Role of Leisure and Recreation at Improving Quality of Life of Workers in Tertiary Institutions

Cletus Okechukwu
Obinwanne &c

Alozie, Elsie Nkemdilim

Department of Home Sciences/
Hospitality Management and
Tourism, Michael Okpara
University of Agriculture,
Umudike, Abia State, Nigeria

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Corresponding Author: Cletus Okechukwu Obimwanne

Abstract

The study was focused on the role of leisure and recreation at improving the quality of life of workers in tertiary institutions in Imo State, Nigeria. The study adopted the survey research design where wellstructured questionnaire was used for data collection. The questions were based on a four-point rating scale. The instrument was subjected to both face and content validation by three experts guided by the research objectives and hypotheses. The instrument was tested for reliability using Cronbach Alpha Coefficient which produced Alpha Numeric value of 0.85. The area was chosen because there are several institutions in the State. The population of the study was 5,159 and the sample size was 249. Convenience sampling technique was employed with the help of research assistant. Data were computed with the latest SPSS version and analyzed using Mean and Standard Deviation. The benchmark of 2.50 mean was used to accept a given opinion as significant. The hypotheses were tested with t-test at 0.05 level of significance. The study revealed that the major leisure and recreation activities engaged in by workers in tertiary institutions are religious activities, restaurant visits, hobby activities, cooking, and sport activities. The respondents agreed that leisure and recreation activities improve their physical wellness and quality of life. Workers should see leisure and recreation as important and vital tool in organizational settings to be embarked upon, as it plays important role in boosting the quality of life

Recreation And Leisure Improving The Quality Of Life

Katarzyna Wac, Sharon Wulfovich

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Recreation and Leisure Donald C. Weiskopf,1982 Improving the Quality of Life David M. Romney,Roy I. Brown,Prem S. Fry,2012-12-06 The book is unique in two distinct ways First it focuses on improving quality of life in contrast to other books that have tended to focus more on its conceptualization and assessment Second it deals with improving quality of life in a variety of disabled populations not just one and includes chapters on people with chronic mental or physical conditions and those without disabilities at all i e so called normal people The book outlines some of the challenges and controversies in the quality of life domain and attempts to synthesize the key issue and to draw generalizable conclusions The book is mainly for university students and faculty and practitioners from various disciplines working in the field It will also interest those members of the general public who wish to improve their own quality of life or that of their relatives or friends

Quality-of-Life Community Indicators for Parks, Recreation and Tourism Management Megha Budruk, Rhonda Phillips, 2010-11-25 While community quality of life indicators are gaining much needed attention in both scholarly work and practice their application in the areas of parks recreation and tourism management are not as well known The applicability of indicator systems for natural resource and natural resource area management within the parks and recreation arena is very high including urban parks and recreation programs and their influence on quality of life Tourism is also an area that needs much more work in terms of assessing impacts as well as developing indicators for gauging progress in the long term All three areas are an integrated discipline and most programs throughout the developed world are housed to jointly There are several researchers across the globe who are conducting innovative work in these areas The editors feel that a volume on the topic will spur additional interests as well as serve to lead the research efforts **Jarbidge Resource Management Plan** ,2010 Quantifying Quality of Life Katarzyna Wac, Sharon Wulfovich, 2022-04-13 This open access book presents the rise of technology enabled methods and tools for objective quantitative assessment of Quality of Life QoL while following the WHOQOL model It is an in depth resource describing and examining state of the art minimally obtrusive ubiquitous technologies Highlighting the required factors for adoption and scaling of technology enabled methods and tools for QoL assessment it also describes how these technologies can be leveraged for behavior change disease prevention health management and long term QoL enhancement in populations at large Quantifying Quality of Life Incorporating Daily Life into Medicine fills a gap in the field of QoL by providing assessment methods techniques and tools These assessments differ from the current methods that are now mostly infrequent subjective qualitative memory based context poor and sparse Therefore it is an ideal resource for physicians physicians in training software and hardware developers computer scientists data scientists behavioural scientists entrepreneurs healthcare leaders and administrators who are seeking an up to date resource on this subject Handbook of Quality of Life for Individuals with Autism Spectrum Disorder Justin B. Leaf, Joseph H. Cihon, Julia L. Ferguson, Peter F. Gerhardt, 2022-06-01 This handbook offers a comprehensive examination of wide ranging

