



INFLUENCE OF INSTRUCTIONAL PHYSICAL EDUCATION PROGRAMME ON RECREATIONAL PURSUIT OF SECONDARY SCHOOL STUDENTS IN IJEBU-ODE LOCAL GOVERNMENT AREA, OGUN STATE

KEYWORDS

OSIBOYE OLUDARE O.

SCHOOL OF SCIENCE TAI SOLARIN COLLEGE OF EDUCATION, OMU-IJEBU OGUN STATE,
NIGERIA.

ABSTRACT The study is focused on the influence of instructional physical education programme on recreational pursuit of secondary school student in Ijebu-Ode Local Government Area, of Ogun State Nigeria. A sample of 200 Student was used for the study. Self-developed questionnaires were the only instrument used for data collection. Four hypothesis stated in null form were formulated to direct the study and were tested using the chi-square statistical analysis at 0.05 level of significance. Conclusion and recommendation were made on the basis of the findings of the study. The researcher recommended that Government, teachers, school administrators and individual should encourage students to participate in recreational activities during their leisure time.

INTRODUCTION

Recreation is a fundamental and universal human need because it is an outlet for self-expression, personal development and self-satisfaction. Recreation according to Onward (2000) is a socially desirable leisure activity in which an individual participates voluntarily and from which one desires immediate and continuous satisfaction. Recreation can also be describe as any activity that is not consciously performed for the sake of any reward attached to it. In a nutshell, recreation may be described as those activities which gives satisfying experience and develops physical, social and aesthetic qualities that contribute to a better experience.

According to Parker, (1998), the need for daily recreational activities is obviously important for the well-being of an individual, but it presents dilemma for those who must balance academics, with the sociocultural issues. Graham (1990), observes that proper handling of physical education programme is a means of achieving recreational activities of the child. It is clear that daily recreational activities play a crucial and unique role in child's cognitive, psychological and physical development. (American Alliance for Health, Physical Education, Recreation and Dance (AAHERD) 1993). A quality instructional physical education programme that will be commensurate with the recreational pursuit of the young ones (students) include a standard physical education curriculum with instructional periods totaling 150 minutes per week at the elementary school level and 225 minutes at the secondary school level with a qualified physical education specialist and adequate recreational facilities and equipment.

Recreational pursuit does not only provide opportunities for meaningful relaxation and enjoyment, they also promote social involvement and self-determination. Self-determined behavior expresses an individual's personal preferences and interest, and its exercise through recreation strengthens individual ability to be acting as the primary causal agent in one's life and making choice and decisions regarding one's quality of life free from external influence or interference. Recreational pursuit has been regarded as recreational activity that refreshes one's mind or body after work through activity that amuses or stimulates play. It is also activity that renews one's health and spirits during one's spare time.

According to Bucher (2000), the kind of recreation advocated

for is characterized by major four yardsticks which are,

1. The activities to be engaged in must be satisfying an enjoyable to the participant
2. The activity should be constructive, and not harmful to the person in any way.
3. The activity to be engaged in must be convenient to the participants time.
4. The activity must be engaged in during one free time in order for one to derive enjoyment and relaxation.

The role of qualified personnel is to teach and instill the interest in participating in recreational activities and recreational pursuit into the mind of the student so as to prepare them for a full and worthwhile life in form of character development and also to contribute positively to national development.

Likewise, good equipment will motivate the interest in recreation and when these equipment's are in good conditions, they provide the opportunity for meaningful relaxation and enjoyment. When qualified personal and adequate recreational centres, facilities and equipment are available, it will stimulate the interest of recreational pursuit of individual. Jolt, (2008).

For an effective instructional physical education program to be achieved, qualify personnel, recreational centres and facilities and equipment must be put in place to arouse and stimulate the pursuit of recreation.

PROBLEM

There are many recreational activities that secondary school students can utilize during their leisure time but most students hardly come out to participate in the recreational activities available for the student populace.

