

**ASSESSMENT OF OUTDOOR RECREATIONAL BEHAVIOURS AND THE
PREFERENCES OF RESIDENTS IN IKPOBA OKHA LOCAL GOVERNMENT AREA OF
EDO STATE**

BY

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JANUARY, 2023

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**A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF HUMAN
KINECTICS AND SPORT SCIENCE, FACULTY OF EDUCATION, UNIVERSITY
OF BENIN, BENIN CITY. IN PARTIAL FULFILMENT OF THE REQUIREMENTS
FOR THE AWARD OF BACHELOR OF SCIENCE B.SC (ED) DEGREE IN HUMAN
KINETICS AND SPORT SCIENCE, UNIVERSITY OF BENIN, BENIN CITY,
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January, 2023

CERTIFICATION

We, the undersigned certify that **Choice Idiata** with the matriculation number **EDU1703501** of the Department of Human Kinetics and Sport Science carried out this work in partial fulfillment of the requirement for the award of Bachelors of Science Degree (B.Sc./Ed) in Human Kinetics and Sport Science.

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DEDICATION

This research work is dedicated to GOD Almighty.

ACKNOWLEDGEMENTS

The researcher is ultimately grateful to God Almighty for His love, grace, wisdom, kindness, guidance and protection throughout her study in the University of Benin.

Her sincere appreciation also goes to her supervisor Dr. Gabriel E. Arianru for his understanding throughout the process of the study. She wishes to acknowledge her parents, Mr. and Mrs. Monday Idiata for their immense love and sacrifices

Also, the researcher is immensely grateful to the entire staff of the Department of Human Kinetics and Sports Science under the distinguished leadership of Dr. Gabriel Arainru for their support, academic and moral impact over the years of her programme. Special thanks to all the lecturers for their love and guidance throughout her stay in the University of Benin.

The researcher also wishes to acknowledge her siblings, Blessed Idiata, Happy Idiata, Favour Idiata, Juliet Idiata, Obehi Idiata, also she wishes to appreciate Mr. and Mrs. Idemudia for their support and her friends for their love and support Grace Adepoju, Osagie Johnson Morgan, pastor Sam, precious Ozemoya Orekha and many other to whom she is really indeed grateful to.

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ABSTRACT

This study was carried out to assess the outdoor recreational behavior and preference of residence in Ikpoba – Okha Local Government area of Edo State. The descriptive survey research method was adopted for the study. The instrument for data collection was structure questionnaire; the simple random sampling technique was used to select a total of four hundred (400) residents from Ikpoba – Okha LGA.

The data obtained were analyzed using frequency count and simple percentage, based on the analyzed data and review of related literatures the following major important points were summarized as follows; only a few of the residence in Ikpoba – Okha LGA regularly go for picnics with friends as a form of recreational activity. They do not played much of tennis as a sport for recreation during their leisure time but rather did more of football. A handful of the residence go for camping activities as a recreational activity. Based on the findings of the

study, the following recommendations were made; to increase the level of participation in outdoor recreation activities, there should be increased level of advertisement and public enlightenment by those who operate recreational centers and the government, entry fees to various recreational facilities should be made as affordable as possible so individuals at the different levels of social stratification participate, measures should be put in place to prevent harassment of any kind that may occur on recreation grounds.

CHAPTER ONE

INTRODUCTION

Background to the Study

Sporting exercises and play have been interchangeable to life from days of yore; it is a characteristic approach to giving adequate movement during the early stages and adulthood. Entertainment is a movement that is participated in during one's available energy, that is pleasurable, and which has socially-saving graces. The term entertainment is gotten from two Latin words. The first is "entertainment" and the second is "recreate". These two terms mean to invigorate and to reestablish. What's more, the terms frequently connected with entertainment incorporate entertainment, redirection, satisfaction, fun, delight, unwinding, diversion, recess, and alleviation. At the end of the day, entertainment is a movement that individuals participate in to unwind, have some good times, and live it up during cooperation. As indicated by Edginton (2006), Cordes and Ibrahim (2003), Kraus (2000), More and Averill (2003), Russell (2005), and McLean and Hurd (2012) have all seen entertainment as a productive utilization of one's time which is frequently connected with diversion exercises. They further underscored that, entertainment is much of the time characterized as a pursuit that is deliberately participated in for characteristic persuasive reasons. Kraus (2000) and McLean and Hurd (2012) offer a total examination of the term entertainment as tracked down in the writing. They recommend that the accompanying components (adjusted and consolidated here) are significant in characterizing entertainment and that diversion is generally viewed as a movement (counting physical, mental, social, and close to home contribution) as appeared differently in relation to sheer inactivity or complete rest. Entertainment might incorporate an incredibly extensive variety of exercises like games,

creates, performing expressions, expressive arts, music, dramatizations, travel, side interests, and social exercises.

These exercises might be participated in by people or by bunches momentarily or in a supported manner, for single episodes or all through one's lifetime. Entertainment is intentional and doesn't happen as a result of outside pressures, mandatory or compulsory, and is provoked by interior inspiration. Entertainment exercises are socially reclaiming and healthy and they add to the advancement of society. Entertainment has the potential for the overwhelming majority advantageous results; fun is the unfaltering objective of diversion, yet not its motivation (Haun, 1965). McLean and Hurd, 2012 set that entertainment happens during one's available energy, in spite of the fact that it isn't really the movement that one seeks after, yet rather the justification behind participating in it. Entertainment is reliant upon a perspective or disposition; it isn't really the justification behind making it happen, but instead the way the singular feels about the movement. Along these lines, one choice for characterizing entertainment is as all non-work movement that is advantageous to members which lead to coordinate fulfillment for the benefit of members. Entertainment could likewise be viewed as the administrations that local area parks and diversion organizations proposition to local area individuals and a social establishment or expert field of training.

Ikpoba Okha Neighborhood Government Region has been set apart with quickly expanding populaces and lodging numbers in the networks of the Nearby Government Region. Wikipedia, (2020), states that Ikpoba Okha Neighborhood Government Region is in Edo state, Southern Nigeria has its central command in the town of Idogbo. The Neighborhood Government Region is comprised of a few towns and towns like Aduwawa; Evbuomodu, Uwusan, Obazagbon, Agedo, Evbumufi, Ighekpe, Ekosa, and Obadoloviyeyi, Obenevbugo Iguehana, and Ogbeson. It has an area of 862 km² with an expected populace of 371,106 occupants with most of the area's inhabitants being individuals from the Bini ethnic

division. The Bini language is overwhelmingly spoken nearby while Christianity and Conventional religion are ordinarily rehearsed nearby. Outstanding celebrations in Ikpoba Okha Neighborhood Government Region remember the Orhe celebration while significant tourist spots for the region incorporate the Benson Idahosa College, Emmy Overhauled Condo, Morzi Lodging and Suites, Poshlux Leader Inn and Fresh out of the plastic new 5Bed Janded Inn and Suites.

Ikpoba Okha Neighborhood Government Region covers a complete area of 862 square kilometers and has a typical temperature of 28 degrees centigrade. The typical stickiness level of the area is put at 69% while the typical breeze speed in the Neighborhood Government Region is 11 km/h. Cultivating is an unmistakable component of the financial existence of Ikpoba Okha with harvests like sweet potato, plantain, banana, and vegetables filled nearby. The consequence of an exploration directed by Edeoghon, Ajayi and Ugboya, (2008) uncovered the degree of purpose of maintainable horticultural practices by the occupants of Ikpoba Okha Neighborhood Government Area of Edo Express, the outcome further uncovered that they are engaged with blended trimming, least culturing framework, cover editing and mulching were most utilized supportable farming practices by individuals of the area. Further examinations by Oyeboode and Adebisi (2014) showed that there are a high extent of ranchers with 11-15 years' involvement with poultry cultivating which recommends that they are not new in this endeavor and this determine how venturesome individuals of the area. Exchange likewise prospers in Ikpoba Okha Neighborhood Government Region with the region facilitating a few business sectors, for example, the Oka and the Oregbeni markets which give stages to the trading of different labor and products for the area's occupants. Other significant financial exercises in Ikpoba Okha incorporate hunting, blundering, and blacksmithing.

Individuals of the area need entertainment and park regions where they can feel more great to reproduce both genuinely and profoundly. The requirement for entertainment cooperation has been shown by pioneers in brain research, social science, medication, and schooling for a long time and has arisen over the course of the last a very long time as a significant circle of life. Pioneers like Menninger, Hetherington, Krous among others, have made ages to understand the requirement for certain types of entertainment as a way to improving the physical, mental, social, close to home and mental soundness of the singular's prosperity. The essential explanation and motivation behind entertainment is the arrangement of different exercises that could meet the sporting requirements and quests for individuals as practicable as could really be expected. The instrumentality of these arrangements has a ton to do with further developed wellbeing and social ways of life of the local area inhabitants for ideal turn of events. Individuals of each and every race, country and statement of faith, right from crude time sees entertainment during relaxation time as a quintessence of life thus sporting exercises fulfills this desires. As a general rule individuals have invested their relaxation energy in productive and beneficial ways by taking part in different games, games and other sporting exercises for the sake of entertainment and satisfaction. Consequently, entertainment has come to be viewed as increasingly more to be a principal human need.

Olaitan; Olukunmi, Oyerinde Obiyemi and Kayode (2010) presented that, "entertainment is a movement that individuals intentionally seek after for individual happiness or fulfillment for the most part during their available energy". It was additionally underscored that entertainment takes assorted structures which happen in a wide range of puts relying upon the decision of the Person. Cooperation in sporting exercises adds to the physical, mental, close to home, social, mental and otherworldly prosperity of the person which means improved efficiency and quality execution to support people and society. Expansive Hurst, (2001) portrayed entertainment as the movement that individuals decide to

participate in when at recreation, and it very well might be multi-layered, containing physical, mental, close to home and social parts. Siedentop (1994) further accentuated that entertainment is gotten from play which is free, independent, questionable, and ineffective and administers by rules and makes accept. This idea have been characterized differently as a non-work movement participated in for delight; as per Siedentop, it is a socially and legitimately satisfactory sort of action that happens during optional time, in which an individual takes part during hours other than work. Optional time assumes a fundamental and basic part in the improvement of an individual or any local area, particularly the networks in Ikpoba Okha Neighborhood Government Area of Edo State in light of the fact that how much optional time accessible to individuals fluctuates significantly as per age, orientation, and culture. The accessibility of a scope of productive, deliberate exercises and potential chances to participate in sporting exercises is basic to individuals' turn of events and their commitments to collective harmony and progress. These exercises ought to fluctuate to address the expansive scope of individuals' inclinations, inclinations and requirements (World Youth Report, 2003). The requirement for public entertainment and the changing patterns in the idea of work have seen extraordinary development in sporting undertakings.

