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## Assessment Of Age and Time as Barriers to Participation in Recreational Sports by Members of National Union of Road Transport Workers (NURTW) In Nigeria

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### ABSTRACT

The purpose of this study was to assess time and age as barriers to participation in recreational sports by members of National Union of Road transport Workers (NURTW) in Nigeria. In order to achieve this purpose, the researcher developed two (2) research questions and two (2) hypotheses. Survey research design was used in the study. The population of the study was two million four hundred and sixteen thousand, three hundred and seven (2,416,307) members of the NURTW in the six (6) Geo-Political Zones of Nigeria including FCT, Abuja. The instrument used for data collection was adopted questionnaire by Mohammadi & Jarani (2017), titled Sports Participation Questionnaire (SPQ) which was made up of three (3) sections (A-C) containing closed ended statements using four point modified Likert scale which was used for pilot study. The completed 50 copies were exposed to reliability test where a reliability index of 0.866 was obtained which was rounded up to 0.87 which rendered the instrument reliable for the study. The sample size for this study was 422 drawn using multistage sampling techniques, where same copies of the questionnaire were administered to the respondents but, 402 were successfully completed and returned making 95.3% response rate which was used for the study. Descriptive statistic of frequencies and percentages (%) were used to describe the data collected on demographic variables of the respondents while descriptive statistic of mean and standard deviation were used to answer the research questions and one sample t - test was used to analyse the hypotheses at alpha level of 0.05. Findings from the study revealed that time and

age of members are significant barriers to participation in recreational sports by members of NURTW in Nigeria ( $p = 0.000$ ). Based on the findings of the study the researchers concluded that time and age were major hindrances to participation in recreational sport by members of the NURTW in Nigeria. It was therefore recommended that members of the NURTW should provide time for recreational sport considering its outstanding benefits not consider their ages as being old or too young to participate in recreational sports as the benefit of participation in recreational sport is independent of one's age.

**Keywords:** Sports, Recreation, Recreational sports, Sport participation, Road Transport Workers

## INTRODUCTION

The National Union of Road Transport Workers (NURTW) is an entity that controls the movements of commercial transporters in Nigeria, which exist as a Trade Union. Although they generate revenue for the government, members are not government employees. They operate based on the conditions of 'high pain, high gain' that is to say one's gain is directly proportional to the number of vehicles loaded with passengers per day as they keep on trying to re-direct passengers to locate cars or buses in their unit (as the case may be) which will move along route(s) to their intended destinations, with little consideration for participation in recreational sports. This independent Trade Union is having branches in the 774 Local Government Areas in the 36 and FCT, Abuja, with its National Headquarters in Garki, Abuja, Nigeria headed by the National president. The Canadian Park and Recreation Association (CPRA) (2015) defined recreation as an experience that result from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhances individual and community well-being. The concern of this study was narrowing recreation to sporting activities participated by individual during their leisure period. Age and time were considered by the researchers as perceived barriers. Age as a variable in this study would be tied to chronological age which give a person the quality of being young or old. The researchers believed that

person's age may influence his/her daily activities. It may give an opportunity to become active or less. Time is another variable in this study. It is what houses all activities. Time would be considered by the researchers as the most important asset that gives room for everything to thrive. Individual must use time throughout life. When some people use time as positively as possible to recreate others allow time to use them and commit different social vices. Participation in recreational sports plays a vital role in the development of Physiological, Psychological and Social variables across all categories of individuals (Chen, Tsai, Lin, Huan, Chang, Chen and Lyu, 2017). These overall benefits are independent of demographic characteristics such as gender, educational and marital status; income level and its sources; environmental indices such as, topography and water bodies. Unfortunately, certain barriers limit participation of members of the NURTW rendering them at disadvantage. Participation in recreational sports has been identified as the key to the development of physical and psychosocial well-being of an individual as well as a tool to community connectedness. However, a large number of the populace who could gain significantly high from this has lower level of participation. Although members of the NURTW may participate in recreational activities other than sports, one may wish to find out what really are the barriers to participation in recreational sports which rendered them at disadvantage when it comes to the benefit associated with participation into such sports. Another problem observed by the researchers was that, members of trade unions, civil servants, the military and paramilitary officers do engage in various recreational sports and by extension skilled among them take part in organized sports competitions, either annually or biannually, while the NURTW does not have such sports programmers. Where they exist the level at which they participate in the recreational sport is below expectation. However, the members of the NURTW as a Trade Union, to the best knowledge of the researchers have not been studied, as to why they merely participate in recreational activities talk less of having mini gymnasium or sports courts in their motor parks as it is with other institutions. It is hoped that these problems might be obstacles to their participation in recreational sports. Observed by the

