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DOI: <http://dx.doi.org/10.4314/ijah.v6i3.5>**Benefits Derived from Recreation and Sport Leisure that Motivate Participation****Anaza, Emeka, Ph.D.**

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Email: anazaea@jmu.edu, Phone: 618-713-5268**Abstract**

Using the constraints-effects mitigation model, this study explored the benefits of recreation and sport leisure activities that motivate women's participation. While there are numerous studies that have investigated factors that motivate women's leisure participation and leisure constraints in Europe and the United States, there are less empirical studies conducted in sub-Saharan Africa. A lack of comparable studies limits our understanding of leisure participation in Africa, but more importantly mandates further investigations within an African context. Applying a phenomenological qualitative approach, nineteen women were studied. The findings showed that Nigerian women are motivated to participate in recreation and sport leisure activities by health-related and social interaction benefits.

Key Words: *Recreation, Sport, Leisure, Activities, Women, Nigeria***Introduction**

Burdge (1983) defined leisure as the use of an individual's free time for personal enhancement. Recreation and sport are activities people partake in during their leisure time. These activities are competitive or non-competitive in nature, and may or may not require special equipment and rigid rules to be performed. Recreation and sport improve fitness and allows for escape, as well as regeneration (Elendu & Okanezi, 2013; Mannell & Kiebler, 1997). There are additional psychological, social, environmental, physiological and economic benefits attributed to leisure participation (Mannell & Kiebler, 1997). In spite of these benefits attributed to recreation and sport participation, research shows that a high number of people encounter leisure constraints (Anaza & McDowell, 2013; Crawford & Godbey, 1987; Orunaboka & Kemebradikumos, 2007).

Motivation encourages leisure participation in spite of constraints (Crawford, Jackson, & Godbey, 1991). People who participate in recreation and sport activities during their leisure time do so because they are motivated (Son, Mowen, & Kerstter, 2008). Research demonstrates that people can and have successfully implemented negotiation techniques to move past leisure constraints (Anaza & McDowell, 2013). “Negotiation techniques minimize the negative effects of recreational sport constraints, allowing the women the ability to modify, adapt, change, and restructure activities in order to participate in their preferred activity.” (Anaza & McDowell, 2013, p. 340). While there are a few studies conducted in sub-Saharan Africa on leisure constraints, regrettably, there are even less studies on motivational factors that encourage women to overcome recreation and sport leisure constraints.

Research in this area is needed to inform citizens, students, organizations, and government agencies of ways to increase participation by limiting constraints. The lack of research on this topic warrants immediate investigation. As a result, the objectives of this study are:

1. To explore what motivates women in Nigeria to participate in recreation and sport activities during their leisure time.
2. To offer recommendations on ways to increase recreation, sport, and leisure participation.

Literature Review

Participation Constraints

Crawford and Godbey (1987) categorized constraints into three groups—structural, interpersonal, and intrapersonal. Structural constraints are external factors, such as, insufficient time, cost, severe weather conditions, and debilitated infrastructures. Inconvenience, inaccessible program locations, work conflicts, transportation cost, and deteriorated equipment are additional structural constraints (McAuley & Jacobson, 1991). Ojeme’s (1985) study on the condition of sport programmes identified structural constraints that inhibit sport participation and the development of sport. Sampling 300 athletes participating in the 10th Nigerian University Games, Ojeme (1985) identify academic and administrative issues as the two main structural constraints that obstruct sport participation and the development of sport. Ojeme (1985) argued that a lack of human and material resources to administer athletics, as well as a shortage of training programs, facilities, and athletes were issues impairing students’ participation in Nigeria.

