

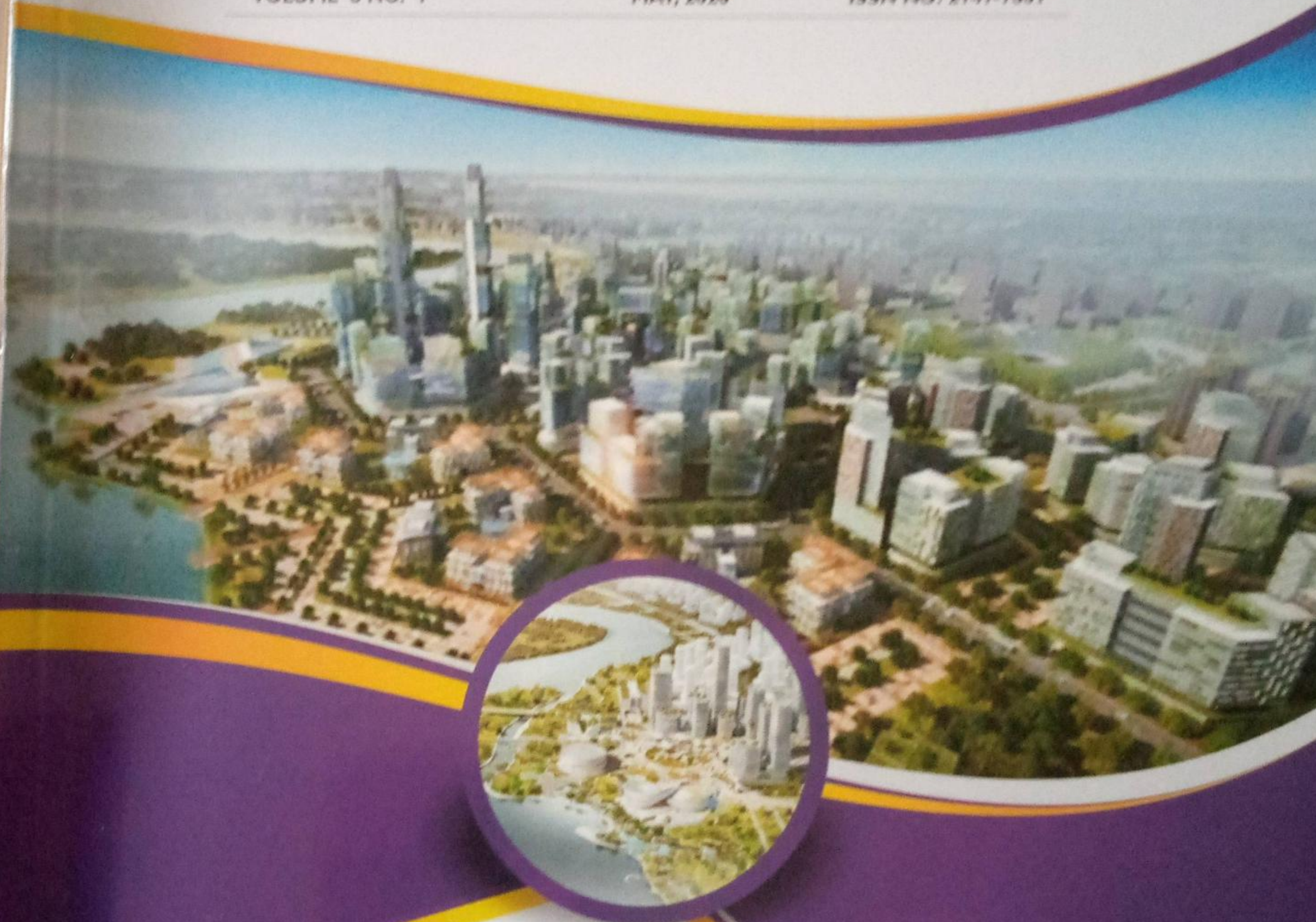


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TABLE OF CONTENTS

Content	Page
Basic Public Elements in Development Control Process in Federal Capital Territory, Abuja, Nigeria <i>Ebehikhalu N. & Umaru E. T.</i>	1 - 9
Assessment of Leisure Motivation of Persons with Visual and Physical Disabilities in Minna, Nigeria * <i>Mohammed B. B., Mohammed I. K., Akanbi M. & Benjamin A. S.</i>	10 - 21
Management Challenges of Urban Water Supply Systems in Minna, Niger State, Nigeria. <i>Salihu S. & Aisha, N. S.</i>	22 - 33
Assessment of the Geographic Distribution of Water Facilities and their Condition in Sabon Wuse, Niger State Nigeria. <i>Umaru E. T., Ebehikhalu N. O., Ujah A. I. & Yisa M. K.</i>	34 - 46
Assessment of Energy Efficiency Features in Ado Bayero Mall, Kano, Nigeria. <i>Yusuf, A.</i>	47 - 57
Assessment of Variation in Oil Spill Compensation Valuations in Rivers State, Nigeria <i>Okolo, C. Y; Udoekanem, N. B. & Nuhu, M. B.</i>	58 - 67
Evaluation of Facility Management Service Quality Delivery in Commercial Banks in Minna <i>Muhammad, F. A. & Akanmu, P. W.</i>	68 - 83
The Role of Public Open Spaces in Promoting Social Sustainability in Kano, Nigeria: A Sense of Community Approach <i>Abubakar, S. U.</i>	84 - 101
Assessment of Safety Performance Factors of Building Maintenance Contractors Work in Abuja, Nigeria <i>Mohammed, Y.D. & Shittu, A. A.</i>	102 - 113
Compliance to Seat Belt Regulation Among Vehicle Users in Gidan Kwano Campus, Federal University of Technology, Minna, Nigeria <i>Santali, B. N.</i>	114 - 122
Assessment of User's Satisfaction of Public Housing Estates in Lokoja, Kogi State, Nigeria <i>Ameh, M. A. & Yusuf, A.</i>	123 - 136

ASSESSMENT OF LEISURE MOTIVATION OF PERSONS WITH VISUAL AND PHYSICAL DISABILITIES IN MINNA, NIGERIA

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Abstract

Leisure participation of persons with disability has been an ignore area of research except little effort made in recent times by some researchers. Even with that, leisure concerns of persons with visual and physical disability in Nigeria has not been given adequate academic attention. Thus, this paper examines their leisure motivation in Minna town using a survey questionnaire for persons with visual and physical impairments who were conveniently selected. Analytical data was conducted using descriptive statistics and independent sample t test in SPSS version 20. The results of this study show that the main leisure activity of visual and physical disabilities are sleeping and chatting. While the main indicators