intervention programmes should be provided by leisure experts and stakeholders in both public and private sectors to further increase the diverse knowledge and understanding of leisure preferences.
- Provide the residents of Benin City with enlighten and sensitization programmes that will make them realize the benefits of participating in leisure

activities, by this, more improved attitude can be formed towards leisure activities.

- Building and maintenance of desired neighbourhood recreational facilities for residents of Benin City should be prioritized by government and other stakeholders for the enhancement of leisure participation.
- Stakeholders and recreation providers should create avenues for the people by organizing leisure activities programmes in which the people of Benin City can actually participate in recreational and leisure activities
- The people of Benin City should attend programmes (symposium) that are related to have better leisure knowledge and improved leisure attitude.
- The people of Benin City should avail themselves the opportunity of engaging in regular leisure activities in order to make them form consistent and appropriate Behaviour towards participation in leisure activities
- The people of Benin City should do more of outdoor recreational and leisure activities.
- Passive leisure activities were reported in leisure/recreation participation among the residence of Benin City. In view of this findings therefore, participation in “active” recreational sports and fitness recreation programmes ought to be promoted in order to discourage sedentary lifestyle for further exhibition of some level of healthy leisure Behaviours.
- Residents of Benin City should engage in certain recreational activities to the greatest extent possible, on a regular basis to improve their physical, mental, social, emotional and psychological health and well-being are all important to them. The development of art, contemporary performing arts, visual arts, creative industries and crafts among the people of Benin City as forms of leisure activities should be well articulated with greater inspiration and conscious efforts for the development of leisure attitude by residents towards self-reliance and glorification of the towns.
- Planning and management of a wide range of leisure and cultural possibilities depend heavily on the participation of the government and other stakeholders. They must immediately establish a favorable climate that supports the growth and development of the arts and culture. In order to reduce youth restlessness, it

is also important to provide a favorable environment for youth engagement in leisure activities.

- The government of Benin City and interested stakeholders in recreation and leisure pursuits should promote tourism activities in the rural areas where cultural events thrive. This can be explored by cultural economists: which might potentially attract investment that could bring in stockholders to increase the economy of the communities of Benin City and subsequently increase the potentials and quality lifestyle of the indigenes living in these areas.
- Due to some of the residents who participates in cultural activities, cultural activities of the people therefore has a unique form of education; elders with vast knowledge in cultural education should be mandated by traditional rulers in these communities in collaboration with the government to teach and transfer the knowledge and practices culturally to both youths and adults alike in order to avoid these cultures from going into extinction.

#### **5.4 Contributions to knowledge**

The study bridge the gap in research in that it provided empirical evidence that leisure knowledge, attitude and Behaviour had predictive influence on the inhabitants of Benin City's quality of life, South-South Nigeria. The study also provided empirical evidence on the leisure pattern, leisure activities and benefits leisure participation will have on the residents and how their involvement in the activities may improves the standard of living (Qol) of the Benin City residents.

A study of this nature that examined the leisure knowledge, leisure attitude, leisure Behaviour and cultural activities in these regions produced new and innovative ideas which sought to ascertain the decipherment of the concept, leisure education and the role leisure literacy can play among the Anglophone populations. These inquiries has given us the opportunity to identify transformations experienced through leisure engagements by the natives in the area under study, by way of values attached to activities they do at their free time, their customs, cultural norms, religious beliefs, and traditions, as well as how important it is for them to spend their leisure time engaging in the activities they enjoy.

Additionally, this research supported the crucial function that productive free time plays in raising citizens' living standards as it unite and strengthen the ties of unity that hold them together, which are transmitted to improve the conditions of



society for peaceful coexistence. Consequently, It will assists in interpreting the findings of studies conducted in the future by other leisure researchers..

### **5.5 Suggestion for future studies**

Future researchers should attempt to explore and conduct similar studies relating to other predictive variables or factors that enhance the quality of life among other ethnic groups to examine if the reports are compatible with the current studies from other parts of Nigeria and other African countries. Further investigation on the impact of leisure education on leisure knowledge, leisure attitude and leisure Behaviour of the people should be assessed for the purpose of identifying the levels of leisure interest, participation and the healthy lifestyle of the people.

