



## Psycho-demographic factors as predictors of sports leisure activities among students of Olabisi Onabanjo University

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### Abstract

This study aimed to discuss psycho-demographic factors as predictors of sports leisure activities among selected students of Olabisi Onabanjo University. A descriptive survey research design of a correlational type was used for the study. The sample included 262 students from various faculties. Self-structured research instruments PFALQ:  $r=0.71$  and DVILQ:  $r=0.76$  were used for data collection. The data were analyzed using multiple regression. The result reveals a significant joint contribution of the independent variables on sports leisure activities. The result also shows the relative contribution of independent variables (motivation, self-esteem, personality, age, gender and religion) to the dependent variable (involvement in sports leisure activities). The findings revealed that was a joint contribution of psycho-demographic status to leisure activities among selected students of Olabisi Onabanjo University. It was recommended that students should be informed of the benefits of participation in leisure activities.

**Keywords:** leisure activities, psycho-demographic factors, motivation, self-esteem, personality, age, gender, religion

### Introduction

Different scholars have conceptualized leisure in diverse ways. The most significant experiences in the lives of students are leisure. Participation in sports leisure activities is a requirement among undergraduates in Nigerian universities. Leisure activities are a significant aspect of life that, unfortunately, has been reduced in contemporary society. Many people, including undergraduate students, tend to work tirelessly without adequate time and sometimes desire to recreate (Okpala, 2015). According to Abbah (2021), undergraduate students need to make time for the kind of activity that will help them to recreate their mind and body because it provides both physical and mental relaxation.

Leisure activities are based on enjoyment and interest attributed to non-work activities of individuals in their unrestricted time. Leisure, according to Kim et al. (2015), can be referred to as time spent on activities other than work. The activities in which a person is engaged in during one's leisure time must be voluntary, enjoyable, constructive, recreational, and non-survival. Leisure is freedom from leftover time from work or mandatory social behaviors, obligations, and barriers (Gokyurek, 2016). Muzindutsi and Viljoen (2016) described leisure as opportunities for socialization to enhance the sense of social cohesion and integration, which improves physical and mental health and creates an important component of a balanced life. Choi and Yoo (2017) postulated that leisure activities have been viewed as a major influence to determine people's lives in light of meaning and direction. Lee et al. (2018) stated that emphasis has been placed on the importance of leisure for the health and well-being of individuals throughout their lives.

Chen et al. (2017) reported that leisure activities play a significant role in our day-to-day life; psychologically and physiologically influencing human life. Leisure activities help to reduce mortality rates and promote healthy living. The researchers went further to report that consistent and adequate recreational activities will not only decrease the risk of diabetes, cardiovascular disease, and cancer but are also involved in reducing mortality rates through links with health indicators such as body mass index (BMI).

Wen et al. (2011) affirmed that people who participated in moderate-intensity movements like hiking for minutes or hours a week enjoyed 14% lower mortality rates and years of extension in the normal lifecycle, compared with the non-exercise individual regardless of gender or cardiovascular sickness status in Taiwan. If the interval of the exercise is improved with another 15 minutes every day, the mortality rate will be reduced by another 4%. Freire & Teixeira (2018) reported that university students are free to participate in leisure activities that are crucial to the life experiences that will give them a break from school duties, they must create a balance among their personal, social, and academic lives that will embrace their social and cultural activities in sports. Jdaitawi et al. (2020) reported that participation in leisure lower depression and promotes an active lifestyle as well as enhances life happiness, health, and social lives which all contribute to a successful academic life stage.

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Aaltonen et al. (2016) came to conclusion that leisure time physical activity has the capacity to increase academic achievement on condition that time balance between the two is observed. Khan and Chauhan (2018) came to similar conclusions. Urgelles and Frick (2022) came to conclusion that there is no positive correlation between the involvement in sports leisure activities and academic achievement is positive. Obviously, if used wisely / reasonably, the influence should be positive, at least as a moderator factor (via the improvement of health). On the other hand, leisure activities are not interesting for many higher education institution (HEI) students, who believe that they only distract them from academic work and are a waste of time. It has been discovered that only a few students patronize the facilities and materials in sports that are available. That is the reason why inter-departmental sports programs offered in Nigerian HEIs occasionally end without any success. There is academic freedom in HEIs, so students are free to do what they feel is advantageous to them.

