

Assessment of Availability and Utilization of Recreational Facilities by the Recreational Centre Patrons in Kaduna State, Nigeria

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Abstract

This study assessed the availability and utilization of recreational facilities by the recreational centre patrons in Kaduna State, Nigeria. To achieve the purpose of this study, two research questions were raised and two hypotheses were formulated and tested. Descriptive design of survey type was used for this study. The population of this study comprised all residents of Kaduna State, with the projected population of 9,032,200 while the sample of 400 were determined using slovin's formula. In order to achieve the purpose of this study, the researchers developed a questionnaire on four points Likert rating scale which was used for data collection. The questionnaire consisted of two sections A & B, and was validated and standardize with a reliability index of 0.76. Four hundred (400) copies of questionnaire were administered to the respondents and three hundred and ninety-one (391) were dully completed, returned and used for analysis. Frequency count and percentage were used to organized and described the demographic variables of the respondents; independent t-test was used to test hypotheses 1 & 2 at 0.05 level of significance. The findings showed that, there is significant availability of recreational facilities in Kaduna State, Nigeria ($t = 46.540$, at $df = 390$, $P < 0.005$). There is significant utilization of recreational facilities in Kaduna State, Nigeria ($t = 54.037$, $P < 0.005$). It was recommended among others that, patrons should continue to utilize recreational facilities in Kaduna State in order to increase their physical, mental, social and emotional wellbeing.

Keywords: Availability, Utilization, Recreational, Facilities, Residents

Introduction

Recreation can be generally conceived as the consumption of leisure or leisure facilities for the purpose of refreshing oneself (Dabiri, 2016). According to Adamu (2019), recreation is one of the basic necessities of life outside food, clothing and shelter and to a large extent can be regarded as part of human endeavor, because human beings are created in such a way that participating in one form of recreational activity whether actively or passively, indoors or outdoors, organized or un-organized, alone or in groups in order to refresh their physiological and psychological system enables them to face the challenges of life adequately.

Abumere (2022) expressed the main purpose of recreation as basically the relaxation and revitalization of patrons so that they may efficiently return to their routine activities, which are not recreational but economically gainful, this involved physical, mental and emotional activities. Developing countries in particular need to understand the role of investment in recreation infrastructure and how they might ensure that national policies can support sustainable development of recreation infrastructure. This requires the removal of institutional and financial obstacles that make such investment difficult and, at times, counterproductive (Abumere, 2022).

Emmanuel and Olujimi (2018) stated that, recreational activities play an important role in communities. Their benefits include, improving the health and well-being of patrons, contributing to the empowerment of patrons and promoting the development of inclusive communities. It may involve patrons, small groups, teams or whole communities and are relevant to patrons of all different ages, abilities and levels of skill. The types of recreational activities patrons utilize is vary greatly depending on local context, and tend to reflect the social systems and cultural values (Emmanuel & Olujimi, 2018). Recreation brings physical, mental and spiritual refreshment and restoration. It is a great life necessity which leads to the mastery of physical self and provides general efficiency in adulthood (Dimitris, 2018). Recreational activities are visitation to national parks and garden, lake of importance to history, rivers, forest and sporting activities. It's also involves the playing for fun such as trekking, fishing, hunting, festivals, camping among others (Onyejiemezie, 2022).

Availability of recreational facilities refers to resources ready to be used, able to be used or that can easily be found and used in the recreation centres (Longman, 2017). Onyejiemezie (2022) opined that, availability of recreational facility is a state of making provision for a satisfactory standard requirement in terms of recreational resources to enhance effective recreational activities in a particular facility. In other words, availability of recreation

facility can be defined as material resources ready for use when participating in recreational activities (Onyejiemezie, 2022).

