

Scrutinizing Sports And Recreational Activities As Leisure Time Content Among University Students In Katima Mulilo, Zambezi Region, Namibia

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ABSTRACT

The aim of this study was to examine the involvement of university students in sports and recreational activities during their leisure time in Katima Mulilo, Zambezi Region in Namibia. A total of 164 participants took part in the study, with 34% (n = 56) being female and 66% (n = 108) being male. The study specifically targeted sports science university students at a particular university in Katima Mulilo, Zambezi region in Namibia. Data was collected using a quantitative approach, and a questionnaire was administered to gather the data. The collected data was analysed using SPSS V.21 software, and the results were presented using descriptive statistics in percentages and tables. The study found that sports activities such as football (74%), volleyball (67%), and basketball (67%) were predominantly participated in by male students, while recreational activities such as dancing (89%), jogging (65%), and walking (80%) were more popular among female students. Additionally, 60% of participants showed a willingness to engage in free time activities at home, while 40% showed no interest in sports and recreational activities at home. Furthermore, 31% of participants indicated that they had no prospects for free time activities at home, while 69% showed that they had no interest in such activities. Only 6% of participants expressed a lack of interest in getting involved in sports and recreational activities at home, while 93% showed no such lack of interest. The results also revealed that 61% of male participants engage in aerobic recreational activities very often, compared to only 28% of female participants. Additionally, 13% of male participants sometimes participate in aerobic recreational activities, while 14% of female participants do so. Finally, 18% of male participants and 57% of female participants do not often engage in aerobic recreational activities at all.

Keywords: Scrutinising, leisure time, sports and recreational activities, university students

Introduction

The appropriate nature of the idea and quintessence of free time is covered by numerous explanations. When taking into cognizant the method to the time economical (Šabić et al., 2020), leisure time is then measured as the time which leftovers within the 24 hour period when the subsequent are subtracted: the time spent on psychophysiological needs, working hours, chores and other duties. Throughout the time that leftovers, it is likely to participate in some of the recreation contents and sports. As a result, one can take that leisure time is categorised by the trend to freely select an activity that relates to the interests, needs and prospects of an individual. To substantiate more, it suggests making and guaranteeing effective chances for attaining the wanted aim (Šabić et al., 2020).

There is no uncertainty that the subject of outlining free time is a very compound practice. If it is acknowledged that it suggests a time which is let off from any duty and coercion, then the key elements of this terminology are in the outward-time hypothesis which rests at a person's disposal upon being free from all duties, and which he can practice for the objectives of the deed he has selected and determined which, in the initial place, oblige to accomplish its reliable, crucial forces, potentials and desires (Srdić et al., 2016).

Moreover, in this concern, it is likely to speak about the provisional background of the leisure time arrangement, which is in communication line with the importance characteristics of sports and recreation, and recounts to the following: (i) leisure time as a time which is totally free from straight work duties (signifies the finish and end of work) (ii) goes to a person who, in definite situations, is totally free to set of this time as they see appropriate, (iii) is unrestricted from obligatory fulfilment of human desires, which are associated solely to the duplicate of workforce (protection of life and working capability), (iv) is left filled choice to change the order of meeting their desires and, if required, even reschedule the gratification of persons, (v) it comprises the prospect of individualisation and has a individual charisma which, in a sociological perception, mains to the destination of protecting the honesty of human character, (vi) is associated with certain self-indulgent standards (happiness, gratification, search for individual pleasure, etc.), (vii) signifies an individual's attitude or enthusiasm (for pleasure or displeasure) and (viii) can signify a sign of social status, expert achievement (Jorgić, 2015).

Free time is a multifaceted phenomenon determined by 3 key scopes: (i) activity (participation, (ii) time, and (iii) state of attention. As activity and time, its specificity is echoed and uttered from side to side the freedom of a person's choice in relative to the disposal of activity and time, although the state of attention shows a personal feeling of participation in a definite activity through a convinced period of time (Neville & Dunstan, 2012).