Several studies (Abbah, 2021; Obasanmi & Obasanmi, 2011; Olubor & Osunde, 2007) have been conducted concerning students' leisure activities in Nigeria. However, very few studies have knotted together psycho-social factors influencing leisure activities. It is on this premise this study aims to investigate the psycho-demographic factors as predictors of sports leisure activities among selected students of Olabisi Onabanjo University.

## Literature review

National Association for Sport and Physical Education (2008) claimed that participation in sports leisure activities makes one fit, gives participants more energy, greater mental alertness, reduces stress and allows for better time management. Recent findings (Alla & Ajibua, 2012) revealed the potential of participation in physical leisure activities to contribute to positive health, not merely the absence of diseases, but also the capacity to enhance life satisfaction and ability to improve individual's capability to withstand stress.

Muzindutsi and Viljoen (2016) described leisure as opportunities for socialization to enhance the sense of social cohesion and integration, which improves physical and mental health and creates an important component of a balanced life. Zerengok et al. (2018) reported that leisure time events help individuals to take part in a community activity to make life more satisfactory either psychologically, physically, or socially. They also claimed that this provision is fundamental in the higher education period, as it is one of the most serious courses of life which establishes the long-lasting behavior forms of early individuals.

In this study, the researchers considered some factors that can lead to sports leisure activities participation among students of Olabisi Onabanjo University such as motivation to be involved in sports leisure activities, self-esteem, personality, age, gender, religious affiliation. Adeleye et al. (2018) reported that age is known to be a factor that may affect students' participation in leisure activity. Dada (2005) affirmed that certain faith and religions make college girls see participation in sports and recreation as unattractive because it involves wearing shorts, tight clothes, pants, or swimming suits, which they view as being against the will of God. Lapa (2013) found no difference between genders concerning their participation in leisure activities. Yerkes et al. (2020) asserted that women have more responsibility for the care of others, and have less and lower quality leisure time because their total workload is higher than that of men. Adeleye et al. (2018) reported that leisure is basic to motivation and therefore defined motivation as the forces that instigate instant and long-lasting behavior of an individual and establish it in the behavioral procedure of their psychological and physical needs. Bolarinwa (2021) reported that motivation is an active and complex phenomenon that can be influenced by some grades in the quest for more performance in sports. The root of all athletic effort and success is motivation. Adeleye et al. (2018) reported that leisure is basic to motivation and therefore defined motivation as the forces that instigate instant and long-lasting behavior of an individual and establish it in the behavioral procedure of their psychological and physical needs. Skovgaard and Berggren (2006) pointed out that it is a motivating factor for employees when their employers offer support for physical leisure activity program involvement'. Chiu and Kalsom (2015) reported that motivation and self-esteem dynamics were the best sign that predict physical activity participation in leisure time. People who are introverts tend to engage in indoor activities during their leisure time compared to individuals who are extraverts who engage in outdoor activities during their leisure time, which is due to the different composite characteristics in an individual.

## Problem statement

The available evidence showed that sports leisure activities have continued to be on the decline among university students in Nigeria. Some previously active in sports university students shifted from physical activities to more attractive sedentary ones due to the advent of mobile phones and their various applications. It appears that they are more involved in inactive activities such as motorized activities, video games, internet surfing activity, etc., at the expense of physical activities which are more beneficial to healthy living.

