Certification

This is to certify that Olaitan Olaoluwa, SASEYI with matriculation number LCU/PG/0002643 carried out this research titled " Personal and Socio-demographic Factors of Recreational Sports Participation among Health Care Professionals in Federal Medical Centres in South-Western Nigeria" in the Department of Kinesiology, Sports Science and Health Education, Faculty of Education, Lead City University, Ibadan, Oyo State for the award of Doctor of Philosophy Degree (PhD) in Organisation and Administration of Sports and that this has not been previously submitted.

…… …..…….

Dr. Akinsanmi O. OYEDELE **Date**

Supervisor

…..……... ……

Dr. Esther M. OLADEJO **Date**

Head of the Department

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Dedication

This research is dedicated to God Almighty and my late parents, Baba saseyi ojo Daniel and mama saseyi adunni olalonpe.

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Acknowledgement

This research was conducted in three federal medical centres (FMCs) in South-western Nigeria which include; Abeokuta, Ogun State FMC, Ebute-meta, Lagos FMC and Owo, Ondo State FMC and all of the data for analysis were collected in there. It is a great privilege conducting research in the FMCs. I sincerely appreciate Lead City University, Ibadan for providing an enabling learning environment for academic growth.

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Inspite of the above-mentioned institution and persons who have assisted in the process of this research. I alone stand responsible for the errors, if any found in the work.

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Abstract

Recreational sports participation (RSP) has been proven to have preventive capability and possible curative effect on different medical conditions. Despite this, there is a paucity of studies on it, specifically among health care professionals (HCPs). This study therefore, examined prediction of personal and socio-demographic factors on RSP among HCPs in Federal Medical Centres (FMCs), South-western Nigeria. Beckarian Approach and Green's Model of Sport Development were used as theories in this study. Descriptive survey research design was adopted. The population of this study comprise all 1513 health care professionals in federal medical centrals in south-western, Nigeria. Simple random and purposive sampling technique were used to select 723 respondents; while questionnaire was used for data collection. Descriptive and inferential Statistics of multiple regression were used for data analysis. The results revealed that, the level of RSP was low (weighted mean=1.70) among HCPs in FMCs, South-western Nigeria. There were significant joint predictions of personal ($F_{(3,719)}$=379.292, p<0.05), social ($F_{(3,719)}$=310.529, p<0.05) and demographic factors ($F_{(2,720)}$=197.737, p<0.05) on RSP respectively. Personal factors of lifestyle (β=-0.854, p<0.05) and skill level (β=0.169, p<0.05); social factors of occupational demand (β=-0.247, p<0.05), residential location (β=-0.713, p<0.05) and availability of facilities / equipment (β=0.530, p<0.05); and demographic factors of gender role (β=-0.228, p<0.05) and religious affiliation (β= 0.560, p<0.05) had relative predictions on RSP respectively, while health benefit (β=-0.012, p>0.05) did not. Conclusively, the level of recreational sports participation was low among health care prefessionals in Federal Medical Centres, South-western Nigeria. There were significant joint predictions of personal, social and demographic factors on recreational sports participation respectively. There were significant relative predictions of lifestyle, skill level, occupational demand, residential location, availability of facilities/equipment, gender role and religious affiliation on recreational sports participation, while health benefit did not. The study concluded that there was a significant joint and relative predictions of personal, social and demographic factors on recreational sports participation. The study recommended that the management of Federal Medical Centres in South-western Nigeria should therefore, intensify efforts to organize an effective health education programme on recreational sports participation specifically, for health care professionals.

Keywords: Recreational, Sports participation, Personal and Socio-demographic factors.
Word Count: 341

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List of Acronyms

Abbreviation	Meaning
RSP -	Recreational Sports Participation
FMC-	Federal Medical Center
HCP -	Health Care Professionals
WHO	World Health Organisation
SDF	Socio-Demographic Factors
PF	Personal Factors
SWN	South-Western Nigeria
LCU	Lead City University
ASP-	Athlete Support Personnel
SL	Skill Level
HB	Health Benefits
SF	Social Factors
LS	Lifestyle
DF	Demographic Factors
OD	Occupational Demand
RL	Residential Location
N -	No
PPMC -	Pearson Product Moment Correlation
SA -	Strongly Agree

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SD -	Strongly Disagree
A	Agree
D	Disagree
SPSS -	Statistical Package for the Social Sciences
Y -	Yes

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