

## Role of Recreational Activities in the Development of Social Attributes and Learning Skills of the Students

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### Abstract

*Participation in various recreational have gained remarkable role around the world and considered as revolving force contributes to the overall developments and promotion of its participants. In light of the set objectives, two research hypotheses were formulated and tested. In order to collect data, the researcher selected Teachers, Students and Parents from Government Girls Colleges (GGC), Khyber Pakhtunkhwa. The researcher disclosed their view regarding impact of recreation on youth with the help of structured questionnaire A study was designed to assess their perception regarding the Role of Recreational Activities in the development of Social Attributes And Learning Skills of The Students in Khyber Pakhtunkhwa (KP), Pakistan. On the basis of findings and gathered information, the researcher put forth the following recommendations to improve the situation. It was found that the researcher found that recreation is the basic need of individual which develop the Social Attributes And Learning Skills Of The Students. Hence, facilities of indoor and outdoor recreation should be provided and picnic spots should be developed to encourage procreative activities.*

**Key Words:** Recreational Activities, Social Attributes, Students, Learning Skills

### Introduction

Proper planning and programming is the initial requirement for a successful conduct of any program whether it is educational, academic, business or recreational program. Good programming means arranging a program which is effective, interesting and feasible in nature. It is very much essential to kept in mind the physical and intellectual abilities and capabilities of the participants. Similarly, interest of the participants and more significantly financial must be consider while planning a recreational program (Weng & Chiang, 2014). Besides theses, age, sex and choice of the participants must be given due consideration in order to make the program successful one so that each and every member can take part without any hesitation (Peterson et al., 2007). Budgeting means working out a chart of expected and proposed expenditure in accordance with the available resources. Each and every program demands budgeting whether it academic, sports, domestic affairs or recreational sports, Sound budgeting needs experience, knowledge, insight and proper planning (Rock et al., 2012). It is very much important to consider aspects of the program which is carried out. Duration of the program, number of participants, means of journey, proposed site for program and distance of the place should be taken into consideration to make the program productive (Osanloo et al., 2016) In this way, the process of budgeting is carried out by the participants which are the outcomes of participation in recreational sports. Recreational sports needs proper budgeting and financing which the participants is responsible to carry out. He further stated that recreational program helps the youth in learning how to propose and make the budget for that very program (Schwartz & McCarthy 2007). Sports is considered to be very effective institutions that help the participants learn many a desirable qualities that help them lead a successful practical life. Leadership is among one of those qualities which the youngster learn through their participation in recreational sports.

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Research maintains that veritable participation in sports and recreational activities help development and promotion of leadership skills (Street, James &Cutt 2007).

### Statement of the Problem

In the technological era, most of the students are became the victim of disease and most of the students are loss the social interaction and learning process. In this regards sports play a prominent role in social perspective of the students. On the other hand teachers, parents and students can play a pivot role in diverting the attention of masses towards these problems. It the need of the day, to understand the perception of parents, teachers and students regarding the role of recreational activities among students from social attributes and learning Skills. That was the reason the that researcher decided to conduct a gender based study by including female teachers, students and parents for the exploration of the most relevant aspects in the society and to get their response regarding the importance of recreation.

