

Use of Recreational Activities in Stress Management of Gomal Universities Teachers and Employees

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Abstract

Stress has an effect on not only our bodily wellbeing but our intellectual health also. It is very important to manage stress at job to increase the output of employees. In this perspective a research study was conducted to analyze the use Recreational activities in stress management of Gomal University teachers and employees. This study was conducted in the vicinity of Gomal University Dera Ismail Khan to find out the role of recreational activities in Stress management. Questionnaire was used as a tool for the collection of data from the targeted population. A sample of 111 (teaching Staff and Employees) was taken by using the stratified random sampling technique and statistical applications. The data was than analyzed by using SPSS (version 21), The Correlation and the Regression (Multiple) was applied to test the hypothesis. The Study concluded that the Awareness of University teachers about the Role of recreational activities is correlated with the dependent variable (Stress Management). It was also found that the Awareness about the recreational activities determine the criterion variable (Stress Management).

Key words: - Use, University Staff, Recreational Activities and Stress Management

1. Introduction

Stress is known as an important part of human life and it is because of the growth in complications and new challenges in routine life (Nayak, 2008). It is inevitable in contemplative days and work place is turned to be a stress factory for nearly all those who work in it. In simple words, it is named as time of uneasiness (Devi, 2011). Stress is frequently supposed in requisites of common physical and mental reaction that provokes adversarial intellectual or bodily wellbeing situation when an individual's adaptive proficiency is over comprehensive. Thus, job stress is commonly explained as happening when there are incongruity among the physical claims in a place of work and the incapability of staff to either handle or deal with such job claims lessons (Babatunde, 2013).

It is general observation that every person practices stress in all walks of life i.e. family/home, work place, institute, education, Job and many societal/financial movements. Professional stress has turned out to be an element in human routine life and has acknowledged widespread consideration recently. Stress is inescapable, whenever huge extent of labour is anticipated ahead. The capability of employees and job needs to be accomplished in the laid down limit of time. There are certain phases connected to stressors central to job like tedious, physical work circumstances, demands off set deadline or time limit, job requirements, job outline and methodological troubles (Nayak, 2008).

The place of work had turn into lofty stress surroundings in many institutions cutting across industries, universities, banks, security forces and other institutions. Workers were practicing very much stress owing to a variety of features such as workload, firm time limits, high goals, nature of job, work dissatisfaction, elongated duration of job, demands to execute, etc. Correlation differences at the place of work, such as relationships with boss and peers relationships, were also a cause of stress. Stress is the summation of all unspecified organic experiences extracted by unfavourable outer manipulation. When the person is challenged with unpredicted he may found stress. This ideology is multi-dimensional and has number of practices in various grounds which differ according to precise spotlight and objective (Nayak, 2008).

The use of Physical activity and work out is a vital element in the handling and treatment of various clinical states. Developing human health might also lead to better mental health and is usually believed that exercise may have constructive impact on humour and nervousness (Stro'hle, 2008). According to Obiyemi and Ibraheem (2009), use of recreational activities has great part in life. These are considered long life activities which decrease stress for proper growth. The use of recreational activities in stress management, there is also proof that equally being in the open air and viewing innate pictures can decrease stress. The associations are adequately strong that scholars and practitioners of health connected professions are now beginning to use and recognize recreation and outdoor activities as a health service (Godbey, 2009). Use of recreational activities and humour has constructive and productive effects on people; otherwise the stress may produce negative stress on mental and physical health of the people (Orsega-Smith et al. 2004).

Time is considered to be the sole cause of rapid stress in all walks of life, so stress and its effects have great importance in life (Aitken, 2011). The study in hand focused upon the role of recreational activities in

Stress management of the employees and Teaching staff of Gomal University, Dera Ismail Khan of KP province, Pakistan. The researcher collected the primary data from the targeted population with the help of self-administered questionnaire, whereas secondary data was collected through extensive literature survey. The secondary data identified the study variables and their relationship in the form of conceptual framework whereas primary data tested the relationship between the study variables in a particular setting. The data was then analyzed by using the Statistical Package for Social Sciences (SPSS).