In contrast to structural constraints, interpersonal constraints are social deterrents to leisure participation. Bouchard, Shephard, and Stephens (1994) found a lack of support from family and friends to be interpersonal constraints to leisure participation. Researchers like Anyanwu (1980) contended that cultural expectations are also insistent factors that interfere with women’s and girls’ recreation and sport participation. He found that sport-like activities, such as wrestling and hunting, are reserved for men and boys. Whereas, dancing and swimming are encouraged for women and girls. Akindutire’s (1992) study on sport as a manifestation of cultural heritage confirmed Anyanwu’s (1980) findings. Specifically, Akindutire (1992) speculated that sports are not merely performed to showcase physical prowess, but are central aspects of many cultures. Sport activities are “important means of community

identification, integration and pattern maintenance of the culture... in Nigeria, sport is not only taken as a part-time or recreational resort, but it is taken as a cultural norm that borders on the modes of feeling, believing, and thinking of people” (Akindutire, 1992, p. 32). These studies suggested that sport reinforces cultural patriarchal order. Orunaboka and Kemebradikumos (2007) equally found ubiquitous societal and institutionalized norms that dictate ways in which women and girls behave and appear. Women and girls who perform vigorous sport-like activities are perceived as masculine. Similarly, Anaza and McDowell (2013) found such norms are conveyed by the media, religious groups, and social institutions in Nigeria. These norms influence people’s disapproval for women’s and girls’ participation in recreation and sport activities and sport-related careers women and girls choose.

Intrapersonal constraints were found by Crawford et al. (1991) to have the most adverse effect on people’s leisure participation. Alexandris, Du, Funk and Theodorakis (2016) claimed that intrapersonal constrains are internal, and “enter first in the decision-making process and they influence mainly the preference for participation.” (p. 2). Anaza and McDowell (2013) found it to have the least effect of the three leisure constraints. Regardless of the placements on the continuum or its effect, intrapersonal constraints are “internalized psychological states and attributes that affect an individual’s preference for leisure activities” (Anaza & McDowell, 2013, p. 326). Low self-esteem, doubt, fear of injury, insecurity, and inadequacy are examples of intrapersonal constraints. (Anaza & McDowell, 2013; Crawford & Godbey, 1987; Yoshida, Allison & Osborn, 1988). Other examples are role conflict, lack of skill, body image, self-defeat, low self-esteem, absence of role models, and lack of motivation (Elendu & Okanezi, 2013).

Motivation and Participation

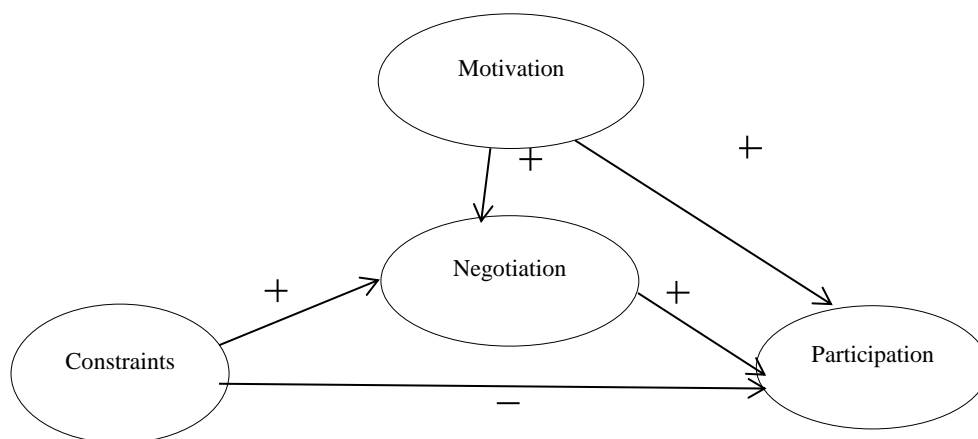
Researchers have investigated the connections between leisure, constraints, and motivation (Iso-Ahola, 1980; Mannell & Iso-Ahola, 1987; Dregan & Gulliford, 2013). For instance, Iso-Ahola (1980) found two motivational forces that influence leisure behavior and participation. First, leisure provides a change in daily routine. Engaging in leisure allows an individual to leave the everyday routine behind. Second, the tendency to seek intrinsic rewards from leisure sparks motivation to participate. People who perceive that leisure activities are beneficial will seek out ways to cope with leisure constraints better than those who do not perceive them to be beneficial (Dregan & Gulliford, 2013). Examples of benefits attributed to leisure are heightened self-esteem, better cognitive and physiological functioning, escape, relaxation, entertainment, camaraderie, and development of community (Dregan & Gulliford, 2013; Kay & Jackson, 1991; Zillamn, Bryant & Sapolsky, 1989).