### Objective of the Study

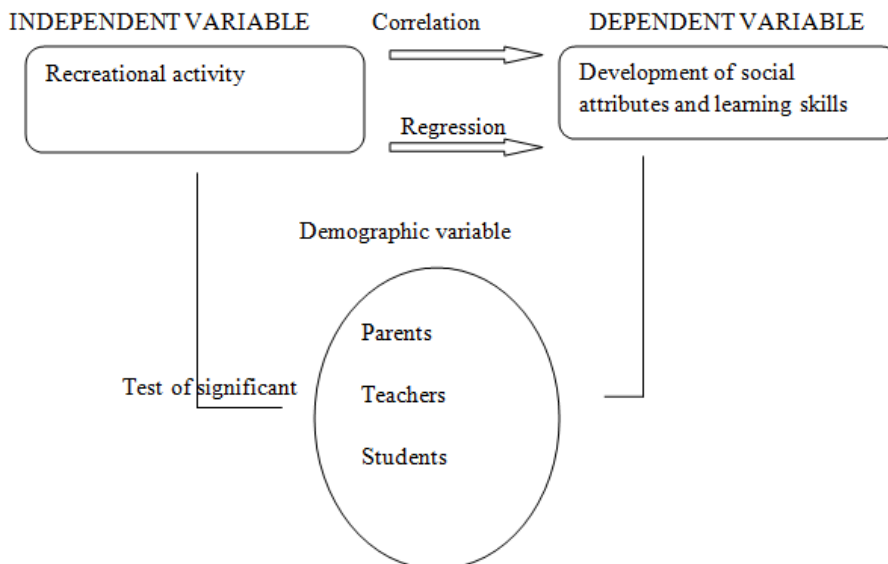
- To examine the role of recreational activities in the development of social attributes of its participants.
- To examine the role of recreational activities in the development of learning Skills of its participants.

### Literature Review

Delight and fulfillment are the two principle hunts of people in this perplexing and muddled society. In such manner, entertainment assumes a vital part in extinguishing the recreational and in addition smugness thirst. Human body some kind of amusement as it is considered as commitment for the best possible working of human hardware (Weng & Chiang 2014). Standard engagement for a more drawn out term diminishes the interest and inspiration of person. Then again diversion invigorates one's mode as well as gets ready for further work. It has involved basic perception that consistent work can bring about weariness and depletion. It is additionally examined that plentitude of work falls apart the wellbeing as well as disstandardized the productivity and execution of the body. In this setting, amusement possesses its own wonderful part in the support of good wellbeing. In this modern technological advancement, man is suffering from different problems and complications. Participation in an organized program of recreation is the only way to get rid of these complications. Recreation play a very significant role in modern society, some of the main functions are classified here as under. Benefits of Recreational activities such as having fun, feeling less lonely, reduced depression, fewer doctor visits, less medications, decreased pain, having more energy, generally feeling better, sleeping better at night, reduced medical costs, making friends, and having something to look forward to were identified through participant's personal testimonies (Katzenmeyer, 1997). Recreational activities provide socialization opportunities and help keep seniors active in the community. Seniors who live alone are often cut off from the community mainstream, losing their purpose for being and retreating into their homes, thus increasing their health risks. Seniors involved in recreation programs have reduced feelings of alienation and loneliness and increased intergenerational understanding (Chodzko-Zajko, 1998). The process of interaction takes place as a result or interacting two or more individuals. Recreation can do this job by providing an atmosphere in which different people get together and refreshing them by participating in recreational activities. For instance, camping, tourism and other picnic programs increase social interaction which leads to social connections. As a result, sharing norms, tradition can exchange and transmit from one area to another. In a research study, Pizamet *al.* (2004) found that outdoor activities like camping, hiking and tourism increases social connection among its participants. The study further substantiates that in the process, they learn to resolve conflicts in a positive manner and also have a sense of belonging and develop a sense of pride in their camp. In a research study Street, James and Cutt (2007) found that outdoor recreational activities learn to respect and appreciate the world around its participants. In addition, they learn how to protect the environment and develop environmentally friendly attitudes. Current research conducted by, Narcisi (2005) shows that time spent in a natural environment is as essential to a child's physical, mental, emotional and spiritual development as eating and sleeping. The author further recommends that participation in children and youngsters should spend some time in natural atmosphere as these situations helps in various faculties which are evident by the study conducted by Murphy and Carbone (2008). who found that recreational activities provide an opportunity to be with natural seen and