Furthermore, in such a hypothetical background (Jorgić, 2015) alludes that the details of free mature time dominantly fit to the proportions of time (selection) and activity (participation), even though the element of a person's state of attention must not be recognised (as the initial point for the choice of activities and addition in the identical). Conferring to Kim et al. (2010), contemporary understanding of the detailed leisure time of grown-ups/middle-aged individuals defines involvement as an important factor of their existence. Free time is no longer a part of the time that can be occupied only by doings which we solely select built on inside motivation, but correspondingly the space in which it becomes likely to infuse active routine and inspired creation (Šabić et al., 2020). Different characteristics of seeing grown-up leisure time, and consequently that of mid age, must be seen from diverse viewpoints. One of the motives is that this fragment of the people comprehends involvements and practices leisure time. Life involvement, social status and other situations can be a substantial issue in facing and spending leisure time (Farkić et al., 2014).

Problem Statement

Research has shown that participating in leisure activities helps reduce stress and depression and improves daily quality of life. Furthermore, recreation and leisure activities are significant for numerous reasons. They help alleviate tension and exhaustion, restore energy, and stimulate a sense of happiness. Involvement in these activities has positive implications for youth, contributing to the development of individuality, independence, competency, creativity, social responsibility, and social influences (Huang et al., 2024). On the other hand, a lack of participation in leisure activities is associated with a sedentary lifestyle, and increased risk of heart disease, certain types of cancers, diabetes, and respiratory diseases (Keats, 2019). Therefore, the main aim of this study is to examine sports and recreational activities as leisure time pursuits among university students in Katima Mulilo, Zambezi Region.

Research Question

- What are the sports and recreational activities university students participate in when they have free time?
- What are the possibilities for participation in sports and recreational activities at home?
- How often do students engage in aerobic recreational content according to their gender?

Literature Review

Recreational and free time activities signify freely designated, single, or prearranged cluster events or activities that enable anyone to retain her/his decent well-being physically. These activities have not only bodily effects relatively, but these activities as well hold the emotional part of one's existence that braces the determination, purpose, and progresses the self-discipline of that individual. Also the emotional and bodily sides of free time activities, several studies have put distinct importance on the impact of the socio-psychological facet of recreation. Different studies have defined recreation and free time activities in diverse ways (Ashraf et al., 2020).

Round about studies have included additional activities in count to physical activity Ozkara (2018) physical training/exercise or playing games, in recreational activities such as walking, running, exercising, dancing, cycling, and jogging, Potic et al. (2014) make a change between recreational and free time activities or involvements. The activity is the execution of an undertaking or action at the distinct level, while

involvement is getting involved in any activity through real-life circumstances (Zull et al., 2019). Leisureliness is usually encompassed of such activities in which individuals partake to devote their free time agreeing to their own select and with fun. Individuals partake in such activities to make them feel ease and active (Fuchs & Gilboa, 2018). The advantages of partaking in leisure/free time activities are outstanding for persons of all age groups. By dropping tension, stress and anxiety, recreational and free time activities influence the wellbeing, social health, learning capability, and individual progress (Demirci, 2019).

Physical sedentariness is a main public health danger in the world (WHO, 2017), could be a cause of obesity and overweight. Insufficient physical activity is mutual in the public; therefore, global establishments are worried about the increased level of physical sedentariness among the people (WHO, 2017). Sedentary individuals have higher dangers of some health complications such as diabetes, obesity, cancer, cardiovascular diseases and mental problems (Fatih et al., 2020).

Earlier studies recounted intrinsic motivations to be linked with higher adherence to physical activity and healthier mental well-being (Nordh et al., 2017). Additionally, WHO (2017) take in walking as a suggested moderate-intensity activity and commends at least 150 minutes of reasonable physical activity, or 75 minutes of more energetic physical activity a week – and in sessions of at least 10 minutes period. Bodily activity as a recreational activity increases significance for people at all age clusters. As physical activity is a vital factor of health (WHO 2017) it is important to evaluate the leisure-time physical activity (WHO 2017). But the significance of preparation physical activity sessions and making sure that individual' participation benefits from their involvement cannot be emphasised sufficient (Aceijas et al., 2017).

Sport has been not only an significant part of the progress of humanities since the initial ages, but also it has been an activity in which numerous individuals from everywhere parts the world partake in their free time. Sports activity and free time activities are very significant for current societies. These days, sport has become a portion of human being and it is difficult to reason that partaking in sports activities solely as a physical gain for people. We need to deliberate the bodily, mental and social benefits of sports to people as an entire (Yarmkaya et al. , 2014).