2. Statement of the Problem

Stress is wide spread in contemporary days and it arises on daily basis. It has very negative impact on human health and performance of an individual at workplace. Stress is increases at workplace due to certain reasons. The experts have devised that the recreation has a better way to handle it. Recreational activities permit individuals to built-up sentiments through a constructive channel. The recreational activities can work as a cushion for stress. Keeping in view the above significant implication on our daily routine life, particularly professional life, the researcher decided to conduct a research study intends to know the Role of recreational activities in stress management of teaching and non-teaching staff in Gomal University Dera Ismail Khan.

3. Objectives of the study

- 1- To study the predictor of stress management
- 2- To find out the role of recreational activities in stress management
- 3- To know the relationship between recreational activities and stress management

4. Significance of the study

Globalization and then the expansion of cities are among the root cause of the stress in every walk of life (Devi, 2011). The study expanded this version among the population and identified the factor, Use of Recreational activities for Stress management. The study is helpful for its readers to cope with the stress through participating in different recreational activities.

The study in hand has the significant as according to Ademola (2014), Need for stress management has grown eventually to keep the situations normal in the human life. Work stress is extreme and destructive arousing reactions that take place when work requirements have no go with the abilities, resources, or requirements of the worker. This type of stress is different to the feelings of challenge (Ademola, 2014).

This study has the significance to assist the high ups of the higher education institution like Gomal University to devise their HRM policies to provide better working environment and protect their teachers and employees from stressful situations as according to Malik and Shahabuddin (2015), employees come across stressful situations many times in their job tenure. It is the responsibility of the organization to find out the causes and to adopt preventive measures for it as if stressful situation remain then it hampers both the physical and psychological health of people (Malik and Shahabuddin, 2015).

5. Hypothesis

The study is based on the following alternative hypotheses.

H_A: Use of recreational activities has significant association with stress management.

H_A: Predictor (Use of recreational activities) have significant role in the determination of the criterion variable (Stress Management).

6. Methodology

6.1 Population

The population of this project is finite consisting of 306 Teaching Staff and 721 Non-Teaching Staff (BPS-5 and above), so, the total number of Employees are 1027 (Directorate of finance, Gomal University, D.I.Khan).

6.2 Sample and Sample size

The researcher used a pilot study (30 respondents) to measure the level of error in responses and then used the same pilot data for determining the size of the required sample. A general rule of thumb is to take 30 respondents or greater to estimate a parameter (Browne 1995). Table 3.2.1 entails the results of pilot study and the use of statistics for determining the sample for this study, which is 111 teaching and non-teaching staff (BPS-5 and above) of the Gomal University.

Table 1 Showing the 'Statistics' from Pilot Study and Computation of the Sample-Size

Table 1

z-Score	Std. Deviation	Std. Error	Sample Size
1.96	0.93	0.172697	111
Sample size Formula= ((SD*SD)/((E*E)/(Z*Z))+((SD*SD)/N))			

6.3 Sampling technique

The researchers used stratified random sampling as a technique and further proportionated the sample size of (111) according to each Stratum. The researcher divided the population into five (5) different strata i.e. faculty of pharmacy, faculty of agriculture, faculty of science, faculty of arts and administration staff.

For the collection of data from each Stratum, the researcher proportionately divide the sample size according to the proportionality formula i.e. (Total number of Strata/ Total Population*Sample Size). Faculty of Arts (98/1027*111=11), Faculty of Science (120/1027*111=12), Faculty of Agriculture (66/1027*111=7), Faculty of Pharmacy (24/1027*111=3) and Administration Staff (721/1027*111=78).

6.4 Instrumentation

For the survey research “Questionnaire is influential. A well administered and organized questionnaire was constructed firmly according to the extracted variables and guidelines for questionnaire preparations (Babbie, 1993:146). The researcher used closed form Questionnaire with 5 point Likert Scale.