of leisure motivation dimensions of persons with visual impairment in descending order are satisfy my curiosity, build friendship, gain respect, and have sense of belonging, that of persons with physical disability are to be able to have feeling of achievement, and use my imagination. Results also indicate the existence of variations in leisure motivation between persons with visual and physical disabilities on intellectual, competence mastery and stimulus avoidance dimensions and non-existence of variation on social dimension of leisure motivation.

Keywords: Disability; Indicator, Leisure; Motivation; Nigeria.

Introduction

Disable persons are very important personalities in our society who are facing a disproportionate amount of psychological, physical, socio-cultural, economic, and political barriers in their lives (Darcy & Taylor, 2009). For this reason, it is pertinent that they have the liberty to engage in all form of leisure as it has been established that leisure experiences contribute to the quality of life of people with disabilities by relieving tensions, helping to make their lives more manageable, building and maintaining relationships with family and friends (Driver, Brown, & Peterson, 1991; Dattilo, 2002). Lord and Patterson (2008), noted that some legislations have been put in place that recognize the right of disables to participate in physically active leisure experiences because of its ability to satisfy basic social psychological needs and contribute to

disables quality of life. Among persons with physical disabilities, leisure has been found to facilitate coping, help establish a positive identity and foster self-acceptance (Reid & Prior, 2006; Parry, 2007; Kleiber, Reid & Hutchinson, 2008).

Leisure participation is known to be driven by its motivation according to Caldwell, Park, Smith, Palen, & Wegner, (2010), and as a result, the theme has received significant academic attention (Kyle, Absher, Hargrett & Cavin, 2006). Leisure motivation is regarded as a product of the broader socio-cultural, economic, and political context (Park and Yoon, 2009), and central to the provision of leisure services especially for marginalized groups such as disabled persons whose interests in leisure may differ from non-disabled people (Adam, Kum & Boakye, 2016). From Adam

Kyeremeb and Boakye (2016) view point, the reason why people engage in certain leisure behaviour is of value to leisure service providers because it tends to inform them of the needs, desires, and aspirations of individual participants which ultimately help them to tailor their services.

