

INFLUENCE OF GENDER OF FEDERAL CIVIL SERVANTS ON PARTICIPATION IN LEISURE ACTIVITIES IN NIGERIA

BY

Aminu Shuaibu Shantali (PhD): Department of Physical and Health Education,
Shehu Shagari College of Education, Sokoto; E-mail: ashantali91@gmail.com

&

Bello Abubakar Sokoto: Department of Physical and Health Education,
Shehu Shagari College of Education, Sokoto

Abstract

This study was conducted to assess the influence of gender on participation in leisure activities among federal civil servants in Nigeria. To achieve this purpose, ex-post facto research design was used. A total of 663 respondents were selected through multi-stage sampling procedures of stratified sampling techniques, simple random sampling and proportionate sampling. Inferential statistics of independent sample t-test and analysis of variance were used to analyze the data collected. The results revealed that there was significant influence of gender on the federal civil servants in their participation in leisure activities. Based on the results, conclusions were drawn that there is influence of gender of the federal civil servants in their participation in leisure activities. Based on the findings, it was recommended that more recreational facilities should be provided for females within the establishment while encouraging their male counterpart to be more involved in recreation and that Governments at all levels should endeavor to provide affordable leisure infrastructures that could be easily be accessible to the civil servants.

Keywords: Federal civil servants, Gender, Influence, Leisure activities, Participation

Introduction

Most of us have heard the saying, "All work and no play makes jack a dull boy." This saying has stood the test of time. People have been saying it for years; and for good reasons. If you work constantly, and don't allow yourself some occasional leisure you will simply wear yourself out. Life isn't all about work, after all you should have a steady balance of work and play; and that's where leisure comes in (Jackson, 2010). Leisure is a word that signifies the refreshment of one's mind or body after work that stimulates amusement or play. That's a fairly broad definition. The type of leisure one chooses is up to the person and what they find interesting. However, the benefits of leisure are the same for every person. The more leisure you allow yourself after work, the happier you'll be and the more you'll enjoy life.

The importance of leisure cannot be stressed enough. Without some form of stress relief or fun in your life, you'll find yourself only working and that can lead to increased stress, illness, disease or more. We weren't meant to work ourselves to death. We should have a balance of work and leisure. Our bodies need rest, relaxation and enjoyment every once in a while; and that's where the benefits of leisure come into play. Leisure programmes, services and parks attract businesses to the community - prime economic development and relocation magnets. The presence of leisure facilities and programmes attracts businesses and industries to particular locales and these events have public relation value for corporations that support them (Kraus, 2010).

Although society has changed and more women have entered the labour market, with more equality in both paid and unpaid work, certain differences in the quality and availability of leisure of men and women still exist (Sayer, 2015). To a large degree, this is because when women enter paid employment, they merely add an additional burden to their current obligations of domestic and family care (Bittman & Wajcman, 2010). This is often referred to as a second shift, and has been identified as a significant factor in women's feelings of having inadequate leisure. However, Bianchi et al., (2010) have found that there has also been an increase in the amount of housework that North American men, regardless of being

married or 28 single, do. According to these researchers, as well as Sayer (2015), it possibly indicates that there is a cultural change in what is seen as a woman's work.

However, the inequality of leisure between women and men are not only due to societal influences and the fact that women are regarded as having to perform domestic duties after paid employment, but also due to intrapersonal factors. As an example, research by Mattingly and Bianchi (2013) indicates that women are less likely than men to rest and relax during leisure, and it is suggested that men are more capable of compartmentalizing their different roles and do not let concerns and worries spill over from one role to the other, while women are more likely to let worries or problems related to their work influence their leisure while at home. Additionally, it often seems that women experience denial during leisure, as indicated by Lafrance (2011), who states that even when women have free time, they feel they should not spend it on themselves. This consideration towards others highlights a significant intrapersonal factor that influences leisure behaviour of women, namely the ethic of care. Because women, in general, experience feelings of responsibility to care for others, such as their partners or children, they often attempt to satisfy the needs of others while neglecting their own leisure needs (Bianchi, 2013). Therefore, this study assessed the influence of gender of federal civil servants on participation in leisure activities in Nigeria

Objective of the Study

The objective of this study was to assess the influence of gender on participation in leisure activities by Federal civil servants in Nigeria. Specifically, the objective of this study was to find out if:

1. Gender influences the participation of the federal civil servants in leisure activities.

Research Hypothesis

On the basis of the objective raised above, the following hypothesis was formulated for the purpose of this study.

Ho: There is no significant influence of gender of the federal civil servants on their participation in leisure activities.

Methodology

This study did not involve manipulation of the independent variable. It was essentially a Survey Research in which Ex- Post- Facto research design was employed to assess the influence of Gender on participation in leisure activities among Federal Civil Servants. The population for this study comprised all junior and senior, Male and Female Federal Civil Servants working in the Ministries of the Federal. A sample size of Six hundred and Sixty Three (663) was used for this study as suggested by Research Advisor (2006) that in a population of 1,953,704 and above, a sample size of 663 can be used in a study with a confidence level of 99.0% and a margin error of 0.05.