researchers was that the level at which members of the NURTW participate in various recreational sports in the country is below expectation and reasons for nonparticipation were not known from previous. This motivated the researchers to undertake this study with the sole aim of finding out the barriers to participation in recreational sports by members of the NURTW in Nigeria which may differ from other group of people with different characteristics. In so doing, the researchers attempt to find out the extent to which age and time could be barriers to participation in recreational sports by members of NURTW in Nigeria?

### **Literature Review**

Certain literature was reviewed to provide bases for the study. According to Al-hashemi and Naori (2018), recreation and leisure are interpreted as an emotional reaction or psychological state and a feeling felt by the individual before and during the exercise of an activity, negative or positive purpose and during leisure time and that individual driven by personal desire and is characterized by freedom of choice and its purpose in itself. It is worthy to note that entertainment is more than activity, and activity is not an end in itself, the end is that "change is the emotion and emotional state of joy and happiness". They further asserted that, recreation is a lifestyle that is characterized by activity. It may be a violent activity such as sports, violent games or quiet activity such as reading a book or listening to music.

This assertion that sports or other games are violent indicate a low level of understand of what contact games and combative sports entails, because, the aim was not to injure the operant but to compete and display skills in which contact and sometimes injuries are inevitable. Recreation brings a relaxation of the body and mind. It is difficult to separate recreation from the general concept of play, which is usually the term for children's recreational activities irrespective of the age of an individual. Play and recreational activities are outlets of or expression of excess energy, channeling it into socially acceptable activities that fulfils individual as well as societal need for compulsion and providing satisfaction and pleasure of the participant. A traditional view holds that work is supported by recreation being useful

to recharge the battery so that work performance is improved. According to Ozturk (2016), recreation refers to the activities people do and participate in their leisure hours. It is a field of activities giving happiness, satisfaction mental balance, character modification, competitive power, spiritual serenity, freedom, physical, social activity and intellectual development and self-expression. According to Hurd and Anderson (2021), recreation is an activity that people engage in during their free time, that people enjoy and that people recognize as having socially redeeming values. Recreation has a connotation of being morally acceptable not just to the individual but also to the society as a whole. While recreation can take many forms, they must contribute to the society in a way that the society deem acceptable. This implied that activities deemed socially acceptable for recreation can change over time (Hurd and Anderson, 2021). They further lamented that recreational activities are endless and include; sports music, games, travel, reading, art and craft and dance.

Though, the current study is all about recreational sports, it is worthy of notice that any activity chosen as recreation is less important than the reason for performing the activity which is the outcome. To this therefore, Hurd and Anderson (2021) stated that people see recreation as a social instrument because of its contribution to the society. Professionals have long used recreation programmers and services to produce socially desirable outcomes, such as wise use of free time, physical fitness and positive youth development. They organized recreation programme to meet a variety of physical, psychological and social needs has led to recreation playing a role as a social instrument for well-being and in some cases change the society. The researchers defined recreation as any voluntarily chosen human endeavor, engaged by an individual or groups of individuals performed indoor or outdoor during free hours which could be educative, social physical as well as art and craft which are worthwhile and provide some satisfaction. Specifically, this study limits recreational activities to mean recreational sports only Theories of recreation exist in literature. Leisure theory came into existence after the World War II. It was considered to address three distinct phases. These include; Functionalism (1945-1975), the Structural Critique (1975-1990) and the

Post-structural/Postmodernist phase of the current era (1990 to date). Functionalism is based on the concept of atomized individual where leisure is studied from the standpoint of the individual and not the situation where it occurs. This past leisure studies focused on the positive effects of leisure in enhancing social integration and improving society. Structuralism on the other hand, focused on how humans are conditioned by structural forces that are external to the individual. They usually examine issues of inequality in pursuing leisure.