The general public and people living in them are accused of the obligation to take care of the sporting requirements for the advancement of individual wellbeing and prosperity (Schlatter, 2004). This is obvious with the way that, individual entertainment is turning into a more critical piece of individuals day to day living. Basically, people ought to encounter the fulfillment that comes from participating in sporting exercises that address their issues, interests and wants (Borrett, 2000). The relaxation ways of behaving of people and networks rely upon many variables that aid the improvement of these ways of behaving over the course of life which is for the most part reestablished base on the changing conditions as they adjust persistently. The explanations behind cooperation in indoor and open air sporting exercises

contrast starting with one occupant then onto the next, while some are private, others could be bunch situated. Certain individuals look for experience and actual work, some as a result of interest and stunningness chasing, a trying to engage nature and find out about nature, and others looking to get away and recover day to day schedules (Driver; Tinsley, and Manfred, Brown, and Peterson, 1991, Driver; Manfred and Tarrant, 1996, Lekies., Yost, and Rode, 2015). These and numerous others are different reasons individuals exclusively and on the whole take part in sporting exercises of their decision at various times.

Ertüzün, (2016) takes note of that playful sporting exercises depend on volunteerism and satisfaction, so they significantly affect forestalling sickness, safeguarding and further developing wellbeing, and that individuals will partake in playful sporting exercises that persuade individuals to be dynamic, while simultaneously profoundly fulfilling. As per Neuvonen; Sievanen, Tons, and Koskela (2007), sporting exercises along these lines, incorporates exercises like visiting regions like parks, wild regions, lakes, waterways, and timberland as well as participating in various activities, for example, journeying, fishing, hunting, and setting up camp. Taking part in sporting exercises is critical for keeping up with mental and actual wellbeing of people, families, and networks.

Keeping up with physical and psychological well-being, reinforcing connections among relatives, expanding exhibitions in business life, diminishing crime percentages, and making people more coordinated with social orders, others are the executives of weight; controlling circulatory strain; diminishing gamble of cardiovascular failure; supporting 'great' cholesterol; bringing down hazard of stroke; decreasing gamble of bosom malignant growth and type 2 diabetes; are among the advantages which are normal from participating in sporting exercises (Driver et al., 1991 and AARP (2008)). Neuvonen, (2007) further underscored that a specific degree of cooperation ought to be accomplished to draw these advantages from sporting exercises.

This study expects to take a gander at the provincial metropolitan dissimilarity in sporting games cooperation, unique and one of a kind ways of life, with contrasts in way of life normally being reflected in movement support. People, corporate bodies and different individuals from networks, particularly in Ikpoba Okha Neighborhood Government Areas of Edo State might have different explicit motivations behind why they take part in their number one sporting exercises. It will get the job done to say that cooperation could be founded on reasons and needs that could achieve long or momentary fulfillment to the members. What's more, these exercises inclination could be for delight, unwinding, wellbeing and exercise, a choice to work, wonderful environmental elements, socialization with others, being with the family, further developing abilities and information, challenge, energy, responsibility, rivalry, "since I'm great at it", local area commitment, isolation, and acknowledgment (Edgar, 1982). These reasons and needs fulfillment for taking part in sporting exercises by people and different individuals from any local area act as catalyst to taking an interest in sporting exercises in the area under study. The previously mentioned are under needs fulfillment for taking part in most loved sporting exercises which generally speaking, comes full circle to a feeling of achievement among the members. Prior to taking a gander at the sporting source because of reasons and needs, a glance at a few sporting exercises will be fundamental in light of the fact that, these exercises achieve the fulfillment on the members.

Edgar, (1982), in his examination characterized these sporting movement inclinations referring to characterization created by Alberta Entertainment and Parks as "Explicit and Gathering sporting action inclinations". These incorporate setting up camp, playing golf, and expressive dance and stamp assortment, skiing, hunting and fishing, crosscountry, strolling for delight, perusing, swimming, racquetball, handball, twisting, moving, bowling, bicycling, running, blossom orchestrating, Tennis, prepackaged games, games, among others. While the assembled movement inclinations are practice arranged action among which are group

activities, setting up camp, hunting and fishing, uninvolved indoor exercises, non-self-impelled and additionally motorized open air sporting exercises, imaginative social exercises, golf and social exercises. The accompanying exercises are expressed most often as the most suitable source for the fulfillment of requirements: unwinding: hunting and fishing, setting up camp remaining solid, actual test:- work out arranged exercises, self-impelled exercises, group activities downhill Skiing wonderful spots:- downhill skiing, setting up camp, self-drive exercises associating with others:- group activities, golf, social demonstration, feeling of achievement:- imaginative social exercises, Expanding Information:- hunting and fishing, innovative social exercises, casual exercises attempting new things:- inventive social exercises, and setting up camp (Joshuaflameno, 2021)

Individuals inside these networks in Ikpoba Okha Neighborhood Government Regions could be members in any of these sporting exercises referenced above, which either could be uninvolved or dynamic. Uninvolved alludes to sporting exercises that don't need arranged offices like games fields or structures. Uninvolved sporting exercises put insignificant weight on a site's assets; subsequently, they can give biological system administration benefits and are exceptionally viable with regular asset insurance. While dynamic alludes to an organized individual or group movement that requires the utilization of extraordinary offices, courses, fields, or hardware (EPA report, 2001). It was additionally expressed that instances of Uninvolved Sporting Exercises are Hunting, Setting up camp, Climbing Untamed life seeing, Noticing and capturing nature, Picnicking, Strolling, Bird watching, Noteworthy and archeological investigation, Swimming, Crosscountry skiing, Bicycling, Running/running, Climbing, Horseback riding and Fishing. Instances of Dynamic Sporting Exercises could be sports like Baseball, Football, Soccer, Golf, Hockey, Tennis, and volleyball, Table Tennis, B-ball, Swimming, Badminton, Skiing and Skating. It ought to be noticed that there are a few sporting exercises which are uninvolved that could likewise be

dynamic. EPA report, (2001) further accentuated that uninvolved and dynamic sporting exercises can give networks a few common advantages, similar to neighborhood financial turn of events and further developed local area wellbeing; detached sporting open doors may likewise offer a few extraordinary advantages, similar to the insurance of regular assets and the reclamation of biological system administrations.

It is appropriate to take note of that these dynamic and uninvolved sporting exercises participated in by individuals from the local area could be indoor or open air in nature. Indoor sporting exercises are intentionally attempted for delight, exercise, unwinding, and recreation. It is an approach to restoring the psyche and the body particularly when you are trapped in circumstances like feverish positions and routine errands; scrabble, chess, paying attention to music, perusing, cultivating and sitting in front of the TV, family fellowship and domino are instances of indoor sporting exercises. These sorts and different assortments of exercises can influence the what, when, and how individuals reproduce remembering change for way of life, family structure/responsibilities, work requests, and balance between serious and fun activities. The reasonable open air sporting inclinations are exercises with a high friendly substance, for example engaging individuals, eating out and visiting bars; social and imaginative pursuits, for example visiting expressions displays, presentations, historical centers, theaters; anything that will increment or work on social mindfulness. While others may focuses on dynamic quest for sports, running, playing, tennis, badminton; and casual open air exercises, for example, picnicking, touring, and driving for delight among others (Obinna., Owei, Ayodele and Okwakpam, 2009) and (Lawson and Baud-Bovy, 1977). What's more, members in the process should stick to appropriate and satisfactory way of behaving while taking part in both indoor and open air sporting exercises.

Statement of the Problem

Sporting games assume a critical part in the recreation life of individuals with extraordinary effect on their human physiology and brain research. There are unmistakable advantages both in advancing wellbeing and diminishing death rates during cooperation. Sporting ways of behaving and inclinations of occupants locally are critical for individuals to have a maintainable sporting arrangement that could upgrade the improvement of the area. Really at that time local area's administrators and leaders and different partners will ensure that the quantity of sporting facilities and their sizes, offices and different qualities are satisfactory to meet different sporting requirements of inhabitants. Ikpoba Okha Neighborhood Government Region as of late have been seeing some sort of improvement and quick populace development which obviously have upgraded financial lift in the networks particularly at Idogbo, the settle of the Nearby Government Region. Quick populace development sets off an exceptionally quick spontaneous metropolitan turn of events and giving inhabitants of Ikpoba Okha Neighborhood Government Region with fundamental necessities like new streets, power, and clean drinking water have been the principal need of the public authority of Edo State and the Nearby Government executive. Consequently, this study was started to have a far reaching comprehension of sporting ways of behaving and inclinations of occupants in the whole Neighborhood Government Region and its networks. The examination of the sporting ways of behaving and inclinations of occupants of the Neighborhood Government Region might help with working on open entertainment and arrangements of excursion regions and amusement parks in the various pieces of the networks. Related with this, is to likewise comprehend the conditions under which cooperation in open air entertainment in the Neighborhood Government Region happen. It is against this background that this examination is embarked on a mission to respond to the accompanying exploration inquiries underneath.

