

Attitude towards Dance as a Recreational Activity among Undergraduates of University of Ilorin, Nigeria

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Abstract. This study examined the attitude towards dance as a Recreational activity among undergraduates of university of Ilorin. Six (6) hypotheses were formulated for this study. Descriptive research design was used for the study; data was collected using structured questionnaire and analyzed using descriptive and inferential statistics of percentage and Chi-Square (X^2) respectively. All hypotheses were tested at 0.05alpha level. The result revealed that significant difference exists in dance participation of both male and female students in university of Ilorin. The results also revealed that significant difference exists in dance participation of both Christian and Muslim. The researcher recommends that dance activities should be designed in such a way that it will attract students' interest while experts in Human Kinetics should impress on school management to tap into benefits of dance as recreational activity.

1. Introduction

Dance is a competitive sport because it is being contested for and it is also an art because it is done for fun. Dance is a competitive sport guided by a set of rules; it can be contested for in a large group or individually. Dance is also a form of a recreational activity because it can be performed during leisure hours for fun. Dance could be described as the continuous movement of the body to a certain rhythm and within a given area. It may be an expression of emotion, an outlet for surplus energy or a source of joy.

Wehmeir (2000) defined dance as series of movement and steps in time with music, moving along in rhythmical steps usually with a partner, alone or in a group.

Recreation refers to physical activity which an individual engages in during leisure hours after the day's work (Oduyale & Amuchie 2002). The authors further explained that recreation and sports are both synonymous but different; the most important features of recreation are; it must be voluntary, it must be enjoyable to the participant, it must be voluntarily continued, it must be voluntarily stopped, it does not require a great deal of skill or rigorous training and it may or not be competitive in nature. Sport on the other hand is always competitive in nature, there are rules and regulations binding the participants, rigorous training is involved, there are usually set rules for starting, ending and determining the winner.

Participation in recreational activities offers refreshment of both the body and mind, effective use of leisure hours, opportunity to make new friends and socialize with old ones, and enjoyment of an atmosphere free from harassment and unnecessary rules. Oduyale & Amuchie (2002) affirmed that various factors determine the choice of recreational activities; they include the interest of the participant, the occupation, the skill, age, sex, educational background and the facilities to be used.

According to Greendor (2002), students receive encouragement and reinforcement from many

sources several of which act simultaneously on their attitude towards participating games sports and recreational activities. Kenyo and Mopherson (2002) also observed that college students were mainly influenced by their parents and the available facilities in the school which act as motivation for each student towards participating in recreational programmes. Olusoji (2008) noted that recreational activities are one of the basic conditions necessary to maintain high standard of living when performed optimally, it is common knowledge that when one recreates regularly, it brings about a complete development of total physical fitness. Ajala, Amusa and Sohi (2008) reiterated that recreation is done for the sake of health; therefore recreation is important in keeping the vitality of the body function. A lot of individual are aware that regular recreational activities would be beneficial but they remain sedentary and physically inactive because of the misconceived ideas on recreation programmes that when one does it, it may lead to general body weakness.

According to Juny (2007), there are two major attitudes of personality, the attitude of extroversion and the attitude of introversion. The extroverted attitudes orient a person towards external objective world while the introverted attitudes orient the person towards inner subjective world, but ordinarily for different individuals one of them is dominated and conscious while the other is subordinate. Maccoby (2008) submitted that the theoretical aspect of gender role socialization as such as sex and stereotyping through social learning and imitation of role model. Social learning emphasizes parental rewards for sex appropriate behavior, this clearly implies different treatment on the basis of the sex of the child, and differential role expectation and personality differences determine one's involvement in various types of activities involving physical skill.

Such difference are normally attributed to some antecedent factors related to sex stereotyping behavior and sex based expectation of the socializing system, especially family in the initial stage. Based on the above explanations,

the keyword is interest which needs to be defined. By definition, interest is a Latin word meaning "it is between" to make something interesting to someone means leading him to recognize a connection. An object which is not interesting in itself may be made, so by being associated with an object it implies that it has some values, that it helps to satisfy some need. So, rousing and sustaining students' interest in any activity depends much on meeting or creating a need in that students own life.

2. Statement of Problem

Students engage in dance activities only when they are at social gatherings like birthdays, picnics, burn – fires, dinners, parties and so on. It has been observed that many students in University of Ilorin do not recognize the importance of recreation. Many of them believe that dance is meant for people who have no value for time. They are yet to comprehend the health, social and educational benefits of dance as an activity. This research is therefore designed to examine the reason behind the negative attitude of university of Ilorin students towards dance as a recreational activity.

