

## Effect of Recreational Activities upon Quality of Life of University Teachers

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**Abstract:** Recreational activities are socially acceptable and individually beneficial to people. The main objective of this study was to find the effect of recreational activities upon quality of life of university teachers of district Lahore. For this purpose, a total no. of 154 teachers 'ages 25-44 years old from public and private universities of Lahore were selected for this study. The research tool on Leisure Satisfaction Scale (LSS) and Quality of Life Scale (QLS) developed by WHO were used for data collection. The overall reliability of both the scales is 0.823 which is in excellent range. Significant value of recreational activities scale is 0.073 and Quality of life scale is 0.237 which is greater than 0.05 which shows that the data is normally distributed. 73 (47.4) % participants are 35-39 years old having the maximum frequency, 91 (59.1) % participants were M.Phil education level, 69 (44.8) % participants were married and 72 (46.8) % were involved in recreational activities. The mean value of Leisure Satisfaction Scale (LSS) and Quality of Life Scale (QLS) both these variables are low positive correlated with the value ( $r=0.361$ ) and slightly non-significant ( $p=0.057$ ) value. Effect of Leisure Satisfaction on Quality of Life is 13.0%. There is low positive correlation between Leisure Satisfaction and Quality of Life of university teachers. Leisure Satisfaction has positive effect on Quality of Life of university teachers.

**Key words:** Recreational Activities, Leisure Satisfaction, Quality of Life, University Teachers

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### INTRODUCTION

In this age of modern era, people are enjoying a sort of luxurious life based on advance technology, which leads to inactivity enhancement, psychological, physiological and social disorders. It is truth that fastly advance technology has created easiness whether it is home or office. Consequently, certain social problems are being observed which include physical problems belong to reduced physical activity because most of the work is done on machines and digital gadgets. This unnecessary reduction in physical work and reliance on technology results in the development of psychological and social problems (Kamenju, 2016). Collectively, these all components effect the society, family and personal life in long run. Additionally, in all aspects of life, modern life's enhancement has left us with free time which is more than sufficient to enjoy the leisure activity, but again at the same moment, people prefer to spent that spare time on video games, tv, mobiles and other digital gadgets. Children take more

interest in these things and are seen to be less interested sporting or other physical activities, this thing resulted in many physical, psychological and emotional issues.

Mostly, people think that recreation is something which is opposite to fill in work routine at the end of work. Basically, it is a sort of drive rather than opposite to the work (Graciani, 2016). In rest and work, it is the stage of unwinding concordance. That is why it can be refined in both rest and work. Ramirez,(2016) concluded that combination of pleasant activities is actual part of life which involve both work and unwinding just like body and mind in human body. Work and diversion are constantly related that these two are not supposed to be confined in the way that unwinding in work found like manner. As stated by Wicker (2015), the issues that are recognized as quality of life, get opportunities by unwinding.

Recreation is characterized as an organized time that an individual saves to satisfy oneself. Purposefully, it is chosen by individuals for the sake of satisfaction, enjoyment and improvement in lives (Kamenju, 2016). In the concept of diversion there is some relaxation. People with socially receiving.

With the passage of time, the sources of entertainment that are considered socially acceptable, can be seen to be changing (Hacıcaferoğlu, 2014). Redirecting activities include climbing, scrutinizing as a relaxation action, walking, running, moving, watching films along with playing any game like table tennis, and other activities can be actives which are indoor or spending time by sitting in front of the tv, examining, watching program on a television screen(Ozer, 2014). Sometimes, individual can be hindered into energy distribution by the requirement to be active of the gardens or go to a hi tea due to pervasive weights. The difficult, planned and tough practices are followed by nice and easygoing sources of entertainment (Sabancı, 2016). It is the continuous indication of growing society changes, which happens over time.

In another research by Sieber (2017) stated as compared to those people who got retirement but didn't rescheduled and redirected their activities, were better those people who kept on enjoying the unwinding and redirected their activity schedule on regular basis as per requirement of the need. Tsaparas (2016) researched that in more seasoned people the signs of debilitation are cut down by powerful exercise. In a study of life satisfaction, we found that in the event of young females, diversion development participating had a gainful result(Davey, 2016).

