

An Assessment of Preference and Behaviour of Minna City Dwellers to Outdoor Recreation

¹ABD'Razack, Nelson T.A, ²Martins, V.I and Bello, L.O

¹*Department of Urban and Regional Planning, Universiti Teknologi Malaysia, 81310 Skudai Johor Bahru, Johor Malaysia.*

²*Department of Urban and Regional Planning, Federal University of Technology, P.M.B 65 Minna, Nigeria*

ABSTRACT: *This paper discusses the attitude and preference of inhabitant of Minna to recreation, especially the outdoor activities. The study consider the recreational activities that the people engaged in in a leisure time and what they considered as major form of relaxation. The survey was carried out in the city of Minna which comprised Chanchaga and Bosso Local Government Area. The methodology used for the survey employed both primary and secondary data collection. A total of 750 questionnaires was distributed and analysed using the SPSS software for the analysis. Random sampling method was used to administer the questionnaire and the result presented in tabular and pictorial form. The result shows that most of the city of Minna dwellers participate in different form of recreation during their leisure time with higher percentage involved in sporting activities, especially football, viewing of international matches, walking round the city etc. The statistical T-test indicated that it varies between 0.5221 and 1.8561 across all the preferences while the p-val. Ranges between 0.000 and 0.001 at 5% alpha level. The residents of Minna do not partake much in outdoor recreation due to poverty, time constraint and apathy to recreation, culture and inadequate recreational facilities in the city.*

Keywords: *Recreational behaviours, Recreational preferences, Recreational constraints, Outdoor, Minna.*

I. INTRODUCTION

The term recreation is a subjective term as it implies different meaning to different people. It is activities that engage people attention for leisure and play. Recreation is multifaceted activities that involve exercises of physical, cognitive mental, emotional and social interaction (Broadhurst, 2001). These activities lead to enjoyment, relaxation and profession for some who use it as means of livelihood. It freshen human ability and create a better health conditions. Thus, this implies that recreation involve both active and passive engagement of human body and soul together. Recreation is both indoor and outdoor in nature. This include visitation to national parks and garden, lake of importance to history, rivers, forest and sporting activities. It also involves the playing for fun such as trekking, fishing, hunting, festivals, camping among other. The engagement in recreational activities helps to create balance in both health and physical wee-being of individual, household, community and nation as well (Neuvonen et al, 2007). Several researchers have proved that there is relationship between well-being and health status of people that engage in recreational activities for 30 minutes a day or twice or three thrice a week, is beneficial to the health of man (Pouta and Sievanen, 2001; Miilunpolo, 2001; Oja, 2000). Further research by Frumkin (2003), Henderson and Bialeschki (2005) and Pretty (2005) indicated that there is correlation between green field, parks and human health. They are of opinion that public health is conducive where there is green area, Ideal Park and facilities to encourage recreation by man.

Household relationship is enhanced by recreation as it brings about mutual understanding, maintenance of physical and mental health. Strengthening of relationship between households and among the community is entrenched by recreational activities, increase mental development, create conducive environment for business, integrate society and reduce crime in the community at large (Driver et al, 1991). For any individual or group of individuals to achieve maximum level of satisfaction and benefits, he has to participate extensively on recreational activities (Neuvone et al, 2007). There is apathy on the part of people in participating in recreational activities due to some hindrances. The hindrances are the issues that can affect the participation of individuals to partake in recreation (Scott and Jackson, 1996; Johnson et al., 2001). Crawford et al (1987) developed an hierarchical model which categorises the hindrances to recreation in developing countries like Nigeria into three broad types viz: intrapersonal, interpersonal and structural. The intrapersonal hindrances are related to psychological constraints such as personality, attitude, moods, self-skill, kin and non-kin attitude. Interpersonal constraints are lack of proper time management, finance, family problem and lack of friendship for recreation. Structural constraints are thus: availability of recreational area, facilities, and accessibility to these facilities and

infrastructure. Walker and Virden (2005) opined that the structural recreational hindrance can be classified into four types namely, natural environment, social environment, territorial environment and institutional environment.

Finance, time, little knowledge about recreation, family problem, crowding and distance to recreational venue are some of the constraints that affect recreation (Coyle and Kinney, 1990; Kay and Jackson, 1991; Maher and Thompson, 1997; Smith, 1995; Wilkinson, 1995). Availability of recreational infrastructure and facilities, attitude, perception of gender, race, assault, first aid services and poverty has been identified as constraints to recreation as well. Lack of care and broken equipment are other factors affecting preferences and participation of people in recreational activities (Shaw et al., 1991; Shores et al., 2007; Stodolska, 1998; Walker and Virden, 2005). Income level of people play a prominent role in access to recreation, it determines the role of individual in partaken in recreational activities than any other constraints (Shores et al., 2007; Johnson et al., 2001). There is significant correlation between level of income and recreational potentials among people. The high income level people have a higher potential to recreate more than the low-income people (Scott and Munson, 1994). Research carried out by Searle and Jackson (1985) in Canada shows that high income earner recreate more than the poor.

There is apathy on the level of participation in outdoor recreation between different genders in the developing world. Male are more involved in recreation than female (Johnson et al, 2001; Henderson and Bilaeschki, 1991; Wearing and Wearing, 1988). Australia Bureau of Statistics indicated that there is high level of male participation in recreation than female among the same age group (ABS, 1998). There are more domestic activities carried out by female than male which hinder the ability of female to partake in recreation. Another problem of female apathy to recreation has to do with assault and rape (Henderson, 1991; Pittman et al., 1999; Virden and Walker, 1999). Finance is another constraint that affect female in partaken in recreation, as they depend on their hubby for their finances of their recreational activities. This is most common where women are seen as weaker vessels, so have limitations for recreation (Deem, 1986).

Recreation is a function of age and state of health of people as healthy people and youth are more involved in recreation than old people. Health issues and aging has been identified as a hindrance to recreation among the adults. Grahn and Stigsdotter (2003) indicated that with health issues are less interested in recreational activities. 28.8% of the adults in US between the ages of 65 and 74 have lower ability to recreate less frequently than their counterparts who are healthy. Age has an important effect on recreational potential because as people get older, their ability to recreate reduces due to chronic health problem (NSRE, 2003). Lack of companionship due to old age, also contributed to their ability to recreate (Shores et al, 2007). Jackson and Scott (1996) indicated that health problems, lack of companion, and fear of crime are the most significant recreational constraints for old people.