3. Purpose of the Study

The purpose of this study was to:

- (a) Find out if gender has effect on student's attitude towards participation in dance as a recreational activity among University of Ilorin students
- (b) Assess whether religious belief has effect on participation in dance as recreational activity.
- (c) Examine the role of family background towards participation in dance as a recreational activity.
- (d) Determine the role of educational background participation in dance as recreational activity.
- (e) Find out the influence of socio – economic status on the attitude towards participation in dance.

4. Hypotheses

- (i) There is no significant gender difference in the attitude of students

- of university of Ilorin towards dance participation.
- (ii) Religious belief of university of Ilorin students does not significantly influence their participation in dance.
 - (iii) Family background does not significantly influence students' participation in dance.
 - (iv) Educational background does not significantly influence students' participation in dance.
 - (v) There is no significant influence of socio – economic status on attitude towards participating in dance.

5. Methodology

The research design used for this study was the descriptive research of survey type. This method is chosen because it helps to describe record, analyze and interpret the condition that exists in the study. The Population comprised 21,500 students of University of Ilorin; random sampling technique was used to select 300 respondents from six faculties. Questionnaire was used as a tool to collect data for the study while Chi-Square (X²) statistic was used in analyzing the data and to test the hypotheses of the study. The first section of the questionnaire dealt with the demographic data of the respondents which contain age, sex, religion and marital status. The questionnaire items were framed so as to reflect the variables on the attitude of university of Ilorin students towards dance as a recreational activity. The content validity of the instrument was established by a giving a draft of the questionnaire to three

Table one shows that majority of the respondents were female (203) which represents 67.67% while 97 were male (32.33%). Also 297 respondents were single which represents 93% while 21 respondents (7%) were married. The table also revealed that 183 which represent 61% are Islam while 117 respondents which represent

Hypothesis 1: there is no significant gender difference in the attitude towards participation in dance among university of Ilorin students.

experts in the field of Human Kinetics and Health Education within the university. The comments were incorporated in the final version used for the study. The reliability co-efficient of the instrument was estimated by carrying out test-retest within an interval of one week, on sample of twenty respondents. The mean score of each items of the questionnaire was computed for both the first and second test. The reliability co-efficient was obtained using Pearson Product Moment Correlation.

Table showing sample of respondents

S/N	Faculties	No of students selected
1.	Science	50
2.	Education	50
3.	Agriculture	50
4.	Business and social sciences	50
5.	Art	50
6.	Engineering	50
	Total	300

6. Results

Table 1: Demographic information of respondents

S/N	Variables	Frequency	Percentage
1.	Sex		
	Male	97	32.33%
	Female	203	67.67%
	Total	300	100%
2.	Status		
	Single	279	93%
	Married	21	7%
	Total	300	100%
3.	Religion		
	Christianity	117	39
	Islam	183	61
	Others		
	Total	300	100%
4.	Age		
	15 – 20	197	65.67%
	21 – 25	73	24.33%
	26 – 30	19	6.33%
	31 years and above	11	3.67%
	Total	300	100%

39% are Christian. The table indicates that 197 respondents are between the ages of 15-20 years which represents 65.67%, 73 respondents were between the ages of 21-25 years which represents 24.33%, 19 respondents were between the ages of 26-30 which represents 6.33% and 11 respondents were above 31years old (3.67%).

Table 2: Chi-Square (X^2) analysis on gender difference in attitude towards participation in dance among university of Ilorin students.

S/N	Item	SA	A	D	SD	RT	Cal. Value	df.	Crit. Value	Decision
	Gender									
1.	It is ideal for male and female students to dance together	63	162	48	27	300				
2.	Dance is a form of recreation for both male and female	165	112	23	—	300	159.52	6	12.59	Rejected
3.	Gender determines the attitude of students towards dance as a means of recreational activity	184	107	9	—	300				
C.T		412	381	80	27	900				

Table two shows that the Chi-Square calculated value is greater than the critical value i.e. $159.52 > 12.59$ at 0.05 alpha level, the hypothesis is rejected.

Hypothesis 2: there is no significant influence of religious belief on participation in dance among university of Ilorin students.

Table 3: Chi-Square (X^2) table on influence of religious belief on attitude towards dance participation among university of Ilorin students.

S/N	Item	SA	A	D	SD	RT	Cal. Value	df.	Crit. Value	Decision
	Religion									
1.	My religion allows me to dance	182	91	16	11	300				
2.	One's religion determines the recreational activity	82	177	32	9	300	238.78	6	12.59	Rejected
3.	Participating in dance will improve my spiritual level	52	104	87	56	300				
C.T		317	372	135	76	900				

From table three, the calculated value is greater than the table value $238.78 > 12.59$ at 0.05 alpha levels. In this case, the hypothesis which states that religious belief of university of Ilorin students does not significantly influence their participation in dance is rejected.

Hypothesis 3: there is no significant influence of family background on dance participation among university of Ilorin students.