Majority of the students have not been utilizing their leisure time wisely. They have abandoned recreational activities for many unlawful acts in the school. There is therefore the need to study those indices responsible for the poor participation of recreational activities among the student.

Also to correct wrong notion of many students who believed that recreational pursuit is a waste of time. It is in this light that this study is designed to examine the influence of instructional physical education programme of recreational pursuit on secondary school students in Ijebu-Ode Local Government

Area.

RESEARCH HYPOTHESES

1. Provision of enough recreational centres will not significantly influence the recreational pursuit of secondary school student in Ijebu-Ode Local Government Area of Ogun State.

2. Provision of qualified personnel will not significantly influence the recreational pursuit of secondary school student in Ijebu-Ode Local Government Area of Ogun State.

3. Adequate facilities will not significantly influence the recreational pursuit of secondary school student in Ijebu-Ode Local Government Area of Ogun State.

4. Adequate equipment will not significantly influence the recreational pursuit of secondary school student in Ijebu-Ode Local Government Area of Ogun State.

POPULATION

The population for the study consisted both male and female secondary school students in Ijebu-Ode Local Government Area of Ogun State.

SAMPLE AND SAMPLING TECHNIQUE

The sample for this study consisted of two hundred (200) students drawn from four secondary schools that are randomly selected from II secondary school in the area

1. Luba Comprehensive High School, Ijebu-Ode.
2. An-sar-u-deen High School, Ijebu-Ode.
3. Tia Salarin University of Education Secondary School, Ijebu-Ode
4. Adeola Odutola College, Ijebu-Ode.

The sample was randomly selected without bias. The technique of the random sampling was adopted, to give every subject an equal opportunity of being selected.

Frequencies and percentages were used to analyse collected data before applying Chi-square.

INSTRUMENT

The research instrument for this study was questionnaire. It was designed according to the variable in the hypotheses of the study. The questionnaire was in two section A and B, section A is on demographic data of the respondents while section B sought information on the influence of instructional physical education programme on recreational is on pursuit of secondary school students in Ijebu-Ode Local Government Area of Ogun State.

VALIDITY AND RELIABILITY OF THE INSTRUMENT

Three experts, one in Physical and Health Education, one in Measurement and Evaluation and the other in Instructional Technology face validated the instrument for reliability; a test-re-test estimate of 0.72 was obtained from secondary school students in Odogbolu Local Government Area of Ogun State. The Interval between test and retest was two weeks.

DATA ANALYSIS

Frequency counts and percentage were used to analyse demographic data while inferential statistics of Chi-square was used to test the hypotheses 0.05 alpha level Hypothesis-by-Hypothesis presentation and interpretation of results are as follows

HYPOTHESIS 1:

Provision of enough recreational centres will not significantly influence the recreational pursuit of secondary school students in Ijebu-Ode Local Government Area of Ogun State.

Table 4: Chi-square calculation on hypothesis one

Alternative	Response	Percentage	Df	Table value	Cal-value	Remark
SA	75	37.5	3	7.82	82	Significant
A	85	42.5				
D	35	17.5				
SD	5	2.5				
Total	200	100				

From the above table, seventy five (75) (37.5%) respondents strongly agreed, eighty five (85) (42.5%) respondents agreed, thirty five (35) (17.5%) respondents disagreed and five (5) (2.5%) respondents strongly disagreed with the assumption that adequate recreational centres will not significantly influence the recreational pursuit of the secondary school students in Ijebu-Ode Local Government Area of Ogun State.

When chi-square was applied, a value of 82 was gotten. Since the calculated value is greater than the table value of 7.82 at degree of freedom 3 and 0.05 level of significance, the hypothesis is rejected. This implies that an adequate recreational centre influences the recreational pursuit of secondary school student in Ijebu-Ode Local Government Area of Ogun State. This support the view of Hargreaves (2003) that enough recreational centres motivate people to use their leisure time for recreational activities and then people who visit recreational centres often have the chance to meet new people and this foster social interaction.