A multi stage sampling procedure was used in this study. Stratified sampling technique was used to select the subjects for this study. The existing 6 geo-political zones (North West, North East, North Central, South West, South East and South South political zones) were used to stratify federal civil servants of Nigeria. Each geo-political zone was considered as a stratum. From each stratum, simple random sampling was used to select two states at random from the list of all the states within the zone written in pieces of paper which was rolled and placed in 6 containers. Two pieces of paper were rolled and placed in 6 containers. Two pieces of papers from each container were picked by a blind folded research assistant. All the federal civil servants in the two states were selected as the respondents.

Simple random sampling procedure was used in selecting sample (male/ female junior and senior federal civil servants) from each of the federal secretariat, located at each of the state selected. The list of all male and female, junior and senior federal civil servants was obtained. This sample size is considered appropriate based on the assertion of Research Advisor (2006) to ensure total inclusiveness in the random

selection, the list of all federal civil servants in each state was obtained. Proportionate sampling was used to calculate the proportion of sample size per ministry was derived by dividing each target population by total target population multiply by the sample size. The instrument that was used in this study was a self-developed questionnaire. Data collected was analyzed with the use of SPSS package version 22. The following tools were used; independent sample t test was used to analysis the hypothesis at 0.05 alpha level of significance while scheffe post hoc test was used to establish the variation.

Results

Hypothesis 1: There is no significant influence of gender of the federal civil servants in their participation in leisure activities.

Table 1: Independent t-test Analysis on influence of gender of the federal civil servants in their participation in leisure activities

	Gender	N	Mean	SD	df	T	Sig(p)
Participation in leisure activities	Male	435	17.1072	4.3566	662	11.099	0.001
	Female	228	13.9173	3.9871			

$t(662) = 1.972$. $P < 0.05$

Table 1 reveals the results of independent t test analysis on influence of gender of the federal civil servants in their participation in leisure activities. Results of the independent t-test statistic showed that there is significant influence of gender of the federal civil servants in their participation in leisure activities. This was because the calculated p value of 0.001 is lower than the 0.05 alpha level of significance, while the calculated t value of 11.099 is greater than the 1.972 t critical at df 662. This showed that gender significantly influence participation in leisure activities. Therefore, the null hypothesis which states that there is no significant influence of gender of the federal civil servants in their participation on their leisure activities, was rejected.

Discussion

The findings also revealed significant influence of gender on participation in leisure activities by the Federal Civil Servants. One of the reasons for this outcome may be because of difference in gender which on its own imposes some levels of limitation on the amount of time available to women. For instance at the close of work women are expected to rush home to cater for the needs and welfare of their households whereas their male counterparts are not necessarily bound to provide such responsibilities beyond facilitating what will make their women folks to be able to provide family needs. This may have enabled the men folk to be more involved in participation in various leisure activities than their female counterparts. This according to Birnbaum, and Bedimo-Rung, (2011), enables males to have more time for leisure activities than their female counterparts more likely to participate in leisure activities than their female folks. However, that women participate more than men is a curious finding as such caution is advocated when this part of the finding is being used to plan for leisure activities for Federal.

Conclusion

The study drew its conclusions from the findings of the study, as follows: Gender has influence on federal civil servants in their participation in leisure activities in Nigeria.

Recommendations

Based on the findings of this study, the following recommendations are made;

1. Gender was discovered to have significantly influenced the level of participation in leisure activities of Federal Civil Servants as female Federal civil servants participate more in leisure activities than their male counterparts, more recreational facilities should be provided within the establishment.

References

- Bianchi, S.M. (2013). Research update: Recreation across cultures. *Parks and recreation*, 41(10): 28-34.
- Bianchi, S.M., Milkie, M.A., Sayer, L.C. & Robinson, J.P. (2010). *Is anyone doing the housework?* Trends in the gender division of household labor. *Social forces*, 79(1):191-228.
- Bittman, M. & Wajcman, J. (2010). The rush hour: the character of leisure time and gender equity. *Social forces*, 79(1):165-189
- Birnbaum T.K. & Bedimo R.C. (2011). Correspondence between perceived and observed measures of neighborhood Environmental supports for physical activity. *Journal Physical Act Health*; 3:22-36.
- Jackson, E.L. (2010). Will research on leisure constraints still be relevant in the twentyfirst century? *Journal of leisure research*, 32(1):62-68.
- Kraus, R. (2010). They danced in the Bible: identity integration among Christian women who belly dance. *Sociology of religion*, 71(4):457-482.
- Lafrance, M.N. (2011). *Reproducing, resisting and transcending discourses of femininity: a discourse analysis of women's accounts of leisure*. Qualitative research in sport, exercise and health, 3(1):80-98.
- Sayer, D.M. (2015). A Symbolic Interactionist Model of Leisure: Theory and Empirical Support. *Leisure Sciences* 10:27-39