Researchers in the field of leisure who are from other ethnic groups in Nigeria, should be able to conduct studies in leisure and cultural education in order to establish a report on the richness, beliefs, customs, values and benefits of participating in cultural activities, thereby creating an intellectual pattern of human knowledge and aesthetic training that can build and effectively promote social integration capacity for learning and transmitting the knowledge of culture and traditions, shared attitudes and values that are related to these cultures in order to safeguard the Intangible Cultural Heritage of the two areas. This will further assist in securing these values and beliefs embedded in these cultures and traditions, preventing them from going into extinction.

Future researchers who are interested in a study of this kind should direct their attention and concern to the issues that borders on government and social inclusion relating to quality of life; this will draw ties between the communities and government. When there are government officials as part of the inclusion criteria in the study, (key features of the target population) within the study items as this could invite governmental presence into these communities. The presence of government could improve the facilities, equipment and other materials used for leisure participation. The availabilities of the facilities and equipment for leisure participation will facilitate interest in participation by the indigenes; the benefits of participation will be realized and achieved; this will further improve their quality of life.

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## APPENDIX 1

DEPARTMENT OF HUMAN KINETICS AND HEALTH EDUCATION,  
FACULTY OF EDUCATION  
UNIVERSITY OF IBADAN, IBADAN

### LEISURE KNOWLEDGE QUESTIONNAIRE (LKQ)

This questionnaire is designed to investigate the leisure knowledge of residents of Benin City. The information you supply will be treated with strict confidence. Your frank and sincere response to each item of the questionnaire will be highly appreciated. Please tick (✓) any response that best suit your opinion or response.

Thank you.

Vincent O. **Ighodaro**

*Researcher*

#### SECTION A

1. Sex: Male ( ) Female ( )
2. Age: 18-30 ( ) 30 – 49years ( ) 50 – 59years ( ) 60years and above ( )
3. Educational Status: There is no education at all ( ) Education at the Primary Level ( ) Secondary school Education ( ) Post-secondary education (NCE/DIPLOMA) ( ) Tertiary Education (HND/B.Sc./B.Ed, etc.) ( ) Tertiary Education (Masters Degree or equivalence ( ) Tertiary Education (PhD) ( )

#### SECTION B:

#### KNOWLEDGE

S/N	ITEMS	VU	U	T	VT
1	Leisure is the deliberate use of time free of chores or responsibilities to engage in enjoyable activities that are in line with one's personality and passion				
2	Leisure has to do with participating in purposeful activities with inherent satisfaction that inspires the individual.				
3	Leisure time is not the same as free time or non-working hours for the individual.				
4	Involvement in leisure activities helps to release stress and tension.				
5	Socializing with family and friends are leisure activities undertaken during free time.				
6	Leisure activities have benefits not only to the individual but also to the entire society.				

7	Engagement in activities like singing and dancing are forms of leisure activities.				
8	Leisure does not increase individual's happiness and satisfaction.				
9	Leisure time implies doing something constructive and worthwhile that can positively add value to the individual's life.				
10	Cultural festivals and arts and crafts cannot be regarded as forms of leisure activities.				
11	Leisure activities meet needs, interests and desires of the individuals.				
12	Participation in leisure activities elevates mood and sense of wellbeing.				
13	Through leisure activities, people make friends.				
14	Leisure activities promote one's health and general wellbeing.				
15	Leisure activities are means for self-improvement and increase in work productivity.				

**KEY:** VU stands for Very Untrue, U for Untrue, T for True, and VT for Very True.

**APPENDIX 11**

**LEISURE ATTITUDE QUESTIONNAIRE  
(LAQ)**

This questionnaire is designed to investigate the leisure attitude of residents of Benin City. Please tick (✓) any response that best suit your opinion or response.

**SECTION C:**

**LEISURE ATTITUDE**

<b>S/N</b>	<b>ITEMS</b>	<b>SA</b>	<b>A</b>	<b>D</b>	<b>SD</b>
1	I enjoy engaging in leisure activities because it is good and refreshing to do so.				
2	I do not appreciate taking part in leisure activities.				
3	I participate in leisure activities because it enhances my creativity.				
4	I enjoy doing leisure activities because it promotes mental capacity.				
5	Because leisure activities develop my physical fitness, I always enjoy doing it.				
6	I do not delight in participating in leisure activities because they are not always interesting.				
7	Participating in Leisure activities is not necessary for my relaxation and enjoyment.				
8	I must not partake in leisure activities to create relationships and opportunities.				
9	Leisure activities give me pleasure so it is good for me.				
10	I enjoy leisure activities because it is alternative to doing something unproductive.				
11	Participation in structured leisure activities do have specific results on my lower blood pressure level.				
12	My participation in leisure activities gives me the opportunities to socialize and pursue personal hobbies.				
13	I believe that participating in recreational activities is beneficial to my health.				
14	I always look forward to engaging in leisure activities.				
15	Participating in leisure activities is a waste of time.				