As significant as understanding leisure motivation of disabled, researchers have not given it enough attention, particularly in developing countries known for high number of people with physical and visual disabilities. Up till date, there is scarcity of literatures on leisure motivation of people with disabilities globally. Existing studies on disabilities leisure life have focus on their constraints especially in the domain of outdoor leisure spaces (Darcy & Taylor, 2009; Darcy, Cameron, & Pegg, 2010; Darcy, 2011). Moreover, much of the empirical studies on leisure amongst disabled people have been situated in developed western countries, which differ from developing African countries in economic, sociocultural, and political structures. In this light, this study aimed at investigating leisure motivation of persons with visual and physical disabilities in Minna, Nigeria. The specific objectives of this paper are to:

- 1) Determine leisure engagement of persons with visual and physical disabilities.
- 2) Determine the main indicators of leisure motivation of persons with visual and physical disabilities in Minna.
- 3) Assess the variation of leisure motivation between people with visual and physical disabilities.

Literature Review

Concept of Leisure Motivation

Motivation is generally defined as a process that involves the instigation and sustenance of goal-directed activity (Schunk, Pintrich, & Meece, 2008), which constitutes a fundamental variable of self-regulation that influences active planning, maintenance and

reflection of one's actions (Zimmerman, 2000). Motivation is also seen as psychological/biological needs and wants, as well as some essential forces that stimulate, direct and incorporate a person's behavior and activity (Shui, Cole, & Chansellor, 2012).

From leisure studies standpoint, leisure motivation can be explained using the popular push-pull theory which derived its foundation from Dann's anomie and ego-enhancement theory (1977) and Crompton's socio-psychology and alternate cultural theory (1979). Push factors can be described as leisure seeking motivation which is often associated with the internal and psychological issues that influence people's participation in leisure, while the pull factors which are somehow related to avoidance (escaping) motivations are some specific characteristics of a leisure activity that attracts leisure participants (Iso-Ahola, 1980; Brown & Lehto, 2005; Yoon & Uysal, 2005). The conceptualization of leisure motivation using the push-pull context has contributed immensely in advancing knowledge of the subject, and has tremendous importance, and usefulness in guiding the design of marketing strategies by service providers in leisure and tourism sector (Adam, Kumi-Kyereme & Boakye, 2016).

The theoretical underpinning of leisure motivation has been further discussed under the umbrella of self-determination theory, which distinguish between intrinsic motivation, extrinsic motivation and a combination of intrinsic and extrinsic motivations (Deci & Ryan, 1985, 1991; Ryan & Deci, 2000). As noted by McDavid, Cox, and Amorose (2012), intrinsic motivation is the self-determined form of motivation and behavior that involves participation in an activity because of the activity itself, while extrinsic motivation involves participation in an activity because of 'some payoff from the activity, and delineated into four external

regulations that are gradually less self-determined in nature. The needs theories which were drawn from Maslow's (1954) hierarchy of need model is the midpoint between intrinsic and extrinsic leisure motivation. According to Pearce & Lee(2005), the theories suggest that a person's motivation to take part in leisure methodically moves with the level of his or her previous leisure engagements and life stages.

Park and Yoon (2009) noted that leisure is in most times viewed as performing a social

function and not serving any interest, and therefore, motivation along the motivational theories that are connected to market values may not be the interests of disable persons. This and for this reason, Adam, Kumi-Kyereme & Boakye(2016) opined that leisure should be conceptualized to reflect the function of leisure in the lives of people.

Extent of Research on Leisure Motivation

Table 1: Studies on leisure motivation across the globe

S/No	Author	Title of Article
1	McCabe (2001)	The Problem of Motivation in Understanding the Leisure Day Visits
2	Kim (2006)	Understanding Cross-cultural Differences in Leisure Motivation: Testing Structural Equation Modeling
3	Hede and Hall, (2006)	Leisure Experiences in Tourist Attractions: Exploring the Motivations of Local Residents
4	Walker & Wang (2008)	Cross-Cultural Comparison of Canadian and Mainland Chinese University Students' Leisure Motivations, Leisure Sciences
5	Walker (2009)	Culture, Self-Concept, and Leisure Motivations, Leisure Sciences
6	Jacob , Guptill & Sumsion (2009)	Motivation for continuing involvement in a leisure-based activity: The lived experiences of university choir members
7	Dillard & Bates (2011)	Leisure motivation revisited: why people recreate
8	Mock & Hummel (2012)	Sexual Minority Adults at a Seasonal Home Camp: Examination of Common, Unique, and Diverse Motivations
9	Huang, Lee, Yeh & Hsiao (2014)	Estimating Congestion Costs and Segmenting Motives for Recreational Festivals
10	Ramey, Lawford & Rose-Krasnor (2016)	Motivations for Activity Participation as Predictors of Psychological Engagement in Leisure Activities
11	Adam, Kumi-Kyereme & Boakye, (2016)	Leisure motivation of people with physical and visual disabilities in Ghana
12	Lyu & Lee, (2016)	Latent Demand for Recreation Participation and Constraints Negotiation Process
13	Marinkovic, Dimitrovski & Senic (2016)	Going for gold as a leisure tourism continuum: motivations for gold panning revisit intention
14	Adam, (2017)	Antecedents to leisure participation among people with disability in Ghana
15	Adam, (2017)	People with visual impairment 'watching' television