Research Design

This study utilized a quantitative approach. According to Bodnar (2015), quantitative research is an appropriate, independent, organized procedure in which mathematical information is used to gather evidence about the world. This study technique is used to outline variables and inspect connections between variables. Moreover, this study employed a quantitative research method to scrutinize sports and recreational activities as the content of leisure time among university students in Katima Mulilo, Zambezi Region.

Population and sample

Majid (2018) defines the population of interest as the specific group that a study aims to investigate or treat. In this study, the population included all university students in Katima Mulilo, Zambezi Region, Namibia. Sampling is the process of selecting a representative sample of individuals from the population of study (Majid, 2018). All 164 sports science university students were purposefully chosen to participate in this study based on their sports specialization.

Data collection methods

The data gathering method is a prepared technique used to collect information from various sources to provide insights and answers, such as testing a proposal or evaluating outcomes (EGNYTE, 2021). Additionally, quantitative data is mathematical in nature and can be statistically calculated. Quantitative data uses different measures, which can be categorized as nominal scale, ordinal scale, interval scale, and ratio scale (Kabir, 2016). The data for this study was collected using a questionnaire prepared by the researcher.

Data analysis

Jansen & Warren (2020) defines quantitative data analysis as the process of evaluating number-based statistics, which includes both categorical and numerical data, using various numerical methods such as calculations, percentages, mean, mode, frequencies, and median. The data resulting from the questionnaire was scrutinized and analysed using SPSS V21 for frequencies and percentages, and then interpreted into tables.

Research results

Table 1 below shows the demographic information of participants. A total of (n=164) sports science students participated in this study of which n = 56 (34%) were female and n = 108 (66%) were male participants.

Table 1 Demographic information of participants

Gender	(n)	Percent %
Female	56	34%

Male	108	66%
Total	164	100%

Table 2 below shows the results from sports and recreational activities sports science university students participate in when they have their free time. The table further shows five (5) sports activities (*football, netball, tennis, basketball, and volleyball*) and seven (7) recreational activities such as (*walking, running, exercising, playing games, dancing, cycling and jogging*). The results shows that football is the most participated activities by male students with 80(74%) saying ‘yes’ and 28(26%) saying ‘no’, whilst 20(36%) female participants agreed to engage in football and the majority 36(64%) said ‘no’ they did not participate in football during their free time. The second highest sport activity male participants agreed to participate frequently during their free time was volleyball with 73(67%) saying ‘yes’ and 35(32%) male participants saying ‘no’ whereas only 11(20%) of female participants engaged in volleyball and the majority figure of 45(80%) said ‘no’ they did not engage in this sport activity in their free time. The other high score of 33(59%) of female participants agreed to engaged in netball activities, whereas 26(46%) said ‘no’ they did not participate in the activity in their free time. The results further shows that all male participants did not engage in netball at all, with 108(100%) saying ‘no’ to participate in the activity. Also, basketball sports activities recorded a high score of 64(59%) to which male participants said ‘no’ they did not engage in the activity while 44(41%) of male participants said ‘yes’ they did engage in basketball, however 49(89%) female participants said ‘no’ they did not engage in basketball with only 7(12%) saying ‘yes’ to their involvement. The last sport activity was tennis to which 15(13%) male participants said ‘yes’ 93(86%) said ‘no’ they they did not engage in tennis activities in their free time, whilst 5(9%) of the female participants said ‘yes’ whereas 49(89%) of the female participants said ‘no’.

The results from table 2 further shows male and female participation occurrences in recreational activities sports science students engage in when they have their free time. Playing games is the initial highest score among male participants with a score of 95(88%) saying ‘yes’ to engage in the activity and 13(12%) male participant said ‘no’ whereas 29(52%) female said ‘yes’ they did engage in playing games and 27(48%) said ‘no’ they did not engage in such activities. The results further shows that dancing was female’s most participated activity with 49(89%) agreeing that they enjoyed the activity and 7(12%) said ‘no’, whereas only 25(23%) male participants said ‘yes’ to engage in dancing activities, the high score of 83(77%) male participants did not engage in dancing in their free time at all. 58(54%) of male participants said ‘no’ they did not enjoy running, only 50(46%) of male participant said ‘yes’ to engaging in running in their free time, on the other hand 25(45%) female participants said ‘yes’ and a high score of 31(55%) said ‘no’ they did not engage in running in their free time.