Infrastructure and recreational facilities in recreational area also contributed to the ability to recreate. This can either encourage or discourage recreation, as lack of it will reduce the ability and where it is available, it encourages the ability to recreate. Bright (2003) and Neuvonen et al, (2007) revealed that people recreate more where there is opportunities for them to do so. Availability of recreational facilities such as picnic table has ability to increase the recreational potentials two and half fold (Samdahl and Christensen, 1985). Recreational potentials availability is a function of age as different age group requires different recreational facilities to allow them to recreate well. The research by Irwin et al, (1990) and Gobster (2002) implies that availability of facilities affects the choice of recreation among the races, such as Hispanics choice of recreation and participation due to their preferences and age group. Stodolska and Livengood (2003) corroborated this assertion when comparing the recreational potentials of American Muslims which proved that lack of worship centre and gathering among women affects their ability to recreate in US.

The total distance in terms of special distance and the financial distance is also a factor to ability to recreate (Neuvonen et al, 2007). Recreational area that are closer to neighbourhood encourages people to visit the place than a place that is farther, this is due to time and financial resources outlay it requires to get to the recreational site. This indicated that the farther the recreational site the lower the frequency of visitation and vice versa, therefore, recreational facilities has to be closer to urban centres (Grahn and Stigsdotter 2003; Roovers et al., 2002). There is no universal standard about the distance of recreational site to neighbourhood, but a reasonable distance of not more than one kilometre is ideal for recreational at local level, while the distance of national and regional recreational facilities may be more depending on the choice of the user (Grahn and Stigsdotter, 2003). Research in the Scandinavian countries indicates that for any daily recreation, the distance should not be more than between 250 and 300 metres, but the weekly activities such as live football match could be farther (Nordisk Ministerrad, 1996).

Recreation has become universal after the Second World War which has increase the mental capacity and prosperity of neighbourhood, communities and nation (Cordel et al, 1990; Clawson, 1990). A surge in the recreational ability of people occurs in the late 20th century in developed countries than the third world (Douglass, 1999). The research carried out by NSRE in 2003 indicated that nearly all American partake in

one form of recreation (97.6%), the research was carried out for adult from age 16 upward. The research also revealed that 207.9 million people in US engage in one form of recreation to another. The same research also indicated that time spent on recreational activities has also increased tremendously since 1990. The result also proved that university graduates who earn more than \$50 million annually recreates more than people with low wages. Neuvonen et al (2007) shows that large number of respondents to a survey conducted in Helsinki recreate within the last one year and do visit recreational centre at least once within two days.

In the process of preparing master plan for recreational activities within any city requires an understanding of the behaviours of the residents so as to be able to make right decision by the policy-makers. The recreational type, size and location have to be with the preference of the citizens so as to have a sustainable recreational behaviour of the city dwellers with proper facilities, and other characteristics that will meet the need of the people. The size and the location will also be determined by the choice and preference of the people. (Zandersen and Tol, 2008; Jensen and Ouis, 2008). The most suitable way to conduct survey on recreation is to perceive the preference of the people (Zandersen and Tol, 2008). Researches for perception of residents on recreation are conducted by researcher, government agencies and academia. The data are always collected from people's perception on location, frequency of participation, preference, types of recreation liked, problems and advantages of recreation etc. The survey for the recreational behaviours is also collected about the income level, age, occupation, educational level of respondents among others. This will be able to identify the opportunities and constraints to recreation within and between neighbourhoods. This particular research was conducted in the city of Minna which is the capital of Niger State and has proximity to Federal Capital of Nigeria, Abuja.

Minna as a capital city of Niger State has increased in population due to several factors among which is the making of the city the capital of the state. The population has increased from 186,626 in 1991 to about 400,000 in 2012 (NPC, 2012). The increase in the population has met with little plan thereby making the city to developed in an unplanned manner. Provision of basic infrastructure such as electricity, potable water, good road network etc. was the responsibility of government till early 2000, but the advent of the democracy and influx of people to the city, the capacity to provide these facilities had gone beyond their reach, and as the city grows the recreational need of the people is not considered as propriety by the government at both local and state level. The present administration is trying to provide recreational facilities in the city but consideration was not given to need of the people thereby making some of the provisions not suitable for the dwellers of the city. There is limited range of recreational facilities in the city which limit the potentials of the people and also reduce their ability to have choices.

The preference and choice of recreation among the people of Minna have not been fully dealt with and this call for the in-depth research on the subject matter so as to establish the behaviour of the people in relation to recreation. There have been some studies on the size, type and recreational potentials available in the city. This study also looked at the recreational preference of the people of Minna with the level of poverty and changing technology. The research was conducted to determine the reason for present situation and what could be done to enhance the recreation ability of people of the city.

The study aimed at understanding how residents in Minna spend their spare time, what types of outdoor recreational activities they engage in, and what factors are preventing them from participating in outdoor recreational activities.

By focusing on general recreational behaviours and preferences of the residents, the study was also aimed at answering the following research questions:

- (i) What are the problems of outdoor recreational areas in Minna?
- (ii) To what extent age, gender, educational level, and income affect participation of residents in outdoor recreational activities?

II. METHOD

This survey was conducted in Minna to obtain the perception of city dwellers on preferences and behaviours of the people towards recreation with particular emphasis on outdoor recreation. A total of 750 questionnaires were administered in 10 different segments the city was subdivided into. There was the use of systematic random sampling was employed for the administration of it. The questionnaire was administered in choice recreational area, bus stations, streets, and restaurants. There was consideration about the population to be interviewed and are those that are adult from age 16 and above, therefore, the population of each of the neighbourhoods was taken into consideration when the number of surveys to be conducted in each neighbourhood was determined using Krejcie and Morgan model (1970). The number of questionnaire varies according to population of neighbourhood and the neighbourhood (City Centre) with highest sample has about 120 questionnaire and neighbourhood with lowest sample had about 35 (Miatumbi). The choice of respondent was also considered to be those that have stayed in Minna for 5 years and above so as to be able to identify permanent residents. The survey was conducted between April and June, 2012.

