

Assessing the Benefits of Recreation to Management of Stress among Executives of an Institutional Organisation

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Abstract : In modern societies, stress has become a widespread phenomenon and therefore an issue of major concern to employees, organizations, and the state. As senior management of an organization, executives are not immune to this problem because they carry out lots of activities while on duty. This paper is centered on the benefits of Tourism, Leisure and Recreation to the management of executive stress. Executives work has always been considered to be stressful. The key objective of the research is to gain a better understanding of the causes of stress among executives and to find out how tourism, leisure, and recreational activities could be used as a means to managing stress. Interview and observation data were analyzed using SPSS. The major finding revealed that that human system has specific limitations and nature cannot be cheated. It is recommended that executives should take regular and mandatory vacation of least forty days in a year. The only answer then is rest. The research recommends that a break tends to improves and relaxes, refreshes the mind and enhances performance.

Keywords : executive, recreation, stress, tourism

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