Mannell and Iso-Ahola (1987) brought attention to three approaches for studying leisure experiences, and the capability of these approaches to describe resultant theories. Resultant theories are “used to understand the problems people encounter in attempting to enjoy their leisure, as well as encouraging people through an increased awareness of relevant factors to extend more control over their lives and better enjoy their own leisure” (Mannell & Iso-Ahola, 1987, p. 317). These approaches include: (1) the *definitional* approach, which deals with the perceived situational determinants that lead to perceptions of leisure, without explicitly identifying the typography of the experience; (2) the *post-hoc satisfaction* approach, which focuses on the perceived

motivations, outcomes, and satisfactions associated with the experience; and (3) the *immediate conscious experience* approach, which addresses the value of monitoring the actual, on-site, and real-time nature of the experience itself.

Crawford, Jackson, and Godbey's (1991) hierarchical model of leisure constraints fits well with a *post-hoc* satisfaction approach because the model states that people must negotiate through a hierarchical series of constraints before they can partake in leisure. Crawford et al.'s study (1991) grouped the three categories of constraints into one integrated model, while later studies (e.g., Jackson, Crawford, & Godbey, 1993; Raymore, Godbey, Crawford, & von Eye, 1993) extended the hierarchical model of leisure constraints to include the concept of motivation. Hubbard and Mannell's (2001) constraints-effects-mitigation model also fits Mannell and Iso-Ahola's classification of a *post-hoc* satisfaction approach to leisure participation. The constraints-effects-mitigation model as shown in Figure 1 was tested alongside three other competing leisure constraint negotiation models. Hubbard and Mannell found that participants who worked at a corporate employee recreation setting, successfully negotiated past constraints because of their motivation. Hubbard and Mannell (2001) expressed that participants successfully negotiated past constraints because they were motivated. They also mentioned that their success was because they used negotiation resources and tactics, as well as expended greater effort to participate in leisure activities than those who were not motivated.

Figure 1: Constraints-Effects-Mitigation Model



Methods

The present study used the phenomenological qualitative approach. This is an alternate way to understand the experiences of people, rather than objectification (Willis, 2001). Phenomenology is the study of a person's lived experience. It is the study of phenomena, consciousness, or structures as experienced from the first-person standpoint. Van Manen (1990) stated that phenomenology's main tenet is centered on the study of things as they appear in people's experiences. It is the reflective study of the

structures of consciousness and the phenomena that appear in acts of realization (Van Manen, 1990). Phenomenology explored the structure of various types of experiences, ranging from people's thoughts, to their memories, perceptions, ideologies, emotions, desires, imaginations, social activities, and embodied actions. This approach is useful because it enables a better understanding of the critical elements used to make sense of participatory motivation. There are two types of phenomenological approaches. The classic phenomenological approach seeks to understand the nature of experiences. However, this study used the new phenomenological approach. This way, this study sought to understand people's subjective meanings of their experiences.

Participants

Purposeful sampling was used in the present study. This seemed suitable because of the study's objectives. Participants were purposefully sampled because they lived in metropolitan Lagos, Nigeria. Nigeria was picked because it is the most populous and diverse country in Africa. As Andreoni and Westerlund (2001) stated, the diversity of research participants allows for multiple viewpoints to be heard. A total of 19 participants were recruited for this study. Eight of whom mentioned that they participated in recreational sport leisure activities and the others did not. Eleven had full time jobs, one was retired, three were in college, three identified themselves as housewives, and one was unemployed. All the research participants had graduated from high school and 12 were college graduates. Twelve of the research participants were married, five singles, and two were widowed. Also, 12 of these participants had at least one child and others had no children.

Procedure

The investigator approached women on the streets of Lagos-Island, Lagos requesting participation in the study. Sixty women in a span of two weeks were approached and fifteen agreed to be interviewed. Face-to-face personal interviews were conducted with these participants. After each interview, the investigator requested participants to refer others who could add to the study. Four additional research participants were referred. Cell phone numbers of the four were retrieved and interview arrangements ensued. Face-to-face personal interviews were used to gather information from these four participants. Recruitment and data collection stopped once theoretical saturation was reached. Ten of the 17 interviews lasted approximately half an hour long, while the remaining was between 30 to 45 minutes long. The length of the interviews was dependent upon the time it took participants to respond to questions. The interviews were documented with the aid of an audio digital recorder. The interviewer also took notes on a note pad. The interviews were conducted in English. However, some participants made comments in Pidgin, a language the investigator comprehends and speaks.