**KEY:** SA= Strongly Agree, A= Agree, D= Disagree, SD= Strongly Disagree

## APPENDIX 111

### LEISURE BEHAVIOUR QUESTIONNAIRE (LBQ)

This questionnaire is designed to investigate the leisure Behaviour of residents of Benin City. Please tick (✓) any response that best suit your opinion or response.

#### SECTION D:

#### LEISURE BEHAVIOUR

S/N	ITEMS	SA	A	D	SD
1	I regularly take part in recreational activities of my choice.				
2	I devote less time to recreational activities				
3	I make sure that I put much effort in leisure activities to achieve competency.				
4	I always participate in leisure activities to enhance a healthy lifestyle and practices.				
5	I spend money on getting relevant equipments for leisure activities that I do.				
6	I practice new leisure activities every time I have the opportunity to do so.				
7	I do multiple leisure activities at my free time.				
8	I frequently practice different leisure activities to enhance my lifestyle.				
9	I seek for places or environment where I can engage in leisure activities.				
10	I do some leisure activities even when they are not planned.				
11	I attend seminars or programmes where I can learn more about leisure activities.				
12	I always plan to increase my leisure time activities.				
13	I do not allow being busy to disturb my participation in leisure activities.				
14	I give high priority to participating in leisure activities.				
15	I watch programmes regularly on leisure activities.				

**KEY:** SA= Strongly Agree, A= Agree, D= Disagree, SD= Strongly Disagree

## APPENDIX 1V

### LEISURE ACTIVITIES QUESTIONNAIRE (LAQ)

This questionnaire is designed to investigate the leisure activities that the residents of Benin City engage in. It is also meant to determine the leisure pattern of the people. Please tick (✓) any response that best suit your opinion or response.

#### SECTION E:

#### LEISURE ACTIVITIES

S/N	ITEMS	Response (✓)		Pattern of Leisure Activities (For researcher only)			
		No	Yes	Active	Passive	Indoor	Outdoor
<b>Simple Entertainments</b>							
1	Spectator sports						
2	Movies						
3	Television						
4	Story Telling						
5	Traditional Sports						
<b>Mental activity and Self-awareness</b>							
6	Meditation						
7	Reading for pleasure						
8	Writing for pleasure						
9	Focus time						
10	Thinking/Reasoning						
<b>Sports and Exercise</b>							
11	Basketball/Tennis/Bicycling						
12	Volleyball/Table tennis/Football						
13	Aerobics/Jumping ropes						
14	Walking/Jogging/Running/Skipp						
<b>Music</b>							
15	Listening						
16	Composing						
<b>Arts and Crafts</b>							
17	Oil painting						
18	Sculpture and Stained glass						
19	Appreciation activity						
20	Drawing						
<b>Dance</b>							
21	cultural/aesthetic activities						
22	Drumming						
<b>Playing and Games</b>							
23	Board games						
24	Hide and seek						

25	Ayo games						
26	Ludo games						
Relaxation							
27	Hot tubing						
27	Massaging						
Social Activities							
29	Family gatherings/Eating out						
30	Parties/Association						
31	involvement in clubs						
32	Gardening						
Humanitarian Services							
33	Volunteer work/Organizations						
34	Providing Humanitarian services						
Nature/Outdoor Recreation							
35	Hiking and Fishing						
36	Site seeing						
37	Carving/Canoeing						
38	Hunting/Camping						
Tourism and Outdoor							
39	Motion pictures						
40	Radio and Television						
41	Library, archives, Museums						
42	Cultural activities and others						
43	Botanical and Zoological Gardens						

Please write others not mentioned above.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**APPENDIX V**  
**CONSTRAINTS TO LEISURE ACTIVITIES QUESTIONNAIRE**  
**(CLAQ)**

This survey is intended to look at the barriers to citizens of Benin City participating in fun activities that are in line with their personalities and interests. Please mark (√) any response that best represents your viewpoint or response.