To keep brain and body active and alive, to promote the utilization of unnecessary extra time by doing useful exercises and indulging in recreational activities, one can promote energy level. People are seen to be busy with physical activity rather than taking stress. Overstress is seen to be less in those people who keep themselves engaged in productive exercises and other recreational activities. People of all class must have access to sports officer of the concerned area, and sports should be considered as one of the vital components which are used as recreational activities. The actual objective of this research was to research the effect of recreational activities upon quality of life of university teachers of district Lahore (Ozer, 2014).

### Research Methodology

The current research was conducted on public and private university teachers of Lahore. For this thing, analytical and cross-sectional study design has been used to research the thoughts about it by university teachers on recreational activities. The population area of this study included five different university teachers of district Lahore. The sample size was determined through Yamane (1967) formula from total population  $n=250$  teachers.

$$n = \frac{N}{1 + Ne^2}$$

Where

n = sample size

n = total population = 250

e = sampling error = 0.05

**sample size = 154**

The simple random sampling technique was used by random number generating. The data has been collected from five various universities' teachers (ages 25-44 years) of Lahore, Pakistan. The followings universities had been chosen for the purpose of data collection like

- University of Central Punjab (UCP)
- Superior University (SU)
- Minhaj University (MU)
- Hajvery University (HU)
- University of Education (UE).

The researcher explained the procedure and objective of research by meeting with all teachers personally in their universities. The university teachers who willingly participated were distributed consent forms. The researchers used two scales (1) the leisure satisfaction scale (LSS) which consisted of 24 statements and (2) quality of life scale (QLS) which was consisted of 16 were used for data collection. The overall reliability of both the scales is 0.823 which is considered in excellent range.

#### DATA ANALYSIS PROCEDURE

Data has been analyzed with SPSS version 23.0. The demographic data has been analyzed by using descriptive statistical of mean and standard deviation scores followed by statistical analyses for hypotheses testing. The Pearson correlation coefficients have been used to find the relationship between leisure satisfaction and QOL. The regression analysis was used to report the effect of leisure satisfaction on the QOL.

#### RESULTS

The demographic data was analyzed using descriptive statistical of Frequency and percentage.

**Table 1** Participation of university teachers (n=154)

Categories	Frequency	Percent
uperior University	30	19.5
Minhaj University	30	19.5
Education University	34	22.1
Hajvary University	30	19.5
University of Central Punjab	30	19.5
Total	154	100.0

**Table 2** Education level of university teachers (n=154)

Categories	Frequency	Percent
Masters	16	10.4
M. Phil	91	59.1
PhD	47	30.5
Total	154	100.0

**Table 3**

*Marital status of university teachers*

Categories	Frequency	Percent
Married	69	44.8
Single	25	16.2
Divorced	29	18.8
Widow	31	20.1
Total	154	100.0

**Table 4**

*Part of recreational activities*

Categories	Frequency	Percent
Yes	72	46.8
No	82	53.2
Total	154	100.0

(n=154)

**Table 5**

*Correlation between mean value of Leisure Satisfaction Scale and Quality of Life Scale (n=154)*

	Mean value of Leisure Satisfaction Scale
Mean value Quality of Life Scale	0.361
Sig. (2-tailed)	0.057

\*\* Correlation is significant at the 0.01 level (2-tailed).

Table 5 shows that the relationship between mean value of Leisure Satisfaction Scale and Quality of Life Scale, both the variables are low positive correlate with the value (r=0.361) and non-significant (p=0.057) value.

Table 6

*Model Summary of Leisure Satisfaction Scale and Quality of Life Scale*

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.361 <sup>a</sup>	.130	.127	.23764	1.736

a. Predictors: (Constant), mean LSS, b. Dependent Variable: mean QLS

Table 6 depicts that in the column labeled R are the values of correlation coefficients between the predictors and the outcome which is 0.361. The next column gives us a value of R<sup>2</sup>, which is a measure of how much of the variability in the outcome is accounted for by the predictors. For the model its value is 0.130, which means that social networking usage 13.0% of the variation in quality of life.