this insight helps in comprehensive development of its participants. Participation in recreational sports play a well important role in retaining cultural identity and this retention of cultural diversity can be a positive aspect of sport and leisure. Recreation integrates different groups belonging to various cultures, areas and languages. In a research on “Consuming sport: Fans, sport and culture” conducted by McKnight and Kashdan (2009). found sport played a role in helping them retain cultural identity. Similarly, Taylor and Toohey (2002) for example advocating “Leisure activities that occur in the context of family and friendship groups with few social limitations serve to provide a supportive environment for the expression and transmission of sub cultural identity, that is, the retention of certain core cultural or religious traits”. And also the physical and emotional well-being advantages, members in all the gatherings saw game and diversion to have a scope of social advantages. These included chances to make companions and mingle; open doors for self-improvement and individual time self-advancement; blending with different societies and holding one's social character. In a research study conducted by Etimeet *al.* (2013) states that participation in recreational sports is considered a comprehensive source of physical, mental and social development of its participants. The author further stated that these benefits of participation in various recreational activities included opportunities to make friends and socialize; opportunities for personal development and personal time self-development; mixing with other cultures and retaining one's cultural identity (Bittma *et al.*, 2003) Multi culturalism describes the promotion of manifold cultural customs within a single jurisdiction, usually considered in terms of the culture associated with a cultural group. Recreation can promote numerous cultures by providing various programs of activity without any discrimination of culture. In his regard, Wright *et al.* (2003) states that sport and recreation activities offered opportunities to mix with people from other countries which in turn lead to justice, equality and brotherhood. The same stance has been found in the study “The role of socio-psychological and culture-education motives in marketing international sport tourism (McCusker & Gunaydin 2015). A cross-cultural perspective”conducted by Funk and Bruun (2007) who found that mixing with other cultures as a direct benefit of the sport and recreation activities in which they participated. Recreation promotes positive contact between different ethnic groups and opens communication in a non-threatening atmosphere (Clark & Oswald 2002).. Recreational opportunities provide a mean for social interaction that can help to break down the barriers of unfamiliarity, fear and isolation (Mannell 2007). During recreation and leisure time, people are less concerned with differences and more concerned with having fun.

### Theoretical Frame Work



### Hypotheses of the Study

- Recreational activities have significant impact upon Social Attributes of its participants.
- Recreational activities have significant impact upon learning Skills of its participants.

## Method and Material

The aim of the study was investigate the Role of Recreational Activities in the development of Social Attributes and Learning Skills of the Students. The researcher used quantitative research design to reach at certain facts regarding the study in hand. The population for this particular study comprised all the female college teachers, students and their parents of Khyber Pakhtunkhwa (KP) Pakistan. In this particular study, the researcher employed two stage sampling technique, the total numbers of government collages in the selected districts are fourteen (14) while the numbers of students are 15890 and teachers 520. A sample of 104 teachers (20% of 520 teachers), 1589 students (10% Of 15890) and 1589 parents (10% Of 15890) was selected. It was decided to give equitable and uniform representation to each stratum for arriving at most comprehensive and precise perception of the entire stakeholder groups; hence a total of 3282 was selected to participate in the study. The study was facilitated by questionnaire in closed form having options from “strongly agree to strongly disagree”. In this regard Content Validity and Face validity were applied to make the scale valid whereas, Internal Consistency Reliability was employed for the purpose of reliability. Use of suitable statistical methods is paramount significant in the research process for drawing authentic results. The data collected were properly organized, and after due coding, it was treated through SPSS version 16 for statistical analysis. Statistical tools like regression analysis and ANOVA were used to analyze the data accordingly.

## Data Analyses

**Table 1.** Enter-Method regression showing the impact of recreational activities upon Social Attributes

Model Summary <sup>b</sup>						
Model		R	R Square	Adjusted R Square	Std. Error of the Estimate	
1		.740 <sup>a</sup>	.548	.547	.83032	
a. Predictors: (Constant), Recreational Activities						
b. Dependent Variable: Developing Social Attributes						
ANOVA <sup>b</sup>						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	2700.680	1	2700.680	3.917E3	.000 <sup>a</sup>
	Residual	2231.710	3237	.689		
	Total	4932.390	3238			
a. Predictors: (Constant), Recreational Activities						
b. Dependent Variable: Developing Social Attributes						
Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-.102	.053		-1.912	.056
	Recreational Activities	1.036	.017	.740	62.588	.000
a. Dependent Variable: Developing Social Attributes						

Table no 1 computes that recreational activities have significant impact upon development of social attributes of students. The Adjusted R Square is .547 which shows that recreational activities have 55% effect development of social attributes of youth. The B Positive seems .1.036 (P < .01) which indicates that 1 unit increase in recreational activities will cause 1.036 units increase in development of social attributes of youth.

