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A Review on Children Recreational Activities in Nigeria

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ABSTRACT

Recreational activities it serve as sources of immense pleasure and provide relaxation to one's mind and body and also explained by those physical activities engaged in during free time for the purpose of personal sensation of wellbeing, increasing satisfaction, entertainment, rejuvenation and reducing stress. Participating of children in recreational activities it is an essential aspect of child health and well-being through participation, children learn about the expectations of society; learn to communicate and get along with others; build friendships; and develop the skills and competencies they need to become successful in their homes, communities, and in life. the categorization of recreational activities across the cultural setting of Nigeria in respect to dominant tribe. Nigeria it has over 450 ethnic group and each one has the style of recreational activities among its people for instead Hausa, Yoruba and Igbo are the major dominant tribe in Nigeria. This Paper discuss cultural setting of Hausa, Yoruba and Igbo recreational activities example. Hausa Tale (Tatsuniya), hopperscotch (wasan yar gala gala), Indigenous drama (Tashe), wasan yar burum burum, kidan kwarya and kidan shantu among others. Yoruba people often set aside open places in front of their houses where both children and adults usually converged for recreational activities having realized its role in promoting unity. It was emphasized further that at such gathering, matters crucial to family and community developments were often discussed. Salient issues capable of aggravating peace and harmony were permanently resolved during such informal recreational leisure activities and Igbo has a Traditional entertainment includes storytelling, rituals, dancing, and music making. Modern forms of entertainment include watching television and going to movies and discos.

Keywords: Recreational activities, Children participation, categories of recreational activities across the cultural setting of Nigeria

INTRODUCTION

Recreational activities involve an element of enjoyment and happiness obtained from engaging in something one likes. It serve as sources of immense pleasure and provide relaxation to one's mind and body. Recreational activity is explained by those physical activities engaged in during free time for the purpose of personal sensation of wellbeing, increasing satisfaction, entertainment, rejuvenation and reducing stress (united state Report, 2014). Some of the recreational activities help us in developing leadership qualities and interpersonal skills. Recreation, therefore, increases the efficiency of workers.

This is the reason why many developed nations have set aside specific periods in between working hours for compulsory recreation for workers (Ekinici, 2018). According to (Scene, n.d.) This modern era, a consistent recreational program has been justified by the claims that it improves the morale and fitness of workers as well as the traditional benefits of increased productivity. One of the benefit of recreational activities is to help children learn about other types of skills other than their academic skills, for instance sports, games, fine arts, and painting. It is important for children to have fun and if they can pick an activity that they are interested in they will be more likely to want to learn more about it.

The skills of the child are often tested in sporting events, competitions, and stage performances which help encourage a child to do their very best. Other examples of outdoor recreational activities include hiking, camping, mountaineering, cycling, and dog walking, canoeing, caving, rafting, rock climbing, running, and sailing, sky diving and surfing. With a population of over 140 million, the children is carry the largest percentage in participation recreational activities in Nigeria. Nigeria has a people of diverse cultural practices with similar homogeneous beliefs and customs exclusively found among their people

Aim

The aim of the study is to review the children recreational activities in Nigeria

Objectives

- 1) Review the concept of recreation
- 2) To review children participation in recreational activities
- 3) Review categorization of recreational activities across the cultural setting of Nigeria

1. REVIEW THE CONCEPT OF RECREATION

According to (Gulam, 2016) define Recreation as activity of body and mind which gives relief from tension and fatigue, When we continue doing a work or performing an activity regularly and continuously for some hours, it gives us physical and mental fatigue and strain. Recreation is considered as activity through which leisure may be experienced and enjoyed but it is also seen as a social institution, socially organized for social purposes (Veal, 1992).

Recreation also (Veal et al, 1992) view as a experiences and activities chosen and pursued by the individual in his/her free time; the basis being that the experience sought and activities pursued, in the real sense of the word, 're-creates' the individual so that he/she may be refreshed to enable him/her to resume daily obligations, whatever those may be. Recreation is any pursuit engaged upon during leisure time, other than pursuits to which people are normally 'highly committed' ([the latter includes] such things as optional shopping, overtime, secondary work, house repairs, car maintenance, further education, homework, child care, religion and politics (Law et al., 2007)

Recreation can be viewed as personal experience (what it does to a person), as activities (the forms it takes) or as an institution (the structure in which it is made available to the community). Taken yet another way recreation can be viewed as a process (what happens to an individual) and as a structure (the framework in which recreation is practiced) (Wartecka-wazynska, 2013). Recreation is also an amusement of diversion, an activity that refreshes and improves one's health and spirit by enjoyment and relaxation and it could also be understood as those activities in which a person participates in during hours other than work periods (Raphael, 2015)

Recreation is from two Latin words- „*Re*’, meaning to do again and „*Creates*’, meaning to create. is a renewing experience, a different and refreshing change from daily routine and work day experience (Ajani, 2020). Recreation is the expenditure of time with intent to gain some refreshment. It is a break from monotony and a diversion from the daily routine. It is a positive change from the stereotypical lifestyle and involves an active participation in some entertaining activity (Agbu, 2018)

Recreation also, is a means of escaping from work boredom and/or a body renewal in preparation for routine and necessary work (Kinetics & Education, 2001) explains, recreation is an essential component of emotional, physical and cultural wellbeing required for balanced lifestyle and a complete person.