Availability of recreational facility is defined as any facility that provides at least one physical activity opportunity to patrons to engage in, for example weightlifting or yoga (Baker, Schootman, Kelly & Barnished, 2018). Recreational facilities are important in order to avoid patrons' physical inactivity. According to Reed (2017), available and the designing of recreational facilities could be related with the physical activity patterns of patrons in Nigeria. According to Yigiter, Sari, Ulusoy and Soyer (2021), availability of recreation facilities can help patrons to develop important values for continuous self-improvement. Involvement in recreation provides them with the opportunity for interaction while enabling them to reap the full benefits of physical activity. Therefore, patrons may be well if actively involved in any form of recreational activity in order that they would be more physically active.

Utilization of recreational activities helps patrons to create balance in both health and physical well-being of patrons (Neuvonen, 2017). Burton (2015), defined utilization of recreation facility as involvement into activity which man engaged in during his free time which does not include work, nor does it include certain personal and societal obligations that all patrons have, such as sleeping and washing. Recreational facility means clubhouses, parks, swimming pools, tennis courts, trails and similar facilities constructed for the common enjoyment of patrons in a development or subdivision (Unified Development Ordinance, 2013). Recreational facility" means any enclosed, indoor area used by the general public and used as a stadium, arena, skating rink, video game facility, or senior citizen recreational facility (Code of Virginia, 2022). Standard facilities are essential prerequisites to good and impressive recreation. Unavailable facilities and equipment hampers the participation of recreation activities in many ways.

Every country has its unique characteristics, and therefore, strategies regarding the utilization of recreational facilities differ from one country to another and it is on this note that Abdulrazack, Martins and Bello (2017) revealed that 207.9 million patrons in United State (US) utilized several recreational activities because of the availability of recreation facilities. In Los Angeles, public parks and open spaces are located for recreation exceeding 36,000 acres. The facilities are on land designated within the interior and land extending to boundaries, excluding privately owned recreational facilities. Because of the availability of the recreational facilities, the Los Angeles Country plan to classified recreational areas of parks into mini-parks,

neighbourhood parks, community parks, and regional for effective utilization (Cohen et al., 2016).

In America and Great Britain, large number of patrons took part in recreational activities because facilities are available everywhere. In fact, recreation is gradually and usually becoming a culture (Adeyemo, 2013). According to Nath, Zhe-Han and Lechner (2018), recreational facilities are sufficiently available in Kuala Lumpur, Malaysia to meet the diverse needs of local communities and support a range of activities for all age groups, now and the near future. On the other hand, Hong Kong adopted the core activities approach, and these are recreational activities by the government following the population threshold in each district. This approach ensures a balanced utilization of public recreation facilities, which invariably influence various recreational guests and of all age groups (Gao et al., 2017; Yuen et al., 2019).

In the African continent, the Government of Kenya realizes the need for recreation among urban patrons, and emphasized the availability of recreational facilities and its utilization in both urban and rural areas. Utilization of recreational facilities promotes socio-cultural and environmental conservation (Muiga & Rukwaro, 2017). In Nigeria, recreational facilities connect with the availability of social services dated back to the precolonial period. An era to reckon with is the period of the missionaries, where they utilized the available recreational facilities, some social services that complemented those of the British government that were seemingly limited (Sunday, 2013).

Recreational centres can be conceptualized as those centres, spots or sites on which recreation activities can be carried out whether natural or artificial. Recreational facilities in Kaduna state include General Hassan Usman Katsina House, Kofar Gamji Amusement Park, The Ancient Nok Culture, Kamuku National Park, Kagoro Hills, Queen Amina of Zaria's Kingdom, Kajuru Castle, Kagoro Hill, Holiday resort Kangimi Dam, Matsirga waterfalls, Legendary Kasugu Well, Pixie Dixie Amusement Park, Emir of Zazzau's Palace, Arewa House, Golf Club Zaria, Kufena Hill, Fifth Chukkar Polo resort, Zaria City Wall, Zaria Club, Ahmadu Bello Stadium, Ranches Bees Stadium, Murtala Square, Kaduna Polo Club, Space 2020 hall and garden, Casablanca recreational garden, P. & J. recreational resort, Garden of Eden, Goshen memorial garden, Abigail garden, Chinex garden, Bambinos international merchant Ltd, Se breeze, garden, Kaduna rugby football club, Viviana garden, City rose garden hall, Lamu guess inn, Cherish garden, Montee guest inn, Ventino house of events and Manai garden (Kaduna State Ministry of Culture and Recreation, 2022).