The poststructuralist and postmodernism are interrelated forms of criticizing modernist thought by uncovering the ambiguities of structuralism concepts, such as class and patriarchy and the imposition of categories upon human action and processes. According to Rojek (1995) postmodernism entails that everyday life is marked by fragmentation, differentiation, diversity and mobility. Something observable from the postmodernists was their disagreement that human behavior can be explained by class or patriarchy and challenged the modernist view of leisure as always connoting freedom, choice and self-determination. The researchers observed that, functionalism, structuralism and postmodernism, all offer ways to understanding leisure. Functionalism and structuralism are of great relevance to this study but the shift in the 21<sup>st</sup> century render them valueless and made them fail to offer anything new in leisure research beyond clarifying and modifying knowledge. Kelly (1997) stated that the poststructuralist theory sees reality as a constantly changing process and stressed the inability and weakness of previous theories in an attempt to study leisure in everyday life especially when leisure is viewed as playful and pleasure seeking through sports. Even with the better stand of the postmodern theorists which barred the use of or application of the functionalist and structuralism theories, most people including members of the NURTW still spend their time at work with little or non-participation in recreational sports. Thus, this study is linked to post-modernism theory. With respect to the study variables the researchers corroborate with the assertion of Lowe, (2020) who stated that person's age may influence his/her daily activities looking upon retirement as an opportunity to become more active instead of



being less active. Aged individuals were observed to spend more time gardening, walking the dog, and playing with grandchildren (Lowe, 2020). When children play to ensure that their surplus energy is used, aged individuals go for walk every evening or morning hours, some may engage in reading a favorite book or magazine. According to U.S Department of Health and Human Services DHHS (2021) less than 5% of adults participates in 30 minute of physical activity each day. Time is what housed all activities. The researcher considered time as the most important asset that gives room for everything to thrive. Individual must use time throughout life. When one uses time as positively as possible, others allow time to use them. Time passed without positively using it for a better. To appreciate the importance of time, we came to have seconds, minute hours' days' month and year. As useful as time is we came to have calendars, rosters, timetable, terms, semesters, sessions. To further explain time, the researcher considers decades, silver years, golden years, centuries and millennium. This enables us to report and celebrate happenings such as occasions and ceremonies.

### Methodology

For the purpose of this study, survey research design was used. Survey research design focused on obtaining information regarding the activities, belief, preferences and attitude of people through direct contact with the respondents (Polit & Hunger, 2001). This type of design is considered fit for a study of this nature as it gave room for collecting data from a wider population with similar characteristics; helps in systematic description of a phenomenon/situation, with homogeneous population like members of the NURTW. The population of this study comprises members of the NURTW in 36 states and the Federal Capital Territory, (FCT), Abuja estimated as two million four hundred and sixteen thousand three hundred and seven (2,416,307) (NURTW, 2024)

**Table 3.1: Distribution of Proportional Sample based on Zones and States**

S/N	ZONES	STATES	NO. OF SAMPLES	PROPORTION OF SAMPLE
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1	NORTH EAST	ADAMAWA BAUCHI	3,469 4,109	27(6%) 33(9%)
2	NORTH CENTRAL	NIGER BENUE	5,765 3,594	46(11%) 28(6%)
3	NORTH WEST	KEBBI KANO	3,714 6,981	29(7%) 55(13%)
4	SOUTH EAST	ABIA ENUGU	3,362 2,963	27(6%) 23(5%)
5	SOUTH WEST	EKITI LAGOS	4,279 7,247	34(8%) 57(14%)
6	SOUTH SOUTH	DELTA AKWAIBOM <b>TOTAL</b>	4,621 3,216 <b>53,320</b>	37(9%) 26(6%) <b>422 (100%)</b>

Source: NURTW, (2024)

Table 3.1 shows the distribution of the sample and the proportional samples across Geo-political zones and States. The table indicated that, one-thirds (1/3) of the 36 States were selected. Observed from the table was that, from North East, Adamawa and Bauchi States were selected; with Adamawa having 3,469 members represented by 27(6%) of the respondents while Bauchi with 4,109 represented by 33(9%) respondents. Also, from North Central, Niger and Benue States were selected; with Niger having 5,765 members represented by 46 (11%) of the respondents while Benue with 3,594 members represented by 28(6%) of the respondents. Then from North West, Kebbi and Kano States were selected; with Kebbi having 3,714 members represented by 29(7%) of the respondents, while Kano with 6,981 represented by 55(13%) of the respondents. More so, from South-South, Abia and Enugu States were selected; with Abia having 3,362 members represented by 27(6%) of the respondents while Enugu with 2,963 members represented by 23 respondents. Moreover, from South West, Ekiti and Lagos States were selected; with Ekiti having 4,279 members represented by 34(8%) of the respondents while Lagos with 7,247 members represented by 57(14%) respondents. Finally, from South East, Delta and Akwa Ibom States were selected; with Delta having