Recreation refers to all those activities that people choose to do, to refresh their bodies, mind and make their leisure time more interesting and enjoyable. Example of recreational activities are walking, swimming, reading, playing games, and dancing (Notes, n.d.).

Recreation is a fundamental human need for citizens of all ages and for both sexes and is essential to the psychological, social and physical well-being of man. Thus, society is rapidly changing and leisure time is increasing; be it therefore, it recognizes the fact that recreation is a social service in the same way that health and education are considered as social services and that recreation's purpose should be:

1. To assist individual and community development;
2. To improve the quality of life;
3. To enhance social functioning.

1.1 TYPES OF RECREATIONAL ACTIVITIES.

Breaking recreation down into various areas, classification, or types may be done in numerous ways. The listing below one of the ways that recreation could be categorized for individuals, groups, or leaders planning programs.

- passive recreation
- semi active recreation, and
- Active recreation.

1. Passive activities-is when an individual receives or consumes entertainment or activities by other people, e.g. watching T.V. (including watching sports); listening to music; reading; playing computer games; going to a restaurant or a public park.

2. Semi-active activities- involving more participation. These include: computer skills; quizzes; discussions; debates; reminiscence; reality orientation.

3. Active activities- requiring more physical involvement from the residents, this simply means when an individual personally participates in an activity which involves physical or mental exertion to a significant degree. (E.g. playing sports/badminton, basketball, sailing, football, playing a musical instrument, acting in amateur dramatics; gardening and crafts and other hobbies, art and craft; movement to music; yoga; table tennis; gardening; local outings; cookery; dancing. Others are football, tennis, athletics etc.

1.2 ESSENTIAL CHARACTERISTICS OF RECREATION OF RECREATIONAL ACTIVITIES.

Education is advocating that the recreation must have the following characteristics to benefit the participant to his fullest,

- 1) **Leisure Time;** -To have recreation the activity must be engaged during one's free time. From this point of view, one cannot leave during the working hours and engages in recreational activity.
- 2) **Enjoyable;** -The activity engaged in, must be enjoyable not boring one.
- 3) **Satisfaction;** -The activity engaged in must bring immediate and direct satisfaction to the individual.
- 4) **Voluntary;** -The individual must have chosen recreation activity of his/her own choice. There must be no compulsion.
- 5) **Constructive;** -The recreational activity is constructive. It is not harmful to the participant physically, mentally, emotionally, socially or in any other way. It helps one to become a better integrated individual.
- 6) **Socially acceptable;** -The recreational activity is socially acceptable and individually beneficial to the participants.

2. TO REVIEW CHILDREN PARTICIPATION IN RECREATIONAL ACTIVITIES

Participation of children in recreational activities is a goal shared by parents, service providers, and organizations involved in children's restoration. According to the researchers defines participation as involvement in a life situation (Ekinci, 2018). The series of recreational activities in which children participate are includes artistic, creative, cultural, active physical, sports, play, social, skill-based, and work activities and participation in day-to-day formal and informal recreational activities (Agbu, 2018)

Participating of children in recreational activities it is an essential aspect of child health and well-being through participation, children learn about the expectations of society; learn to communicate and get along with others; build friendships; and develop the skills and competencies they need to become successful in their homes, communities, and in life (Law et al., 2007). Participation in recreational activities helps to develop and linked to health benefits such as improved cardiovascular fitness and lower rates of obesity.

According to the (united state Report, 2014) Describe that Children Participation in recreational activities are provide children's emotional well-being, life satisfaction, school engagement, peer relations, and academic outcomes. For children living in high-risk environments (e.g., poverty, high crime neighborhoods), participation in structured activities are reduce behavioral and emotional problems. Participation of children in recreational activities has been correlated with improved physical, mental, and social health.

The reuse of sites as recreational facilities and the remediation of environmental contamination may reduce psychological stress, feelings of perceived threat, and depression. Recreational activities also promote physical fitness and healthy lifestyles, challenge participants to excel, and provide a supportive environment in which to develop social skills like teamwork and cooperation. Social benefits of recreational activity have also been linked to increased community health and reduced crime among the children in the society.