Table 4: Chi-Square (X^2) table showing the significant influence of family background of an individual in dance participation among university of Ilorin students.

S/N	Item	SA	A	D	SD	RT	Cal. Value	df.	Table Value	Decision
	Family Background									
1.	Parents should support their children in dance participation	32	62	119	87	300				
2.	Parents should encourage their children to participate in dance as a means of recreational activity	21	48	139	92	300	12.16	6	12.59	Accepted
3.	My siblings introduce me to participate in dancing activity	21	44	147	88	300				
C.T		74	154	405	267	900				

The information from table five indicates that calculated value is less than the table value $12.16 < 12.59$ at 0.05 alpha levels; by implication the hypothesis is accepted.

Hypothesis 4: there is no significant influence of educational background on dance participation among University of Ilorin students.

Table 6: Chi-Square (X^2) table showing influence of educational background of on dance participation among University of Ilorin students

S/N	Item	SA	A	D	SD	RT	Cal. Value	df.	Crit. Value	Decision
	Educational Background									
1.	Participating in dance may improve my educational performance	89	92	73	46	300	212.06	3	7.81	Rejected
2.	I engage in dancing activities because of the educational values	—	16	197	87	300				
C.T		89	108	270	133	600				

Table five reveals that the calculated value is greater than the critical value $212.06 > 7.81$ of degree of freedom at 0.05 alpha level. The null hypothesis that the educational background does not significantly influence participation in dance among University of Ilorin students is rejected.

Hypothesis 5: there is no significant influence of socio economic status on attitude towards dance participation among University of Ilorin students.

Table 6: Chi-Square (X^2) table on influence of socio-economic status on attitude towards dance participation among University of Ilorin students.

S/N	Item	SA	A	D	SD	RT	Cal. Value	df.	Table Value	Decision
	Socio-Economic Factor									
1.	Social interaction determines the level of dance participation	146	123	31		300				
2.	The economic status of our country has driven people away from dancing activity as a means of recreation	182	118	—		300	77.85	6	12.59	Rejected
3.	The government or private institution has not given better financial support for recreational activity	208	92	-	-	300				
C.T		536	333	31	—	900				

Table six indicates that the calculated value is greater than the table value $77.85 > 12.59$ with degree of freedom at 0.05 alpha level. Therefore, the null hypothesis says that there is no significant influence in the socio-economic an individual towards participation in dance as a means of recreational activity among University of Ilorin students is rejected.

7. Discussion of Findings

The findings revealed the attitude of University of Ilorin students towards dance as a recreational activity in Ilorin metropolis. It was revealed that the role of gender in dance participation most especially among the students of University of

Ilorin cannot be neglected in which both sexes take active part in recreational activity as stated by Olusanyin (2008).

The result of this study that revealed that religious belief has influence on dance participation be it Islam, Christianity or other religion. Each religious body views it as a form of recreational activity most especially among the University of Ilorin students, this finding supports that of Bourguignon (2004) and Fisher (2008), and they affirmed that religious doctrines encourage participation in physical activities to enhance physical wellbeing.

It was observed that majority of the respondents were indifferent about the role of family background in dance participation as a means of recreational activity which they believe that dance can be practiced by taking it as a means of recreational activity either by oneself, through peer group, club houses etc but not only through family background as reported by Smith (2002) and William (2007)

It was also revealed that educational background plays a significant role in dance participation as a form of recreational activity among University of Ilorin students, Pesic (2002) affirmed that when people understand the benefits of dance they tend to participate more of it. Socio-economic factor in dance participation also influenced participation in dance as a means of recreational activity. According to Harper (2011) socio-economic status plays key role in determining the pattern of participation in physical activities. Those from high socio-economic status are likely to embrace physical activities more than the middle and low class due to their knowledge and exposure.

8. Conclusion

The findings of this study have shown that there was no significant gender difference in dance participation. It was also observed that the level of education of an individual does not affect his/her participation in dance. Also, the participants agreed that Christians and Muslims do engage in dancing activities without any compulsion. This study also revealed that participating in dancing activities would provide all ages varied opportunities to enjoy satisfying experiences related to their needs.

9. Recommendations

Based on the findings, it was recommended that:

- University of Ilorin management should encourage and integrate dance into recreational and leisure programmes of the school so that the students can realize their potentials.
- School authority should find a means to involve private organizations to assist the university by donating recreational equipment and facilities.
- Workshops, seminars and conferences should be organized to enlighten both male and female students on the benefits they can derive from dancing activities
- Dance education should be introduced as a course to be offered by students in the university to be taught under the General Studies Programme.
- It is important that dance should be incorporated into the recreational programme of the university especially due to the low level of stress involved and the fact that the risk of injury is minimal compared to other activities.

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