Recreational facilities in Kaduna state also include Adara community town hall, Kataf town hall, Abikut entertainment center, Larry resort, Abyelo international hotel, Halims entertainment galleries, Shade resort luxing suits, Kaduna garden, Normal hotel suits, Luziana hotel, Kazoga hall, Residents' club, Ma nyar multipurpose hall, Catholic special center, Kaduna recreation center, Kabir gymnasium hall, Hotel seventeen hall, Assa pyramid hall, Ceremonial, Pharisina, La-compagne benom event center, Tiara orbit event center, The Berachah place, Palm palace garden, Galaxy multipurpose center, Suzy villa, Godiya's palace, Olive broming event house, Armyz event and recreation, Philmore, Sedox hall, Volique, Zerephat multipurpose hall, Jubance events centres, Green marhaba, Coast expression hotel, Bajju community hall, Aguyilo multipurpose hall, Ene-yongs Casablanca, Ship house resort, Yahweh yireh multipurpose hall, Jubilee hotel and Assemblies of god church hall (Kaduna State Ministry of Culture and Recreation, 2022).

The researchers observed that, despite the huge number of recreations centre available in Kaduna State, patrons seems not to utilize them optimally. However, utilization of recreational facilities in towns and cities of Kaduna State need to be critically examined. Hence, the study assessed the availability and utilization of recreational facilities by the recreational centre patrons in Kaduna State, Nigeria.

Statement of the Problem

In an ideal situation, recreational facility should be made available in each and every locality of the nation and particularly Kaduna State for patrons to utilize them for their enjoyment and satisfactions. In addition, availability of recreational facilities are important ingredients for the participation of recreational activities. According to Abumere (2022), recreational facilities should be available and developed with a clear systematic maintenance plan and should composed of basic facilities which serve as it life supports. There are world class sites that can put Nigeria on the international recreation map and ensure utilization. More so, recreational facilities urged to be available and compulsory for any recreational centres because their presence can contribute to the increased recreational activities in the area.

Godbey (2013) stated that, available recreational facilities are essential prerequisites to good and impressive utilization and unavailability of the facilities hampers recreational activities in many ways. According to Muiga and Rukwaro, (2017), it might be impossible to achieve satisfactory results from recreationist whose facilities are either inadequate, unavailable or of sub-standard and the scarcity of recreational facilities could therefore constitute a big deceleration in the successful utilization of recreational facilities. The challenge

herein is not merely providing the necessary facilities to sustain recreational activities but rather a pro-active approach towards establishing and subsequently maintaining this infrastructure at its optimal level (Salisu, 2022). Utilization of recreational facilities to threshold is the sole responsibility of the planners and various providers, private or government agencies and though, having contemporary recreational areas with the capacity to meet the various recreational needs of the patrons is a great task particularly in urban areas where there is a speedy rise in population growth and urbanization (Leon-Moreta et al., 2020).

The researchers observed that utilization of recreational facilities seem to be declining in Kaduna State. The level of success of most recreational activities is greatly dependent on the degree of availability and utilization of up-to date recreational facilities. This is because they form the hub around which such recreational activities revolve. Moreso, the availability of recreational facilities seems to motivate the patrons to utilize them which can in turn promote their wellbeing. Baker, Schootman, Kelly and Barnished (2018) lamented that despite the existence of recreational facilities in some States of Nigeria, patrons did not fully utilize the facilities. Utilization of recreational facilities owing to so many factors, such factors include; time, interest, health barriers, attitudinal barriers, experiential barriers, distance of between home and the recreational facilities. It is against this background that the researchers assessed the availability and utilization of recreational facilities by the recreational centre patrons of Kaduna State, Nigeria.

Research questions:

The study was guided by the following research questions:

1. What is the current availability of recreational facilities in Kaduna State?
2. Do patrons utilize recreational facilities in Kaduna State?

