

# Innovations

## Perception of Delta State University Staff Towards Physically Active Workshop Programme for A Fit and Healthy Life

**Singer,Cable Ebimene (Ph.D.)**

Department of Human Kinetics, Recreation and Sports Science Education,  
Delta State University, Abraka

Corresponding author: **Singer,Cable Ebimene (Ph.D.)**

---

---

### **Abstract**

*The importance of a physical fitness programme cannot be overemphasised. Physical fitness programmes promote good health and prevent hypokinetic ailments. People who engage in physical fitness activities as a lifestyle will benefit in the long term from all the physical and psychological effects produced through the programme. This study, therefore, is to examine the perception of delta state university staff towards a physically active workshop programme for a healthy life. Two research questions were formulated to guide the study. The descriptive research design of the expo-facto was adopted for the study. The population consisted of all Delsu staff (academic and non-academic). The sample size for the study consisted of Ninety-four (94) staff (26 academic and 68 non-academic). The instrument for the study is a self-developed questionnaire. The study revealed that Delsu staff do not participate regularly in the monthly Delsu physically active workshop programme for a fit and healthy life because of the poor nature of sports facilities and equipment in the university community. It also revealed that the nature of work does not prevent Delsu staff from participating in the monthly Delsu physically active workshop programme for a fit and healthy life. It was recommended that sports facilities and equipment should be provided and maintained for the programme objectives to be achieved.*

**Keywords:** 1.Perception; 2.Delta State University Staff; 3.Physically Active Workshop Programme; 4.Fit and Healthy Life; 5.Delta State University.

---

---

### **Introduction**

Physical fitness activities are regarded as an integral component of a healthy lifestyle. Regular physical activity, fitness and exercise are critically important for the health and well-being of people, (Yanda & Musa, 2014). According to Omar-fauzee, Hool, Yam and Govinden, (2005), as cited by Yanda and Musa (2014), regular exercise promoted good health, and prevent hypokinetic ailments. People who engage in physical activity as a lifestyle will benefit in the long term from all the physical and psychological effects produced by exercise. Physically active individuals outlived those who are inactive (Kujala, Kaprio & Saran, 1998).

A fit individual is more likely to have full energy and willingness to serve others and may be highly regarded as a person who positively contributes to society (Yanda and Musa 2014). It also contributed to self-concept, improving one's appearance, increasing one's stamina and also provides social opportunities that improve one's quality of life (Nwabuwee 2014). Fitness signifies an individual's ability to work efficiently and effectively during work hours of the day and leisure hours. Therefore, a physically active fit individual is one who lives a healthy life in society.

Nabofa, (2010) states that society today is witnessing a wide variety of health problems that are in the range from infectious diseases to a gradual preponderance of hypokinetic diseases. This could be a result of individual physical inactivity. Physical inactivity may lead to degenerative disease, low work output, increased stress and low self-esteem. To combat these problems (WHO 2004) as cited by (Nabofa 2010), recommended that an average individual needs to live an active life to ensure optimum health and wellness. The above statement prompts the Delsu management in collaboration with the Delsu sports unit and the department of Human Kinetics, recreation and Sports Science Education in planning for and executing the Delsu monthly physically active workshop for a fit and healthy life for its members to be productive in their work output and to be stress-free.

The programme Delsu fitness and healthy life are designed for all Delsu staff and students to participate in to improve their well-being for healthy living in the society. A study by Akinola-Arikawe, (1985) revealed that participation in fitness programmes and recreational activities is very low in Nigeria. This low participation in fitness programmes as stated by Singer (2020) must have been a result of the unavailability of sports facilities. Sports facilities play a vital role in sports participation, Oyeniya (2012). He further states that sports facilities when provided encourage the individual to participate without any hindrance. Oguntola (2008), and Eric and Okoro (2006) as cited by Onobumeh, Aideyon and Ikponmwosa(2013) state that academic staff do not participate in recreational activities or fitness programmes as a result of the nature of their jobs. They further state that academic staffs are overloaded with an excess workload which must have resulted in their low participation in recreational and fitness programmes.