Exercising results shows that 67(62%) of male participants said ‘yes’ they did enjoy exercising in their free time, 41(38%) said ‘no’. The result further shows that 90(93%) of male participants did not engage in jogging activities, only 18(17%) male said ‘yes’ to this activity, whereas 35(65%) of female participants agreed to engage in jogging and 21(37%) said ‘no’ to their engagement in jogging. Given it natural orientation walking scored the lowest among male participants with a score of 19(17%) saying ‘yes’ and only 86(17%) of male participants saying ‘no’ to engaging in walking activities during their free time, whilst a high score of participation of 45(80%) was recorded among female participants in which they said ‘yes’ the engaged in walking in their free time, and only 11(20%) said ‘no’ to engage in such activities. The last recreational activity scrutinised was cycling which recorded a lesser score of 5(5%) saying ‘yes’ and 103(90%) saying ‘no’ among male participants, whereas only 2(3%) of female participants said ‘yes’ to engaging in cycling in their free time, the majoring of 54(96%) said ‘no’ to engaging in cycling as a recreational activity in their free time.

Table 2: Sports and recreational activities university students participate in their free time

Sport Activities	Male participation (n) %	Female participation (n) %
	Yes/No	Yes/No
Football	80(74%)/28(26%)	20(36%)/36(64%)
Netball	0(0%)/108(100%)	33(59%)/26(46%)
Tennis	15(13%)/93(86%)	5(9%)/51(91%)
Basketball	44(41%)/64(59%)	7(12%)/49(89%)
Volleyball	73(67%)/35(32%)	11(20%)/45(80%)
Recreational Activities	Male Participation (n)%	Female Participation (n)%
	Yes/No	Yes/No
Walking	19(17%)/86(79%)	45(80%)/11(20%)
Running	50(46%)/58(54%)	25(45%)/31(55%)
Exercising	67(62%)/41(38%)	33(59%)/23(41%)
Playing games	95(88%)/13(12%)	29(52%)/27(48%)
Dancing	25(23%)/83(77%)	49(89%)/7(12%)
Cycling	5(5%)/103(95%)	2(3%)/54(96%)
Jogging	18(17%)/90(83%)	35(65%)/21(37%)

Table 3 below shows the results on the possibilities of participation in sports and recreational activities at home, 98(60%) agreed that there were prospects to engage in free time activities at home, whilst 66(40%) said that there weren't any prospects engagement in sports and recreational activities at home. Moreover, 51(31%) showed that there were prospect that participants has no free time activities at home, while 113(69%) showed that there weren't any prospects that participants has free time activities at home. Furthermore, 10(6%) showed that there were prospects that participants doesn't want to get involved in sports and recreational activities at home, whereas 154(93%) shows that there weren't any prospects that participants does not want to get involved in sports and recreational activities at home.

Table 3: Possibilities for participation in sports and recreational activities at home?

Sports and recreational activities during free time	Possibilities for involvement in sports and recreation activities at home	
	There are prospects	There aren't any prospects
He/she has free time activities.	98 (60%)	66 (40%)
He/she has no free time activities.	51 (31%)	113 (69%)
He/she does not want to get involved in sports and recreational activities.	10 (6%)	154 (93%)

Table 4 below show the results of student involvement in aerobic recreational content according to student gender. Results shows that 66(61%) of male participants participate in aerobic recreational content very often above female participants with 16(28%). 14(13%) male participants sometimes get involved in aerobic recreational content, while 8(14%) female participants sometimes in aerobic recreational activities. The results further show that 20(18%) male participants and 32(57%) female participants do not often participate in aerobic recreational content at all.

Table 4: Students involvement in aerobic recreational content according to according to student gender

Involvement in aerobic recreational content	Gender	
	Men (n)%	Female (n)%
Very often	66 (61%)	16 (28%)
Sometimes	14 (13%)	8 (14%)
Not often	20 (18%)	32 (57%)

Discussion

The main aim of this study was to scrutinise sports and recreational activities as the leisure time content among university students in Katima Mulilo, Zambezi Region. According to the results of this study presented in table 2, shows that football is the most male participated sports activity in their free time with 80(74%) engagement on a daily basis, on the other hand only 20(36%) of female participants engage in football in their free time. These results concur with Yenilmez and Celik (2020) who found that overall, football is known and considered a male-dominated sport but current trends display an important improvement in women's involvement in sports. Moreover, according to MacNaught (2024) found that men engagement in football related activities by 60% above women with 23.3% on daily basis.