**SECTION F:**

**CONSTRAINTS TO LEISURE PARTICIPATION**

S/N	ITEMS	SA	A	D	SD
1.	I can't participate in leisure activities because of my commitment to my job or business				
2	My lack of interest in leisure activities makes me not to take part in recreational activities.				
3	My commitment to and involvement in community matters hinders my participation in activities.				
4	Lack of information about what leisure activities to do hinders me from participating in leisure activities.				
5	Lack of friends who like leisure activities hinders me from				
6	My commitment to my family stops me from engaging in recreational activities..				
7.	Finance is a hindrance to my participation in leisure activities.				
8.	Non-availability of recreational facilities in the NEIGHBOURHOOD prevents participation in leisure activities.				
9.	Culture and tradition of the people do prevent participation in leisure time activities.				
10.	Not having recreational skills hinders my participation in leisure activities.				
11.	Lack of time prevents me from participating in leisure activities.				

KEY: SA= Strongly Agree, A= Agree, D= Disagree, SD= Strongly Disagree



## APPENDIX VI

### QUALITY OF LIFE QUESTIONNAIRE (QOLQ)

The purpose of this survey is to find out how residents of Benin City rate their quality of life. Please mark (✓) any response that best expresses your viewpoint or response.

#### SECTION G:

##### Overall Quality of Life and General Health

1. How would you rate your quality of life?  
Very Poor ( ) Poor ( ) Good ( ) Very Good ( ) Excellent ( )
2. How satisfied are you with your health?  
Very Dissatisfied ( ) Dissatisfied ( ) Satisfied ( ) Very Satisfied ( ) Very Much Satisfied ( )

##### Physical Health

3. To what extent do you feel that physical pain prevent you from doing what you want to do?  
Not at All ( ) A Little ( ) A Moderate Amount ( ) Very Much ( ) An Extreme Amount ( )
4. How much do you need any medical treatment to function in your daily life?  
Not at All ( ) A Little ( ) A Moderate Amount ( ) Very Much ( ) An Extreme Amount ( )
5. Do you have enough energy to get through the day?  
Absolutely not ( ) a small amount ( ) Neither too much ( ) Very Much ( ) too much Amount ( )
6. How much are you able to get around?  
Absolutely not ( ) A Little ( ) neither too much ( ) Very Much ( ) too much amount ( )
7. Do you have a good night sleep?  
Absolutely not ( ) A Little ( ) neither too much ( ) Very Much ( ) too much amount ( )
8. How please are you with your abilities to carry out your daily tasks?

Absolutely not ( ) A Little ( ) neither too much ( ) Very Much ( ) to much amount ( )

9. How satisfied are you with your capacity for work?

Absolutely not ( ) A Little ( ) neither too much ( ) Very Much ( ) to much amount ( )

### **Psychological Health**

10. How much do you enjoy life?

Not at All ( ) A Little ( ) A Moderate Amount ( ) Very Much ( ) An Extreme Amount ( )

11. To what extent do you feel your life to be meaningful?

Not at All ( ) A Little ( ) A Moderate Amount ( ) Very Much ( ) An Extreme Amount ( )

12. How well are you able to concentrate?

Not at All ( ) Slightly ( ) Moderately ( ) Very Much ( ) Extremely ( )

13. Are you able to accept your bodily appearance?

Not at All ( ) A Little ( ) Moderately ( ) Mostly ( ) Completely ( )

14. How satisfied are you with yourself?

Not at All ( ) Slightly ( ) Moderately ( ) Very Much ( ) Extremely ( )

15. How frequently do you have ill feelings such as depressed frame of mind, hopelessness, restlessness, sleep disturbance?

At no time ( ) rarely ( ) frequently ( ) many times ( ) all the time ( )

### **Social Relationship**

16. How satisfied are you with your personal relationship?

Very Dissatisfied ( ) Dissatisfied ( ) Satisfied ( ) Very Satisfied ( )  
Very Much Satisfied ( )

17. How satisfied are you with your sex life?

Very Dissatisfied ( ) Dissatisfied ( ) Satisfied ( ) Very Satisfied ( ) Very Much Satisfied ( )

18. How satisfied are you with the supports you get from friends?

Very Dissatisfied ( ) Dissatisfied ( ) Satisfied ( ) Very Satisfied ( ) Very Much Satisfied ( )

### **Environment**

19. How safe do you feel in your daily life?

Not at All ( ) Slightly ( ) Moderately ( ) Very Much ( ) Extremely ( )

