

## Cultural Issues Influencing Women’s Participation in Recreational Activities in Zaria Educational Zone of Kaduna State

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**Abstract.** This paper is on “Cultural Issues Influencing Women’s Participation in Recreational Activities in Zaria Educational Zone of Kaduna State”. Eight (8) cultural issues as variable statements were the focus. A Chi-Square analysis of a six-item structured questionnaire was used to collect data for analysis which showed a significant influence of cultural beliefs and practices on women’s participation in recreational activities of the zone in question. The paper made some recommendations, among others, that Physical Education agencies should work hard with the traditional rulers of the area of study, through seminars, conferences, etc, to educate and create awareness on the rights and importance of women to recreational activities, especially in the zone of study. It also recommended the restructuring of Women’s Education with emphasis on physical activities and recreation for leisure values.

### 1. Introduction

The role of culture in man’s life cannot be overemphasized. Bucher (1989), Fathauer (2018) and Galli (2008) reported that cultural variables such as beliefs and practices have significant influence on women’s participation in individual and group sports and recreation. Cultural issues examined in the study are as follows: Beliefs in religion and other related issues, spiritualism, re-incarnation as it affects deformities, and women being created as a weaker gender. Others are cultural practices and related issues such as folk medicine as opposed to creational exercises; nutrition in terms of food taboos and recreation; mode of dressing in relation to recreation, as well as customs in terms of folk dances as opposed to sexual dances.

### 1.1 Recreation Defined

Recreation is defined as any emotional, mental, moral, physical or social activity voluntarily engaged in, and voluntarily withdrawn from by an individual or group during leisure time for purposes of self-enjoyment and satisfaction. Examples include: watching a football match, singing religious songs, playing tennis and attending parties respectively.

### 1.2 Research Hypotheses

Two null hypotheses were formulated and tested. They were:

- Cultural beliefs and practices have no significant influence on women’s participation in recreation in Zaria Educational Zone.
- There is no significant mean difference in influence between cultural beliefs, and cultural practices with regard to women’s participation in recreation in the Zone.

### 2. Methodology and Procedures

Due to the empirical nature of the study, the methods and procedures used are as outlined and explained below:

- Population for the Study
- Sample and Sampling Methods
- Instrument for Data Collection and Validation
- Administration of the Instrument
- Procedure for Data Analysis

#### 2.1 Population for the Study

Kayit (2001) and Kayit (2004) reported that for ease and convenience in educational administration, the

twenty-three (23) Local Government Areas in Kaduna State were divided into twelve (12) educational zones (see table 1).

Consequently, all the 12 zones constitute the population for the study. Similarly, all the women from ages 21 old and above form the population for this study. The Nigerian National Population Census (NPC) (1992) put the women population in these zones at 20,928. From these human and material populations, samples were drawn.

**2.2 Sample and Sampling Method**

The sample for the study cut across female athletes (students), apprentices, traders, teachers, other civil

servants, farmers and housewives. Using Krejcie and Morgan (1970) population and sample size table, twelve (120 out of the twelve (12) zones were sampled using simple random sampling method. Furthermore, from the 20,928 female adult women population, a sample of three hundred and ninety (390) were randomly sampled as shown in table 1.

The choice of simple random sampling method was considered the most appropriate because it allowed equal opportunities of being selected or otherwise. Krejcie and Morgan (1970) are of the view that in a relatively homogeneous population, a large sample is not necessarily required. The target population had the data collection instrument administered on them.

**Table 1:** Population and Sample for the Study

S/No.	Zones	Adult (Women) Population*	Sample **
1.	Anchau	1640 -	31
2.	Birnin Gwari	1748 -	31
3.	Giwa	1344 -	25
4.	Godogodo	1630 -	30
5.	Kachia	1753 -	33
6.	Kaduna	2246 +	42
7.	Kafanchan	1745 -	33
8.	Lere	1438 -	27
9.	Regachikun	1516 -	28
10.	Sabon-Tasha	2123 -	40
11.	Zaria	2004 +	38
12.	Zonkwa	1741 -	32
	<b>Total</b>	<b>20,928: X = 1774</b>	<b>390</b>

**Notes:** \* (Source) National Population Census Office Kaduna

\* Adapted from Krejcie and Morgan (1970)

+ above average population

- Below average population

**2.3 Instrument for Data Collection and Validation**

A six-item structured questionnaire was used as the instrument for data collection. The questionnaire consists of a three-point rating scale of agreed (3 points); undecided (2 points) and disagreed (1 point). The instrument was subjected to both face and content validity and reliability through test-retest method at an interval of one week to counter the possible hollow effects on the same subjects. A reliability coefficient of 0.84 was obtained and computation after administration.

**2.4 Administration of the Instrument**

A total of 390 copies of the questionnaire was produced and administered to a corresponding number of respondent athletes and spectators from Zaria Zone during the 18<sup>th</sup> edition of Nigeria Universities Games Association (NUGA) competitions at Ahmadu Bello University (ABU) Zaria from 18<sup>th</sup> to 28<sup>th</sup> April, 2001. The administration was carried out by the researcher and his twelve (12) research assistants, one from each of the twelve (12) zones sampled.

The distribution of the copies is as shown in table 1 based on the samples. Table 2 shows the distribution and the percentage return rate.