Research Questions

1. What is the level of participation in outdoor recreation activities in ikpoba Okha Local Government Area?
2. What types of recreational activities do the residents of Ikpoba Okha Local Government Area participate in at their spare time?
3. What are the factors that motivate recreation participation among residents in Ikpoba Okha Local Government Area?
4. What are the constraints to effective participation in outdoor recreation in Ikpoba Okha?
5. Are there adequate recreational areas and facilities for residents use and involvement in recreation activities?
6. What are the measures that should be taken to encourage participation in outdoor recreational activities in Ikpoba Okha Local Government Area of Edo State?

Purpose of the Study

The purpose of the study is to understand outdoor recreational behaviours and preferences of the residents of Ikpoba Okha Local Government Area of Edo State. The researcher will examine variables such as levels of participation, motivations, constraints and measures of encouragement to recreation participation among the residents.

Significance of the Study

This study when finished will give a superior comprehension of open air sporting ways of behaving and inclinations among inhabitants of Ikpoba Okha Neighborhood Government Area of Edo State

The discoveries of this study will uncover the degree to which open air sporting exercises possess the occupant's extra time during relaxation hours in Ikpoba Okha Neighborhood Government Area of Edo State. The discoveries of this study will give an investigation of the sorts of open air sporting exercises which inhabitants of Ikpoba Okha Neighborhood Government Area of Edo State typically liked. Discoveries from the review will help the public authority to make satisfactory arrangements and courses of action on the arrangements of entertainment regions and diversion offices that will address the issues and interest of the occupants in the areas. The discoveries of the review will assist the occupants with having a superior comprehension of the intrinsic advantage of taking part in sporting exercises. The consequences of the review may likewise uncover a few significant hints about the issues occupants are having in open air sporting facilities in Ikpoba Okha Neighborhood Government Region

Delimitations of the Study

This study is delimited to all adult residents of Ikpoba Okha Local Government Area of Edo State who do participate in recreational activities of their choice. The study will also be delimited to the assessment of outdoor recreational behaviours and the preferences of residents in Ikpoba Okha Local Government Area of Edo State. The study will further be delimited to all the communities with recreation areas in the Local Government Areas. One research assistant will be employed to assist the researcher in the cause of carrying out the study.

Operational Definition of Terms

Outdoor Recreation: Is any leisure time activity which is being conducted outdoor where individuals engages themselves either physically or mentally from a range of choices of activities for their personal satisfaction and enjoyment

Indoor Recreation: These are recreational activities that can be done or performed inside the room or class which requires less space.

Recreational Behaviours: Behavioural construction that people build from both prototypic subsystems i. e. (those present in virtually all instances of the activity) and design subsystems i. e. (optional subsystems that adapt the activity to serve multiple goals).

CHAPTER TWO

REVIEW OF LITERATURE

This chapter deals with review of literature related to the study. It will be organized under the following sub-headings:

- ❖ Concept of Recreation
- ❖ The Purpose of Outdoor Recreation Participation
- ❖ Relevance of Participation in Outdoor Recreation Activities.
- ❖ Factors that influences Outdoor Recreation Activities.

- ❖ Perceived Constraints to Outdoor Recreation Participation.
- ❖ Categories and Characteristics of recreation activities in Nigeria
- ❖ Summary of related Reviewed Literature

Concept of Recreation

The idea of entertainment has been characterized differently by various creators and these definitions might have arisen in light of varieties in exercises in various areas all over the planet. Entertainment is gotten from the Latin word, "recreate" and that means to make once again, or to become invigorating. A healthy movement is participated in for delight. Suleiman (2004) likewise focuses on that entertainment is something very more than simple body work out; it is considered as a discussion for man to reproduce himself and a chance for cooperation in municipal undertakings, it is additionally met for participating in tasteful experience for creating abilities for happiness regarding nature. Entertainment is about exercises uninhibitedly picked and attempted in available energy and which produce sensations of prosperity, satisfaction, happiness, unwinding and fulfillment (Zuowei, 2010).

Oak, (2010) further focused on that entertainment is the consumption of time with the expectation to acquire some reward. It is a break from repetitiveness and a redirection from the day to day everyday practice. It is a positive change from the cliché way of life and includes a functioning cooperation in some engaging movement. In the most natural sounding way for him, Ogunwuyi, (1998) affirm that entertainment subs for indecencies and underhanded pursuit, like betting, taking, drinking liquor, belittling and so on. From these definitions, one can appropriately presume that entertainment signifies exercises, for example, playing show, specialty and dance in which individuals share deliberately during recreation time. It is obvious from the definitions investigated that there is no agreement on the meaning of entertainment. That's what the definitions uncovered, powerful entertainment as the need

might arise. To fulfill this need, usable parks, waterways, streams, shoreline, lakes and jungle gyms are required. This expands the exercises wherein individuals want to spend their rising recreation hours (Zuowei, 2010). Each person needs a relaxation time which could be used in specific sporting exercises for restoration.

Positive entertainment is neither an extravagance nor inefficient movement, however an essential human need expected to remain sound. Be that as it may, disposition can be one of the most troublesome obstructions to entertainment cooperation (Bedni, 2000; Smith, Austin, Kennedy, Lee and Hutchinson (2005). Obinna, Owei, Ayodele and Okwakpam (2009), similarly battle that disposition to entertainment is one of the amusement challenges in the provincial and metropolitan areas of Nigeria. Kachoub (2010), reports that disposition is a characteristic part that uncovers one's contemplations and convictions on a language, culture, individuals or a movement which subsequently assists with foreseeing the way of behaving of the person. From the previous, the best way to have maintainable sporting cooperation is through the evaluation of sporting conduct in affecting individual support in Nigeria. Notwithstanding the way that cooperation in any type of sporting exercises is reliant upon the occupants' attributes and discernments, concentrates on inhabitant support in entertainment exercises have scarcely analyzed the ways of behaving of individuals as impact to their cooperation. In this manner the sporting ways of behaving of individuals inside the networks of Ikpoba Okha LGAs not entirely set in stone by the interests and need evaluation of the exercises done by them for satisfaction and unwinding.

The purpose of Outdoor recreation Participation

The word open air entertainment incorporates all parts of indigenous habitats and experience; it implies a more noteworthy utilization of accessible regular assets. This highlights the significant job of the climate in entertainment opposite the need to safeguard a quality climate that will be helpful for the wellbeing of man, local area and local area occupants (Okoli 2001). Open air entertainment or open air exercises are recreation pursuits participated in outside, particularly in (however not restricted to) regular or semi-normal settings all through town. Models incorporate experience hustling, exploring, cycling, setting up camp, paddling, buckling, fishing, climbing, horseback riding, photography, running, cruising, skiing and surfing. During this, human way of behaving ends up being clear that the open air entertainment leaves their effect on the body, yet additionally on the personalities of individuals. The two basic roles of open air exercises are advantageous use and pleasurable appreciation.

Advantageous utilization of Open air Entertainment: This is connected with the physical and social prizes which objective coordinated exercises in-stills in people or gatherings. Like exploring, paddling, buckling, climbing and so forth. Gold (1980) coordinated open air exercises as predominately physical, however they may likewise be intellectually, genuinely and profoundly fulfilling. Dynamic indoor and outside sporting open doors offer financial and social advantages that incorporate neighborhood monetary turn of events and worked on physical, mental, and social wellbeing. Corresponding to social advantages, cooperation in sporting exercises has been associated with worked on physical, mental, and social wellbeing. The reuse of destinations as sporting offices and the remediation of ecological defilement might decrease mental pressure, sensations of seen danger, and discouragement. Sporting exercises and sports additionally advance actual wellness and solid ways of life, challenge members to succeed, and give a steady climate in which members can foster interactive abilities like collaboration and participation. Social advantages of sporting movement have additionally been connected to expanded local area wellbeing and diminished wrongdoing (EPA, 2021).

Other pleasurable appreciation from open air entertainment energizes encounters of being "let in on qualities show". Improvement of internal perceptual and additionally otherworldly life might be capable through open air exercises, for example, nature study, tasteful consideration, contemplation, painting, photography, archeological or verifiable exploration and native culture among others (Borrie, 1998). In Nigeria, open air entertainment shouldn't be visible and seen as another peculiarity in the existence of individuals. Since days of yore, Nigerians have been participating in various play exercises unwittingly during their recreation hours. Jungle gyms, town and market square, are utilized as communities for social presentations, conventional services, as well with respect to various types of socio-strict capabilities. Nigerians of all sub-societies have consistently had unwinding and relaxation as a component of their way of life. The vast majority of the exercises were privately based remembering the presentation of energetic ability for wrestling and town conventional moving (Okoli, 2001).

Notwithstanding, most Nigerians today seem to have the misguided judgment that open air entertainment is a simple exercise in futility and cash, un-deliberate and un-called for. Taking into account the previously mentioned discernment, Silva (2001) saw that individuals actually consider entertainment exercises an extravagance and not a significant piece of the family financial plan. He added that no big surprise individuals find it challenging to enjoy some time off from their customary schedules. It may not additionally be astonishing that most entertainment offices are overwhelmingly disparaged by outsiders, while most Nigerians either don't presumably know the worth of diversion or couldn't care less about it. Intentional and positive entertainment exercises for example going out with one's family or companions to mess around for example tennis, squash, badminton, visiting spots of revenue, all give off an impression of being unfamiliar to Nigerians, in the mean time individuals in created social orders favor straightforward, more advantageous and more affordable type of entertainment that don't need extraordinary consumptions of cash and time. Boniface, Robyn and Chris (1994) likewise saw outside entertainment exercises as a potential chance to unite the different gatherings which offers these different part a chance to distinguish the fundamental components in each culture and in this manner act as a wellspring of solidarity.

As indicated by Okunrotifa (1995) entertainment should have been visible as a counteractant to work. That is, it diminishes discouragement among the people that take part in it after the day's monotonous work. In substantiation, Landers (1977) calls attention to that taking part in actual open air entertainment diminishes discouragement of psychological maladjustment. Issa (2005) additionally upheld the upsides of entertainment in pressure the executives by affirming that diversion exercises are the most wonderful pressure reliever at any point concocted. The California State Parks (2005) identifies other medical advantages to incorporate decrease of corpulence, decrease of the gamble of persistent sickness, supporting of the resistant framework and expansion in future. Open air entertainment additionally advances social bonds, further develops backing and improvement of young people. Social advantages of out-entryway entertainment incorporate decrease of wrongdoing (discouraging negative way of behaving) and advancement of stewardship. Borrie and Roggenbuck (2001) feature significant results logical from taking part in open air entertainment to incorporate mental, self-improvement and development, individual appreciation and fulfillment, psycho-physiological social and social, financial and ecological advantages.