Hypotheses

H₀₁: There is no significant availability of recreational facilities in Kaduna State.

H₀₂: There is no significant utilization of recreational facilities by patrons in Kaduna State.

Methodology

Descriptive design of survey type was used for this study. Marilyn (2018) explained that, descriptive survey attempts to establish the range and distribution of some social characteristics, such as education or training, occupation, and location, and to discover how these characteristics may be related to certain behavioural patterns or attitudes. This design is

suitable for this study since it assessed the availability and utilization of recreational facilities by patrons of recreational centres in Kaduna State, Nigeria. The target population of this study comprised all residents of Kaduna State that are visiting the selected recreational facilities per week, with the estimated population of one thousand one hundred and eighty-five (1,185). Four hundred (400) respondents were used as the sample for this study. The researchers used a multistage sampling procedure to select the sample for the study. However, the stages for sample selection in this study are as follows:

Stage 1:- Stratified sampling technique was used to stratify Kaduna state into three (3) stratum; namely Kaduna central, Kaduna North and South Senatorial zones.

Stage 2:- Purposive sampling technique was used to select twenty one (21) recreational facilities from the 3 senatorial zones of Kaduna State. Twenty-one (21) recreational facilities were selected because, from the list of recreational facilities collected from Kaduna State Ministry of Culture and Recreation, indicated that, Kaduna Central has only seven (7) recreational facilities, Kaduna North has 15 and Kaduna South has 53. However, seven (7) recreational facilities were selected from each of the senatorial zone using purposive sampling technique. The most active among them were the ones selected. All the ones in central zone are functional while some at the north and southern zones are not active, thus, seven (7) active ones among them were selected for this study. The procedure was as follows, name of each recreational facility was written on a piece of papers. The researchers employed the services of seven (7) sports managers to serve as research assistants. They helped in selecting the sampled recreational facilities for the study.

Stage 3:- Using proportionate sampling technique, the population of residents attending each recreational facility per week was multiply by total sample size and divided by total population of the study.

Stage 4:- Systematic sampling technique was used to administered the questionnaire to the respondents in the recreational facilities, in Kaduna State.

The instrument used for data collection in this study was researchers developed questionnaire which consisted two (2) sections A & B. Section “A” contained information on the availability of recreational facilities in Kaduna State while Section “B” contained information on the utilization of recreational facilities by residents. The questionnaire was prepared on four (4) points modified Likert scale and the rating was as follows: Strongly Agreed (SA) 4 points, Agreed (A) 3 points, Disagreed (D) 2 points and Strongly Disagreed (SD) 1 point. For the purpose of analysis, the responses were merged to Agree and Disagree. In order to establish

the content validity of the questionnaire, the questionnaire was subjected to vetting by experts in sport management in the Department of Human Kinetics and Health Education, Bayero University, Kano. Their observations and corrections were incorporated in the final draft of the questionnaire to the satisfaction of the supervisor before administration for a pilot study. The reliability index of 0.76 was obtained which confirmed the questionnaire reliable for usage.

In order to achieve the purpose of this study, permission was sought from Kaduna State Ministry of Culture and Tourism, after which the researchers employed the services of seven (7) Sports managers who serve as research assistants. The procedure of data collection was fully explained to the research assistants. They helped in the administration and retrieval of the questionnaire. The administration and retrieval of the questionnaire was done within two weeks. The duly completed and returned questionnaire were subjected for analyses. Simple frequency count and percentage was used to organize and describe the demographic data of the respondents while one sample t-test and independent t-test was used to test the formulated hypotheses at 0.05 level of significance.

Results

Out of four hundred (400) copies of questionnaire administered to the respondents, 391 were duly filled, returned and analyzed as presented on the tables below:

Hypothesis testing:

Hypothesis 1: There is no significant availability of recreational facilities in Kaduna State, Nigeria.