**Table 2:** Questionnaire Distribution and Return Rate

S/No.	Zones	Quantity Administered	Quantity Returned	Sample **
1.	Anchau	31	29	94%
2.	Birnin Gwari	31	30	97%
3.	Giwa	25	25	100%
4.	Godogodo	30	29	97%
5.	Kachia	33	30	91%
6.	Kaduna	42	42	100%
7.	Kafanchan	33	31	94%

8.	Lere	27	27	100%
9.	Regachikun	28	28	100%
10.	Sabon-Tasha	40	39	96%
11.	Zaria	38	38	100%
12.	Zonkwa	32	30	94%
	<b>Total</b>	<b>390</b>	<b>378</b>	<b>390</b>

Source: The Researcher’s Survey

### 2.5 Procedure for Data Analysis

As shown in Table 2, 378 out of the 390 copies were returned and collated as being correctly filled. The copies were tallied and built into simple frequency tables for analyses. Descriptive statistical tools of frequency (f), mean (X) and percentage (%) were used in analysing the data. Also used in data analyses were inferential statistical tests of Chi-Square ( $X^2$ ), and t-test to test for significant difference, and significant mean difference respectively in the stated null hypotheses. Probability (alpha) level was set at 0.05 (one-tail for  $X^2$ , and both one and two tails for t-test) for the rejection or otherwise of the null hypotheses. The mean values (not shown in table 3) based on the three-point rating scale were used in compacting the t-test value. The details are as shown in table 3.

### 3. Results

The results were presented in a tabular format using the following abbreviations or symbols: A = agreed; U = undecided and D = disagreed. Others are:  $X^2$  = Chi Square value; df = degree of freedom; t = t-test value; p = probability level;  $\infty$  = infinity; CV = critical value/values.

**Table 3:** Influence of Cultural Beliefs and Practices on Women’s Participation in Recreation (Rec.) n = 378

S/No.	Cultural Variables that Influence Women’s participation in Rec.	A (f)	U (f)	D (f)	$X^2$	t
1.						
a.	Religion and other relates issues such as social interaction etc.	152 40%	106 28%	120 32%	8.442	
b.	Belief in spiritualism in terms of use of diabolic powers.	156 42%	120 32%	106 26%	10.561	
c.	Belief in re-incarnation as it affects deformities.	152 40%	108 29%	118 31%	8.444	
d.	Belief in women being created as weaker gender (sex).	126 33%	91 24%	161 43%	18.444	
2.	<b>Cultural Practices and relates issues:</b>					2.143
a.	Practice of folk medicine as opposed to recreational exercises	163 44%	89 23%	126 33%	21.730	
b.	Nutrition in terms of food taboos and recreational exercises.	186 49%	93 25%	99 26%	23.615	
c.	Mode of dressing in relation to recreational exercises.	177 47%	85 22%	116 31%	22.501	
d.	Customs in terms of folk dances as posed to social dances.	126 33%	112 30%	140 37%	6.110	
CV of $X^2$ = 5.991; df = 2; p = 0.05 (one tail), CV of t = 1.645 and 1.960; df = 754 ( $\infty$ ); p = 0.05						

Source: Researcher’s Survey

### 4. Analysis and Discussions

Table 3 reflects the responses of the two null hypotheses. The responses in serial numbers 1 and 2 are for null hypothesis one (Ho1), while their mean values and the consequent t-test value is for null hypothesis two (Ho2). The major highlights of the table are as follows:

With regard to the influence of cultural beliefs and related issue on recreation participation by the women, the respondents were of the view that belief in spiritualism exerted the highest influence. This represents 42% response. The respondents however,

disagreed that the belief portraying women as a weaker gender influences their participation in recreation. This represents 43% response.

As regards cultural practices/related issues, and their influence on recreational participation by the women, it was shown that nutrition in terms of food taboos exerted the highest influence on recreational participation by the women. This represents 49% response. It was followed by mode of dressing with 47% response.

In all the eight-variable statements, the Table shows that the obtained Chi Square values are greater than the critical value of 5.991 at 2 df and alpha level of

0.05 (one-tailed  $X^2$  test). Consequently, null hypothesis one is rejected. The alternative is accepted. This implies that cultural beliefs and practices significantly influence women's participation in recreation in Zaria Educational Zone of Kaduna State.

Similarly, in testing Ho2, the table shows that the obtained t-test value of 2.143 is greater than the critical values of 1.645 and 1.960 at both one and two tails of t-test. Therefore, Ho2 is also rejected. The alternative is accepted. This implies that there is no significant mean difference in influence between cultural beliefs and cultural practices with regard to women's participation in recreation in the zone.

The findings in Ho1 and Ho2 agree with the reports by Bucher (1975), Fathauer (1980), and Galli (1978) that cultural variables such as beliefs and practices have significant influences on women's participation in individual and group sports and recreation. Although Butcher, Fathauer and Galli made their reports more than two decades ago, their findings still hold true in the Y2K millennium in keeping with the saying that culture as a way of life dies hard (i.e. resists a change).

### 5. Findings and Implications

Based on the revelations in table 3, the study shows that:

- Culture is a significant factor in women's participation in recreation in the Zone.
- Cultural beliefs and practices are two major factors exerting significant influence on recreational participation by women in the Zone.

The implications of these findings for Physical and Health Education practitioners in particular, and women education in general, are:

- (a) Some of our cultural values, norms, mores, habits and customs appear to be at variance with the present-day women education and the bid for women empowerment, equality and parity.
- (b) Such curricula require restructuring and re-orientation tailored towards an alignment with our rich cultural heritage.

### 6. Recommendations

Based on the findings, it was recommended as follows:

- Physical and Health Education as a professional agency should work hard with other women agencies to create awareness on the importance of women participation in

recreational activities, especially in the area of study.

- Also, the professional body should join synergies with the traditional rulers and/or custodians of cultures in the area of study, to preach the rights and privileges of the women to participate in recreational activities, be it traditional or modern recreational activities.
- Adequate and meaningful facilities and equipment should be provided that will help the women participation in recreational activities.
- The curriculum of study in Physical and Health Education need to be reviewed to accommodate modern and current realities in the professional training, especially regarding the women.
- Further study is needed in similar consideration in other zones and states in Nigeria.

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