20. How healthy is your physical environment?  
Not at All ( ) Slightly ( ) Moderately ( ) Very Much ( ) Extremely ( )
21. Have you enough money to meet your needs?  
Not at All ( ) Slightly ( ) Moderately ( ) Very Much ( ) Extremely ( )
22. How available to you is the information that you need in your day-to-day life?  
Not at All ( ) Slightly ( ) Moderately ( ) Very Much ( ) Extremely ( )
23. To what extent do you have opportunities for leisure activities?  
Not at All ( ) Slightly ( ) Moderately ( ) Very Much ( ) Extremely ( )
24. How satisfied are you with the condition of your living place?  
Very Dissatisfied ( ) Dissatisfied ( ) Satisfied ( ) Very Satisfied ( ) Very  
Much Satisfied ( )
25. How satisfied are you with your access to health services?  
Very Dissatisfied ( ) Dissatisfied ( ) Satisfied ( ) Very Satisfied ( ) Very  
Much Satisfied ( )
26. How satisfied are you with your transport?  
Very Dissatisfied ( ) Dissatisfied ( ) Satisfied ( ) Very Satisfied ( ) Very  
Much Satisfied ( )

## APPENDIX V11

### **Informed Consent Letter**

To whom it may concern:

My name is Ighodaro Omoregbe Vincent; I am a Ph.D. student at the University of Ibadan, Ibadan Nigeria, and I am under the supervision of Professor M.A Ajayi from the Department of Human Kinetics, University of Ibadan. I am into academic study whose purpose is to look into the leisure knowledge, attitude and Behaviour as predictors of Quality of life among residents of Benin City indigenes. I will appreciate if you can take your time out to take part in the study by providing your knowledge and experiences on the subject matter. Your school of thought will assist as a true representation of the opportunities provided by individuals' free time and the role free time can play in attaining fulfillment or satisfaction of life. Participation in this academic study is entirely optional without sanctions in any way for either accepting or rejecting to take part in the research study. Neither will there be any financial benefits whatsoever for taken part in this academic study.

Nonetheless, the knowledge shared by the respondents can be theorized and hypothesized for global consumption and for the interest and wellbeing of Benin City residents, and also contribute to a better comprehension of how the people relax and enjoy their free time which could mean so much to interested stakeholders in leisure business. For instance, this type of academic study relating to leisure experiences of the residents of Benin City may advance some components that can help leisure service providers in determining the physical, psychological and emotional wellbeing including social security of the people in the area. The results of this academic study could be an emblem of moral truth that can be translated into speech used to develop propositions that could be used to better the living conditions, surroundings and circumstances for repose and holidays among the residents of Benin City, Edo State, Nigeria.

I honestly thank you for taking part in this study. The conclusions from this academic research will be in the public view as articles in reputable journals and conferences. Questions will be entertained in case there is any confusion or unclear statements. Feel free to contact the researcher,

**Ighodaro Omoregbe Vincent**

Department of Human Kinetics and Sports Science, University of Benin, Benin City

Email: [ighovic@yahoo.com](mailto:ighovic@yahoo.com)

GSM: 08033775742

Or

Professor M.A **Ajayi** from the Department of Human Kinetics, University of Ibadan.

Email: [michael952@ymail.com](mailto:michael952@ymail.com)

Phone: 08023424905

When the data gathering and processing are finished, I'll make sure you get the results. You may contact the department of Human Kinetics if you have any additional questions about your rights as a project participant, Faculty of Education, University of Ibadan or University of Ibadan Institutional Review Board. (Collect) or at [www.ui.edu.ng](http://www.ui.edu.ng) (email). The Institutional Review Board maintains a presence at the university campus, University of Ibadan and is accountable to human subjects who engage in investigative research, protecting their rights in the conduct of academic research work.

Copies of this form will be given to all who took part in the academic research for record purposes.

Please fill in the below spaces:


\_\_\_\_\_ I certify that I am eighteen years old.

\_\_\_\_\_ I have looked through this form and the information is understood.

