

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

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### 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 well-structured 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

### Keywords:

Leisure, Recreation,  
Tertiary Institution,  
Quality of life and  
Workers

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# Recreation And Leisure Improving The Quality Of Life

**Megha Budruk,Rhonda Phillips**



## **Recreation And Leisure Improving The Quality Of Life:**

*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

**Jarbridge Resource Management Plan** ,2010      **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 co 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      **General Technical Report NE** ,1980      A Literature Review ,1986      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      **A Literature Review** President's Commission on Americans Outdoors (U.S.),1986      **Creating Connections Between**

**Nursing Care and the Creative Arts Therapies** Carole-Lynne Le Navenec, Laurel Bridges, 2005 The primary goal of this text is to promote educational advancement for health care professionals on the topic of how creative arts therapies can assist patients and clients to achieve specific goals or outcomes More specifically the book seeks to create a closer connection between nursing care and the creative arts therapies in order to promote professional collaboration and to expand the concept of holistic care Most of its twenty chapters explore the theoretical and practical implications of the creative arts therapies as illustrated in single and multiple case studies The chapters authors are creative arts therapists nurses social workers therapeutic recreation specialists and occupational therapists They describe creative therapeutic approaches involving art music creative writing dance movement and drama in various health care settings This unique book is designed for a wide range of health care professionals including nursing the creative arts therapies psychology social work medicine occupational recreational and physical therapies and others who are interested in learning more about creative treatment approaches and their application to varied care settings

**The Oxford Handbook of the Macroeconomics of Global Warming** Lucas Bernard, Willi Semmler, 2015 The Oxford Handbook of the Macroeconomics of Global Warming analyzes the macroeconomics of global warming especially the economics of possible preventative measures various policy changes and potential effects of climate change on developing and developed nations

*Military Construction Appropriations for 2001: Overview, quality of life, Army, Navy, Air Force, housing privatization* United States. Congress. House. Committee on Appropriations. Subcommittee on Military Construction Appropriations, 2000

*Parks, Recreation, and Heritage Conservation* Laxmi Joshi, 2025-01-03 Parks Recreation and Heritage Conservation explores how careers in this field enhance the quality of life through environmental conservation social equity and promoting health and wellness If you love the outdoors helping people and improving your community this career path might be perfect for you We cover the diverse range of jobs available including program managers lecturers activities managers aquatic directors park services managers naturalists scientists travel guides and park rangers Depending on your focus whether it s recreation management or outdoor park services career opportunities vary from fish and game wardens to mountain guides and wildlife managers Jobs in city parks differ greatly from those in rural areas or state and national parks Our book offers in depth knowledge with simple language relevant examples and pictures making it easier for readers to understand and pursue a career in this rewarding field

**Assessment of Rehabilitative and Quality of Life Issues in Litigation** Patricia Murphy, John M. Williams, 1998-08-26 Written in response to the Supreme Court s landmark Daubert decision regarding provision of expert witness scientific testimony Assessment of Rehabilitative and Quality of Life Issues in Litigation focuses on quality of life as a means of conceptualizing and measuring pain and suffering in the controversial enjoyment of life debate The authors make a compelling argument for a quality of life paradigm based on a rehabilitation and health economics analysis demonstrating that qualified rehabilitationists are the best experts to provide analyses of the impact of disability or injury on quality of life

over the lifespan The extensive literature review enables attorneys and litigation experts to easily access quality of life literature

**Urban Tourism in China** Mimi Li,Wu BiHu,2013-09-13 China has witnessed a dramatic development of tourism in urban context in the past thirty years especially with its success in hosting the Beijing Olympic Games in 2008 and the Shanghai World Exposition in 2010 Urban areas as tourism destination are receiving increasingly more popularity than traditional destinations such as national parks natural reserves and historical relics Deriving largely from a special issue on Urban Tourism Development and City Destination Marketing Journal of China Tourism Research Urban Tourism in China presents the readers with a collection of nine independent research reports examining issues such as consumer behaviour in urban destinations the social impact of tourism destination image leisure regional collaboration and heritage tourism in ancient towns The investigations covered urban areas of different scales and diversified nature from major metropolises such as Beijing and Guangzhou to ancient towns like Lijiang and Pingyao Readers who have interests of tourism research business development and in depth understanding of urban life in China may find the book informative and interesting This book was published as a special issue of the Journal of China Tourism Research