Krippendorf (2001) noticed the advantage of open air entertainment on financial, social and social perspective. He declared that the movement is fundamental for the existence of countries as a result of its immediate consequences for instructive area of public social orders and their worldwide relations. Bhatta (1982) further high level that open air entertainment acquaints youngsters with a scope of beneficial relaxation pursuits which will enhance their future lives, and fosters the abilities and information fundamental for safe cooperation. Open air practice contributes extraordinarily to wellbeing and wellness and proceeding with cooperation in outside pursuits energizes the support of a solid way of life into middle age and then some. Testing open air encounters advance the improvement of correspondence, critical thinking and critical thinking abilities what cut across a scope of occupations. They energize a positive "selecting in" and "can do" disposition. Youngsters' points of view are expanded, new provokes come to be savored as opposed to disregarded and tirelessness and assurance are supported. Values and perspectives created in a setting of shared try help to shape a sound reason for dependable citizenship (Brian, Cooper and Ruhanen, 1994). Veal (2002) communicated that open air entertainment elevate aversion to social variety. Social communication through open air entertainment stalls newness dread and disconnection, factors related with prejudice, and advances positive contact between various ethnic gatherings and the more extensive local area. The strength of local area is expanded through open air entertainment exercises that permit individuals to share social and ethnic contrasts. Notwithstanding, from the couple of works checked on so far has demonstrated that outside entertainment is fundamental; in this manner individuals of Ikpoba Okha LGAs ought to frame the propensity for participating in the open air exercises in light of the fact that taking part in it will be intellectually, genuinely and profoundly fulfilling, it energize positive selecting in and also elevates aversion to social variety (Zuowei, 2010).

Relevance of Participation in outdoor recreation Activities

The encounters that outcome from open air entertainment commitment are a significant key to overseeing outside amusement assets. Public and confidential open air entertainment suppliers progressively acknowledge they can't be responsive and compelling except if they have a comprehension of the encounters their clients' craving that will be of extraordinary significance to their social, mental, close to home, financial and genuine lives. Instances of normal open air entertainment encounters incorporate isolation, challenge, partaking in the sights and hints of nature, and testing abilities. Others are advancement of wellbeing and mental disposition; alleviating mental exhaustion, lifelessness, cerebrum pressure and the reclamation of excitement for work (Zuowei, 2010). Dikki (1991) expressed that "dynamic entertainment diminishes arrangement of overabundance fat, which decreases the inventory of blood cerebrum tissues prompting stroke and cardiovascular breakdown. Furthermore, taking part in entertainment exercises is one of the most mind-blowing ways of keeping away from sicknesses related with age.

Studies have shown that issues remembered to be persistent infections old enough are for the most part side effects of muscle and joint neglect. A customary activity diminishes some medical conditions related with age. Dynamic entertainment is fundamental in keeping up with solid bones and helps in forestalling routine for osteoporosis for example an infection that makes the bone debilitate and turn out to be effectively delicate (Weiss, 1993). As indicated by Zuowei, (2010) and Breslow (2001) Sluggishness is much of the time the consequence of unfortunate dissemination, which emerges from absence of active work and entertainment cooperation; this frequently is because of stationary way of life experienced by most local area inhabitants. Along these lines, individuals who participate in active work are not really inclined to persistent exhaustion. They have an improved inclination or prosperity

and are not defenseless against discouragement. Dynamic individuals rest better with lesser issues of weight, and positive sentiments better about themselves with significance.

Zuowei, (2010) attested that the tasteful nature of a climate is all around improved with the arrangement of entertainment offices around there. Additionally, in regions where there are regular highlights like mountains, plants, creatures and water bodies, which fill the need of entertainment, they assume the part of empowering the introduction of normal assets and advancing a better and tastefully engaging climate that energizes members in diversion cooperation all the more so in metropolitan regions, these regions incorporate timberland holds, excursion destinations, fairways, and nurseries

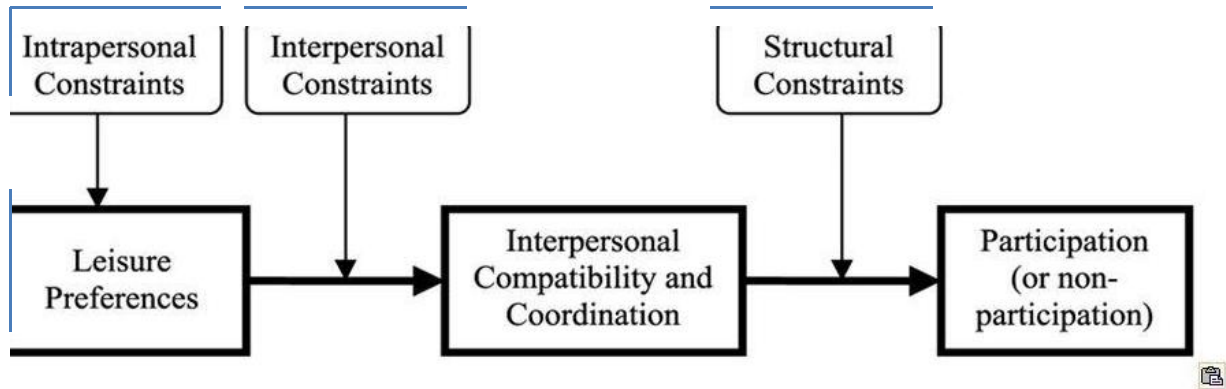
Seen Requirements to Open air Entertainment Cooperation

Relaxation requirements are those factors that breaking point individuals from taking part in sporting exercises. The utilization of administrations, for example, parks and different projects of entertainment could be restricted in various ways by clients and additionally searchers of amusement pursuits. This drove Crawford and Godbey (1987) to portray three kinds of requirements, which are relational, intrapersonal and underlying imperatives. Relational requirement emerges out of friendly collaboration and shapes the two inclinations and cooperation. Provocation and out-bunch aggression are instances of relational requirements, while intrapersonal imperatives are those interior variables (for example character attributes and reference bunch perspectives) which limit the improvement of inclinations. At long last, underlying requirements are those outer factors commonly unchangeable as far as individuals might be concerned that intercedes among inclinations and cooperation.

There are developing quantities of investigations committed explicitly to why individuals don't utilize open air sporting offices, Gobster, (1998); Rideout and Legg, (2000)

x-rayed and sought to decide motivations behind why individuals don't utilize explicit offices, for example, public fairway while different examinations by (Arnold and Shiner, 1998; Scott and Jackson, 1996; Scott and Munson, 1994) have inspected why individuals don't involve neighborhood or territorial parks for sporting pursuits. Time requirements stand apart as the chief motivation behind why they don't utilize sporting offices and additionally visit recreational areas. These incorporate indifference, absence of data, wellbeing concerns and absence of chances and access. Research likewise shows requirements like pay, orientation, and progress in years as a first class corresponds of limitations (Jackson and Scott, 1999). Some investigation showed a connection between these kinds of requirements and this declared by Mannell and Kleiber, (1997) the connection between intrapersonal, relational, and underlying limitations has been the subject of some examination which was subsequently evolved as "various leveled model" incorporating every one of the recently evolved models (intrapersonal, relational, primary) into one single progressive model, since it was conjectured that these imperatives were experienced hierarchically. It was consequently recommended that, taking everything into account, requirements to cooperation are experienced progressively. Relaxation inclinations are framed, it is recommended that when intrapersonal requirements of the sort identified before are missing or their belongings have been gone up against through a blend of honors and activities of the human will. Then, contingent upon the sort of the movement, the individual might experience requirements at the relational level; this could occur in exercises expecting somewhere around one accomplice or co-member however would almost certainly be less significant on account of singular recreation exercises. It is just when this kind of requirement has been survived (if suitable to the movement) that underlying limitations start to be experienced. Cooperation will bring about the shortfall of, or discussion through, underlying requirements. On the off

chance that underlying requirements are serious areas of strength for adequately, the result will be non-cooperation (Jackson., Crawford and Godbey, 1991).



Hierarchical Model of Leisure Constraints (Crawford & Godbey, 1987).

However, a new theory is being introduced that the eventual leisure participation by individuals is dependent on the successful confrontation of each level of constraint experienced.

Factors that influences Outdoor Recreation Activities

Entertainment cooperation can be impacted by different variables and recognizable elements among them incorporate the actual variables, socio-social variables, and financial variables, level of instruction, portability and institutional component. The Actual variables are delegated land and water bodies which stand as significant determinants of examples of entertainment exercises. Land (space) is required for practically a wide range of entertainment exercises. Land highlights give a potential open door to entertainment exercises like mountaineering swimming and cruising. Socio-social factors, for example, age and sex impact the example of entertainment of gatherings or local area (Zuowei, (2010).

Age: As indicated by Burton (1970), age is critical with respect to open air entertainment. He called attention to that age between 18-25 years have most extreme cooperation in open air entertainment exercises. From that point, it declines continuously with age.

Sex: By and by Burton (1970) calls attention to the sex influence the sort as opposed to the degree of cooperation in the entertainment exercises. Guys participated in more entertainment exercises than female like football, boxing, fishing, climbing, while handball and capturing are more connected with female. Along these lines, organizers ought to consider entertainment use as a significant future land utilize considering distinctions in sexual orientation (Joanna, 1997).

Financial Variables: Pay makes them bear fair and square and sort of cooperation in entertainment. Those with higher pay are bound to take part more as often as possible in entertainment exercises. This is all the more so with entertainment pursuits, for example, polo, golf that requires significant measure of cash for hardware.