Finally, the Durbin-Watson statistic informs us about whether the assumption of independent errors is acceptable having the range less than 1.5 or greater than 2.5 should definitely raise alarm bells. The data value is 1.736, which is in the range of 1.5-2.5 that the assumption has almost certainly been met.

Table: 7 ANOVA of Leisure Satisfaction Scale and Quality of Life Scale

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	0.011	1	.011	.198	.057 <sup>b</sup>
	Residual	8.584	152	.056		
	Total	8.595	153			

a. Predictors: (Constant), mean LSS, b. Dependent Variable: mean QLS

Table 7 presents that model has two coefficients one is predictor and one for the constant, and has 153 degrees of freedom. The average sum of squares is then calculated for each term by dividing the square sum by the df and F-ratio is 0.198, we can interpret these results as meaning that the model predicts the outcome variable.

Table 8 Coefficients<sup>a</sup> of Leisure Satisfaction Scale and Quality of Life Scale

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.879	.251		11.460	.000
	Mean LSS	.137	.183	.036	.445	.657

a. Dependent Variable: mean QLS

Table 8 shows that in linear regressions the model takes the form above equation and in that equation, there are several unknown quantities (the b-values). The first part of the table gives us estimates for

these b-values and these values indicate the individual contribution of each predictor to the model. If we replace the b-values in equation we find that we can define the model as follows:

$$\text{Quality of Life} = (b_0 + b_1 \text{ Leisure Satisfaction Scale})$$

$$\text{Quality of Life} = (1.888 + 0.478 \text{ Leisure Satisfaction Scale})$$

The b-values tell us about the relationship between quality of life and each predictor. For these data all predictors have positive b-values indicating positive relationships. Each of these beta values has an associated standard error indicating to what extent these values would vary across different samples, and these standard errors are used to determine whether or not the b-value differs significantly from zero.

## DISCUSSION

The main objectives of current study include 1) To find the relationship between recreational activities and quality of life of university teachers. 2) To examine the effect of recreational activities upon quality of life of university teachers. Survey design of research has been in the current research study. data for current study has been gathered from teachers of universities in lahore. Cronbach's Alpha reliability test statistics was used for data consistency of the questionnaire. To find the relationship between the variable using Pearson Correlation Test and to find the impact of variables using Regression analysis with significance level will be set at 0.05. The overall reliability of both the scales is 0.823 which is in excellent range. Significant value of recreational activities scale is 0.073 and Quality of life scale is 0.237 which is greater than 0.05 which shows that the data is normally distributed. 73 (47.4) % participants are 35-39 years old having the maximum frequency, 91 (59.1) % participants were M. Phil education level, 69 (44.8) % participants were married and 72 (46.8) % were involved in recreational activities. The mean value of Leisure Satisfaction Scale (LSS) and Quality of Life Scale (QLS) both these variables are low positive correlated with the value ( $r=0.361$ ) and slightly non-significant ( $p=0.057$ ) value. Effect of Leisure Satisfaction on Quality of Life is 13.0%.

the correlation between quality of life and university teachers, leisure satisfaction. Positive relation has been observed Leisure Satisfaction has positive effect on Quality of Life of university teachers with the following model  $\text{Quality of Life} = (1.888 + 0.478 \text{ Leisure Satisfaction Scale})$ .

## CONCLUSION

Socially beneficial and individually acceptable way of spending leisure time is called recreational activity. Satisfaction of certain human need is compulsory, achievement of educational goals, fulfillment of the obligations of social democratic etc. Sedentary lifestyle leads us towards various health risk factors, in the form of various chronic health disorders, society is paying price due to advancement in technology. These factors have realized the importance of sufficient recreation in this time of modern technological life.

## LIMITATIONS

- The research study is analytical and cross sectional and focus was upon the responses of the university teachers. It was limited only to the universities of Lahore.

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