4,621 members represented by 37(9%) of the respondents while Akwa Ibom with 3,216 members represented by 26(6%) of the respondents respectively. For the purpose of this study, the researcher adopted (with modification) the Sports Participation Questionnaire (SPQ) developed by Mohammadi and Jarani (2017). This questionnaire was divided into three (3) sections (A-C). Section 'A' seek for information on demographic characteristics of the respondents; section 'B' seek for information on age as barrier to participation in recreational sports; Section C was on lack of time as a barrier to participation in recreational sports by members of NURTW in Nigeria. The questionnaire was made in 4- point modified Likerts Scale. To validate the instrument, a draft of the questionnaire was made available to five (4) experts in the Department of Human Kinetics and Health Education A.B.U Zaria. Their comments, suggestions and recommendations were incorporated to improve the quality of the instrument and copies were reproduced for pilot study. A pilot study was carried out to establish the reliability of the instrument.

To achieve this, fifty (50) copies of the questionnaire were distributed to members of the NURTW at Kawo Kaduna and Edo Motor Park Stations respectively. These States selected were not part of the States slated for the main study. The filled questionnaire were retrieved by the researcher and subjected to Cronbach Alpha statistical analysis to establish its reliability. Data collected from the pilot study was coded and subjected to reliability tests with Statistical Package for the Social Sciences (SPSS), IBM Version 26 for the determination of the reliability and item consistency index using Cronbach Alpha statistics where a reliability index of 0.866 was obtained which render the instrument reliable. Permission was obtained for the reserchers to collect data from the respondents. Six (6) research assistants were employed (one per two states) whom were instructed to be well informed on the purpose of the study and how to guide the respondents in responding to the items in the questionnaire. Four hundred and twenty-two (422) copies of the questionnaire were distributed to the respondents by the research assistants in the selected NURTW-managed motor park stations across the 12 states

selected and collected back within a period of 8 weeks. Descriptive statistics of frequencies and percentages were used to analyze the demographic characteristics of the respondents. Mean and Standard Deviation were used to answer the research questions, and one sample t-test was used to test the hypotheses at alpha level of 0.05.

## RESULT

A total number of four hundred and twenty-two (422) respondents were selected from twelve states of the six geopolitical zones of the country for the study. Twenty (20) of the questionnaires were not properly filled and thus not valid for inclusion. Thus, four hundred and two (402) were successfully completed and returned making 95.3% response rate which was used for the study. In the analysis of the objective and research questions mean scores and standard deviations for the items and variables were used in determining the direction of opinion and decision mean to answer the research question was based on a benchmark of 2.50. The research hypotheses were tested along with the discussion of the findings at the end of the chapter among others.

### Analysis of Demographic Characteristics of the Respondents

The personal data assessed alongside the expressed opinions of the respondents on barriers to participation in recreational sports were age, educational qualification and category of services rendered and years of experience on the job. These variables were considered to be directly associated with the expressed opinions on barriers to participation in recreational sports by members of the NURTW and were described in frequencies and percentages in Table 1.

**Table 1: Analysis of Respondents' Demographic Characteristics.**

Variable	Variable options	Frequency	Percent
Age	Below 21 years	39	9.7
	21-25 years	99	24.6
	26-30 years	90	22.4
	31 years and above	174	43.3
	<b>Total</b>	<b>402</b>	<b>100.0</b>
Highest Educational Qualification	Primary School	87	21.6
	Secondary School	150	37.3

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	NCE/Diploma	114	28.4
	Graduate	36	9.0
	Post Graduate Certification	9	2.2
	Others	6	1.5
	<b>Total</b>	<b>402</b>	<b>100.0</b>
<b>Category of Services rendered</b>	Union Official	132	32.8
	Field/Unit worker	168	41.8
	Commercial Driver	102	25.4
	<b>Total</b>	<b>402</b>	<b>100.0</b>
<b>Years of Experience in the Union</b>	1-10 years	189	47.0
	11-20 years	129	32.1
	21 years and above	84	20.9
	<b>Total</b>	<b>402</b>	<b>100.0</b>

Table 1; shows the demographic characteristics of the respondent. Observed from the table was that 39 (9.7%) of the members of NURTW involved in the study were below 21 years. Those who were between 21 and 25 years were 99 (24.6%) and 90 (22.4%) were between 26 and 30 years age bracket. 174 (43.3%) were above 30 years. This implied that the respondents were relatively of young ages.