Instructive Component: Instructive level shows some relationship with relaxation designs. It influences both sort and level of cooperation. Studies completed by Shafalda (1982) and Inusa (1985) in Yola and Kaduna separately have shown that those with western schooling lead to favor present day over native entertainment exercises and vis-versa. As respects the degree of cooperation from a review completed by Open air Entertainment Assets Survey Commission (ORRRC) in utilized in 1986. It was found that those with school training participated in more noteworthy number in open air entertainment exercises than those with less instruction. The conflict here is that, advanced education opens one to different thoughts and encounters with the entertainment propensities one participates in.

Portability: Transportation impacts the degree of cooperation in entertainment. It is one thing to have an entertainment office improvement at a spot and it is something else for individuals

to arrive. In this manner, individuals with method for versatility will generally visit such focuses and take part in their preferred movement more much of the time than those without a method for transportation. All in all, what ought to be the measures and principles for the arrangement of open air entertainment offices?

- The direction of individuals locally ought to mirror the requirements of individuals in the space being served.
- Attainability of the spot is irreplaceable; they ought to be achievable in the arranging period with existing or projected reserves.
- Reasonableness: They ought to be easy to apply reconsider, or project in the arranging choice cycle. The offices and other sporting focuses ought to be of significance and ought to connect with individuals living locally and the time satisfactory for use and cooperation (Zuowei, (2010).

Classifications and Attributes of entertainment exercises in Nigeria

Zuowei, (2010) thought that the entertainment exercises in Nigeria could be comprehensively delegated present day or native. The attributes of entertainment exercises in Nigeria could be talked about utilizing the accompanying standards; area of recreation movement or office, space prerequisite for the action, qualities of the members and functional reason for the action..

D) Area of Entertainment Movement: Certain cutting edge and native exercises have comparative locational attributes. Present day exercises, for example, excursion, setting up camp and native exercises like games, social and style exercises happen in the open country or Towns in the Neighborhood government region.

ii) Space Prerequisite: Present day exercises, for example, golf, polo require enormous open space while native exercises like dara (Hausa) ayo (Yourba) and Ogirise in Bini take more modest space to seek after.

iii) Attributes of the Members: Age, sex and status are the three parts of member's qualities.

Age: Present day brandishing exercises like soccer, b-ball and native games like Kokawa (Hausa), Abula are more connected with the adolescent, while golf and ayo (Yoruba) and additionally drafts games are related with the adult or more established individuals.

Sex: In conventional setting females take part more in locally established exercises than their male partners. Additionally, guys takes part more in dynamic games than females sports, for example, soccer, boxing, volleyball and b-ball among others are generally connected with guys and handball with females.

Status: In Nigerian setting, present day relaxation time exercises like golf, polo and so forth are overwhelmed by specific class of individuals - the rich)

Functional Premise: Customarily, native entertainment exercises are worked on non-membership premise while present day passive activities require installment for membership as entryway expenses and so on. Most present day exercises have normalized space size while conventional or native exercises have no such guidelines.

Summary of Review of Related Literature

Open air entertainment programs though is connected with individual and local area needs, a social idea is exceptionally pertinent to individuals' development, genuinely, mentally, socially and sincerely that considers the singular life particularly on his sound character

improvement, including the capacity to shape positive social relations, and accomplishment of close to home imperativeness and energy. As well as acquiring capability in many circles of life, open air sporting project can help local area occupants to accomplish sporting encounters that would empower proficient utilization of their extra times. Open air sporting encounters in all actuality do have the ability to advance individuals socially additionally, foster their own advantage and directions, influences their physical, mental and mental wellbeing. There are different open air sporting exercises which can emphatically influence the character advancement of individuals of Ikpoba Okha neighborhood government area of Edo State, support their socialization as well as give conditions to acquire encounters that would be essential for their entire lives.

Continuation of the entertainment encounters by individuals, molded by different exercises during cooperation, is a stipulation for long lasting physical-psychological well-being of the local area inhabitants (Kaba, 2009). Individuals ought to be made mindful of the current open air entertainment exercises, for example, football playing, volley ball, table tennis, scrabble, chess, paying attention to music, perusing, cultivating and sitting in front of the TV, family fellowship, compassionate administrations and domino among others and its advantages in the event that they participates in them since it is a mentality. This will ensure the most extreme utilization of offices and individuals' cooperation in open air entertainment exercises (Kozak, and Doğantan, 2016). Taking a gander at the advantages as opposed to having the inclination that it a simple misuse of cash and time, this ought to be finished through satisfactory illumination crusade, clarifying their psyches against some unacceptable impression of entertainment exercises. Be that as it may, the progress of customary cooperation of open air entertainment exercises in Ikpoba Okha to a degree will rely upon the level of arranging, standards and guidelines.

In this manner, it is recommended that there ought to be appropriate area of entertainment focuses to energize individuals living inside the Neighborhood Government Region to take part in open air diversion exercises. This is on the grounds that the area of entertainment focuses is a significant component to individuals' cooperation. The offices met for use ought to be decentralized through the overhauling of the neighborhood government region ground breaking strategy to mirror all the entertainment habitats in every one of the wards, especially the local area jungle gym and that of football fields ought to be moved up to empower would be clients to try not to travel significant distances for diversion exercises. The public authority of Edo state through the Travel industry Service ought to control and direct the office administrators in control base on the sort of offices and administrations delivered to empower the conventional individuals inside and around the local area to approach for entertainment exercises. These techniques are equipped for dispensing with while possibly not absolutely the requirements that stand as obstructions to cooperation in open air entertainment exercises.

CHAPTER THREE

METHOD OF THE STUDY

This chapter discussed the method and procedures that will be used in the study; they will be organized under the following headings.

1. Research Design
2. Population of the Study
3. Sample and Sampling Techniques
4. Research Instruments
5. Validity of the Instrument
6. Reliability of the Instrument
7. Method of Data Collection
8. Procedures for Data Analysis

Research Design

The descriptive survey design will be adopted in this study. The design is most appropriate when one is studying a large population. It involves the use of questionnaire on a selected sample and it permits inferences and generalization to the entire population. This is corroborated by Jegede (2006) and Allsop (2007) who opined that the design has a wide range of scope which permits inferences and generalization as it serves the purpose of: collecting detailed, current and factual information; helping to identify problems and making relationships.

Population of the Study

The population of this study will consist of 400 adult residents in the communities of Ikpoba Okha Local Government Area in Benin City as participants in the study and these will be sampled from the wards where these participants reside. Selected areas in the Local Government will be (Aduwawa; Evbuomodu, Uwusan, Obazagbon, Agedo, Evbumufi, Ighekpe, Ekosa, and Obadoloviyeyi, Obenevbugo Iguehana, and Ogbeson) respectively. The total number of the population in the Local Government Areas under study, according to National Population Commission 2006/2007 Annual census Report for Ikpoba Okha is 371,106 Population Density of Benin City Areas of study and wards (2006).

Population Density of Benin Metropolis and Area of study (Ikpoba Okha LGA) and wards (2006; 2007):

S/No.	L. G. A	Wards	Population 2006/2007
1.	Oredo	12	374515
2.	Egor	10	340287
3.	Ikpoba Okha	10	371,106
4.	Uhunmwode	10	138072

Source: Provisional Figure released by the National Population Commission (2007)

Sample and Sampling Techniques

Multi stage sampling procedure will be used for this study: The sample for the study will be four hundred (400) respondents (100 each) to be drawn from four wards from the Local Government Area out of the 10 wards and will be distributed between the communities

within the wards in the Local Government Area. Below are the procedures for selecting the respondents for the study.

Stage 1

Purposive sampling will be used to select one local government area (Ikpoba Okha LGA) from among the four existing local government areas in Benin metropolis

Stage 2

Purposive sampling will be used to select four wards in the local Government Area out of the 10 wards. This technique became necessary as the researcher need to select two wards from the rural settlement and two wards from the urban settlement to avoid bias.

Stage 3

The selected wards will be clustered into urban and less urban areas using cluster sampling technique. In each of the two clusters, a total of 25 households will be selected purposively based on the criteria that the households had more than four (4) residents who will meet the inclusion criteria of being an indigene or of being a resident in the area for at least 2 years.

Stage 4

In each of the household selected, convenience or accidental sampling technique will be used in selecting four (4) residents who will meet the inclusion criteria mentioned in stage 3 above

Research Instruments

Questionnaire instrument and in-depth interview will be used for the study. The questionnaire will be a self-developed questionnaire. The questionnaires will be developed by the researcher and administered to the respondents from which useful information will be gathered on outdoor recreation characteristics. This method is appropriate because it is very effective in seeking views of people about the particular issue that concerns them. It also has the advantage of time, cost and coverage as well as offering multiple choice responses. The

instrument will be designed to obtain personal data of people in the Local Government Area such as age, sex, income, occupation, educational background and other research questions. The questions developed will be fixed i.e. yes or no answer or close or open ended variables will also be provided for respondents to choose from. While the Interview method will also be used to obtain some information from the regular participants in outdoor recreation centers and other outdoor recreation preferences

Validity of the Instrument

Validity of an instrument is the appropriateness of the test instrument in measuring what it is design to measure. The copies of the draft questionnaires will be made available for criticism and subjected to critique by two lecturers in Human Kinetics and Sports Science for content and construct validity.

Reliability of the Instrument

Reliability is the degree of consistency of an instrument in measuring what it is design to measure. Reliability according to Nworgu, (2006) refers to the degree of consistency between two sets of scores or observations obtained with the same instrument While Kelinger and Lee (2000) defines it as the accuracy of an instrument in relation to stability and precision over repeated use. Cronbach Alpha will be used to confirm the reliability of the research instrument. The researcher will carried out a field-testing of the instrument in different location outside the study area. To determine the reliability of the instrument, the validated version of the sets of questionnaires will be administered once on 20 respondents who will not be part of the sample for the study. The data will be collected and analyzed using Cronbach Alpha.