Moreover, volleyball is one of sports activities male participants engage in on daily basis with a score of 73(67%) and a low engagement score of 11(20%) in female participants. These results are supported by Kela et al., (2023) study which found that volley is a male dominated sports showing that a total of (n = 10) volleyball teams from the Zambezi Volleyball Association participated in that study, whereas (n = 7) 70% comprised of male teams and (n = 3) 30% were made of female teams. Netball results shows that it is female demonated sports activity with 0% male participation and 33(59%) female engagement in their free time. The results align with Australian Bureau of Statistics (2020) which found that there were a probable 431,000 Australians aged 19 years and over who engaged in netball activities in their free time. This signified an involvement amount of 3%. Moreover, netball as a sports activity was found to be more common among female participants, with above 8 times as many females (78%) partaking than males (22%). This study results further shows that there is a high engagement male participation in basketball by 44(41%) female 7(12%) and a low engagement in tennis with 15(13%) male and 5(9%) female. The results above concur with Akoguz (2023) who found that a lot of male participants engaged in street basketball activities in the free time as street game did not have formal rules of play. Moreover, New Era Sports Desk (2022) tennis is one of the complex activity to partake in, as it difficult to teach and learn, despite its complexity a few resident of Windhoek have been engaging in this activity in their free time for the past 3 years.

On the other hand, this study shows participation results from recreational activities.

This study results further shows that female participants engaged in walking activities more with a score of 45(80%) more than male participants with 19(17%). These results relate to Pollard and Wagnild (2017) who found that there is a clear evidence that more women engage in walking activities for leisure than men. Results show that male participants engaged more in running activities in their free time by 50(46%) and only 25(45%) of female participated in such activities. These results concur with Craft et al., (2014) who found that female participants engaged more in running activities for fitness purposes, whilst female participants engaged in running less rigorously for weight loss and body toning. Likewise, the results show that exercising among male participants scored 67(62%) and 33(59%) female. These results correspond with Craft et al., (2014) who found that men engage in exercising activities regularly than women, on the other hand the new research by Vogel (2024) suggest women engage in exercising regularly in their free time compared to men and have a lesser risk of early death in comparison with men who does the same activity.

Results further shows that male engaged in playing games by 95(88%) than female 29(52%) in their free times. Similar results are supported by Fatih et al., (2020) who found that 96% of male and 76% of female reported to have engaged in playing games activities in their free time in the year 2020, while the conforming figures were 96% and 63% in the year 2018. Female participants engaged more in dancing 49(89%) and jogging 35(65%) activities compared to male participants in their free times. These results are in support with Potic et al., (2014) who found that engaging in dancing activities was a popular physical exercise among women compared to men, as it was associated with decreasing anxiety, increased self-esteem and boosting mental capacity. On the other hand, the results above correspond with World Health Organisation (2022) which found that women engage in jogging activities more than men by 63% and men on the other side prefer running as it is more intense and require fitness compared to jogging.

The results from table 3 show possibilities of engagement in sports and recreational activities at home, 98(60%) participants indicated that there were high prospects engagement in free time activity at home, while 66(40%) show that there weren't any prospects at all. Moreover, results show 51(31%) that there are prospects that participants has no free time activities, while 113(69%) show that there weren't any prospects that participants has no free time activities. Furthermore, results show 10(6%) prospects that participants does not want to get involved in sports and recreational activities, while 154(93%) show that there weren't any prospects at all. These results are supported by Šabić et al., (2020) who found in their study that the majority of respondents think that, in their living environment (home), there are less prospects for engaging in sports and recreational activities.

Results from table 4 shows student involvement in aerobic recreational content based on gender, 66(61%) male and 16(28%) female participated in aerobic recreational activities in their freetimes, while 14(13%) male and 8(14%) female sometimes got engaged in aerobic activities, whilst 20(18%) male and 32(57%) female were found not oftenly engaged in aerobic activities in their free times. These results are supported by Šabić et al., (2020) who revealed that men participate in aerobic activities (*running*) more than women, as such activity requires strength, endurance and fitness, whilst on the other hand women were found to participate more in jogging activities as it required less fitness levels.

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