Active recreational facilities like soccer fields benefit local economies in several ways. Firstly recreational facilities attract investment. Secondly Recreational facilities strengthen tourism by attracting local and regional visitors. These visitors boost the local economy by spending money on food, hotels, and consumer goods. Recreational facility is any medium offering the opportunity to participate in recreation. It provides places for people to go and equipment to use for recreational pursuits

2.1 IMPORTANCE OF CHILDREN PARTICIPATION IN RECREATIONAL ACTIVITIES.

The holidays are over, the days are getting longer, new year resolutions are in full swing. Statistics shows that the top two changes Americans want to make, in 2017, are to improve their overall health and improve their overall lives. it well known that outdoor recreation lends itself to both physical and mental health benefits. in fact, the two are so linked that improving one directly improves the other.

MENTAL HEALTH IMPROVEMENTS.

Mental wellness is critical to overall physical health. participating in recreational activities helps manage stress. taking time to nurture oneself provides a sense of balance and self-esteem, which can directly reduce anxiety and depression.

IMPROVING THE QUALITY OF LIFE.

It's all about balance. Americans are busier than ever. Finding a way to balance the pressures of work and family with physical and mental wellbeing is important. people who make recreation a priority are more likely to feel satisfied with their lives overall, according to (Polytechnic et al., 2020)

- Active recreational facilities like soccer fields benefit local economies in several ways. First, recreational facilities attract investment. for example, cites recreation as one of the most important factors for small businesses relocating to Colorado. Locations with recreational facilities are perceived as preferred living locations for employees.
- Recreational activities and sports also promote physical fitness and healthy lifestyles, challenge participants to excel, and provide a supportive environment in which to develop social skills like teamwork and cooperation. Social benefits of recreational activity have also been linked to increased community health and reduced crime.

3. REVIEW CATEGORISATION OF RECREATIONAL ACTIVITIES ACROSS THE CULTURAL SETTING OF NIGERIA

Nigerians mostly partake in recreational activities in African traditional ways, before the coming of colonial masters to Nigeria, through celebration of agricultural seasons, harvesting of crops, crowning of traditional rulers, Obas, Chiefs and emirs (Suleiman, 2016). Recreation in our existing society could be used to hold people of different culture, status, attitudes, race, religion, body types, together for constructive purposes and practices, if well-organized Recreational activities are useful in promoting social, mental and physical health (Tammy, 2012).

In a country like Nigeria, where frustration and tension are at the climax owing to political, economic and social instability, many have developed mental complications and brain drain which eventually render them less productive the affected can be rehabilitated by recreation in collaboration with other treatments (Tammy, 2012). Nigeria it has over 450 ethnic group and each one has the style of recreational activities among its people for instead Hausa, Yoruba and Igbo are the major dominant tribe in Nigeria. The cultural setting of Hausa, Yoruba and Igbo recreational activities are as follows:

1. Hausa Tale (Tatsuniya), hopscotch (wasanyar gala gala), Indigenous drama (Tashe), wasanyarburumburum, kidankwarya and kidanshantu among others. Therefore, this study seeks to examine the Hausa communities traditional recreational activities engages in by female children within Kano city wall Nigeria.
2. Yoruba people often set aside open places in front of their houses where both children and adults usually converged for recreational activities having realized its role in promoting unity. It was emphasized further that at such gathering, matters crucial to family and community developments were often discussed. Salient issues capable of aggravating peace and harmony were permanently resolved during such informal recreational leisure activities.
3. Igbo has a Traditional entertainment includes storytelling, rituals, dancing, and music making. Modern forms of entertainment include watching television and going to movies and discos. Most households own radios, and there are several television sets in each village. The Igbo enjoy games, including card games and checkers. Among the younger people American youth culture is popular. Most enjoy listening to rap and rock music.

4. CONCLUSION AND RECOMMENDATION

Recreation is a experiences and activities chosen and pursued by the individual in his/her free time; the basis being that the experience sought and activities pursued, in the real sense of the word, 're-creates' the individual so that he/she may be refreshed to enable him/her to resume daily obligations, whatever those may be.

Recreational activities involve an element of enjoyment and happiness obtained from engaging in something one likes. It serve as sources of immense pleasure and provide relaxation to one's mind and body. Recreational activity is explained by those physical activities engaged in during free time for the purpose of personal sensation of wellbeing, increasing satisfaction, entertainment, rejuvenation and reducing stress

Secondly the paper provides a details information in respect to the children recreational activities and participation of children in recreational and leisure activities. Such information can assist parents and service providers in planning activities that fit with their child's preferences and ensure active participation

Finally the paper explain the categorization of recreational activities across the cultural setting of Nigeria in respect to dominant tribe in Nigeria.

- Parents should try to encourage their child to participate various recreational activities and the government should put in all it takes for the economy to be stable so that many children will participate in recreational activities.
- To encourage and promote private sector participation in recreational activities through the provision of incentives.
- To designate centres of attraction for recreational activities by the three tiers of government in planning and promotion of such centres.

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