### **Statement of the Problem**

This study titled “Perception of Delsu staff towards physically active workshop programme for a fit and healthy life” is expected to examine the views of Delsu staff towards participation in fitness activities. The programme is intended to have a fit and healthy Delsu staff to improve life in the society. Since the inception of the median edition, it has been observed that very few staff were present for recording in the Delsu sports units and it has shown that only Ninety-four (94) staff (both academic and non-academic) were present. From this figure, one begins to think what the problem that must have brought about these poor performers. Does it mean that the facilities were not available for them to use or is it because of the nature of their job or work and thing which have made them not attend? This paper, therefore, is to look at the perception of Delsu staff toward physically active workshop programme for a fit and healthy life.

### **Research Questions**

- What is the perception of the Delsu staff on sports facilities and the physically active workshop programme for a fit and healthy life?
- What is the perception of the Delsu staff on the nature of work and the physically active workshop programme for a fit and healthy life?

### **Methodology**

The descriptive research design of the expo-facto was adopted for the study. The populations consist of all Delsu staff (academic and non-academic). The sample size for the study consisted of Ninety-four (94) staff (26 academic and 68 non-academic) who participated in the median edition of the programme as of November 2022.

The instrument for the study is a self-developed questionnaire by the researcher. It consisted of two sections, A & B. Section A consisted of the demographic variables such as age, gender, marital status, rank and job description. Section B contained items which required Agree and disagreed. The validity of the instrument was ascertained by three lecturers from the Department of Human Kinetics, Recreation and Sport Science Education. The reliability of the instrument was determined through the test-retest method using PPMC to

determine the reliability coefficient ( $r=0.72$ ). Data collection was done by the researcher and data analysis was carried out through the use of frequency count and percentage.

**Results**

**Question 1:** What is the perception of the Delsu staff on sports facilities and the physically active workshop programme for a fit and healthy life?

**Table 1: Perception of the Delsu Staff on Sports Facilities for a Fit and Healthy Life**

Facilities	Agree		Disagree		Total	
	No.	%	No.	%	No.	%
Facilities are available for participation	61	64.9	33	35.1	94	100.0
Facilities are not enough for the whole school to use	60	63.8	34	36.2	94	100.0
Facilities are not in good condition to use	49	52.1	45	47.9	94	100.0
Equipments are not available for me to use	45	47.9	49	52.1	94	100.0
Equipments are not good for use	38	40.4	56	59.6	94	100.0
Poor maintenance of sports facilities discourages me from participating in the physical fitness programme	50	53.2	44	46.8	94	100.0

The above table shows that 65% of the respondents agreed that sports facilities are available for sport participation for Delsu staff while 35% of the respondents disagreed with the view that sports facilities are available for sports participation by Delsu staff. 64% of the respondents agreed with the view that sports facilities are not enough for the whole university community to use while 36% of the respondents disagreed with the view that sports facilities are not enough for the whole university to use. 52% of the respondents agreed that sports facilities are not in good condition to be used for physically active workshop programmes for a fit and healthy life. While 48% of respondents disagreed that sports facilities are not in good condition to be used for a physically active workshop programme for a fit and healthy life. 48% and 40% of the respondents agreed with the view that equipments are not available and not in good condition to be used for a physically fit programme. While 52% and 59% of the respondents disagreed with the view that equipments are not available and not in good condition to be used for a physically fit programme. Lastly, the above table shows that 55% of the respondents agreed with the view that poor maintenance of sports facilities discourages Delsu staff from participating actively in the physically active fitness programme. From the analysis of the table above, there is a mixed reaction from the respondents with 55% of the respondents agreeing that sports facilities and equipment play an important role in sport participation while 46% of the respondents disagreed with the view that sports facilities prevent one from participating in physically active workshop programme for a fit and healthy life.

**Question 2:** What is the perception of the DELSU staff on the nature of work and the physically active workshop programme for a fit and healthy life?