In terms of highest educational attainment, the table indicated that 87 (21.6%) of the members had only primary school certificate while 150 (37.3%) had secondary school certificates. Those with the National Certificate in Education or the National Diploma were 114 (28.4%) of the total respondents involved in the study. Those who were graduates were 36 (9.0%) while 9 (2.2%) had post graduate degrees and 6 (1.5%) of the respondents had unspecified certificates as their highest educational attainment. This implied that majority of the respondents have NCE/Diploma as their highest educational qualification.

Also the table shows that, 132 (32.8%) were Union officials while, 168 (41.8%) were Field/ Unit workers and 102 (25.4%) were Commercial vehicle drivers who were all members of the National Union of Road Transport Workers. This implied that majority of the respondents were the officials. In terms of experience, 189 (47.0%) of the respondents have been members for between 1 and 10 years while, 129 (32.1 %) of the respondents had between 11 and 20 years of experience on the job and 84 (20.9%) have been on the job for more than 20 years. The distribution showed that majority of the respondents have enough

experience on the job that placed them on vintage positions of understanding barriers to participation in recreational sports by members of National Union of Road transport Workers in the country.

### Answering the research Questions

Table 2: Mean Scores on Age as a Barrier to Participation in Recreational Sports by Members of NURTW in Nigeria

S/N	Age as a barrier to participation in recreational sport	Mean	Std. Dev.
1	Aged members of NURTW considered recreational sports activities tense, hard and boring which is perceived to hinder their participation in recreational sports.	3.12	0.821
2	Physical weakness of aged members of NURTW makes it difficult for them to participate in recreational sports.	3.10	0.786
3	Aged members of NURTW have Negative perception on sports participation which was perceived to hinder their participation in recreational sports.	3.07	0.766
4	Fear of injury among the aged members of the NURTW is perceived to hinder their participation in recreational sports.	3.11	1.014
5	Existence of family responsibilities was perceived to limit their participation in recreational sports.	2.99	0.793
6	Health conditions associated with the aged members is not good enough to allow active participation of members of the NURTW in recreational sports.	3.04	0.966
7	Young members of the NURTW assumed that sports are not part of their affairs. As such they do not consider worthy of doing participation.	3.15	0.911
8	Young members of NURTW considered recreational sporting activities as waste of time.	3.07	0.972
9	Young members of NURTW considered recreational sporting activities irrelevant to their job.	2.81	0.925
10	Aged members of NURTW reject recreational sports, for they perceived it to be for people of youthful age which limit their participation.	2.99	1.173
<b>Aggregate mean</b>		<b>3.05</b>	<b>0.614</b>

Table 2 shows the analyzed result as to whether age is a barrier to participation in recreational sports by members of the NURTW in

Nigeria. Observed from the table was that age was generally seen as a barrier to participation in recreational sports in Table 2 by the respondents. On the relatedness of age as a barrier, respondents were of the view that members considered recreational sports activities as tense, hard and boring which discourages them from participation. Along with this factor is the physical weakness of aged members which makes it difficult for them to participate in recreational sports. Respondents were of the opinion that aged members have negative perception of sports participation which hinder their participation. Coupled with these are fear of injury among the aged members and existence of family responsibilities, a consideration that limits their willingness to participation in recreational sports.

Other associated age factor as a barrier to participation included health conditions which may not be good enough to allow active participation of such members to participate in recreational sports. For the younger members, respondents were of the view that they assumed that sports are not part of their affairs and therefore do not consider it worthy. Respondents were of the view that they see recreational activities as waste of time. The young ones therefore do not want to participate in recreational sports since such activities are irrelevant to their job. Respondents were of the view that the older members see recreation sports as activities for young people while the young members see such activities as a waste of time. The aggregate mean score for the table was 3.04 with a standard deviation of 0.614. The mean score is higher than the benchmark of 2.50 which implied that respondents were of the view that age is a barrier to participation in recreational sports by members of the NURTW.