The figures on health indicators for Nigeria, especially as it relates to Non-Communicable Diseases (NCDs) in every stratum of the population, particularly the adolescents, and other ages typical for university students (Worldometer, 2020) are scaring. The students of Olabisi Onabanjo University appear not to have shown demonstrable interest in sports leisure activities despite the availability of some recreational facilities on the University premises. Agbabaika et al. (2020) observed that some Nigerian universities' students will not engage in leisure activities even when they are brought to their doorstep and similarly discovered that undergraduates are hardly involved in several leisure activities in their free interval. Several studies have been carried out in the area of leisure activities but few on the psycho-demographic factors influencing leisure activities among Olabisi Onabanjo University Students.

## The following hypotheses were tested:

1. There will be no significant composite contribution of Psycho-Demographic factors as correlates of leisure activities participation by students of Olabisi Onabanjo University.
2. There will be no significant relative contribution of Psycho-demographic factors (motivation, self-esteem, personality, age, gender, religious affiliation) as correlates of leisure activities among students of Olabisi Onabanjo University.



## Methods

This study used a descriptive survey research design of correlational type. The design is useful for studying problems in education and social sciences. It enables scholars to establish the relationship amid an enormous integer of variables in a sole study, hence its application in this study, as it involved no manipulation of any variable. Students of Olabisi Onabanjo University Ago-Iwoye, Ogun State constituted the population for the study. The multi-stage simple random sampling procedure was adopted to select 262 students from four Faculties of Olabisi Onabanjo University, Ago-Iwoye, Ogun State at the main campus.

The investigation tool used for this study was a questionnaire developed and validated by the investigators to acquire evidence pertinent to the study. A 4-point modified Likert rating scale ranging from 'strongly agree', 'agree', 'disagree', and 'strongly disagree' was administered to the respondents. The research instrument was in two categories: A and B. Category A focused on the demographic characteristics of the study participants, while Category B scanned the selected variables for this study. 32 copies of the research instruments - Psychological Factors Affecting Leisure Questionnaire (PFALQ) and Demographic variables influencing Leisure Questionnaire (DVILQ) - were administered to Tai Solarin University of Education (TASUED) students who were not part of the study to find out the reliability of the instrument. Coefficients of 0.71 and 0.76 were obtained to establish the dependability of the tool and the Cronbach alpha method was used to analyze the data.

Then, 272 copies of the finalized self-developed questionnaire were distributed with the assistance of ten competent research aides to the respondents, 262 of which were returned dully filled after some days. Descriptive and inferential statistics were used to analyze completed forms that were collected and coded. The descriptive statistics of frequency count were used to describe the demographic characteristics of the study participants while multiple regressions analysis was used to test the hypotheses at a 0.05 alpha level.

## Results

**Table 1. Demographic characteristics of the study participants (N = 262)**

Parameters	Frequency(f)	Percentage (%)
<i>Gender</i>		
Male	141	53.8
Female	121	46.2
<i>Age Group</i>		
16-20 years	103	39.3
21-24 years	120	45.8
25-29 years	39	14.9
<i>Religion</i>		
Christian	138	52.7
Islam	109	41.6
Traditionalist	15	5.7
<i>Level of Study</i>		
100	64	24.4
200	79	30.2
300	70	26.7
400	49	18.7

Table 1 shows that 141(53.8%) of the respondents were male and 121 (46.2%) of the respondents were female. This shows that the majority of the participants were male. 103(39.3%) were aged between 16 and 20, 120(45.8%) were between the ages of 21-24, while 39(14.9%) were between the ages of 25-29. This shows that the majority of the respondents were between the ages of 25-29 years. As for their beliefs, 138 (52.7%) of the respondents were Christian, 109 (41.6%) of the respondents - Muslim and 15 (5.7%) of the respondents - traditionalist. This implies that most of the respondents were Christians, 64 (24.4%) of the respondents were at 100 level (first-year students), 79 (30.2%) of the respondents were at 200 level (second-year students), 70 (26.7%) of the respondents were at 300 level (third-year students) and 49 (18.7%) of the respondents were in 400 level (fourth-year students). This implies that the majority of the respondents were in the 200 level of their study.