**Table 2: Perception of the DELSU Staff on the Nature of Work for a Fit and Healthy Life**

Nature of Work	Agree		Disagree		Total	
	No.	%	No.	%	No.	%
The time for the programme affects my work	21	22.3	73	77.7	94	100.0
I am too tired to participate in the programme after work	27	28.7	67	71.3	94	100.0
Too much work did not permit me to participate in the programme	42	44.7	52	55.3	94	100.0
Physical fitness activities will consume the energy needed for my work	10	10.6	84	89.4	94	100.0
I do earn enough money from my work to have extra for the physical fitness programme	22	23.4	72	76.6	94	100.0

Table 2 shows that all the staff disagreed with the issues on the nature of work and the physically active workshop programme for a fit and healthy life. This implies that the physical fitness activities do not consume the energy needed for their work, the nature of their work does not affect the physically active workshop programme, the time for the programme does not affect their work, they earn enough money to have extra for a physical fitness programme, they are not too tired to participate in the programme after work, and their work permits them to participate in the programme.

### Discussion

From the finding of this study, it revealed that the nature of work does not discourage Delsu staff from participating in the Delsu monthly physically active workshop programme for a fit and healthy life rather sports facilities is the main reason why Delsu staff are discouraged from participating in the Delsu monthly active workshop programme for a fit and healthy life. The study shows that Delsu staff does not participate regularly in the monthly Delsu physically active workshop programme for a fit and healthy life because of the poor nature of sports facilities and equipment in the university community. This is in line with the finding of Singer (2020) who states that low participation in a fitness programme is a result of unavailability and poor condition of sports facilities. Also, this finding is in support of Oyeniyi (2012) who state that sports facilities when provided encourage the individual to participate in fitness programme without any hindrance.

The study also reveals that the nature of work does not prevent Delsu staff from participating in the monthly Delsu physically active workshop programme for a fit and healthy life. This finding is in contrast to the views of Onobumeh, Aideyon, Igudia and Ikponmwosa (2013) that academic staff does not participate in fitness programmes as a result of the nature of their work.

### Conclusion

The study revealed, that Delsu staff does not much participate in the monthly Delsu physically active workshop programme for a fit and healthy life as a result of the sports facilities not being available, in poor condition not enough and poor maintenance of the sports facilities and the nature of work does not in any way prevent Delsu staff from participating in the monthly Delsu physically active workshop programme for a fit and healthy life knowing the importance of fitness for a healthy life.

### Recommendation

- The school management in collaboration with the sports unit and Department of Human Kinetics Recreation should make such sports facilities be provided not just that, but must be of standard and in good condition.
- The management in collaboration with the sports unit and Human Kinetics department should carry out enlightening programme through posters, bulletins and seminars emphasising the importance of fitness programme.

### Reference

1. Akintola – Arika, J.O. (1985). *Recreational space and the recreational resource potential of urban Vegetal Islands in metropolitan Lagos in urban and regional planning problems in Nigeria*. University of Ife Press Ltd, Ile-Ife
2. Kujala, U.M., Kapiro, J., Sarna, S. (1998). *Relationship of leisure-time physical activity and mortality: The Finnish Twin Cohort*. *Journal of the American Medical Association*, 279(6), 440-444. Pub Med; PMID 94666
3. Nabofa, O. E. (2010) *exercise and movement education professionals' responsibilities in the attainment of fitness for wellness. In the Basis of Human Movement Education in the 21<sup>st</sup> Century*.

4. *Nwabuwe, S.N. (2014). Achieving fitness and wellness in school through a physical education programme in Delta state; The way forward journal of Nigeria.*
5. *Oyeniya, O.P. (2012). Facilities and Equipment as Determinants of sports and participation by persons with disability in southwestern Nigeria. journal of Nigeria Association of sports science and medicine, xiii(1), 49-52.*

Corresponding Email: [cesinger@delsu.edu.ng](mailto:cesinger@delsu.edu.ng)