The questionnaire administered had five different sections which are thus: Basic information about the respondents such as age, gender, educational level, monthly income, and occupation. Section two has the following of outdoor recreational activities the respondents engaged in. This section contains both close and open ended questions for the respondents on what they do in their spare time to relax physically and mentally. These questions enable the researcher to be able to determine to what extent outdoor recreational activities occupy respondents' leisure time. There are different types of outdoor recreational activities for respondents to choose, there are about fifteen different types of recreation identified which the respondents have choice to select from so as to understand which outdoor recreation the respondents prefer and actively participated in.

Section three considers the level of participation of respondents to recreation, that looking at the frequency of engaging in recreational activities, the time spent on recreation, and the amount of money expended in recreation. This section considers the recreational activities per week so as to be able to determine the frequency of visit and participation. This section has close ended question which was based on number of times the respondent recreates per week whether daily, twice weekly or thrice, or four times per week etc. Also the time the respondents spent in partaken in recreation is considered to estimate the number of hours spent in recreation on daily or weekly basis. Also the issue of amount of money spent on recreation whether to participate or to refresh the respondents, this will enable the researcher to estimate the economic benefit of recreation in the study area. Respondents were also queried to determine whether they have participated enough or not, and what might be the constraints if they have not enjoy the recreation enough. This is aimed at determining main recreational constraints for residents of Minna. The question of what are the perceived constraints that the respondent thought has been hampering the outdoor recreation in Minna is also looked at.

Section four of the questionnaire looked at the cost of recreation and the means of reaching the recreation site for recreation. The means of reaching the recreation site are considered from commercial vehicle point of view, private cars, rental vehicle, trekking to the site. The other question considers the distance of respondents abode to the recreation site which is measured in metres and kilometres to participate in recreational activities. The other aspect of this section considers the cost of recreation that is the expenses incurred by the respondents which determine the preference to the choice of recreation. This is considered due to level of poverty and low wages in the city. The responses were collated and analysed using the SPSS package to analyse the result, and presented in tabular form, such as percentage, frequency etc. Also there was regression to correlate the result with reality and inferences made from the analysis. The result was presented through descriptive and pictorial way so as to buttress the point made. This makes room for the choice of recommendation to be made.

III. STUDY AREA

Minna lies on Latitude $9^{\circ}3'N$ and Longitude $6^{\circ}33'E$ on geological base of undifferentiated basement complex of mainly gneiss and magmatite. The North Eastern part of the city is a more or less continuous step of granite (Paid Hill) which occurs and limits any urban development. The city is both administrative capital and headquarters of Niger State and Chanchaga Local Government. The city with an estimated population of about 889,994 people has land area of over 1,000ha. This is shown in figure 1 and 2.

The mean annual rainfall of the city is about 1334mm (53 in) starting from April to September. The peak of the rain is in September (300mm/1.7in). The mean monthly temperature is highest in March ($39^{\circ}C$) and lowest in August ($30^{\circ}C$). The dry season starts in October through April with North Eastern wind, which is cool, dry and dusty. The people of Minna are mostly migrants; the working age group and male constitute a higher percentage of the population (NPC, 2006). Though it is a Gwari town, but other tribes in the country are also present thus making the city heterogeneous.



Figure 1 Map of Nigeria showing Niger State

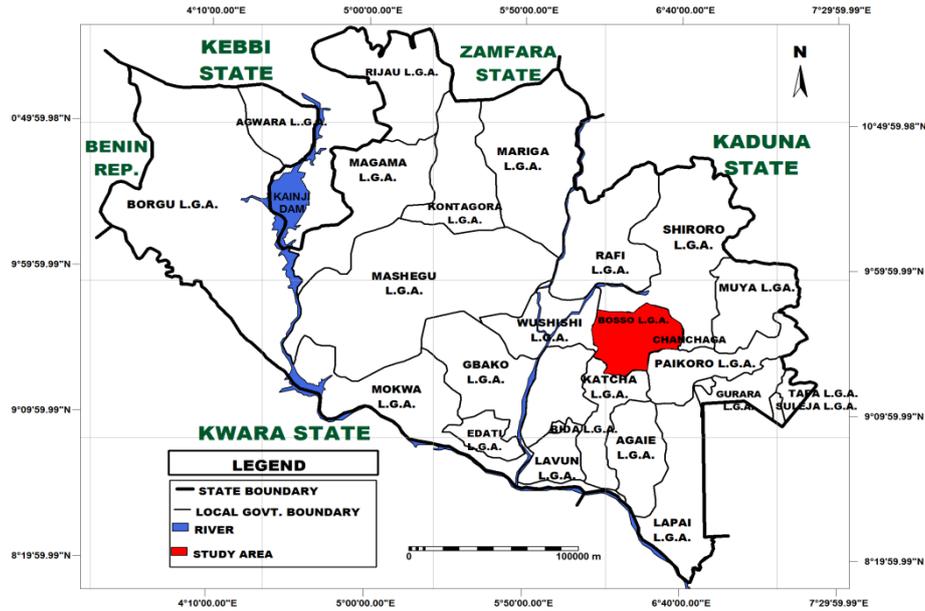


Figure 2 Map of Niger State Showing Minna

IV. RESULTS

Analysis of the result obtained from the study shows the perception of people on the preference and behaviour of the inhabitant of Minna. The study was conducted for 750 respondents from the 10 neighbourhoods of Minna and its environs. There were high level of male respondents in the study which are due to some apathy and religious believe about women playing outside the home. Male account for 72% of respondents while female account for about 28% of the study. The selection of respondents was limited to adults in the city which are between the ages of 16 and 70 years. The mean age is 36.92 years. The majority of the respondents were youth between the ages of 16 and 30 years (42.8%). This was followed by respondents with ages between 31 and 45 years (30.3%), the people within the ages of 46 and 60 years has 18.2% and the least respondent age was between 61 and 75 which accounts for 8.8%. this follow the trend that as man ages the propensity to recreates diminishes. The work of NSRE (2003) and Shores et al, (2007) agreed with this analysis , so it is an established fact that age is inversely proportional to ability to recreates the responses is shown in figure 3.