Interview questions asked were created after a review of relevant literature on leisure, constraints, recreation, sport, and motivation. The questions were created to identify benefits of recreation and sport and understand factors that motivate people to negotiate past leisure constraints. Other questions were developed to reveal what recreation and sport leisure activities participants perform, why they are performed, with whom they are performed, how frequently they are performed, and to comprehend how much time, money, and other resources are expended. Lastly, the questions were designed to learn why participants did not perform recreational sport leisure activities and what factors

influenced their decisions. The questions generated for this study were reviewed by three experienced scholars who are cognizant with phenomenological qualitative approach and have conducted research on constraints, motivation, and sports.

Data Analysis

The interviews were transcribed verbatim and exported into NVivo 8 to assist with the analysis process. Three investigators were involved with coding and data analysis. The first step of the analysis was to code the data into first-level codes using a process characterized as open coding by Strauss and Corbin (1990). This is a process whereby investigators individually develop codes by grouping together common identifiable words and phrases (Strauss & Corbin, 1990). Some examples of the first-level codes established and identified by these investigators include, “recreational sport leisure activities are fun, interesting, and gives joy,” “recreational sport leisure enables me to hang with friends,” and “recreational sport allows me to meet new people.”

The second step of the analysis led the investigative team to come together to compare and contrast their first-level codes. Axial coding was then employed to consolidate the first-level codes into first-order categories. According to Kendall (1999), axial coding is employed to consolidate data together by assembling connections of the first-level codes. For instance, the first-level codes “recreational sport leisure enables me to hang with friends” and “recreational sport allows me to meet new people” were consolidated into the first-order category titled “interpersonal interaction.” There were eight first-order categories agreed upon by all three investigators. Succeeding this process, the eight first-order categories were further amalgamated into two core categories (Kendall, 1999). Five first-order categories fit under the core category identified as *health benefits*, while three first-order categories were grouped as social interaction benefits.

Findings

This findings section will highlight health and social interaction benefits as the two main benefits that motivate recreation and sport leisure participation. This section also provides an explanation on how participants, who did not participate in recreation and sport, were likewise able to perceive both health and social interaction as potential benefits of participation.

Health Benefits

The analysis revealed that health benefits are major reasons for participation in recreational sport during these participants’ leisure time. Participants who did not partake in recreational sport likewise perceived health as a reason to participate. When asked “what are some of the perceived or derived benefits?” Uju made the following comments:

It [recreational sport] helps you physically and mentally because rather than being idle, you engage in something you like. In terms of physical benefits, when you see a person who performs recreational sport or someone who is physically active, you can tell the difference between that person and someone who doesn’t.

Other participants including Deborah and Ijeoma echoed Uju’s comment. They also mentioned that participation in sport or recreational activities was a therapeutic way to

stay healthy. When asked, “What benefits do you derive or perceive from recreational sport participation?” Deborah said, “getting involved with what you love doing will improve your mental and physical ability.” When Ijeoma was asked the same question, she insisted that she performs recreation and sport activities during her leisure time because she wants to “live strong and grow fine.” For her and several other participants, recreational sport leisure activities, aided them to live healthy lifestyles and improve their overall life satisfaction.

Other participants expressed how they were advised by their doctors and other health care professionals to perform regular physical activities for therapeutic and health-related reasons. For instance, some participants took part in daily walks and runs. As one participant mentioned “I take part in daily walks and runs because I want to stay in good shape and have [a] healthy heart, as well as to improve my overall well-being.” Oma mentioned that she participates in recreational sport activities because her doctor “warned” her of the importance of staying active during leisure time. She took part in regular walks and runs because she wanted to “keep a good shape,” she said. She also stated that she exercises regularly because she wants her “heart to be in good working condition.” Nnenna conveyed a similar message during her interview. Nnenna recalled a conversation she had with her doctor who advised her to participate in some form of recreational activity because of an ailment, which was not disclosed to the interviewer. Her doctor’s advice coupled with her ailment motivates Nnenna to participate regularly in walking. She revealed that she walks from her house to places a few kilometers away. She explained how “walking is a part of exercise and it is extremely good, as well as healthy.” Nnenna was able to participate in walking because of the health-related benefits.