**Hypothesis 1:** There will be no significant joint contribution of psycho-demographic factors as correlates of leisure activities among students of Olabisi Onabanjo University.

**Table 2. ANOVA on joint contributions of psycho-demographic factors as correlates of leisure activities participation**  
ANOVA

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	460.896	6	76.816	8.619	.000b
	Residual	2272.783	255	8.913		
	Total	2733.679	261			

R=.411 and a multiple R<sup>2</sup>=.169, Adjusted R<sup>2</sup> =.149

a. Dependent Variable: L

b. Predictors: (Constant) Gender, Age, Religious views, Motivation, Personality, Self-esteem

Table 2 shows the joint contribution of independent variables to the dependent variables (R=.411 and a multiple R<sup>2</sup>.169, Adjusted R<sup>2</sup> =.149). This implies that 14.9% of the variation was accounted for by the predictor variables when taken together. The significance of the joint contribution was tested at  $p < 0.05$ .

The table above also illustrates the regression analysis of variance yielded F- ratio (F 6,255) = 8.619:  $p < 0.05$ . This reveals that the joint composite of the independent variables was significant and that other variables not encompassed in this model may have accounted for the outstanding discrepancy. The null hypothesis was, therefore, rejected.

**Hypothesis 2:** There will be no significant relative contribution of psycho-demographic factors (Gender, Age, Religion affiliation, Motivation, Personality, and Self-esteem) as correlates of leisure activities among students of Olabisi Onabanjo University.

**Table 3: Comparative influence of psycho-demographic factors**

#### Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	10.950	1.949		5.619	.000
Gender	.613	.457	.080	1.341	.181
Age	.593	.249	.142	2.382	.018
Religion	-.777	.287	-.157	-2.707	.007
Motivation	.303	.062	.284	4.873	.000
Personality	-.252	.092	-.169	-2.743	.007
Self-esteem	.163	.063	.161	2.562	.011

a. Dependent Variable: L

Table 3 divulges the comparative influence of each of the independent variables on the leisure activities, expressed as beta weights, viz: motivation has the highest contribution (  $t = 4.873$ ,  $\beta = -.284$ ,  $p < .05$ ), followed by personality ( $t = -2.743$  ( $\beta = -.169$ ,  $p < .05$ ), religion ( $t = -2.707$  ( $\beta = -.157$ ,  $p < .05$ ), self-esteem ( $t = 2.562$  ( $\beta = -.161$ ,  $p < .05$ ), and age ( $t = 2.382$  ( $\beta = -.142$ ,  $p < .05$ ), respectively, while gender showed a low contribution ( $t = 1.341$  ( $\beta = .080$ ,  $p > .05$ ), respectively. This displays that all the independent variables were significant excluding gender.

#### Discussion

The findings of these results show a significant joint contribution of psycho-demographic variables to the participation in leisure activities among Olabisi Onabanjo University students.

The result on the contribution of religion shows that it has a significant relative contribution to participation in leisure activities among Olabisi Onabanjo University students. The findings corroborate with the findings of Ogundele and Mordi (2010) who reported that religious affiliation is a factor in non-participation in leisure activities. Our findings are in agreement with the findings of McGee and Hardman (2012) who asserted that for Muslim females, the Islamic requirement for modesty may conflict with sporting participation at university. The application of sportswear triggered humiliation for male and female students, and emotional states of fault and embarrassment were deepened in public places where many leisure activities were held. Some students were absent from school due to communal showers causing severe problems. Our findings are also supported by the findings of Babatunde (2005) who postulated that mostly in developing nations, leisure and religion are discordant due to their belief that leisure activities inspire immorality among the youths and young adults,



which invariably determines whether to participate in leisure activities or not. The findings also are in line with the findings of Onah (2010) who asserted that participation in leisure activities by students has negative implications on their outfits and religious belief concerning Islamic law and that conjugal females are prohibited from having social interaction in recreational quest with the opposite sex. Our result revealed that gender was not a significant relative contribution to participation in leisure activities among students of Olabisi Onabanjo University. Our findings agree with the findings of Lapa (2013) who reported that there was no difference between genders in leisure activity. Feyza et al. (2019) also concluded that there was no significant difference found between genders in relation to leisure attitudes of participants.