**Table 3: Mean Scores on Time as a Barrier to Participation in Recreational Sports by Members of NURTW in Nigeria**

S/N	Lack of time as a barrier to participation	Mean	Std. Dev.
1	Members do not create time for themselves which is perceived to limit their participation in recreational sports.	3.13	0.833
2	It is difficult to find time as members work 12 hours and most recreational sports take place early hour or late evening when they are on duty	3.19	0.822
3	Lack of shifting of duty by members places them at a disadvantage when it comes to participation in recreational	2.96	0.797
4	The time for recreational sports is not suitable for members of the NURTW which limits their participation in	3.11	0.913
5	The time for recreational sports is not adequate for members of the NURTW which limits their participation in	3.05	0.814
6	Members that participate in recreational sports do so at the expense of their expected income. This hinders	2.88	0.924
7	The union has no schedule for participation in recreational	2.98	0.816
8	Members of the NURTW are exhausted after work as such may lack time for recreational sports.	3.01	0.681
9	It takes a long time to reach the recreational sports facility thus, hindering participation.	3.11	0.844
10	Members of NURTW consider themselves as full employees to work all days this limits their participation in	3.09	0.708
<b>Aggregate mean</b>		<b>3.05</b>	<b>0.516</b>

*/Benchmark = 2.5*

Table 3 shows the analysed data as to whether time a barrier to Participation in recreational sports by members of the NURTW in Nigeria. Observed from the table was that time consideration was a major barrier to participation in recreational sports by members of NURTW as indicated by expressed opinions of the respondents in Table 3 This is because respondents were of the view that members do not create time for themselves which would allow them to participate in recreational



sports and that it was difficult to find time by members since in most cases they work for 12 hours of the day and most recreational sports take place early hours or late evening when they were or would still be on duty. Another aspect of the time factor is that members do not shift their duties thus time for recreational sports is not suitable for members since it is usually within their working hours. Another factor related to time, was that members work at the motor park was based on their active participation such that if they should leave the work for recreational activities, it would be at the expense of their expected income for that period. This is because the union has no schedule for members' participation in recreational sports. In most cases members would be exhausted after the day's work as such, they may not have the time for recreational sports. Moreover, such recreational facilities were always located far away from members' residential destinations or homes and as full-time employees of the union work throughout the day which denied them extra time for participation in recreational sports. However, the table indicated that the aggregate score of 3.05 is higher than the benchmark (2.50) which implied that respondents agreed that time was a major barrier to members' participation in recreational sports.

### **Hypotheses Testing**

Hypothesis 1: age is not a significant barrier to participating in recreational sports by members of NURTW in Nigeria. To determine the extent to which age-related factors constituted barrier to participation in recreational sports by members of the Union, the mean scores obtained in Table 4 were compared with the benchmark of 2.50. The result of the one sample t-test procedure used in the test is summarized in Table 4 below:

**Table 4: One sample t-test on age-related factors as barrier to participation to participation in recreational sports by members of the Union in Nigeria**

Variables	N	Mean	Std. Dev.	Std. Error	t-value	df	p-value
<b>Age</b>	402	3.04	0.614	0.031	17.755	401	0.000
<b>Test mean</b>	402	2.50	0.000	0.000			

*(t-critical - 1.96,  $p < 0.05$ )*

Result in Table 4 revealed that respondents were of the opinion that age-related factors constituted a significant barrier to participation in recreational sports by members of NURTW in the country. The t-value obtained at 401, degree of freedom was 17.755 with p- value of 0.000 ( $p < 0.05$ ). These observations provided sufficient evidence for rejecting the null hypothesis. The null hypothesis that, age is not a significant barrier to participating in recreational sports by members of NURTW in Nigeria is therefore rejected.