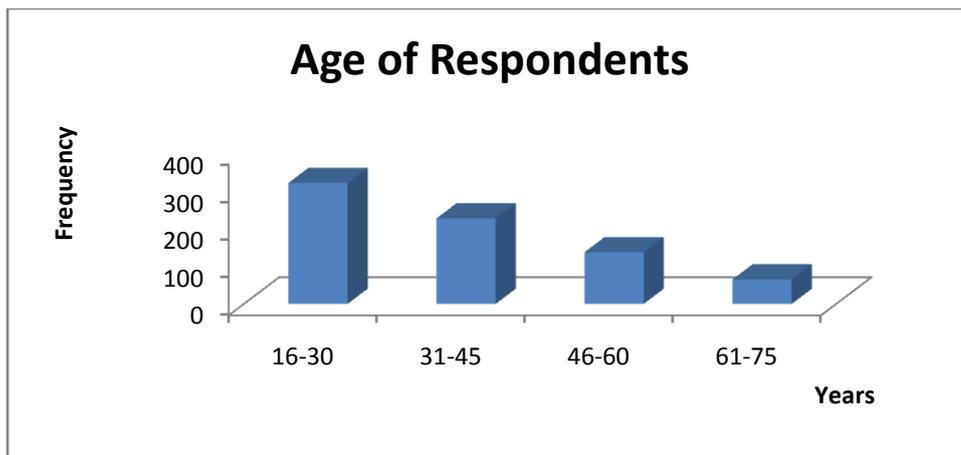


Figure 3: Age of Respondents
Source: Author's Field Survey, 2012.

Respondents' educational background also shows that there is to some extent high level of illiteracy in the study area which could affect the perception and behaviour of the respondents to recreation. There are about 15.2% of respondents who are illiterates; 27.5% are primary school levers; about 20.6% are secondary school

leavers while about 16.0% have tertiary education which range from Polytechnic and University education. There is a few numbers of academicians in the survey.

The occupational status of respondents also revealed that 40.8% of respondents are civil servants which range from teaching at all tiers of education, to clerical staff, military and paramilitary and all other aspect of government work within the city. Those that engage in private work accounts for about 25.3%, these activities ranges from private enterprises to consultancy services. This has effect on the ability of respondents to recreate as more hours are spent in private work than the government work. About 15.2% of the respondents are farmers who do not have enough time for recreation or do not see recreation as an essential to human existence. 15.3% of respondents are unemployed which have effect on their ability to spend money for recreation, while about 3.4% are housewives, though the population is lower it has effect on recreation in that religion and assault have hamper them from participating in recreational activities in the city of Minna.

The level of income of respondents indicated that there is high level of poverty in the study area as the level of income is low. This is shown in the table 1 thus:

Table 1: Monthly Income level of Respondents

Income	Frequency	Percentage
N1-N18,000	131	17.3
N18,001-N36,000	150	20.0
N36,001-N54,000	188	25.0
N54,001-N72,000	129	17.2
N72,001-N90,000	79	10.5
N90,001-N100,000	41	5.5
>N100,000	32	4.5
Total	750	100.0

Source: Author's Field Survey, 2012

The analysis indicated that there is higher level of people low income if converted to US Dollar as (\$1= 150). This implies that people that earn less than \$1 per day form the majority because they are more than one-third of the total population sampled (salary between N1 and N54, 000). They account for 62.3% of the total population and are found to be unemployed, farmers and low level civil servants. Those that are in the high cadre of civil service and private workers are found to be in the zone of people that can command higher wages and have higher propensity to recreates, this account for few population (37.7%) in Minna. This indicated that the level of participation in recreation is very low in the study area. The mean monthly income in the city of Minna is about N48, 024 (\$320.16).

4.1 Types of outdoor recreational activities in Minna.

The result of the study indicated that there is significant relationship between recreation and use of spare time. There are several ways by which the respondents reply to ways they use their spare time in Minna. About 87.2% or respondents used their spare time on recreation while 12.8% do not engage on recreation in their spare time in Minna. The types of outdoor recreational activities the respondents engage themselves are put into four different types. These include watching television especially the satellite cable TV. Because of level of poverty the level of affordability of this facility is limited, and the youth use to watch the live football which has led to springing up of many viewing centres in Minna. As at last count, there are up to 200 viewing centres in Minna, this was corroborated by the state government providing viewing centres at strategic location in the city for viewing pleasure of the people for the satellite television. The viewing of satellite TV as form of recreation account for about 32.4%. About 10.2% prefer to listen to music during their leisure hour, 15.3% uses their leisure time to visit friends and relatives while 22.1% uses their leisure time to do some other recreational activities such as jogging, playing Games and host of others, this is common among female respondents. About 20.0% do not partake in recreational activities.

Dissecting of the types of outdoor recreational activities in Minna indicated that the respondents identified 13 different types of recreational activities they engaged in at different degree. There are others which this survey considered to be negligible considering the number of responses to it. Figure 4 indicated the various types of outdoor recreation in Mina and the preference by the residents of Minna.