\_\_\_\_\_ the information was clearly explained to me by another

Participants' signature \_\_\_\_\_ Date \_\_\_\_\_

## APPENDIX VIII



Social Science and Humanities Research Ethics Committee (SSHREC)  
**University of Ibadan**

*Chairman*  
**Prof. Jegede Ayodele Samuel.**  
*B.Sc., M.Sc. (196) M.Ed. (Tarrant), Ph.D. (Ibadan)*

*Email:* sshrecuisoc@gmail.com  
*Mobile:* +234-080-5725-0326

**NOTICE OF FULL APPROVAL AFTER COMMITTEE REVIEW**

**Re:** Leisure Knowledge, Attitude and Behaviour as Predictors of Quality of Life Among Residents of Oyo Town and Benin City, Nigeria

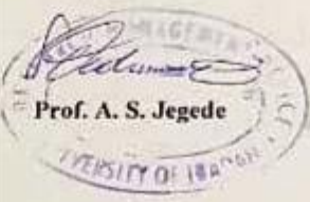
UI/Social Sciences Ethics committee assigned number: UI/SSHREC/2019/0027  
Name of Principal Investigator: **IGHODARO, Vincent**  
Address of Principal Investigator: Department of Human Kinetics and health Education  
Faculty of Education, University of Ibadan

Date of receipt of valid application: 18/07/2019  
Date of meeting when determination on ethical approval was made: 25/11/2019

This is to inform you that the research described in the submitted protocol, the consent forms, and other participant information materials have been reviewed and given full approval by the SSHREC Committee.

The approval dates from 25/11/2019 to 24/11/2020. If there is delay in starting the research, please inform the SSHRE Committee so that dates of approval can be adjusted accordingly. Note that no participant accrual or activity related to this research may be conducted outside of these dates. All informed consent forms used in this study must carry the SSHRE Committee assigned number and duration of SSHRE Committee approval of the study. It is expected that you submit your annual request for the project renewal to the SSHRE Committee early in order to obtain renewal of your approval to avoid disruption of your research.


*Note: the National code for research ethics requires you to comply with all institutional guidelines, rules and regulations and with the tenets of the Code including ensuring that all adverse events are reported promptly to the SSHREC. No changes are permitted in the research without prior approval by the SSHREC except in circumstances outlined in the Code. The SSHRE reserves the right to conduct compliance visit to your research site without previous notification.*



**Prof. A. S. Jegede**

UNIVERSITY OF IBADAN

**APPENDIX IX  
SEMI-STRUCTURED INTERVIEW GUIDE**

<p><b>INTERVIEWEE:</b></p> <p>Age: _____</p> <p>Gender: _____</p> <p>Region: _____</p> <p>Educational Status: _____</p> <p>Community: _____</p> <p><b>L</b> <b>Activity:</b> Active Participation Passive Participation Indoor Activities Outdoor Activities</p> <p><b>GOAL</b>  <b>To Improve the Quality of Life of Participants</b></p> <p><b>Structural barrier</b></p>	<p><b>Questions on Leisure Activities done in the Benin City:</b></p> <p><b>1. How much time do you have for leisure activities?</b></p> <p><b>2. What type of activities do you do in this community during your free time?</b></p> <p><b>3. Which types of activities do you like to partake in as a person during your free hours; and the activity which make you happy or gives you fulfillment and satisfaction?</b></p> <p><b>4. Are these activities indoor or outdoor?</b></p> <p><b>5. Which are the passive and active activities done mostly in your areas?</b></p>	<p align="center">_____</p> <p><b>INTERVIEWER:</b> Length of Interview 45-60 mins</p> <p><b>Constraints to Participation in</b></p> <p>a) Low Self-Esteem b) Poor body Image c) Motivation d) Beliefs</p> <p>Lack of leisure companionship, lack of Options and Social Interactions</p> <p>1a) Peer group Support 1b) Parental Support 1c) Negative Peer influence d) Lack of information about</p> <p>a) Lack of transport b) Facilities c) Money d) Lack of resources, time and provisions</p>
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Source: Self Developed by  
**IGHODARO Omoregbe Vincent, (2018)**

**APPENDIX X**  
**RESEARCHER AND RESPONDENTS**



Researcher and respondents in Ikpoba Okha LGA







Researcher; given instructions to respondents in Ikpoba Okha LGA, Edo State.





Researcher and respondents in a particular area in Oredo



Researcher and research assistants on the two days training on questionnaire administration





Researcher with some respondents



Researcher and some of the respondents in the study area



Researcher and Interviewees



One of the Streets in Ikpoba Okha LGA of Edo State.





Respondents', Researcher and the Interpreter



Interviewees in Benin City