**Hypothesis 1:** lack of time is not a significant barrier to participation in recreational sports by members of NURTW in Nigeria. The result of the one sample t-test procedure used to compare the mean scores in Table 4.5 with the benchmark to determine the extent to which time-related factors constituted barrier to participation in recreational sports is summarized in Table 5 below:

**Table 5: One sample t-test on time as barrier to participation in recreational sports by members of NURTW in Nigeria**

Variables	N	Mean	Std. Dev.	Std. Error	t-value	Df	p-value
<b>Time factors</b>	402	3.05	0.516	0.026	21.428	401	0.000
<b>Test mean</b>	402	2.50	0.000	0.000			

*(t-critical = 1.96,  $p < 0.05$ )*

Table 5 revealed that respondents were of the view that time-related factors constituted significant barriers to participation in recreational

sports by members of the Union in Nigeria. The observed t-value for the test was 21.428 obtained at 401, degree of freedom and the p-value obtained was 0.000 ( $p < 0.05$ ). These observations implied that the time-related factors constituted significant barrier to participation in recreational sports by members of NURTW involved in the study. The null hypothesis that, lack of time is not a significant barrier to participation in recreational sports by members of NURTW in Nigeria is therefore rejected.

## DISCUSSION

Hypothesis I stated that “age is not a significant barrier to participating in recreational sports by members of NURTW in Nigeria”. For age-related factors, it was found that members considered recreational sports activities as tense, hard and boring which discourages them from participation. The finding here contradicted the report of Center for Disease Control and Prevention (2007) in their report titled; *Overcoming Barriers to Physical Activity: Physical Activity for Everyone* who reported that aged individuals were observed to spend more time gardening, walking with the dog, and playing with grandchildren. This contradiction was as a result of the peculiarity of daily scheduled of members of the NURTW which differ with other categories of population like retirees. The finding of this study was however in line with the report of Anvaya Prospectorative Care (2020) who conducted a study on the ‘Importance of Recreational Activities for the Elderly’ and found that for elders who recently went through a major procedure or live alone at their homes while their children are living elsewhere, it gets difficult to manage themselves emotionally and also becomes challenging to carry out even the smallest of tasks. In support of the above, older people may experience decreasing flexibility, strength and general fitness and find it harder to recover from injury. The study is also in line with the assertion of Bitesize (2021) who conducted a study on ‘Social Groupings and Participation in Sports’. He found that participation in recreational sports and other form of physical activities is based on the level of growth

of gross motor skills of the individual right from childhood is considered worthy by the researcher. This is because it is in line with the common adage "Catch them Young and develop them Young". When gross motor skills are developed, there is the tendency of a child to partake in variety of movement skills whether recreational or competitive which is likely to translate into active participation in later ages. Fragility and vulnerability are other factors that relate fully to age. These factors made the researcher felt that age could be a barrier to participating in recreational sports. This is because participants tend to feel failed and vulnerable as they age and this has a direct impact on their willingness to take part in such worthwhile activities. Although, not all respondents were old another index is fear of falling. Aged people might be worried going into recreational sports they rather choose to be passive spectators or engage in other form of indoor educative or social recreational activities such as card games, board games, watching television listening to radio or music and reading novels or serial publication such as newspaper, magazines and the like instead of participation in recreational sports. Fear of catching cold is among the indices of age as a barrier to participation in recreation sports. Hypothesis II stated that "lack of time is not a significant barrier to participating in recreational sports by members of NURTW in Nigeria". Findings from this study revealed that time-related factors constituted major significant barriers to participation in recreational sports by members of NURTW. The finding in this study is in line with that of Kruzyriska and Pochtza, (2020) who conducted a study entitled "Difficulties Limiting Access to Sports Recreational Facilities in the City: Perception of the Users" who found that among barriers to participation in recreational sports were lack of time, lack of facilities, fatigue, poor health and self-consciousness about appearance. Also, the finding here is consisted with the report of Mohammed (2020) who conducted a study on Constraints to Sport Participation among Immigrant Adolescent Girls who reside in the Greater Toronto Area' and discovered that lack of time and energy due to competing responsibilities are barriers to participation in recreational sports.

## CONCLUSION

From the findings of this study, the researchers concluded that age consideration that the young and elderly do not show any importance attached to recreational sports, lack of time due to competing interests of members and the nature of their job that is in "high pain high gain" hinder participation in recreational sports by members of NURTW in Nigeria.

## RECOMMENDATIONS

Based on the findings from the study, the following recommendations were made:

1. There is need for members of the NURTW to consider not, their ages as barrier to participation in recreational sport by appreciating the physical and economic benefits derivable from recreational sports.
2. Members of the NURTW should appreciate the available sports facilities by creating time to participate in recreational sports to derive the social and mental benefits associated to participation in those sports.

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