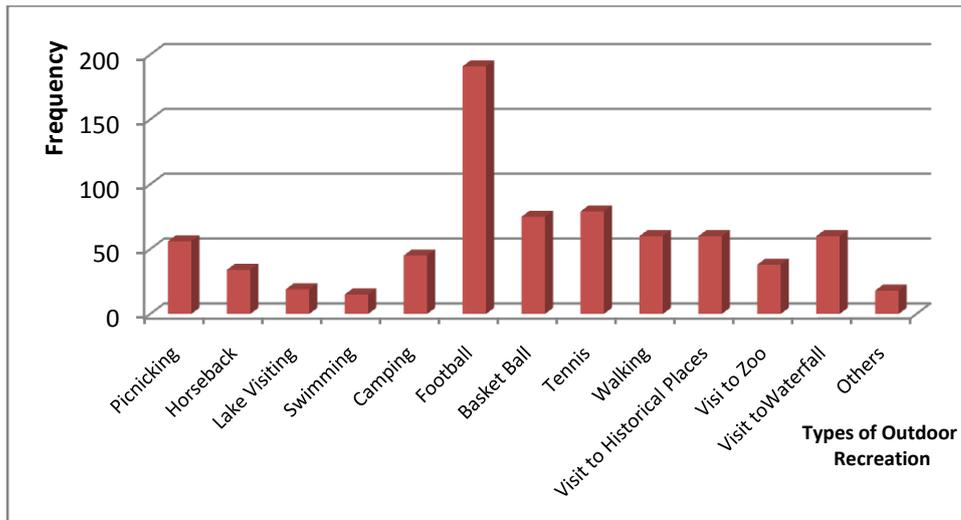


Figure 4: Recreational Preference of Resident of Minna
Source: Author’s Field Survey, 2012

The study revealed that sporting activities is the most preferred recreational activities in Minna during leisure hours. This could be seen in the number of sporting area in Minna, there are several football pitches round the city, and there is one state and regional stadium in the city. The other sporting area include the University stadium, the College of Education stadium, Minna Tennis Club, 123 Gymnastic stadium, IBB sport complex, and host of others. The Horseracing is normally done during festivities such as the Muslim festivals of Edl-Fitr and Edl-Adhar, this is called Durbar. The picnics are also organised and many historical places are abound in the city. The Gurara waterfall is also a place visited often, there are also many parks for recreation such as Murtala park, Abdul Salam Youth Centre, Democracy Garden, Officers mess, Talba park, U.K Bello Art Theatre, Polo Ground, etc. which are been patronise by people. The state government are also in the process of developing many of this park suck as those located in Kpakungu, Barken-Sale, Bosso etc.

The mean of outdoor recreation of the people of Minna is shown in tale 1 in relation to age, gender, educational status and monthly income

Table 2: The most preferred Outdoor Recreational Activities in terms of Age, Gender, Educational Level, and Monthly Income.

Types of outdoor recreational activities								
	Male	Female	Youth (16-30 Years)	Adult (30 -75 Years)	Graduates	Non-Graduate	Salary (N1-N54,000)	Salary (Over N54,000)
Picnic	10.55	9.82	3.34	0.2	38.2	9.12	0.6	42.0
Football and Basketball	77.38	73.81	4.52	8.51	2.41	7.62	4.9	
Swimming and Waterfall	10.51	2.42	8.4	8.2	25.21	0.17	7.29	9
Tennis and other Sports	26.21	2.92	7.41	1.3	33.11	8.4	26.0	31.3
Visiting Historical Areas	5.4	6.87	18.4	6.79	2	3.9	9.7	
Horseracing	5.42	0.81	4.54	3.9	5.6	5	4.3	
Walking	2.34	1.54	3.1	7.0	2.2	4.32	3	
Zoo Visiting	0.70	0.50	0.60	0.80	0.30	0.70	0.50	0.8
Camping	0.60	0.40	0.70	0.40	0.81	0.20	0.60	0.4
Others	0.63	1.21	4.12	0.02	9.3	0.1	8	

Source: Author’s Field Survey, 2011

The proper analysis of the outdoor recreation as shown in table 1 using means of age of respondents, gender, educational attainments and level of income revealed that the most preferred recreation is football, picnics, swimming and tennis with other sports is most preferred and it is more common among male

respondents than female except for picnics which proved that female prefers it than any other outdoor recreation. Using the income level also indicated that outdoor recreation is more among high income earners than the low income earners in Minna. The analysis shows that this four types of recreation account for about 75.6% of the total respondents. Though there is variation in the type of recreation preferred by different age group, gender, educational status and level of income. Playing is more favoured by male while the passive recreation is favoured by female.

The table 1 indicated that football is most preferred among people between ages of 16 and 30 while those above that preferred the other recreation. There is significant relationship between different age group when it comes to playing football but there is a significant difference between the age group and gender of respondents. The significant differences may be due to cultural, attitudinal and religious biasness between male and female in relation to participation of respondents to outdoor recreations. The female are more reserved than male and the culture gives male more freedom than female so also the religion of Islam gives more opportunities to male child to female in terms of relation to outside world.

Another method is the differences in the level of educational attainment in the preference of outdoor recreation; there is a significant difference between those that are graduate and non-graduates. The differences are due to importance attached to recreation and level of exposure to relevance of recreation to physical and mental well-being of people. While the graduates are well enlightened about the importance of recreation, the non-graduate might have little or myopic idea about the importance of recreation. Another factor is the finance that is required by respondents to participate in recreation which the non-graduate will see as waste of resources in engaging in such venture.

The analysis also revealed that the graduates partake in more outdoor recreational activities than the non-graduates, for example, visiting zoo, and all other activities shows that graduate participate almost twice the rate at which the non-graduate participate due to better information at their disposal and importance attached to it.

Furthermore, the result revealed that the level of income is an important factor in the preference of recreational activities as it shows that people with higher income partake more than the low income people. This is further revealed in table 1 that the rate of participation in recreation and choice is a function of financial resources available to participants. The people with highest income of N54, 000 and above which when translated is about \$400 per month participate more in recreational activities than those that earn less. The analysis indicated that low-income earners prefer football and sporting activities while those with higher income prefers all form of sports and picnics with all other recreational activities as well.