Chioma and Oma attributed recreational sport participation to “weight loss, reduced tension from daily stress of life, relaxation, and lower blood pressure.” Chioma, for instance, attributed her controlled blood pressure and cholesterol levels to recreational running and jogging. She made the following comments during her interview when asked to talk about benefits derived from recreational running and jogging. “There are a lot of benefits such as weight loss and control, reduced tension [stress relief], and it makes you relaxed so that tension, which takes blood pressure up, will be minimized.” Oma also felt health was a major benefit for participation. She said, “So many people like myself [who] are now realizing the importance and the effects because we have too many untimely deaths. People just drop dead because of hypertension or whatever. So maybe that scares or encourages people to keep healthy.” These served as motivation that spark participants like Oma and others to take part in recreation and sport leisure activities.

The analysis revealed that participants who did not perform any sport or recreation activities during their leisure time, equally acknowledged the health benefits of participation. Mary for example, explained how she was familiar with the benefits associated with recreation and sport leisure participation. As of the time of the interview, Mary did not perform recreation or sport activities during her free time. When asked if she thought or knew of the benefits of recreation and sport leisure participation, she made the following comments:

The only thing I can think of is good health. It keeps you fit and healthy. When people go to swim, I am certain that they feel really good and light. You are glad that you did something to help your body and it is fun to do as well.

During her interview, Mary expressed her desire to perform recreation or sport activities during her free time because she wants “to keep fit [get back in shape].” According to her, “recreational sport activities keeps you [anyone] fit, that’s about it... it keeps one fit and healthy.”

Social Benefits

Participants discussed how recreation and sport leisure participation allowed for interaction with other women. They felt recreation and sport leisure activities provided them the opportunity to socialize with old friends and make new acquaintances. They also mentioned that it allowed them to form personal and professional connections. Participants stated that their interactions with others positively influenced their sense of belonging. For instance, Nnenna expressed how her partaking in walking and jogging provided her the avenue to interact with peers and other women she would otherwise not know. She also shared that walking allowed her the means to build close friendships and identify with other women around her neighbourhood. She stated during her interview how her and these women “walk a few kilometres three days a week.” During their walks, they shared life stories and helped each other resolve conflicts or deal with difficult life situations.

Others including Chioma and Olamide mentioned that they too perceived social benefits as potential motivational benefits of participation. When asked about perceived benefits of recreation and sport leisure activities, Chioma explained how recreation and sport leisure participation has the potential to encourage her to make friends with younger women around the neighbourhood. She also mentioned that she could be a positive mentor to these women. Although Chioma discussed how different recreation and sport leisure activities may be relaxing and act as a means to escape, she also said, “In addition to relaxing, recreation and sport would allow me to mix with people and communicate with my friends.” The time spent and conversations had with friends make her happy—allowing her to “escape and ease tension [stress] from daily life.”

Similarly, Olamide, like Chioma stated that there are potential social benefits of recreation and sport leisure participation. Olamide said, “Recreational sport activities are not just about the sport, but also it is about meeting people.” She referenced Lagos Country Club, and discussed the potential social benefits of being an active member of the club. Olamide made the following comments when asked about benefits of participating in recreational sport leisure activities:

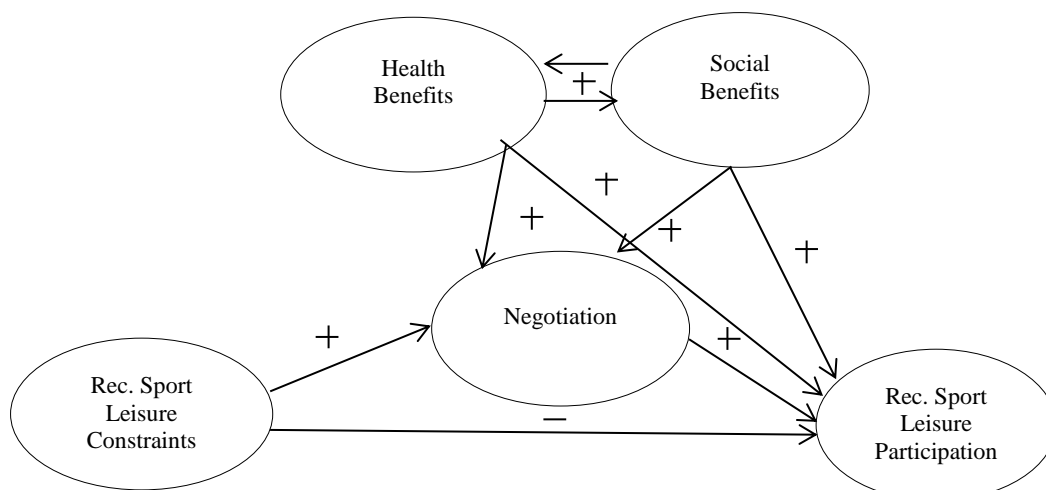
I also feel the social part is important because you can’t live life as a loner; it is not possible. You may meet people who are of use to you at these recreational facilities. People’s lives have improved because of such places and things happen there that you can’t imagine; so, it is a good place to form connections and to connect with others.

Like Olamide and Chioma, other participants involved in this study were motivated to participate in recreational sport because of the perceived and actual social benefits derived from being active patrons in country clubs, recreation centres, and at gyms.

Discussion

This study explored benefits attributed to recreation and sport leisure participation that motivate women living in metropolitan Lagos, Nigeria. Findings reveal that health and social benefits are factors that motivate women to participate in recreation and sport leisure activities. To this end, this discussion section offers theoretical implications and practical recommendations for women living in metropolitan cities in sub-Saharan Africa. These are offered specifically to recreation and sport leisure providers, practitioners, policy makers, reformers, and educators so that they can better develop recreation and sport programs.

Figure 2: Recreation and Sport Leisure Constraints-Effects-Mitigation Model



Theoretical Implication: The Recreation and Sport Leisure Constraints-Effects-Mitigation Model

Figure 2 integrates the findings from this study into Hubbard and Mannell’s (2001) constraints-effects-mitigation model. This proposed recreation and sport leisure constraints-effects-mitigation model takes on a resultant *post-hoc* approach. It highlights perceived and actual motivations, outcomes, and satisfactions associated with recreational sport leisure activities. This study reveals that perceived and derived health and social benefits serve as motivations to negotiate past leisure constraints. Though constraints negatively interfere with recreation and sport leisure participation, perceived or derived health and social benefits sparks women’s drive to overcome constraints. While there are other recreational sport leisure benefits attributed to participation, this study found health and social benefits to be the two main reasons why women living in metropolitan Lagos are able to negotiate past recreational sport leisure constraints.

It comes as no surprise that health benefits are motivational factors to these participants. The prevalence of diseases and ailments urge physicians and health care professionals,

institutions, and government agencies to prescribe active non-sedentary activities as preventative treatments. A good number of research studies pinpoint the pervasiveness of health issues such as obesity, heart attack, cardiovascular disease, hypertension, stroke, cancer, and high blood pressure amongst Nigerians (Adedoyin et al., 2009; Amira, Sokunbi, Dolapo, & Sokunbi, 2011; Chukwuonye et al, 2013). Chukwuonye et al. (2013) published a meta-analysis on obesity and found that 35.1% of Nigerians were overweight and 22.2% were obese. While being inactive is not the only cause of these ailments, it is a major factor. The prevalence of health concerns explains why these participants perceived health benefits as a motivation for recreation and sport leisure activities.

Further, the recreation and sport constraints-effects-mitigation model illustrates an interaction between health and social benefits. Participants in this study mentioned that they had positive interactions with others while performing recreational sport leisure activities. They felt their connections influenced their overall health. Some participants shared life experiences and stories with others while performing recreational sport leisure activities. They also sorted out ways to resolve challenging life situations through their dialogue and socialization. Recreation and sport leisure activities were viewed by these participants as mechanisms to build healthy bonds, and develop good buffers to cope with negative feelings of misery, depression or despair.