These findings, however, contradict the findings of Ács et al. (2016) who reported that male students are involved in a significantly greater amount of leisure time activity than females. The researchers stated that possible reason why female students have less leisure time is due to their more time-consuming daily schedule of course work. The findings also contradict the findings of Balogun (2015) who asserted that gender proved to be a significant factor affecting participation in leisure activities among students of higher institutions in Nigeria. The findings also negate the findings of Ali (2011) who reported that female students spend their leisure by mostly visiting each other. According to him, the family structure and gender exercise an influence on the females' participation in leisure activities. The reason may be connected with the methods of research (in particular, the composition of the questionnaires) and/or with the sample selection technique. The outcomes of this result also show that age has a significant relative contribution to sports leisure activity participation among the students of Olabisi Onabanjo University. The finding of this study is in line with the findings of Morakinyo and Balogun (2011) who reported that age has been established as an obstacle to the acquisition of new skills which are not expected at an early age, and the need to provide worthwhile and satisfying recreational activities for this group of people is inevitable. The findings also corroborated the findings of Adeleye et al. (2018) which reported that age is also known to be vulnerable to particular diseases that may affect their sports leisure activity participation adversely. The study is also supported by the findings of Torkildsen (2005) who reported that age has effects on the leisure quest of individuals and the type of activity effects depends on the people. The study also corroborated with the reports of Onah (2010) who informed that participation in leisure activities has a steady contribution throughout life with a slight decrease from age 60 years above.

The finding of this study shows that motivation has a significant relative contribution to leisure activities among students of Olabisi Onabanjo University. The findings are in line with the findings of Chiu and Kalsom (2010) who reported that motivation was established as the largest contributor or effect on the regularity and extent of participation in leisure time activities among undergraduates in indigenous community universities.

The outcomes of this study show that self-esteem has a significant relative contribution to leisure activities. The results of this study corroborated with the view of Zamani Sani et al. (2016) who concluded that self-esteem significantly predicted how much time people spent engaging in leisure activities like sports and other hobbies while negatively predicting how much time was spent engaging in leisure activities like using social media and watching TV shows and videos. The results of this study also corroborated with the view of Hidalgo-Andrade, et al. (2021) who concluded in their findings that self-esteem is a significant psychological element that contributes to achieving fulfillment in leisure activities.

Our findings corroborated the outcome of Lu et al. (2005) and Stephan et al. (2014) who conclude in their investigations that personalities have a significant potential link between a person's personality and their quality of life in the workplace and their leisure time. These findings are also supported by the findings of Naude et al. (2016) who reported that positive personality traits including cooperation and agreeability, as well as a fulfilling social life and contentment, were found to be positively correlated with sports leisure activities.

## Conclusion

The study revealed that such psycho-demographic factors as motivation, self-esteem, personality, age, gender, religious affiliation have significant joint contributions as correlates of leisure activities among students of Olabisi Onabanjo University. Besides, these psycho-demographic factors have significant relative contributions of motivation, self-esteem, personality, age, gender, and religious affiliation as correlates of leisure activities among students of Olabisi Onabanjo University.



## Recommendations

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

1. The available sports time in the curriculum should be adhered to and made compulsory for students' participation in leisure activities.
2. The university authority/management should motivate the students with a conducive environment to participate in sports leisure activity programs.
3. Planning in university should take into consideration the variances in students e.g., gender, age, religion, belief, and motivation when developing sports leisure activity programs and experiences.
4. Students should be informed of the benefits of participation in sports leisure activities.
5. The responsible for sports programs personnel should organize sports leisure activities based on the level of study of each student to give them an opportunity to share their feelings with other level of study or social groups.

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