issues relevant to adults diagnosed with autism spectrum disorder Coverage includes a detailed review of such issues as psychiatric comorbidity family relationships education living in different settings e g group homes community meaningful and effective interventions functional goals e g social language vocational and adaptive behaviors and curriculum In addition the book provides unique perspectives of parents as well as individuals diagnosed with autism spectrum disorder who have reached adulthood Key areas of coverage include Transitioning adults diagnosed with autism spectrum disorder from educational settings to vocational settings Strategies that can help create independence for adults diagnosed with autism spectrum disorder Effective approaches to address issues relating to sexuality for adults diagnosed with autism spectrum disorder The effectiveness of early intensive behavioral intervention to help adults diagnosed with autism spectrum disorder Handbook of Quality of Life for Individuals with Autism Spectrum Disorder is an essential reference for researchers professors and graduate students as well as clinicians therapists and related professionals in clinical child and school psychology social work behavioral therapy and related disciplines including clinical medicine clinical nursing counseling speech and language pathology and special education General Technical Report NE, 1980 Atlas of Amputations and Limb Deficiencies Joseph Ivan Krajbich, Michael S. Pinzur, Benjamin Kyle Potter, Phillip M. Stevens, 2023-08-29 Now in one convenient volume Atlas of Amputations and Limb Deficiencies Surgical Prosthetic and Rehabilitation Principles Fifth Edition remains the definitive reference on the surgical and prosthetic management of acquired and congenital limb loss Developed in partnership with the American Academy of Orthopaedic Surgeons AAOS and edited by Joseph Ivan Krajbich MD FRCS C Michael S Pinzur MD FAAOS COL Benjamin K Potter MD FAAOS FACS and Phillip M Stevens MEd CPO FAAOP it discusses the most recent advances and future developments in prosthetic technology with in depth treatment and management recommendations for adult and pediatric conditions With coverage of every aspect of this complex field from recognized experts in amputation surgery rehabilitation and prosthetics it is an invaluable resource for surgeons physicians prosthetists physiatrists therapists and all others with an interest in this field Foundations of Therapeutic Recreation Terry Long, Terry Robertson, 2020 Foundations of Therapeutic Recreation Second Edition provides students with evidence based information on fundamental concepts in therapeutic recreation to help them explore the various career possibilities in the field Public and Civic Leisure in Quebec André Thibault, 2008 No detailed description available for Public and Civic Leisure in Ou bec Therapeutic Recreation Marcia Jean Carter, Glen E. Van Andel, 2011-02-17 A long standing tradition of excellence is extended in the Fourth Edition of this authoritative introduction to the field of therapeutic recreation The authors effectively combine a broad orientation to the profession with the practical information necessary for students to become successful practitioners Part I contains a comprehensive discussion of the fields history and theoretical underpinnings providing students with the perspective they need to evaluate the social cultural demographic economic and technical forces that have shaped and are continuing to impact health and human services in general and therapeutic

recreation in particular Part II introduces students to the client populations served by therapeutic recreation specialists and describes specific approaches and activities employed by TR professionals to help clients achieve meaningful improvements in health status functional capacities and quality of life The authors have retained the practical student oriented approach that makes this an ideal text for introductory courses They address all content areas included in the NCTRC certification exam are compatible with the American Psychiatric Association on psychological classifications and incorporate the World Health Organizations international classification of functioning disability and health The latest edition contains updated information on baby boomers the obesity epidemic and evidence based practices field based photographs and illustrations and study questions and exercises designed to engage students Advances in Exercise and Health for People With Mobility *Limitations* David Hollar, 2018-10-17 The purpose of this book is to provide public health disability and rehabilitation professionals and practitioners evidence based science with respect to health disparities faced by people with disabilities especially people with mobility limitations alternative methods of rehabilitation and exercise science for this population assistive device technology and improved access to health care employment and social participation According to the National Institute on Disability Independent Living and Rehabilitation Research NIDILRR approximately 57 million Americans live with a disability Disability severity and types vary considerably such that each individual with a disability faces unique physical social and environmental barriers in order to enjoy quality of life and full participation in society A large research literature shows that people with disabilities face substantial employment and health disparities compared to people without disabilities People with mobility limitations often experience secondary conditions to compound their primary disability Hollar 2013 and Hollar and Lewis 2015 showed that people with mobility limitations were significantly more likely to experience obesity and lack of access to physical exercise Other studies have shown that access to proper physical examination facilities and equipment remain a substantial barrier in many clinics and hospitals despite the enactment of the Americans with Disabilities Act 25 years ago Research on alternative exercise programs and new assistive device technologies offers promise to improve physical functioning and exercise for people with mobility limitations Furthermore increased focus on biopsychosocial over traditional medical models for disability will help policymakers and the public to recognize the complex contextual issues e g personal social environmental that affect the lives of people with disabilities Readership includes public health practitioners and educators disability and rehabilitation researchers clinicians and sports medicine practitioners and disability advocates There have been general handbooks on disability but advances in technology and alternative exercise programs as well as novel disability health programs are dispersed in the research literature This book will help to highlight these programs for health policy experts especially given the high health and social disparities Habilitation Planning for Adults with Disabilities Robert L. Schalock, William E. experienced by this population Kiernan, 2012-12-06 Habilitation Planning for Adults With Disabilities presents a comprehensive approach to habilitation