Method of Data Collection

The specialist will gather a letter from the Head, Division of Human Energy and Sports Science, College of Benin, with the end goal of distinguishing proof and admittance to local area heads and the members. Information assortment interaction will empower the specialist to approach the members and gather information from the inspected populace for the review. The respondents will appropriately be educated regarding the reason for the review and the survey will be controlled to the respondents by the specialist with the assistance of two (2) prepared research collaborators. The specialist will be essential for the survey organization, to guarantee exceptional yield rate and furthermore to have the option to direct the respondents on what to do, as well as answer any emerging inquiries from the poll things.

Procedure for Data Analysis

The completed copies of questionnaire will be collated, coded and analyzed using simple statistical scale of percentages. In the study, data for this research will be presented in various formats which include tables, bar graph, pie charts and pictorial presentations and descriptive statistics of

- Frequency analysis will be used to categorize the responses.
- Pearson Product Moment Correlation model will be used to test for the association between the categorical and demographic variables.

Independent t-test for comparison between the variables of assessment of outdoor recreational behaviours, preferences and recreation participation will be used to test the hypotheses at 0.05 level of significance.

CHAPTER FOUR

ANALYSIS AND INTERPRETATION OF DATA

This chapter presents the analysis of data collected. A total of 400 copies of questionnaire were distributed and successfully retrieved giving 100% returns rate. The analysis was completely base on the collected data, the data were presented in frequencies and tabular forms with each tables containing serial number, item statement, category and responses such as agreed and disagreed, yes and no, adequate and inadequate. Also, the findings discussions of the major findings were presented bases on the results from the data analyzed.

Table 1: Showing the Demographic Data

AGE GROUPS	Respondents (F)	Percentage (%)
18 – 25	186	46.5
26 – 35	111	27.8
36 – 45	57	14.2
46 and above	46	11.5
Total	400	100.0
GENDER		
Male	168	42.0
Female	232	58.0
Total	400	100.0
OCCUPATION		
Farmer	20	5.0
Civil Servant	70	17.5
Entrepreneur	99	24.8
Artisan	36	9.0

Others	175	43.8
Total	400	100.0
LEVEL OF EDUCATION		
No Formal Education	81	20.3
SSCE	125	31.3
Diploma	38	9.5
B.Sc.	113	28.2
M.Sc.	32	8.0
PhD.	11	2.8
Total	400	100.0
MONTHLY INCOME (₦)		
1,000 - 33,000	176	44.0
34,000 - 66,000	152	38.0
67,000 - 100,000	54	13.5
100,000 and above	18	4.5
Total	400	100.0

Source: Researcher's fieldwork, 2022

Table 1 showed demographic data of the respondent; data on the age groups, gender, level of education and monthly income (in naira) of the respondents were presented.

The table shows that 186 (46.5%) of the respondents were in the age range of 18 – 25 years, 111 (27.8%) of the respondent were within the age range of 26 – 35 years, 57 (14.2%) of the respondent were in the age range of 36 – 45 while the rest of the respondent, 46 (11.5%) were above 46 years of age.

168 (42.0%) of the respondents were male while 232 (58.0%) of the respondents were female. On the occupation of the respondents, 20 (5.0%) were farmers, 70 (17.5%) of them were civil servants, 99 (24.8%) were entrepreneurs while 36 (9.0%) were artisans and 175 (43.8%) engaged in other forms of occupation not specified.

On educational qualification, 81 (20.3%) of the respondents had no formal education, 125 (31.3%) had SSCE, 28 (9.5%) of the respondent had diploma, 113 (28.2%) had B.Sc. while 32 (8.0%) of the respondents had M.Sc. and lastly, 11 (2.8%) of the respondents had PhD.

176 (44.0%) of the respondents had a monthly income of ₦1,000 – ₦33,000, 152 (38.0%) of the respondents had a monthly income of ₦34,000 – 66,000, while 54 (13.5%) of the respondents had a monthly income of ₦67, 000 – 100,000 and lastly 18 (4.5%) of the respondents had a monthly income above ₦100,000.

From the table shown above majority of the respondents were aged 18 – 25 years, with the female gender surpassing the male being 232 (58.0%). On occupation, the respondents being 175 (43.8%) were more engaged in other occupation not specified. The data on education, being 125 (31.3%) for no formal education and 113 (28.2%) for SSCE showed a low level of education among the respondent. A larger number of the respondents receive a monthly income within the range of the national minimum wage being #33,000

SECTION B: ANALYSIS OF RESEARCH QUESTIONS

Research Question: What is the level of participation of outdoor recreational activities in Ikpoba – Okha LGA of Edo State?

Table 2: showing the level of participation of outdoor recreational activities

S/N	ITEMS	Always (%)	Sometimes (%)	Rare (%)	Never (%)
1.	I embark on picnics with friends within the LGA	32 (8.0)	182 (45.5)	112 (28.0)	74 (18.5)
2.	I play tennis as a sport for recreation during my leisure time	46 (11.5)	150 (37.5)	75 (18.8)	129 (32.2)
3.	I play football, and any other sporting activity of interest during leisure hours within my LGA	61 (15.3)	143 (35.8)	59 (14.8)	137 (34.3)
4.	I visit the gym at my leisure for fitness purposes	22 (5.5)	141 (35.3)	115 (28.8)	121 (30.3)
5.	I and my family go camping outside our home within the LGA	23 (5.8)	121 (30.3)	119 (29.8)	136 (34.1)
6.	I visit the cinemas to watch movies	72 (18.0)	164 (41.0)	89 (22.3)	75 (18.8)
7.	I embark on sight-seeing to nature's creation, such as; beautiful flowers, arable lands and trees within the LGA, including bird watching, etc.	70 (17.5)	131 (32.8)	107 (22.3)	92 (23.0)
8.	I visit viewing centers to watch football matches	78 (19.5)	116 (29.1)	70 (17.5)	135 (33.8)

Source: Field Survey 2022

From the table above on the level of participation of outdoor recreational activities, item 1 state that “I embark on picnics with friends within the LGA”. To this item 32 (8.0%) responded always while 74 (18.5) responded never.

Item 2 say “I play tennis as a sport for recreation during my leisure time” to this item the response were 46 (11.5%), 150 (37.5%) 75 (18.8%) and 129 (32.2%) were responses for always, sometimes rare, and never respectively.

I play football and any other sporting activity of interest during leisure hours within my LGA, to this item 3, 61 (15.3%) responded always, 143 (35.8%) responded sometimes, 59 (14.8%) responded rare while 137 (34.3%) responded never.

To item 4 which says I visit the gym at my leisure for fitness purposes, 22 (5.5%) responded always, 141 (35.3) responded sometimes 115 (28.8%) responded rare 121 (30.3%) responded.

To item 5 which says “I and my family go camping outside our home within the LGA”, 23 (5.8%) responded always, 121 (30.3) responded sometimes, 119 (29.8) responded rare, and 136 (34.1) responded never. 72 (18.0) of the community members responded always that they visit the cinemas to watch movies, 164 (41.0) responded sometimes, 119 (29.8) responded rare, responded never.

70 (17.5%) responded always to this item “I embark on sight-seeing to nature’s creation, such as; beautiful flowers, arable lands and trees within the LGA, including bird watching, etc”, 131 (32.8%) responded sometimes, 107 (22.3%) responded rare and 92 (23.0) responded never.

To this item that I visit viewing centers to watch football matches, 78 (19.5) responded always, 116 (29.1) responded sometimes, 70 (17.5) responded rare and 135 (33.8) responded never.

Research Question Two: What types of recreational activities do the residents of Ikpoba Okha Local Government Area participate in at their spare time?

Table 3: showing the recreational activities for individual participation

S/N	ITEMS	Ticked (%)	Unticked (%)
1.	Picnicking	242 (60.5)	158 (39.5)
2.	Tennis	204 (51.0)	196 (49.0)
3.	Work out in gymnasium	186 (46.5)	214 (53.5)
4.	Camping	190 (47.3)	210 (52.7)
5.	View cinema movies	251 (62.7)	149 (37.3)
6.	Watch football live matches at viewing centers	237 (59.3)	163 (40.8)
7.	Cycling	149 (37.3)	251 (62.7)
8.	Engage in sports event of my choice	265 (66.3)	135 (33.8)
9.	Work out at stadium facility	96 (24.0)	304 (76.0)
10.	Biking	118 (29.5)	282 (70.5)
11.	Jogging outdoors	194 (49.0)	204 (51.0)
12.	Participate/play sedentary games (e.g. chess, cards, ludo, monopoly, draught, ayo, etc.) with friends	305 (76.3)	95 (23.8)
13.	Swimming	179 (44.8)	221 (55.3)
14.	Crafting	79 (19.8)	321 (80.3)
15.	Others	77 (19.3)	323 (80.6)

Source: Field Survey 2022

The table above presents the response on the recreational activities for individual participation, as clearly shown 242 (60.5%) of the respondents do for picnics while 158 (39.5%) do not. 204(51.5%) of the respondent play table tennis while 196 (49.8%) do not. 186 (46.5%) of the respondents do workout at the gym while the rest being 241 (53.5) do not engage in workout. 190 (47.3%) of the respondents go for camping activities while 210 (52.7%) state they do not. 251 (62/7%) visit the cinema to see movies while 149 (37.3%) do not from their responses. 237 (59.3%) of the respondent watch football live matches at viewing centers while 163 (40.8%) do not. 149 (37.3%) do cycling while 251 (62.7%) of the population do not engaging in cycling activities.

265 (66.3%) of the responded engage in sport event of their choice and others seemingly do not engage in sport activities. 96 (24.0%) workout at stadium facility and 304 (76.0) do not work out at the stadium facility, biking as ticked by 118 (29.5%) of the respondent and 282 (70.5%) do not engage in biking, outdoors jogging were engaged in by 194 (49.0%) of the respondents and 204 (51.0%).

Participate/play sedentary games (e.g. chess, cards, ludo, monopoly, draught, ayo, etc.) with friends, to this item 305 (76.3%) engage in the item while 95 (23.8%) do not, 179 (44.8%) engage in swimming activity while 221 (55.3%) do not swim. 79 (19.8%) engage in crafting while 321 (80.3%) do not engage in crafting. Lastly, 77 (19.3%) of the responded note that ey engage other actives that were not stated in the questionnaire distributed

Research Question Three: What are the factors that motivate recreation participation among residents in Ikpoba Okha Local Government Area?