Further study about which district of the city participate more in outdoor recreation revealed that it varies across the type of recreation. This is revealed in figure 5 thus:

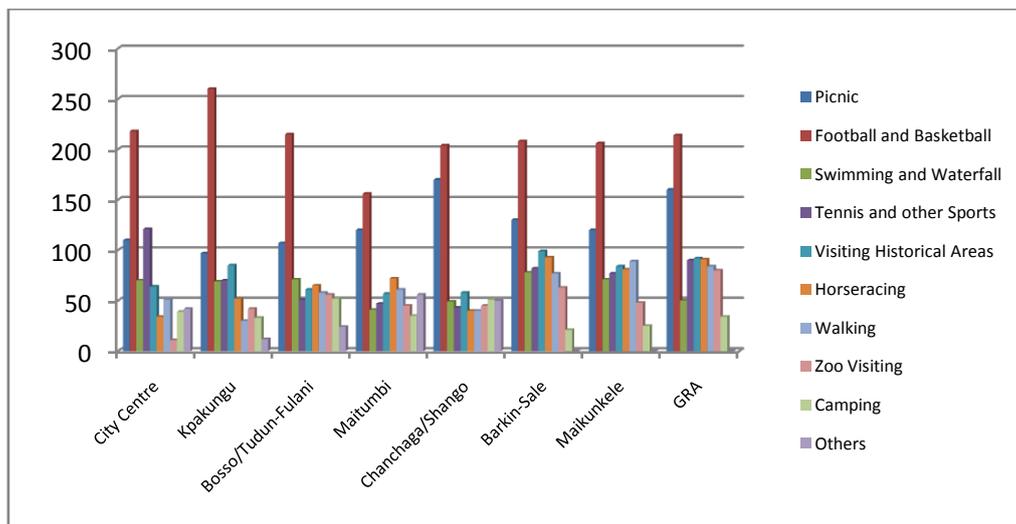


Figure 5: Recreational Preference of Resident of Minna
Source: Author's Field Survey, 2011

The result proved that the most preferred outdoor recreation is football with both active and viewing as a choice. It is followed by picnic tennis, walking, visiting historical places and the least participated outdoor recreation in the city of Minna is camping. The result further revealed that there is similarity in the way and manner of which the preference is chosen and the behaviour looked alike. While Kpakungu has higher respondents on football, Maitumbi has the least. This implies that every neighbourhoods of Minna have a

playground for this activity to take place whether in the stadium, school field and other places that is earmarked for such activity to take place. Another reason is the globalisation of the sport and high return on it for both participants and investors.

Another aspect that study is considering the location that is frequently visited by the respondents. This revealed that there is variation in the level of visit to these recreation centres and several factors also affect the level of patronage as many of respondents identify major recreation centres and viewing centres as the most frequently visited. But research also revealed the festivities also make some of the centres to be seasonally patronised. The analysis of the most preferred recreation centres are shown in figure 6.

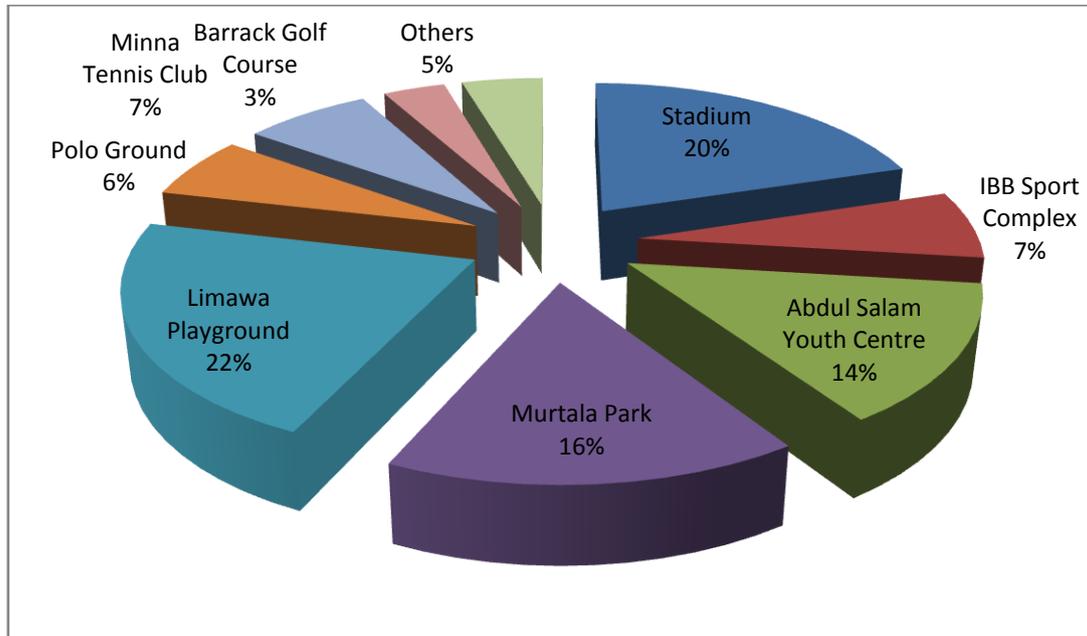


Figure 6: Recreational Preference of Resident of Minna
Source: Author's Field Survey, 2011

The study revealed that the most frequently visited outdoor recreation centres is the stadium where several sporting activities take place (there is presence of all sporting facilities in the stadium and presence of different sporting club has been a factor in its patronage), the next to that is Limawa playground, Murtala park, IBB Sport Club and the least visited is the Barrack golf Club because of its peculiarity and its location in the Military Barracks.

The next aspect has to do with the propensity of the respondents to partake in outdoor recreation whether within the city or outside the city. The residents of Minna presented a scenario where larger percentage of respondents prefers to go out for their recreation within the city rather than going far beyond their territory. The analysis revealed that 69.1% of respondents do have their recreation within the city while about 10.2% prefer both within and outside the city for recreation while only about 20.7% do go out for recreation outside Minna.

Looking at those that go out Minna for recreation indicates that 45.2% travel outside the state for recreation while 54.8% recreates within the state. Many of the respondents don't go on holidays except for few (10.7%) who are the highest income earners and government officials.

4.2 Frequency of participation and time spend in recreational activities

The analysis of the frequency and time spent on outdoor recreation indicated that the respondents engage in outdoor recreation at least one in two weeks (59.7%), about 20.1% engage on recreation on daily, about 13.2% are engage in at least once in a month while about 7.0% are engaged at least one in a year. The result implies that there is one way or the other at which the respondents partake in outdoor recreation annually. Table 3 shows the mean of frequency of the respondent in terms of age, gender, Educational status and level of income.

Table 3: Frequency of Participation in Outdoor Recreation with Different Age Groups Gender, Education and Income Level.

