



Impact of recreational activities upon psychological wellbeing

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Abstract

The purpose of this particular study was to investigate the impact of recreational activities upon psychological wellbeing. In that concern the researcher was conduct an interrogative design to identify the role of recreational activities upon psychological wellbeing. Participation in recreational activities helps to enhance the psychological as well as functional capacity of all human systems. The target population of the particular study was all border students of Punjab University, Lahore which are lives in Quaid –e-e Azam Campus Hostels. The Sample of 100 student's mean/SD of male student's 3.89/.423 and mean/SD value of female student's is 4.03/.380 was selected through convenient sampling technique. Statistical method was applied for data analysis, after analysis the researcher determined that recreational activities has a significant subsidize in the development of psychological wellbeing and reduce psychological pressures in a fruitful manner.

Keywords: Recreational Activities, Psychological Wellbeing, Students

1. Introduction

Recreational activities enhance psychological function which helps to promote mental, spiritual, emotional, social and physical health (Kobauet *al* 2011) as well as improve the immune system which relays for the psychological well-being in all aspect of human systems in our body (Falvo, D. 2013). According to (Boreham, C., 2001) Recreational activities is an energetic area for the psychological development of pubescents. Psychological qualified in the recreational activity field is associated positively with teenagers' which increased life satisfaction (Fraser-Thomas, J. L., *et al* 2005).

Psychological satisfaction needs proficiency, connection, and self-sufficiency in their participation in sports activities and their perceived lifespan satisfaction (Mohamed, M. 2013). Psychological satisfaction needs relationship between participation in recreational activities which may lead to life satisfaction (Ragheb, M. G., & Griffith, C. A. 1982). Recreational activities are most often peer based and usually involve social relations with peers (Eccles, J. S., Barber, B. L., Stone, M., & Hunt, J. 2003). From the literature it is known that peer relations become increasingly important especially during the years of adolescence (Gross, 2002).

The positive connection between need psycho satisfaction and recreation are well-being (Park, N. 2004). For many recent years ago, psychologists have focused on negative emotions of life more than positive aspects (Snyder, C. R., & Lopez, S. J. (2009). However, recreational attention has recently been remunerated to positive emotions (e.g. psycho happiness) (Frazier, P., 2003). Psychological approach has a positive character in different aspects of life expectancy (Emmons, R. A. 1986). Psychological gladness contains pleasant emotion, emotional reaction, lifespan satisfaction and general judgment about human life (Algoe, S. B., 2011).

1.2 Statement of the Study

The current scenario of world is very busy on their working phenomena so the recreational activities are every day need of every human. Recreational activities help to reduce tension, depression, anxiety, and stress in a useful manner but unfortunately, a lot of people especially student's community is unaware about the psychological and physical benefits of recreational activities in current predictable life. In this regard the current study may be helpful to aware the students regarding the benefits of recreational activities which may lead to improve the level of participation of university students in recreational activities.

1.3 Objective of the Study

The main objectives of the study were given below:

1. To find out the level of participation in recreational activities among students of Punjab University Lahore.
2. To concentrate the attention of university students towards the participation in recreational activities.
3. To aware the university students about psychological and physical benefits of recreational activities.
4. To investigate the effects of barriers on university student's participation in recreational activities.

1.4 Significance of the Study

Recreation refers to fun, enjoy that provide us to psychological satisfaction. Recreational activities include all those activities in which an individual participated for the sake of enjoyment, refreshment and fun without any internal and external reward. However a very little number of students are participating in recreation. So the present research study may show to support the students to improving their level of participation in recreational activities. A very large number of students are unaware about recreational activities, so the current study may be cooperative in concentrating the courtesy of university students towards the recreational activities.

1.5 Research Questions

1. Do the students take participation in recreational activities at any level?
2. Do the students give due attention towards the participation in recreational activities?
3. Do the students of Punjab University aware about the psychological and physical benefits of recreational activities?
4. What kinds of barriers faced by university students among participation in recreational activities?

2. METHOD

2.1 Population of the Study

The population of the current particular study was all border students of Punjab University, Lahore which are lives in Quaid-e-Azam Campus Hostels.

2.2 Sample and Sample Size

It was moderately tough for the researcher to contact each and every respondent of the current population. To face this difficulty, the researcher selected total 100 students in which 61 male students from Boys Hostel no 17 and 39 female students from Girls Hostel no 2 through convenient sampling technique.

2.3 Instrumentation

For the purpose of data collection the researcher used questionnaire which was prepared by Likert type scale embraced of five options i.e. Strongly Disagree, Disagree, Undecided, Agree, Strongly agree. The collected numerical data were analyzed on SPSS (v16).

2.4 Research Design

Different research techniques are used to conduct any particular research depending upon the nature and state of problem. In the present study researcher was use survey technique by nature to achieved required results.

3. Statistical Analysis of Data

Table 1: Mean \pm SD of university student's according to their gender

Variable	Male n=61		Female n=39		T	P
	M	SD	M	SD		
Gender	3.89	.423	4.03	.380	.083	.775

Table 1 shows student's perceptions according to their gender. Table shows the mean of male players 3.89 and mean value of female players is 4.03 and table also shows the t-value which is .083 and p value is .775 which is greater than 0.05. Hence there is no significant difference between male and female players regarding their positive perceptions about impact of recreational activities upon psychological wellbeing.