HYPOTHESIS 2:

Provisions of qualified personnel will not significantly influence recreational pursuit of the secondary school students in Ijebu-Ode Local Government Area Ogun state.

Table 5: Chi-square calculation on hypothesis two

Alternative	Response	Percentage	Df	Table value	Cal-value	remark
SA	80	40				
A	40	20				
D	35	17.5	3	7.82	27	Significant
SD	45	22.5				
Total	200	100				

The table above shows that eighty (80) (40%) respondents strongly agreed. forty (40) (20%) respondents agreed, thirty five (35) (17.5%) respondents disagreed and forty five (45) (22.5%) respondents strongly disagreed with the assumption that proper handling of physical education programme will not significantly influence the recreation pursuit of secondary school student in Ijebu-Ode Local Government Area of Ogun State. When chi-square was applied a value of 27 was gotten. Since the calculated value is greater than the table value, the hypothesis is rejected. This implies that proper handling of physical education programme by qualified physical education teachers of secondary school student in Ijebu-Ode Local Government Area of Ogun State. This supports the view of the American Alliance for Health, Physical Education, Recreation and Dance that a quality physical education programme will promote the recreational pursuit of the young ones.

HYPOTHESIS 3:

Adequate facilities will not significantly influence the recreational pursuit of secondary school students in Ijebu-Ode Local Government Area of Ogun State.

Table 6: Chi-square calculation on hypothesis three

Alternative	Response	Percentages	Df	Table Value	Cal-value	Remark
SA	75	37.5				
A	35	17.5				
D	75	37.5	3	7.82	25.3	Significant
SD	15	7.5				
Total	200	100				

HYPOTHESIS 4:

Adequate equipment will not significantly influence the recreational pursuit of secondary school in Ijebu-Ode Local Government Area of Ogun State.

Table 7: Chi-Square Calculation on hypothesis four

Alternative	Response	Percentages	Df	Table Value	Cal-value	Remark
SA	80	40				
A	45	22.5				
D	35	17.5	3	7.82	27	Significant
SD	40	20				
Total	200	100				

From the above table, eighty (80) (40%) respondents strongly agreed, forty five (45) (22.5%) respondents agreed. thirty five (35) (17.5%) respondents disagreed and forty (40) (20%) respondents strongly disagreed with the assumption that adequate equipment will not significantly influence the secondary school student in Ijebu-Ode Local Government Area of Ogun State. When chi-square was applied, a value of 27 was gotten. Since the calculated value is greater than the table value of 78.2 at degree of freedom of 3 and 0.05 level of significance, the hypothesis is rejected. This implies that adequate equipment influence the recreational pursuit of secondary school student in Ijebu-Ode Local Government Area of Ogun State. This supports the view of Rosband (2009) that equipment for physical activities enables an individual to participate in recreational activities.

SUMMARY AND CONCLUSION

From the results of the study, influence of instructional physical education programme has been a problem causing loss of interest in recreational pursuit of the secondary school student. Hence in the light of the above, it is recommended that:

1. Government should provide enough recreational centre so as to encourage recreational pursuit
2. Government should provide facilities and equipment for recreational activities in schools and the communities so as to encourage though recreation relaxation.
3. Recreation agency should be developed to enhance recreational awareness among student.
4. A national policy on recreation administration should be established to cater for recreation pursuit of the students.
5. Government should appoint qualified personnel to cater for recreational activities in the secondary schools.

REFERENCES

1. Bucher, C.A.(2000). Administration of health and physical education programme including Athletics. St. Louis; the V.C Mosby Company.
2. Hargraves, M.O.(2000). Recreational fundamental and universal human need, London, Academic press.

3. Jolt, M. B. (2008). Recreational facility and equipment New York, Academic Press.
4. Onward, J. A. (2002). Principle of modern physical education and recreation. New York, Academic Press.
5. Parker, A. V. (1998). Objectives of instructional physical education programme, Judge Barke Foundation publication, Macmillan, New York.
6. Rosband, R.O. (2009). Recreation and health, Oxford, university press.