

Barriers towards Effective Participation in Physically Oriented Leisure Time Activities: A Case Study of Federal College of Education, Pankshin Plateau State, Nigeria

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Abstract : Correct use of leisure time has suffered neglect in our society and the people ignorantly think that the trend does not matter. The researcher felt concerned about the issue and went on to find out why using FCE, Pankshin workers as a case study. Four hypotheses were used, considering such variables as leadership, traditional activities, stress due to work pressure and time constraint. The participants selected for the study were one hundred and ten members of FCE, Pankshin staff. A self-developed questionnaire was the instrument used. Chi-square (χ^2) was employed to test the hypotheses at $P = 0.005$; $df = 3$. The statistics of percentages was also used to describe the situation as implicated by the data. The results showed that all hypotheses were significant ($P = 0.05$). It was concluded that the four variables were impediments to effective participation in physically oriented leisure time activities among the FCE, Staff. Based on the findings, it was recommended that the FCE should get good leadership, create good awareness for people to understand why they should be effectively involved in physically oriented leisure time activities.

Keywords : barriers, effective participation, leisure time, physically oriented, work pressure, time constraint

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