Assessment of Leisure Motivation of Persons with Visual and Physical Disabilities in Minna, Nigeria

		pursuits of people with visual impairment in Ghana
16	Adam, Boakye & Kumi-Kyereme, (2017)	Are we our own enemies? Leisure constraints of physically and visually disabled people in Ghana
17	Lepp, Barkley & Li, (2017)	Motivations and Experiential Outcomes Associated with Leisure Time Cell Phone Use: Results from Two Independent Studies
18	Uribe (2017)	The Influence of Psychological Needs in Mexican Older Adults' Leisure Motivations
19	Henderson & Spracklen (2017):	If I had my way, I'd have been a killer': songwriting and its motivations for leisure and work,

Source: Authors work, 2017

Research Methodology

Questionnaire was the instrument used in collecting data for this study. It is made up of three main sections each capturing variables that addressed the research objectives. The first section requested for socio-demographic data of disable persons which include: Impairment category, sex, age, marital status, educational level, religion, household size, occupation, income level and ethnic orientation. The second section contain questions on the types of leisure activities disable persons engage in, including average duration of time spent on each leisure activity. The last segment of the questionnaire is basically a 5 point like scale questions on leisure motivation of disables that ranges from strongly disagree to strongly agree.

Owing to the need to have a deeper and more comprehensive knowledge of leisure motivation of disables from their personal perspective, it became necessary not to use the over-simplistic push-pull framework and the intrinsic-extrinsic theories to measure their motivation. Thus, Beard and Ragheb (1983) scale which has been used in different leisure contexts and has proven to have high degree of reliability and validity, and offers an in-depth means to capture leisure motivation according to Mohsin & Ryan (2007) was adopted. This scale consists of four latent constructs, namely social motivation, intellectual motivation, competence mastery, and stimulus avoidance.

Each of the constructs was measured by at least five (5) indicators.

Snowballing sampling techniques was used in selecting samples for data collection as the agency in charge of social welfare do not have data on the number of disable persons and their location. In this case, effort was made to locate the chairman of all the disables in Minna city who is physically impaired. Their chairman served as a key informant, and so interacting with him provided information on where to locate physical and visual disable persons, and also on the convenient time to see them. According to Smith (2010) and Cresswell (2012), snowball technique is useful in obtaining information about a population that is less known through the use of a key informant who provides direction on the location of other persons that should be sampled.

Because of non-availability of record of different categories of disable persons, choosing a specific sample size using scientific procedures was difficult. However, 400 hundred questionnaires were administered to the two groups (physical and visual disables). Out of the 400 hundred questionnaires, 250 were given to the chairman who in turn gave them out to physical disable persons. Although, some of the physical disables are literate who can read and write in English language, majority of them were illiterate. So the chairman assisted

the illiterate ones in interpreting and filling the questionnaires. For the visual disable persons, the researchers approached them in the evening in three locations in Minna and 150 questionnaires were administered through the self-administered method. Of the 250 questionnaires given to physical disables, only 96 were returned, but the whole 150 questionnaires for visual disables were returned; making available 246 questionnaires for analysis, and yielding a return rate of 61.5%.

Data analysis was carried out with the aid of SPSS version 22. The data was initially screened for unengaged response and outlier using Microsoft Excel, then it was transferred to SPSS for exploratory factor analysis where the actual indicators that provided a good measure of the dimensions of leisure motivation (Intellectual, Competence Mastery, Stimulus Avoidance, and Social) were determined. Descriptive analysis was conducted to obtain frequency of disable persons engaged in different leisure activities, which addressed the first objective. To address the second objective, descriptive analysis was conducted to obtain mean,

standard deviation, and descriptive values were ranked. An independent sample t test was used to address the third objective.