Table 2

Chi-square value of student’s perception about Recreational activities make you free from psychological pressures

Statement	Observed Number					x ²	P
	SD	D	UD	A	SA		
Recreational activities make you free from psychological pressures	1	3	8	52	36	1.037	.000

Table 2 perception about statement Recreational activities make you free from psychological pressures. Chi-square test was conducted to see the significant difference. Results reveals there is significant difference (p=.000, α=.05) between scores of the students perceptions about statement and ($\chi^2 = 1.037$). Result shows that majority of the students take part in recreational activities to make themselves free from psychological pressures.

Table 3: Chi-square value of student’s perception about Participation in recreational activity help you to reduce the level of mental fatigue.

Statement	Observed Number					x ²	P
	SD	D	UD	A	SA		
Participation in recreational activity help you to reduce the level of mental fatigue.	2	3	5	70	20	1.669	.000

Table 3 shows student’s perception about Participation in recreational activity help you to reduce the level of mental fatigue. . Chi-square test was conducted to see the significant difference. Results reveals there is significant difference (p=.000, α=.05) between scores of the student’s perceptions about statement and ($\chi^2 = 1.669$). Results show that majority of the student’s participation in recreational activities for help to reduce their level of mental fatigue.

Table 4 Chi-square value of student’s perception about Recreational activities help to boost the level of your mental wellbeing

Statement	Observed Number					x ²	P
	SD	D	UD	A	SA		
Recreational activities help to boost the level of your mental wellbeing	0	2	17	49	32	48.72	.000

Table 4 shows student’s perception about statement Recreational activities help to boost the level of your mental wellbeing. Results reveals there is significant difference (p=.000, α=.05) between scores of the student’s perceptions about statement and ($\chi^2 = 48.72$). Results show that majority of the student’s take part in recreational activities for help to boost their level of your mental wellbeing.

Table 5: Chi-square value of student’s perception about Recreational activates make you fresh from study burden

Statement	Observed Number					x ²	P
	SD	D	UD	A	SA		
Recreational activates make you fresh from study burden.	0	3	17	47	33	43.84	.000

Table 5 shows student’s’ perception about statement recreational activates make you fresh from study burden. Results reveals there is significant difference (p=.000, α=.05) between scores of the student’s’ perceptions about statement and ($\chi^2 = 43.84$). Result show that majority of the student’s take part in recreational activates to fell fresh from their study burden.

Table 6
Chi-square value of student's perception about feel enjoy when participating in recreational activities

Statement	Observed Number					x ²	P
	SD	D	UD	A	SA		
I feel enjoy when participating in recreational activities.	1	3	13	57	26	1.052	.000

Table 6 shows student's perception about I feel enjoy when participating in recreational activities. Chi-square test was conducted to see the significant difference. Results reveals there is significant difference (p=.000, α=.05) between scores of the student's perceptions about statement and ($\chi^2 = 1.052$). Results show that majority of the student's feel enjoyed when participating in recreational activities.

Table 7
Chi-square value of student's perception about Recreational activities boost up your confidence level

Statement	Observed Number					x ²	P
	SD	D	UD	A	SA		
Recreational activities boost up your confidence level.	2	9	18	50	21	67.50	.000

Table 7 shows student's perceptions about statement recreational activities boost up your confidence level. Chi-square test was conducted to see the significant difference. Results reveals there is significant difference (p=.000, α=.05) between scores of the student's perceptions about statement and ($\chi^2 = 67.50$). Results show that Recreational activities boost up confidence level in students to take part in recreational activities.

4. Discussion

After analysis it was evaluated that students were aware about the significant role of recreational activities upon psychological well-being. Researcher investigates the mechanism of survey data to examine the link between recreational activity and mental wellbeing of population opinion regarding recreational activities, which are basic need of every individual because such particular activity make a person free from pressure, significantly contribute to fresh, relaxed, physical well-being and as well as also help in retrieval the lost energy during the routine activities. Similarly positive wellbeing of health depend upon the satisfaction and enjoyment of the life. These developments result in gaining due to recreational activities explicated that the physical activity has beneficial impact on improves psychological wellbeing, development, mental health and nervous system. Physically active individuals are reported optimally better mental health well-coordinated to reduce many perceptual health ailments by improving mood, orderly life, enjoying more social relations.

5. Conclusion

The study demonstrated at conclusion that psychological health of students found to be bettered simultaneously with their physical activity level. The participation in regular recreational activity found to be associated with the improvement of mental health, free from negative stress, worry, tension and fatigue. The results indicate a reliable association between superior psychological well-being, Moreover, such access was associated with a positive development psychological satisfaction which can be expected to reduce obesity and increase vitality of equitable manner of mental wellbeing.

6. Recommendations

1. Different awareness seminar may be conducted from the university about importance of recreational activities.
2. Time may be reserved on regular basis for the student's for participation in recreational activities.
3. The Media and government may play their role to make the people aware of the benefits of recreationalactivities.

4. Physical education teachers may introduce sports and recreational programs according to the interest of students.
5. The attitude of the general public may be changed towards the favor of the recreational activities and proper knowledge may be provided about the recreational activities to the peoples.

The parents and students misconception regarding recreational activities may be eliminated through the knowledge of Sports and recreational activities

6. References

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