Coleman and Iso-Ahola (1993) and Stevenson (2010) similarly found that women who were involved with recreation or sport activities during leisure had a good sense of belonging through positive interactions. Moreover, participation in recreation or sport leisure activities has been found to boost people's self-determined dispositions through interactions that improve health and the ability to deal with demanding life situations (Anaza & McDowell, 2013). Similar to past research (e.g., Coleman & Iso-Ahola, 1993; Hylton & Totten 2008; Stevenson, 2010), this current study asserts that an individual's willingness, readiness, and aptitude to alleviate or cope with constraints motivates recreational sport leisure participation.

Recommendations for Practice

There are three main useful areas to increase participation and diminish leisure constraints proposed. These areas include communication, advocacy, and campaigns of benefits attributed to recreation and sport leisure participation. To encourage greater participation, recreation, sport, and leisure providers should communicate and inform people of programs that have the potential to improve human well-being. People, particularly women, who do not participate in recreation, sport, or leisure because of leisure constraints, should be made aware of the health and social benefits derived from participation by health care professionals, athletic and government agencies, and leisure providers. Knowing the benefits of participation should motivate individuals as they attempt to maneuver their way through traditional virile systems (Dregan & Guillford, 2013; Otive-Igbuzor, 2006; Stevenson, 2010). As participants in the present study demonstrated, recreation and sports serves as motivation to stay healthy, build and develop themselves and their communities. In fact, some of the participants believed that sport, recreation, and leisure play a critical role in improving lives, as they have the potential to build bridges between people and across communities.

Besides communication, advocacy and campaigns by groups like UNICEF and Hope4Girls Africa are beneficial to advance participation in recreation, sport, and

leisure. Because recreation and sport programs or activities are catalyst for development, peace, and transformation (United Nations, 2015), there should be more advocacy and well-designed campaigns to encourage greater participation (United Nations, 2015). For instance, the Sport Advocacy Group (SAG) in Australia develops campaigns through several sports and recreation offerings including, but not limited to basketball, netball, tennis, cricket, rugby and football. The SAG partners with leagues and unions throughout Australia to build healthier societies. Similarly, the National Park Foundation through campaigns and initiatives such as Every Kid in a park, and public awareness campaigns like Find Your Park, inspire children to enjoy, protect and connect with the outdoors. Such campaigns and initiatives can provide fruitful grounds to sow the seeds of transformation and improve people's lives (United Nations, 2015). There should be adequate advocacy groups similar to SAG and campaigns like Find Your Park in sub-Saharan Africa to foster partnerships to help increase participation in sport, recreation or leisure activities.

This study concurred with Anyanwu's (1980), Okonkwo's (2012), and Fraser-Thomas, Cote, and Deakin's (2005) conclusions that recreation and sport leisure activities are not only performed to showcase physical prowess, but are central aspects for development in every society. Thus, campaigns and initiatives, including movements by advocacy groups to foster participation should echo Nigeria's national gender policy objectives, which were designed to empower girls, eliminate discriminatory practices, and endorse women's rights (Otiye-Igbuzor, 2006). Sport, recreation, and leisure programs and activities are good vehicles to foster inclusion, development, and peace (United Nations, 2015). Efforts made to realize Nigeria's national gender policy objectives through sport, recreation, and leisure will help usher in change that promotes gender equity and demonstrate Nigeria's commitment to the United Nation's developmental and sustainable goals (United Nations, 2015; United Nations Millennium Project, 2006).

Conclusion

This study found that health and social benefits motivate women in metropolitan Lagos to participate in recreation and sport activities during their leisure time. These women's perceptions of health and social benefits as motivational factors are dependent upon several factors (i.e., environmental, types of constraints, perspective, social economic statuses, health conditions, age, etc.). Consequently, further research is needed to uncover additional benefits of recreation and sport that spark participation and decrease the negative effects of leisure constraints. Moreover, further explorations are necessary to examine women living outside of Lagos. Such research may find additional benefits of recreation and sport leisure participation. Lastly, future research should consider the impact administrators, the media, government agencies, and policy makers in Nigeria and other sub-Saharan African countries have in alleviating constraints and providing greater opportunities for participation.

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