Results and Discussion

Leisure pursuit of persons with physical disability

Table 2 shows the leisure activities of persons with visual and physical disabilities in Minna town. As shown in the table, it is observed that a large number of disable persons engage in leisure activities in Minna town. The total number of returned questionnaires from persons with physical disabilities is 248 responses to different leisure activities. This implies that persons with physical disabilities in Minna find time to engage in different forms as a way of coping with the burden of their disability and making themselves happy. The most important leisure activity to persons with visual disability is sleeping and the most desirable leisure activity is chatting. From the table, the least important leisure activity for persons with visual disability is playing ludo and draft, while playing draft is the least important for physical disability.

Table 2. Leisure pursuit of persons with visual and physical disability

Leisure activity	visual disability	physical disability
Sleeping	66	47
Chatting	54	61
Visiting friends and relative	41	34
Listening to radio	47	38
Watching television	0	23
Mediation	11	14
Playing ludo	0	13
Playing draft	0	18
Total	219	248

Source: Authors Analysis, 2017

Assessment of Leisure Motivation of Persons with Visual and Physical Disabilities in Minna, Nigeria

Main indicators of leisure motivation of persons with physical disability in Minna.

First and foremost, the persons with physical disability have shown total agreement with all the indicators of the dimensions of leisure motivation in varying degree as all the mean values are above 2.5 average. Results determining the main indicators of leisure motivation of persons with visual disability are presented in table 3. The table shows that the 1st, 2nd, and 3rd indicators of leisure motivation in terms of ranking of mean values, which is their level of agreement with measurement variables of motivational construct are "be active", "feeling of achievement, and "use my imagination". This signifies that majority of persons with

physical disability engage in one form of leisure or the other to avoid idleness, just to be active. They also participate in leisure to have a feel of achievement that makes them temporary forget their state of disability. A large proportion of them also engage in leisure to explore their imaginative thought since they are handicapped in one form or the other. The table also shows that the three least indicators of leisure motivation are "reveal my thought and feelings", "influence others", and "challenge my ability". This connote that persons with physical disability are somewhat less concerned about discussing their thought and feelings with other persons, in addition to little willingness to influence others and challenge their present state.

Table 3. The most prominent indicators of leisure motivation of persons with physical disability in Minna

Main indicators of dimensions of leisure motivation	Mean Value	Standard deviation	Ranking
Be active	4.43	0.692	1
Feeling of achievement	4.36	0.727	2
Use my imagination	4.34	0.678	3
Develop fitness	4.27	0.761	4
Feeling of belonging	4.26	0.811	5
Relieve stress	4.25	0.834	6
Do something simple and easy	4.23	0.888	7
Satisfy my curiosity	4.20	0.841	8
Improve skill abilities	4.19	0.772	9
Expand my knowledge	4.18	0.858	10
Gain others respect	4.16	10.933	11
Explore new ideas	4.13	0.874	12
Be in calm atmosphere	4.11	0.806	13
Learn about myself	4.07	0.954	14
Build friendship	4.06	0.868	15
Interact with others	3.98	1.124	16
Expand my interest	3.83	0.893	17
Avoid hustle of life	3.52	1.289	18
Need to be alone	3.38	1.409	19
Reveal my thought and feelings	3.36	1.445	20
Influence others	3.32	1.294	21
Challenge my ability	2.61	1.284	22

Source: Authors Analysis, 2017

Main indicators of leisure motivation of persons with visual disability in Minna.

The results presented in table 4 show all the indicators of dimensions of leisure motivation of persons with visual disability in Minna. As shown in the table, the three most prominent indicators of leisure motivation in descending order of importance are "Satisfy my curiosity", "Build friendship", "Gain others respect", as they have the highest mean value, which is an indication of the level of agreement with the variables measuring each motivational factor. From this result, it is evident that persons with blindness participate in leisure to satisfy their curiosity. This is not surprising as it is a common practice by visual disables to exhibit consciousness about happenings in their environment because of the feelings of exclusion from the environment. This agrees with Seong and Hoon (2016) study that described unfriendly societal attitudes toward impairments as considerable interpersonal constraints, which facilitate the formation of latent demand for recreational participation. In addition, a research on leisure activities among young people with visual impairment

conducted by Jessup, Cornell, (2010), also revealed that people with impairment and physical disabilities lowered all expectations through prejudice, and challenged prejudice, showing a build friendship as one of the most motivational factor indicator could be explained by their thought of people weigh them down, so it shows a surprising that a larger majority showed much agreement with this indicator.

