

Attitudes towards Recreation: An Empirical Study of Youth's Recreation Development in Bida-Nigeria

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Abstract : The purpose of this study is to determine the factors responsible for the inclination of the youths of Bida to passive recreation, with a view to finding out whether their occupations influence their attitudes towards active recreation. Using the 5-point Likert scale, a total number of 267 participants were drawn from the two major wards in Bida town. They are Cheniyan and Nassarafu. Study evidence revealed that youths were constrained from participating in active recreation due to preoccupation with family responsibilities and lack of their choices of recreational facilities. The result of the Chi Square Test showed that the youths had positive attitudes towards physical exercises, while the Spearman's Correlation ($r=0.21$) signifies a positive but weak correlation. The P- value, however, equals .7610 which is greater than 0.05 and, so significant. The study concluded by suggesting regular enlightenment programmes, focusing on the values of participating in active recreation, and building and maintenance of desired neighborhood recreation facilities for youths, as a measure to encourage them to take part in the active form of recreation.

Keywords : attitudes, Bida, recreation development, recreation of youth

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