While the alternative hypothesis stating significant effect will be found of recreational activities upon development of social attributes of youth is hereby accepted.

**Table 2.** Enter-Method regression showing the impact of recreational activities upon Learning Skills

Model Summary <sup>b</sup>						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.769 <sup>a</sup>	.591	.591	.78066		
a. Predictors: (Constant), Recreational Activities						
b. Dependent Variable: Learning Skills						
ANOVA <sup>b</sup>						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	2850.904	1	2850.904	4.678E3	.000 <sup>a</sup>
	Residual	1972.743	3237	.609		
	Total	4823.647	3238			
a. Predictors: (Constant), Recreational Activities						
b. Dependent Variable: Learning Skills						
Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-.221	.050		-4.419	.000
	Recreational Activities	1.064	.016	.769	68.395	.000
a. Dependent Variable: Learning Skills						

Table 2 depicts that recreational activities have significant impact upon learning skills of youth. The Adjusted R Square is .591 which shows that recreational activities have 59% effect learning skills of youth. The B Positive appears .1.064 ( $P < .01$ ) which indicates that 1 unit increase in recreational activities will cause 1.064 units increase in learning skills of youth. While the alternative hypothesis stating significant effect will be found of recreational activities upon learning skills of youth is hereby accepted.

## Discussion

The present study was concentrated upon the role of recreational activities in the development of social attribute and learning skills. Recreational activities have significant impact upon development of social attributes of students. The Adjusted R Square is .547 which shows that recreational activities have 55% effect development of social attributes of youth. The B Positive seems .1.036 ( $P < .01$ ) which indicates that 1 unit increase in recreational activities will cause 1.036 units increase in development of social attributes of youth. The same study also highlight that recreational activities have significant impact upon learning skills of youth. The Adjusted R Square is .591 which shows that recreational activities have 59% effect learning skills of youth. The B Positive appears .1.064 ( $P < .01$ ) which indicates that 1 unit increase in recreational activities will cause 1.064 units increase in learning skills of youth. In this regards Wright *et al.* (2003) states that sport and recreation activities offered opportunities to mix with people from other countries which in turn lead to justice, equality and brotherhood. The same stance has been found in the study "The role of socio-psychological and culture-education motives in marketing international sport tourism: A cross-cultural perspective" conducted by Mahoney, Harris and Eccles, J. S. (2006). who found that mixing with other cultures as a direct benefit of the sport and recreation activities in which they participated. Recreation promotes positive contact between

different ethnic groups and opens communication in a non-threatening atmosphere. Recreational opportunities provide a mean for social interaction that can help to break down the barriers of unfamiliarity, fear and isolation. During recreation and leisure time, people are less concerned with differences and more concerned with having fun (Kumanyika et al., 2008)

### **Result and Conclusion**

The empirical study found that recreational activities have positive impact in the development of social attributes of the students. The researchers also concluded that recreational activities also enhance the learning skill of the college students. Development of social attributes was perceived to be important outcomes of participation in recreational pursuits by majority of respondents with almost all the teachers affirmative. They perceived that participation in recreational pursuits develop sense of responsibility as well as sense of achievement and recognition. (See Table No.1.1)Recreational activities helps in learning social skills among the youngsters was perceived by different categories of population with major portion of teachers and students. Similarly, impact of recreation on youth with special reference to learning skills was found insignificant among the parents category. (See Table No. 4.5) The researcher found that recreation is the basic need of individual. Hence, an establishment of fully equipped sports and fitness clubs may be encouraged for maximizing recreational trends youngsters. It is also found that recreational facilities helps in maintaining health standard of humans. Therefore, facilities of indoor and outdoor recreation should be provided and picnic spots should be developed to encourage procreative activities.

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