Table 4: showing motivating factors influencing the participation in outdoor recreational activities

S/N	ITEMS	SA (%)	A (%)	D (%)	SD (%)
1.	I participate in outdoor recreational activities because the site is quite spacious	60 (15.0)	208 (532.0)	89 (22.3)	43 (10.8)
2.	I have the money to register for a gym session at recreational centers hence I always go for outdoor recreational at my leisure hour	74 (18.5)	157 (39.3)	135 (33.8)	34 (8.5)
3.	I engage in recreational activities due to the health benefits inherent in it	164 (41.2)	175 (44.0)	42 (10.6)	17 (4.3)
4.	I participate in recreational activity because it affords me opportunity to make friends	122 (30.5)	156 (39.0)	87 (21.8)	35 (8.8)
5.	Recreational activity participation boost my self-esteem, cognitive ability and mental alertness	158 (39.5)	155 (38.8)	62 (15.5)	22 (5.5)

Source: Field Survey 2022

Table 4 above present's data obtained and analyzed on the motivating factors influencing the participation in outdoor recreational activities. Fromm the table it shown that 60 (15.0%) participate outdoor recreational activities because of the site is spacious, 208 (53.0%) of the respondents agreed to the statement while 89 (22.3%) disagreed and 43 (10.8%) strongly disagreed. 74 (18.5%) responded strongly agree that they have the money to register for a gym session at recreational centers hence I always go for outdoor recreational activities at their leisure time. 157 (39.3%) agreed while 135 (33.8%) and 34 (8.5%) disagreed with item statement. 164 (41.2%) of the respondents strongly agreed with the item which states 'I

engage in recreational activities due to the health benefits inherent in it', 175 (44.0%) agreed while 42 (10.6%) and 17 (4.3%) disagreed with the item statement.

Similarly, 122 (30.5%) of the respondents strongly agreed that they participated in recreational activities because it affords them the opportunity to make new friends, 156 (39.0%) agreed while 87 (21.8%) and 35 (8.85) disagreed to the item. 158 (39.5%) strongly agreed that recreational activity participation boost self-esteem, cognitive ability and mental alertness, 155 (38.8%) agreed while 62 (15.5%) and 22 (5.5%) disagreed with the item statement.

Research Question Four: What are the constraints to effective participation in outdoor recreation in Ikpoba Okha?

Table 5: showing constraints to effective participation in outdoor recreational activities

S/N	ITEMS	YES (%)	NO (%)
1.	I have been harassed in the recreational center in the past, hence, I am not comfortable visiting it again	96 (24.0)	303 (75.8)
2.	There are no adequate outdoor recreational facilities, hence, I see no need visiting them	180 (45.0)	216 (54.0)
3.	I cannot afford the entrance or registration fee needed to use some recreational centers/facilities	185 (46.3)	215 (53.8)
4.	I rarely visit recreational centers due to the rising insecurity problems nationwide	193 (48.3)	207 (51.7)
5.	I do not visit recreational centers because of the distance from my residence	203 (50.9)	194 (48.6)

Source: Field Survey 2022

Table 5 above present data obtained and analyzed on the constraints to effective participation in outdoor recreational activities. From the table it was shown that 96 (24.0%) responded Yes that they have been harassed in the recreational center in the past, hence, they are not comfortable visiting it again, while 303 (75.8%) responded No. 180 (45.0%) responded Yes to the item that there were no adequate outdoor recreational facilities, hence, no need visiting them, 216 (54.0%) responded No to this item statement.

In a similar vein, 185 (46.7%) of the respondents said they cannot afford the entrance or registration fee needed to use some recreational centers/facilities while 215 (53.8%) said they can as they responded No to the item statement. 193 (48.3%) of the respondents rarely visit recreational centers due to the rising insecurity problems nationwide while 207 (51.7%) responded No indicating insecurity is not a factor not to participate in the recreational activities . lastly 203 (50.9%) of the respondents do not visit recreational centers because of the distance from my residence while 194 (48.6%) do.

Research Question Five: Are there adequate recreational areas and facilities for residents use and involvement in recreation activities?

Table 6: Adequacy of recreational centres/areas and facilities for residents in Ikpoba-Okha LGA

S/N	ITEMS	ADEQUATE (%)	INADEQUATE (%)
1.	Football viewing centres	252 (63.0)	148 (37)
2.	Sports betting shops	221 (55.3)	179 (37.3)
3.	Swimming pool facility	215 (53.8)	185(46.3)
4.	Tennis courts facility	195 (42.7)	205 (48.8)
5.	Open field	276 (69.0)	124 (31.0)

6. Cinemas and event centers	263 (65.8)	137 (34.3)
7. Recreational parks	208 (52.0)	192 (48.0)
8. Fitness centers/gymnasia	223 (55.8)	177 (44.3)

Source: Field Survey 2022

Table 6 above present data obtained and analyzed on the adequacy of recreational centers and facilities in Ikpoba-Okha LGA. From the table above football viewing centers, sports betting shops, swimming pool facilities were seen to be adequately available as 252 (63.0%), 221(53.3%) and 215 (53.8%) of the responded affirmed their availability. Tennis courts facility was seen to be inadequate in the LGA as indicated by 205 (48.8%) which marked inadequate to the item. on the other hand, other available centers/facilities are open fields, cinemas and event centers, recreational parks and fitness/gym centers, each of these has the responses 276 (69.0%), 263(65.8%), 208 (52.0%) 223 (55.8%) respectively .

Research Question Six: What are the measures that should be taken to encourage participation in outdoor recreational activities in Ikpoba Okha Local Government Area of Edo State?

Table 7: showing measures to take in encouraging participation in outdoor recreational activities among residents of Ikpoba – Okha LGA

S/N	ITEMS	SA (%)	A (%)	D (%)	SD (%)
1.	Campaigns should be organized to sensitize the people on the benefits inherent in recreational activity participation	204 (51.0)	129 (32.3)	43 (10.8)	24 (6.0)
2.	Jingles, advertisements should be done in the media houses/organizations to encourage	138 (34.5)	194 (48.5)	48 (12.0)	20 (5.0)

	people to make out time for recreation despite their busy schedule				
3.	Hand bills, pamphlets, flyers, newsletter bordering on places of and how recreation should be administered/distributed to people so as to instill the attitude of recreation engagement in them	158 (39.5)	133 (33.3)	86 (21.5)	23 (5.8)
4.	Recreational facilities should be sited in every community so as to ensure proximity to residents and improve recreation participation.	197 (49.3)	172 (43.0)	20 (5.0)	11 (2.8)

Source: Field Survey 2022

The table above presents data on the measures that can be taken to encourage participation in outdoor recreational activities among residents of Ikpoba – Okha LGA. From the table it was shown that 204 (51.0%) and 129 (32.3%) strongly agreed and agreed respectively that campaigns should be organized to sensitize the people on the benefits inherent in recreational activity participation while 43 (10.8%) and 24 (6.0%) disagreed and strongly disagreed to the item respectively. Also, 138 (34.5%) of the respondents strongly agreed that jingles, advertisements should be done in the media houses/organizations to encourage people to make out time for recreation despite their busy schedule, 194 (48.5%) agreed while 48 (12.0%) and 20 (5.0%) disagreed and strongly disagreed respectively with item statement.

Similarly, hand bills, pamphlets, flyers, newsletter bordering on places of and how recreation should be administered/distributed to people so as to instill the attitude of recreation engagement in them, this item statement had 158 (39.5%) of the respondent strongly agreed to with it and 133 (33.5%) agreed while 86 (21.5%) disagreed and 23 (5.8%) strongly

disagreed with the statement. In the same vein, 197 (49.3%) strongly agreed and 172 (43.0%) agreed that recreational facilities should be sited in every community so as to ensure proximity to residents and improve recreation participation while 20 (5.0%) disagreed and 11 (2.8%) strongly disagreed with the statement.

Discussion of Findings

As per Broadhurst, (2001) in Ali and Fatik (2010) entertainment is portrayed as the movement that individuals decide to participate in when at recreation, and it very well might be multi-layered, containing physical, mental, close to home and social parts. In this review, the evaluation depends on the open air sporting way of behaving and inclinations of home in Ikpoba - Okha Neighborhood Government area of Edo State. The overview was answered by 400 respondents from the LGA.

On the segment date of the members the outcomes acquired showed that greater part of the respondents were matured 18 - 25 years, with the female orientation being 232 (58.0%) outperforming the male respondents? The consequence of this study is very unique in relation to the discoveries of Ali and Fatik (2010) who had greater part of the members to be male (62%) and 38% female respondents. Eno, Aniedi and Emeobong (2020) in their concentrate on sporting way of behaving and inclinations of metropolitan occupants in Ikot Ekpene town in Akwa Ibom state in Nigeria additionally had more male (56.0%) respondents than female (44.0%) in their review.

On occupation, the respondents being 175 (43.8%) were more participated in other occupation not determined. With respect to proficient control of the members in question, information uncovered that close to half of the members (48.6%) were utilized in different

areas as a specialist; 12.2% working in modern area, 33.3% working in help area while 3.1% working in non-proficient regions. 11.6% of the members said that they possessed a store. Few members (2.4%) were academician while 14.8% of them were understudies (Confidence and Ali, 2010).

The information on schooling in the ongoing review, showed 125 (31.3%) for no conventional training and 113 (28.2%) for SSCE which is characteristic of a low degree of instruction among the respondent. Eno, Aniedi and Emeobong (2020) of their 375 respondents, 142 (37.9%) and 125 (33.3%) had essential/auxiliary and SSCE level of instruction individually. This showed a low degree of instruction which is like the discoveries of this current review.