Table 1: one sample t-test summary on availability of recreational facilities

Variables	N	Mean	SD	SE	t-value	df	P-value	Decision
Availability of recreational facilities	391	3.33	.354	.017	46.540	390	.001	Ho rejected
Fixed mean	391	2.50						

$t = 46.540$, $df = 390$, ($P < 0.005$).

Table 1 above indicated t-test analysis on the availability of recreational facilities, with mean of 3.33, SD .354. The t-test analysis indicated the t-value of 46.540, $df = 390$, ($P < 0.05$). The null hypothesis which stated that there is no significant availability of recreational facilities is hereby rejected on the basis that there is significant availability of recreational facilities in Kaduna State, Nigeria.

Hypotheses II: There is no significant utilization of recreational facilities in Kaduna State, Nigeria.

Table 2: one sample t-test summary on utilization of recreational facilities

Variables	N	Mean	SD	SE	t-value	df	P-value
Utilization of recreational facilities	391	3.33	.306	.015	54.037	390	.001
Fixed mean	2.50						

t= 54.037, df= 390, (P<0.005).

Table 2 indicated the t-test analysis on the utilization of recreational facilities, with mean of 3.33, SD .306. The t-test analysis indicated the t-value of 54.037, df= 390, (P<0.005). The null hypotheses which stated there is no significant utilization of recreational facilities, is hereby rejected on the basis that there is significant utilization of recreational facilities in Kaduna State, Nigeria.

Discussions

This study assessed the Availability and Utilization of Recreational Facilities by the Recreational Centre Patrons in Kaduna State, Nigeria. The finding of this study showed that there is significant availability of recreational facilities in Kaduna State, Nigeria. This finding is in line with the finding of Omisore and Akande (2019) who conducted a study on the availability and accessibility constraints of the Patronage of Recreational Centres in Ondo and Ekiti States, Nigeria. The finding showed the availability of recreational facilities in the study area, and also availability / accessibility play a very crucial role on the patronage of recreational centres. This is equally in line with the finding of Desha and Ziviani (2017) who investigated the provision and Management of Recreation Facilities in Nigeria. The finding showed that there are adequate provision of recreational facilities and equipment. The finding of Edet (2020), in his study on the availability and participation on the recreational facilities in Cross-River States. The finding revealed that recreationist generally exhibit high satisfaction and enjoyment due to the presence of adequate facilities in the recreational centres. The finding is however, contrary to that of Ofojebe (2017) who evaluated the availability, utilization and maintenance of physical facilities in secondary schools in Anambra State, and the result revealed that there were no adequate recreational facilities in secondary schools in Anambra State. The finding is contrary probably because of the two different regions. The result is also not variance with the study of Agwubike and Ogbouma (2020) studied the adequacy and functionality of fitness equipment and facilities in selected fitness centres in Edo and Delta states of Nigeria. The finding showed that recreational facilities and equipment in the fitness

centers studied were grossly inadequate. The result of the study also indicated that majority of the available equipment were either non-functional or obsolete.

The outcomes of this study revealed that there is significant utilization of recreational facilities in Kaduna State, Nigeria. This finding is in line with the finding of Emmanuel and Olujimi (2018) who conducted study on the recreation habit of civil servants working in Akure Region of Ondo State, Nigeria. The finding showed that majority of the civil servant utilized recreational facilities such as table games and football after work hours. The finding of this study also supported that of Emmanuel and Ajayi (2020) who conducted their study on Recreational Pattern of Students in Ondo and Ekiti States Tertiary Institutions, Nigeria. It was discovered that many students recreate by going to parties rather than night clubs while more than two-third used of recreational facilities provided on campus.

Conclusions

Based on the findings of this study, the following conclusions were drawn:

1. There is availability of recreational facilities in Kaduna State, Nigeria.
2. Residents utilized recreational facilities in Kaduna State, Nigeria.

Recommendations

Based on the outcomes of this study, the following recommendations were made:

1. Kaduna State Government and other stakeholders in the private sectors should continue to supply more recreation facilities that are lacking in the State.
2. Residents should continue to utilize recreational facilities in Kaduna State in order enhance their physical, mental, social and emotional wellbeing.

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