*Digital Health* Homero Rivas,Katarzyna Wac,2018-01-02 This book presents a comprehensive state of the art approach to digital health technologies and practices within the broad confines of healthcare practices It provides a canvas to discuss emerging digital health solutions propelled by the ubiquitous availability of miniaturized personalized devices and affordable easy to use wearable sensors and innovative technologies like 3D printing virtual and augmented reality and driverless robots and vehicles including drones One of the most significant promises the digital health solutions hold is to keep us healthier for longer even with limited resources while truly scaling the delivery of healthcare Digital Health Scaling Healthcare to the World addresses the emerging trends and enabling technologies contributing to technological advances in healthcare practice in the 21st Century These areas include generic topics such as mobile health and telemedicine as well as specific concepts such as social media for health wearables and quantified self trends Also covered are the psychological models leveraged in design of solutions to persuade us to follow some recommended actions then the design and educational facets of the proposed innovations as well as ethics privacy security and liability aspects influencing its acceptance Furthermore sections on economic aspects of the proposed innovations are included analyzing the potential business models and entrepreneurship opportunities in the domain

**The Ultimate Urban Survival Guide** Barrett Williams,ChatGPT,2025-07-01 Introducing The Ultimate Urban Survival Guide your essential companion for thriving in the bustling heart of the city Whether you re a city dweller newcomer or simply preparing for the unexpected this comprehensive guide is packed with the insights and strategies you need to navigate any urban environment with confidence Dive into the complexities of city life with Chapter 1 exploring the challenges that urban environments present and unraveling the psychology behind living in densely populated areas From understanding urban hazards to mastering the art of situational awareness you ll be equipped to identify and respond to

potential threats Chapter 2 will hone your ability to read urban signals and develop an intuition for danger ensuring you stay a step ahead Navigate the sprawling concrete jungle with ease Discover insider tips in Chapter 3 on mastering public transportation and getting around without the reliance on technology And when it comes to protection Chapter 4 offers invaluable self defense techniques and tools for personal safety But survival isn't just about dodging danger Learn how to acquire essential resources like food water and shelter in Chapter 5 Improve your communication skills in urban settings and build a reliable network with Chapter 6 Prepare for emergencies with expert guidance on first aid and urban crime prevention ensuring your safety and security are never compromised Chapter 9 will walk you through creating a personal emergency plan and building a preparedness kit essential assets for any city survivor Beyond mere survival Chapter 11 focuses on maintaining mental health and building resilience in a stressful urban environment Discover how to create a sustainable lifestyle and improve the quality of urban life with actionable strategies in Chapters 12 and 13 The Ultimate Urban Survival Guide is your roadmap to not only surviving but thriving in the city teaching you to embrace technology reduce waste and tap into urban recreation Equip yourself with the knowledge and skills needed to confidently conquer the complexities of modern urban living

Therapeutic Recreation Marcia Jean Carter, Glen E. Van Andel, 2019-06-17 For over 35 years Therapeutic Recreation A Practical Approach has provided an authoritative and engaging introduction to the field of therapeutic recreation The Fifth Edition of Carter and Van Andel's well regarded text extends this tradition of excellence equipping a new generation of students with the theoretical foundations and practical methods they need to become successful practitioners The authors present the fundamentals of recreational therapy practice from the perspective of a 21st century health and human service profession emphasizing evidenced based practices and documented outcomes supporting individual and community assets promoting fiscal responsibility and utilizing a strengths based approach that focuses on an individual's capacities when developing a strategy to improve health status quality of life and functional abilities Updates throughout reflect recent scholarship revised standards and operational definitions evidence based literature to support interventions and global health concerns The critical component of documentation has been added to discussions of the APIE D process while chapters on neurodevelopmental disorders and behavioral and mental health issues incorporate the terminology and organization of the DSM 5 The latest edition also features expanded treatment of social issues and the adult onset chronic and lifelong illnesses and disabilities associated with aging This full featured edition retains the student oriented approach that makes it an ideal text for introductory courses Illustrations case studies key terms study questions and practical exercises reinforce key concepts and offer opportunities to apply chapter content while abundant field based photographs illuminate the practice of recreational therapy

**The Journal of Physical Education**, 1929 **Social Inclusion Tactics for People With Intellectual and Developmental Disabilities** Chandan, Harish Chandra, 2024-10-24 An intellectual and developmental disability IDD is a lifelong condition that limits intelligence learning and daily life skills

People with IDD are often not integrated in mainstream society. They have fewer opportunities to participate in recreational activities hindering their social inclusion which has the potential to diminish quality of life. As a compassionate society we must understand how people with IDD can be socially integrated to ensure their mental health and to maximize their potential so that they can contribute to society in their unique way. *Social Inclusion Tactics for People With Intellectual and Developmental Disabilities* promotes the social integration of people with IDD and aims to increase awareness about the lack of opportunities for socialization for people with IDD. Covering topics such as autism, children with disabilities and societal inclusion, this book is a valuable resource for organizations, policymakers, academicians, researchers, sociologists and more.

*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 experienced by this population.

## **Recreation And Leisure Improving The Quality Of Life** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Recreation And Leisure Improving The Quality Of Life**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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## Recreation And Leisure Improving The Quality Of Life Introduction

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