Moreover, it is also a common belief that those with one form of disability other do not like to be looked down upon by anybody, and are lovers of respect from persons and so having "gain others respect" as the third highest positive indicator motivational dimension is not out of place and not unexpected. Further analysis of the study shows that the three least important leisure motivation factors in descending order are "Explore new ideas", "Expand my interest", and "Avoid hustle and bustle".

Table 4. The most prominent indicators of leisure motivation of persons with visual disability in Minna

Main indicators of dimensions of leisure motivation	Mean value	Standard deviation	Rank
Satisfy my curiosity	4.07	0.946	1
Build friendship	4.06	0.998	2
Gain others respect	3.97	0.937	3
Feeling of belonging	3.93	0.981	4
Interact with others	3.91	1.113	5
Do something simple and easy	3.89	0.899	6
Influence others	3.86	0.890	7
Need to be alone	3.85	1.021	8
Develop fitness	3.83	1.079	9
Be in calm atmosphere	3.82	1.062	10
Expand my knowledge	3.81	1.097	11
Use my imagination	3.78	1.022	12
Improve skill abilities	3.76	1.151	13

Assessment of Leisure Motivation of Persons with Visual and Physical Disabilities in Minna, Nigeria

Be active	3.76	1.115	13
Relieve stress	3.76	0.988	13
Feeling of achievement	3.73	1.121	16
Learn about myself	3.69	1.099	17
Challenge my ability	3.58	1.286	18
Reveal my thought and feelings	3.51	1.151	19
Explore new ideas	3.49	1.151	20
Expand my interest	3.40	1.135	21
Avoid hustle of life	3.03	1.444	22

Source: Authors Analysis, 2017

Variation of leisure motivation between people with visual and physical disabilities

Independent sample t test conducted to examine the variation of leisure motivation between persons with visual and physical mobility show some significant difference. For instance, highly significance difference was found on the “Intellectual dimension (t = 5.892, P < 0.001)”, “Competency mastery dimension (t = 2.960, P < 0.001)”, and “Stimulus avoidance dimension (t = 2.948, P < 0.001)”, but insignificant difference was found on “Social dimension (t = 0.103, P > 0.05)” (table 4). This finding signifies that persons with visual and physical disability differ in the way they expand their interest, learn about themselves, expand their knowledge, explore new ideas, and use their imagination. It also indicate that they have varying interest in the way they engage in

leisure to be active, develop fitness, challenge their abilities, avoid hustle of life, relieve stress, be in calm atmosphere, do something simple and be alone. Additionally, in terms of the social dimension aspect, which did not indicate any significance difference between visually and physically disable persons, an inference that can be drawn from this finding is that both class of disable participate in leisure to interact with others, build relationship, influence others and gain respect, reveal their thought with others, satisfy their curiosity and have a sense of belonging. This finding is consistent with that of Jessup *et al.*,(2010). In their study, they discovered that people with visual impairment and physical disabilities agreed to have obtained desirable identities and being able to develop sense of pride, confidence, build relationship and attained self believe through mastery of leisure activities.

Table 4. Independent Sample T test of difference in leisure motivation between visual and physical disabilities

Dimensions of leisure motivation	F value	t value	Significant difference
Intellectual	11.711	5.896***	0.001
Competence Mastery	22.458	2.960***	0.000
Stimulus Avoidance	12.523	2.948***	0.000
Social	1.832	.103	0.177

Source: Authors Analysis, 2017

Note: *P < 0.05, **P < 0.01, ***P < 0.001

Conclusion

Centre for Human Settlements and Urban Development Journal Vol. 8 (1) May, 2020

Given the importance of Nigeria in the community of nations in Africa particularly the strategic role it has been occupying in the continent, it has become necessary that it should be taking the lead on issues that concern people with disability especially on related matters of several forms of relaxation. It has been established that engagement in leisure activities has the potential of improving the well-being of the disable persons. Thus, the findings of this study provide valuable information on the needs, aspirations and specific reasons of engagement in leisure activities by person with visual and physical disabilities, which will guide leisure providers to focus on the things that makes disables happier in recreational environment by enhancing recreational parks with activities that accommodate their leisure concerns. This recommendation supports Anderson and Heyne,(2012) and Mayer& Anderson, (2014) position who opined that recreation providers should look beyond addressing the usual needs of people with visual impairment and physical disabilities but taking into consideration their circle of supports and discourage limited access to programmes, equipment and services. They further emphasized that recreational providers should market their program such that families and agencies who manage people with all form of disabilities become aware that all people regardless of any challenges are welcomed to participate in the programmes they offer.

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