A bigger number of the respondents get a month to month pay inside the scope of the public the lowest pay permitted by law being ₦33,000. There is an exceptionally enormous distinction between the month to month pay got by the respondents in the review (Nigeria) with those in Tutkey by Fatih and Ali as the month to month pay greater part of the respondents has a month to month pay which goes from 2000 TL to 5000TL which is comparable to ₦46,635.42 and ₦116,589.19 separately as of the hour of directing this exploration. The discoveries in this study concur with past examination in certain regards and acquaint a few new discoveries relative with the first exploration questions propelling this review. The principal research question tended to the degree of cooperation in open air sporting exercises.

Research question looks to figure out the sporting exercises individuals of Ikpoba Okha ordinarily take part in. The current investigation discovered that table tennis was additionally low accordingly as game individuals take part in for sporting exercises. The rec center is much of the time know to be a spot for practice with the point or diminishing weight, getting

fit, having a decent wellbeing and body physical make-up, but the respondents in this study consents to the way that they visit the exercise center at their relaxation however not to get fit rather they simply take is a method for participating in an open air sporting movement, this was in opposition to the finding of Barnett, Nathan, Van, and Cerin, (2017) figured out that becoming fit was one of the significant reasons individuals participate in sporting exercises. The Public Community for Biotechnological Data (2022) distribution on entertainment, relaxation and sports noticed that the sporting exercises individuals participate in at their recreation are like playing table tennis, games, swimming, and perusing. This finding is in opposition to the current concentrate in that table tennis was positioned low as an outside movement connected by the respondents.

This concentrate likewise showed that a couple of the respondents for this study go for setting up camp exercises as 210 (52.7%) don't go for excursion. The review completed by Muiga and Rukwaro, (2017) in Nairobi showed an alternate outcome in that, the members connected more in setting up camp exercises, like this finding is that of Kara, and Demirci, (2010) in Istanbul. The review concurs with the current tracking down in that of Aribigbola and Fatusin, (2016), which completed their concentrate in Ondo state in Nigeria and they revealed a low level cooperation in setting up camp exercises as a component of the sporting exercises participated in by respondents. As found from this review, visit to film houses all the more consistently to see motion pictures is exceptionally connected as a sporting movement as 62.7% of the respondents consented to visiting the film to see motion pictures. A review directed in the FCT, Nigeria by Ezeamaka and Oluwole, (2016) concurs with the current review. In Jos, a concentrate by John, Fertilizer Gwom, and Adamu, (2017) had comparative outcomes as visiting the film for diversion top the rundown with watching football, going to diversion houses, clubs likewise followed.

It was displayed from the review that greater part of the respondent being 282 (70.5%) don't participate in trekking as a sporting movement, this was very unique in relation to the discoveries of Maniam and Brown (2020) who had in any case. Motel their review the respondents took part in setting up camp, running and trekking exercises. The ongoing review showed additionally that respondents take an interest/play stationary games (for example chess, cards, ludo, restraining infrastructure, draft, ayo, and so forth) with companions as the piece of their open air sporting exercises. Danquah, Petersen, Skov, and Tolstrup, (2018) found many individuals see this as a sporting exercises as such the contribution level is exceptionally low, Johnson, Bowker, and Cordell, (2001) upheld Danquah et al, as they record a low reaction to a portion of the stationary exercises above. On the other hand, crafted by Muiga and Rukwaro, (2017) showed that the respondents participated in both stationary and exceptionally dynamic types of exercises as a component of their open air sporting exercises. In accordance with past examinations by William, Ashley, and Jutta (2017), Klaasjan, Hajema, Wim and Groot (2019), the current investigation discovered that occupants participate in swimming movement at their relaxation as a component of their sporting exercises. Additionally predictable with this current review, it was observed that participating in creating was one more type of open air sporting exercises the a great many people take part in.

Research question two looked to figure out the propelling variables impacting the cooperation in open air sporting exercises, results from the current review showed that a few people take part in open air sporting exercises in light of the site is extensive. Meyer and Niezyoda (2018) noted significant comparability both as far as movement type and the places where they are embraced, further expressing that entertainment space is a deciding component in impacting individuals' decision in taking part in sporting exercises, they likewise found that the site of the diversion community as far as closeness and openness have extraordinary effect on

individuals decision. Financial status and monetary capacity is likewise a component as seen from the current review and backing by Curvers (2018), Galenkamp (2016), and Chen (2018) who noticed that cooperation in sporting exercises is impacted by variables like age, orientation, family/conjugal status, financial position. While some others consented to participate in sporting exercises because of the medical advantages intrinsic in it. Petersen, Jeppesen, Aadah and Lau (2021) said that independent of the degree of instruction of an individual, sporting movement cooperation was related with better self-appraised wellbeing and personal satisfaction. Additionally, the discoveries of Sonnentag, (2001) and Winwood (2007) concurred with the current concentrate as the two of them confirmed that cooperation in sporting exercises is related with better wellbeing and prosperity among working grown-ups. Galenkamp (2016) and Ihle (2017) along these lines additionally noticed that wellbeing related restrictions were essential for the reasons individuals participate in sporting exercises. The review completed by Niedzwiedz (2016) demonstrates that cooperation in sporting exercises might change social disparity in wellbeing and prosperity recommending that there is a potential for people with low instructive level to work on personal satisfaction and self-evaluated wellbeing with support in sporting exercises.

To the information on the specialist, this is the first review to delineate that cooperation in quite a while may make up for financial imbalance with respect to personal satisfaction and self-evaluated wellbeing in everybody. Past examinations have shown relationship between recreation time actual work and self-appraised wellbeing in everybody (Paggi et al, 2016; Blomstrand et al., 2009; Gal'an et al, 2010). In accordance with the finding of this review, Johansen, have shown that genuinely dynamic individuals with low financial position, had something very similar or far and away superior chances to report great self-evaluated health contrasted with those with low actual work and high financial setting (Johansson, 2019). Be that as it may, sporting exercises cover more than proactive tasks including social exercises,

chipping in and so forth. Albeit the relationship between cooperation in humanitarian effort and wellbeing result is less clear than for relaxation time proactive tasks (Niebuur, 2018), past examinations significantly affect prosperity among every single financial gathering (Yeun, 2017).

Research question three is worried about the requirements to successful cooperation in open air sporting exercises; provocation in the sporting focus in the past was distinguished as a limitation. Shannon McCallum noticed that the outcomes of being exploited through provocation are critical. As well as encountering substantially hurt when the provocation turns actual attack, member.

CHAPTER FIVE

SUMMARY CONCLUSION AND RECOMMENDATION

Summary

This study was carried out to assess the outdoor recreational behavior and preference of residence in Ikpoba – Okha Local Government area of Edo State. The descriptive survey research method was adopted for the study. The instrument for data collection was structure questionnaire; the simple random sampling technique was used to select a total of four hundred (400) residents from Ikpoba – Okha LGA.

The data obtained were analyzed using frequency count and simple percentage, based on the analyzed data and review of related literatures the following major important points were summarized as follows.

Only a few of the residence in Ikpoba – Okha LGA regularly go for picnics with friends as a form of recreational activity. They do not played much of tennis as a sport for recreation during their leisure time but rather did more of football. A handful of the residence go for camping activities as a recreational activity.

The residents of Ikpoba – Okha LGA visits cinema houses to see movies, go to viewing centers for football matches, entertainment houses and clubs very often with little or nor engagement in biking as a recreational activity. They participate more in sedentary games such as chess, cards, ludo, monopoly, draught, ayo, etc with friends as the part of their outdoor recreational activities.

It found out also that availability of well spacious environment, socioeconomic status and financial capability were found as factors promoting participation in outdoor recreational activities. In the same vein, level of education, and the good health and well-being benefits

associated with recreational activities were some other factors that enhances the participating in outdoor recreational activities

On the constraints to effective participation in outdoor recreational activities, one form of harassment, inadequacy of outdoor recreational facilities, lack of ease accessibility to sporting facilities, non – availability of outdoor leisure activity facilities in the neighborhood were some of the factors that made people lose interest in outdoor recreational activity. Insecurities which was supposed to be a major inhibiting factor was not found to be. Other constraints identified from this study include lack of time, financial problems, inadequacy of outdoor recreational areas, and lack of companion and health problems.

On the level of adequacy of recreational centers and facilities in Ikpoba-Okha LGA. Football viewing centers, sports betting shops, swimming pool facilities, open fields, cinemas and event centers, recreational parks and fitness/gym centers were adequately available only tennis courts facility was seen to be inadequate in the LGA.

On the measures that can be taken to encourage participation in outdoor recreational activities among residents of Ikpoba – Okha LGA. The study showed that jingles, advertisements, enlightenment campaigns would do the job. Similarly, distribution of hand bills, pamphlets, flyers, newsletter to inform the public about outdoor recreational activities were also identified as good measure that could be adopted.

Conclusion

Base on the results and discussion of the study described in each of the above sections about the outdoor recreational behavior and preference of residence in Ikpoba – Okha Local Government area of Edo State the following possible conclusions were made;

The residents of Ikpoba – Okha LGA have a good level of participation in recreational outdoor activities – such as picnic, football and table tennis with little level of camping activities, as well as a behavioral disposition towards outdoor recreational activities. Some of the constraints identified to affect effective participation in outdoor recreational activities were issues like harassment at recreational centres, inadequacy of outdoor recreational facilities, and lack of ease accessibility to sporting facilities, among others.

Factors that could enhance the participation in recreational activities are availability of well spacious environment; socioeconomic status and financial capability, level of education, and the good health and well-being benefits associated with recreational activities. The organization of campaigns, use of jingles, advertisements distribution of hand bills, pamphlets, flyers, are some of the measures that could be used to promote participation in outdoor recreational activities.

Recommendations

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

1. To increase the level of participation in outdoor recreation activities, there should be increased level of advertisement and public enlightenment by those who operate recreational centers and the government
2. Entry fees to various recreational facilities should be made as affordable as possible so individuals at the different levels of social stratification participate. Measures should be put in place to prevent harassment of any kind that may occur on recreation grounds
3. Operators of outdoor recreational centers should be innovative and bring up interesting activities that would draw the attention of participants for regular visits