Frequency of Outdoor Recreational activities										
	Male	Female	Youth (16-30 Years)	Adult (30 -75 Years)	Graduates	Non-Graduate	Salary (N1-N54,000)	Salary (Over N54,000)		
Everyday	23.4	13.5	37.6	23.2	34.7	21.9	35.3	30.2		
Once a week	34.8	30.1	31.6	29.4	37.2	32.3	21.9	37.9		
Once in two weeks	31.8	25.4	30.8	22.7	36.1	29.4	23.9	28.5		
Once a month	38.9	34.5	37.3	32.9	44.9	33.3	32.6	43.3		
Once a year	4.2	2.9	3.4	3.1	1.9	2.1	3.8	1.9		

Source: Author's Field Survey, 2011

The analysis presented in table 3 implies that there is difference in the frequencies of patronage by different age groups, while it is high among the youths; it tends to diminishes as the age advances. Also the gender of respondent indicated that male is more involved in recreation than female in Minna. Also the income level indicated that there is high participation among the high income earners than the low income earners. Considering the rate of engagement in outdoor recreation shows that there is just slight difference between male and female in everyday participation and once in fortnight and if compared to once a month and one a year there is higher differences between male and female. Table 4 also revealed that there is higher difference among graduates and non-graduates when it comes to outdoor recreation, there is also difference among the age of graduates on the frequency of participation than non-graduates. The level of income implies that those with higher income (more than N54, 000) monthly are more engaged in recreation and their frequencies almost doubled those that have lower income.

4.3 Outdoor recreational constraints and problems in recreational areas

The analysis of the preference and behaviours of the resident of Minna on outdoor recreation presented some challenges to the smooth participation of the people. Several factors are identified by the respondents as impediment to outdoor recreation in particular and recreation as a whole in general in Minna. The analysis indicated that only about 67.9% of respondents indicated to always engage in outdoor recreation while about 32.3% do not partake, this is a concern to the planners who are saddled with responsibility of providing necessary space for the provision of recreational centres and the patronage of the facilities. There are several constraints mentioned but which grouped into seven areas of constraints for easy analysis. The most important constraints people identified are lack of enough time to enable them partake in recreational activities (35.1%). There is limited time people created because of level of poverty as people sees recreation as waste of time and if those time are spent on venture that can provide money they prefer it rather than wasting the time on recreation. Another constraint is finance, the respondents believe that with the level of poverty in the land it provide little opportunity for them to partake in recreation as most of the financial resources available are used for their daily domestic need. This accounts for about 20.2%. Also the other problems include apathy on the part of respondents to recreation (8.1%), religious believe and privacy of women (11.5%), health problem which hinder some people to partake such as old age sickness, polio and host of other ailment accounts for about (10.0%), inadequate of recreational facilities also contributed to the constraints (5.1%) and others which are either directly or indirectly affecting people to participate (10.0).

The analysis also revealed the problems the city of Minna dwellers face. Only little population 8.7% are of opinion that the present outdoor recreational facilities is adequate while higher percentage do not agreed with the level of adequacy of the facilities in the study area. Other problems associated with the outdoor recreation in Minna include dirtiness and visual pollution of Minna. About 28.5% of respondents identified this problem. Lack of/inadequate of facility in recreational areas was pointed out by 18.9% of the respondents. Overcrowding, lack of care, lack of enough parking areas, having no guide, and lack of security are the other important problems of the outdoor recreational areas in Minna according to the participants.

4.4 Mode of Transportation and Cost of Participation in Outdoor Recreational Activities in Minna.

The analysis of the mode of transport to outdoor recreation site indicated that about 59.7% of respondents visit the site through the public means of transportation, especially, motorcycles, taxis and

commercial bus. Also about 23.3% visit the site with private cars while 17.0% visit the recreational parks through other means such as trekking and host of others. The implication of this is that levels of income determine the type of mode by which respondents visit the outdoor recreation park. The level of income compared to visitation to the site indicated that people that has lower income are the major commuter to the site with commercial means (63.5%) while those with higher income prefers the use of private cars and taxis (36.5%).

Consideration of distance that respondents need to cover to get to the recreational park varies and the analysis shows that large number of respondents cover a distance of between 1 and 5 Km to enjoy the outdoor recreation. The analysis is thus presented in figure 7 thus:

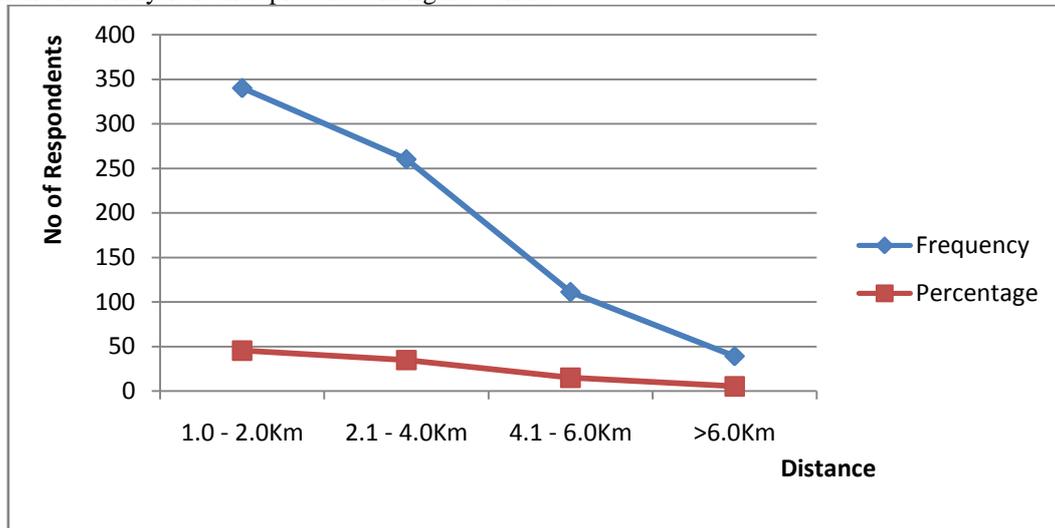


Figure 7: Recreational Preference of Resident of Minna
Source: Author's Field Survey, 2011

The analysis shows that there is high level of low-income people in the study area, and the number of respondents that visit the site on foot, motorcycles, commercial bus was about 340 people. The effect of this was because of the poverty and the low national wages which has effect on the power of the respondents to spend on several household needs.