planning and service delivery for adults with disabilities This book investigates the increased demands and expectations by adults with disabilities regarding personalized service and quality of life including independence productivity and community integration and discusses historical and current treatment and trends This book is presented in five main sections definitions and background material lifestyles and living work and recreational environments habilitation strategies personal growth and quality of life for the affected adult and the present and future trends in habilitation planning Rehabilitation personnel in the areas of administration assessment training case management or evolution applied psychologists and professionals and students in special education rehabilitation counseling human service or health adminstration will be interested in this Current Issues in Hospitality and Tourism A. Zainal, S.M. Radzi, R. Hashim, C.T. Chik, R. Abu, 2012-08-22 Globally the hospitality and tourism industry is evolving and undergoing radical changes. The past practices are now advancing through the rapid development of knowledge and skills acquired to adapt and create innovations in various ways Hence it is imperative that we have an understanding of the present issues so that we are able to remedy problems on the horizon Current Issues in Hospitality and Tourism Research and Innovations is a complilation of research in the broad realm of hospitality and tourism This book is divided into eight sections covering the following broad themes Training and education hospitality students learning Organization and management practical issues and current trends in the hotel catering and tourism industry Product and food innovation Marketing Islamic hospitality and tourism issues Gastronomy Current trends Tourism The contributions from different parts of the globe present a new outlook for future research including theoretical revelations and innovations environmental and cultural exploration aspects tourist destinations and other recreation and ecotourism aspects of the hospitality and tourism industry Current Issues in Hospitality and Tourism Research and Innovations will be useful as a reference for academics industry practitioners and policy makers and for those with research interests in the fields of hotels tourism catering and gastronomy The Handbook of Wellness Medicine Waguih William IsHak,2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health **Ageism in Work and Employment** Ian Glover, Mohamed Branine, 2017-07-12 This title was first published in 2001 This collection of essays on the the subject of ageism in work and employment arose out of the international conference held at Stirling University in July 1996 The book addresses various topics within this issue including the problem and its causes the experience and practice of age discrimination in employment and remedies and Therapeutic Recreation Leadership and Programming Robin Ann Kunstler, Frances Stavola Daly, 2010 prospects Therapeutic Recreation Leadership and Programming arms students with the information they need to succeed as therapeutic recreation specialists They ll learn the practical aspects of the profession and develop a leadership mind set The book focuses on day to day tasks of the TRS and integrates ethical considerations into each aspect of the job Military Construction Appropriations United States. Congress. House. Committee on Appropriations. Subcommittee on Military

Committee on Appropriations, 2001 Military Construction Appropriations for 2001 United States. Congress. House. Committee on Appropriations. Subcommittee on Military Construction Appropriations, 2000 Enhancing the Quality of Life of People with Intellectual Disabilities Ralph Kober, 2010-09-24 This book contains a series of articles written by international experts in the fields of intellectual disability and quality of life that explore a broad range of issues that impact on the quality of life of people with intellectual disabilities and their families The book commences with a general discussion on defining quality of life and family quality of life and the appropriateness of using these constructs in the field of intellectual disability and is followed by an analysis on the effects of living arrangements and employment on quality of life The book concludes with discussions on the unique issues facing children with intellectual disabilities and people living in developing countries and the effect these issues have upon their quality of life

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