The analysis further considers the total amount of money individuals and household spend on transportation to the site. The analysis indicated that that about 50.7% of respondents spend between N100 and N200 on transportation (\$0.7 and \$1.2) while about 35.3% spent between N201 and N500 (\$1.2 and \$3.1). About 24.0% do not spend money on transport to visit the site. They do trek from their houses to outdoor recreation centres.

Further analysis of the total money spent by households on recreation on monthly basis shows that it varies between N2,000 and N5,000 (\$13.33 and \$33.33). About 44.8% spend between N2, 000 and N 3,000, about 45.2% spend between N3,001 and N4,000 while about 10.0% spend between N4,001 and N5,000. The analysis indicated that between 4% and 5% of respondents monthly income is spent on recreational activities in the city of Minna. This is in line with the national benchmark for recreation in the country. The level of recreation is low in the city as compared to national and international standard of recreation.

4.5 Correlation of Results

The correlation of the results indicated that there is higher correlation between the preference and behaviour of respondents to the age, sex, types, distance, mode, cost of recreation and frequency of recreation. The p-value of the t-test indicated that there is mutual relationship among these variables. This indicated that there is higher correlation on preferences and behaviour of the respondents in Minna. This is shown in table 4 thus:

Table 4: the T-test analysis

Items	N	Mean	Std. Dev.	t	P-val.
Preference and Age	750	36.92	7.5109	1.856	0.001
Preference and Income	750	48,024.00	5.4402	0.9839	0.000
Preference and Distance	750	3,000.00	4.0210	1.5307	0.000
Preference and Cost	750	5,000.00	2.3801	4.5497	0.001
Preference and Frequency	750	30.00	2.0881	0.5221	0.000

Source: Author's Field Survey, 2012

V. DISCUSSION AND CONCLUSION

The analysis above shows the recreational preferences and behaviours of residents of Minna. There was generalisation of the study after it was proved that the sample size was enough for it. The survey was adequate. The research shows the ways by which the respondents spend their spare time for recreation whether indoor or outdoor. The analysis indicated that several activities are carried out in Minna as means of outdoor recreation which include, walking, picnicking, horseback, and swimming, all form of sporting activities, visit to zoo and host of others. About 80.0% of respondents indicated that they spend their leisure time in Minna while about 20.0% do not partake in recreation at all. This analysis implies that recreational activities are not considered as an important aspect of human activities in the life of residents of Minna. Residents of Minna prefer passive recreation without exerting much energy physically and mentally. This result can also be implied indirectly that participation in outdoor recreational activities has not become a part of culture yet in residents' daily life in Minna.

The analysis of the types of outdoor recreational activities engaged by the residents of Minna include watching Satellite TV, Walking, and playing football and basketball are the d most preferred outdoor recreational activities. This is partly due to the fact that those activities do not require a detailed planning and big effort to organize. Because Minna is situated in the savannah region, it is a cosmopolitan that allow the residents to travel up to 5 Km for recreation while picnics are done in places that are far from the city such as Gurara waterfall. These activities which residents involve with also represents the inadequacy of the city in terms of enough number of outdoor recreational areas with various facilities which provide residents with opportunities to meet their different outdoor recreational needs. Due to inadequate of outdoor recreational site in the city, residents do not participate more actively in recreational activities.

The study revealed the constraints that affect the outdoor recreational potentials of Minna. The analysis indicated several constraints to outdoor recreation conclude, Lack of time (35.1%), financial problems (20.2%), inadequacy of outdoor recreational areas inequality and quantity (10.0%), lack of companion (5.1%), and health problems (8.11%) were the main constraints pointed out by the respondents. Lack of time and financial problems are the two most important recreational constraints in Minna. Attitudes of the residents towards recreational activities and habits of the residents about how they spend their spare time seem to be the other factors effecting residents' participation in outdoor recreational activities in Minna.

However, majority of the respondents (92.4%) indicated that they encountered many different problems in outdoor recreational areas. This result is very important to have an understanding of the problems in existing outdoor recreational areas from residents' point of view in Minna. Dirtiness and visual pollution are the most important problems in existing outdoor recreational areas in the city. This is due to the fact that there is not enough staff working in outdoor recreational areas for maintaining and cleaning. As being indicated as one of the most significant constraints, lack of facility has been presented as the second most important problem of the existing outdoor recreational areas in Minna. Existing outdoor recreational areas in Minna consist mainly of green areas, trees, and picnic tables; however, their lack of facilities prevents residents from engaging in different activities to satisfy their different recreational needs such as camping, playing tennis and golf. Overcrowding, lack of enough parking area, having no guide, and lack of security are the other important problems of the existing outdoor recreational areas in Minna.

Analysis also indicated that there is correlation between age, gender, educational status and level of income; this is because they are the determinant factor in determining the preference and behaviour of residents to recreation in Minna, though there are differences in the level of these variables as I affect recreation especially outdoor recreation. The level of differences is static. Football, picnic and sporting activities are the preferred outdoor recreational activities in Minna, though there is higher degree of participation among the youth and as the age advances, the respondents' propensity to recreates reduces. There is also higher level of recreation among the graduates than non-graduates. Interest of the residents towards swimming and picnicking changes too according to educational level. Graduates are more interested in these activities than those who are not graduates. Monthly family income has also been found effective on recreational preferences of the residents. Residents whose monthly family income is more than N54, 000 is more interested in having picnics and playing football and basketball than those whose monthly family income is less than N54, 000.

The general conclusion of the study implies that the existing outdoor recreational areas in Minna are not adequate in terms of their number and facility characteristics in order to provide residents with enough opportunities to engage in different recreational activities. This implies that the level of recreation in Minna is a function of sex, age, educational status and level of income as higher income and youth have higher propensity for recreation than the adults.

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