6.5 Procedure

The 111 copies of the final version of the questionnaire were distributed among the sample. They were given one week time to fill up the questionnaire. They were told that this information will only be used for the research purpose. After one day, the filled questionnaires were re-collected and the data were arranged in the form of data matrix on SPSS (version 21)

7. Analysis of the Data

Testing of Hypothesis

H₀₁: Use of recreational activities has significant association with stress management.

Table No 2. Pearson’s correlation showing the relationship between Use of recreational activities and Stress Management

Use		.340**	.655**	1	.668**
	Sig. (2-tailed)	.000	.000		.000
	N	102	102	102	102
StressMgt	Pearson Correlation	.408**	.456**	.668**	1
	Sig. (2-tailed)	.000	.000	.000	
	N	102	102	102	102
*. Correlation is significant at the 0.05 level (2-tailed).					
**. Correlation is significant at the 0.01 level (2-tailed).					

Figure No 1. Simple Scatter Dot of Use of Recreational Activities and Stress Management

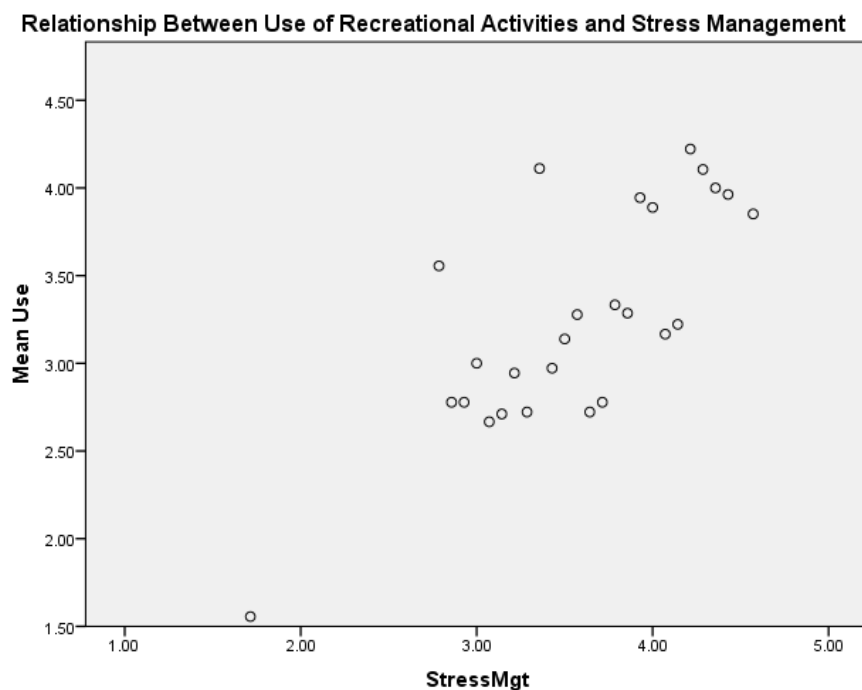


Table 2 and figure 1 shows that the p-values of the predictors i.e. Awareness, availability and use of recreational activities are .000, .000 and .000 which is less than the p-value 0.05 set for the minimum required threshold. Hence the hypothesis that predictors are correlated with criterion variable is accepted.

H₀₂: Predictor (Use of recreational activities) have significant role in the determination of the criterion variable (Stress Management).

Table no. 3 Multiple regression showing the effect of use of recreational activities in stress management

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.668 ^a	.446	.441	.40598

- a. Predictors: (Constant), Use
- b. Dependent variable: (Stress Management)

Model	Sum of Squares	Df	Mean Square	F	Sig.
1 Regression	13.288	1	13.288	80.624	.000 ^a
Residual	16.482	100	.165		
Total	29.770	101			

ANOVA Table 4

- a. Dependent Variable: StressMgt

Coefficients ^a Table 5						
Model		Un-standardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.049	.196		10.468	.000
	Use	.505	.056	.668	8.979	.000

Fig No 2. Histogram regression

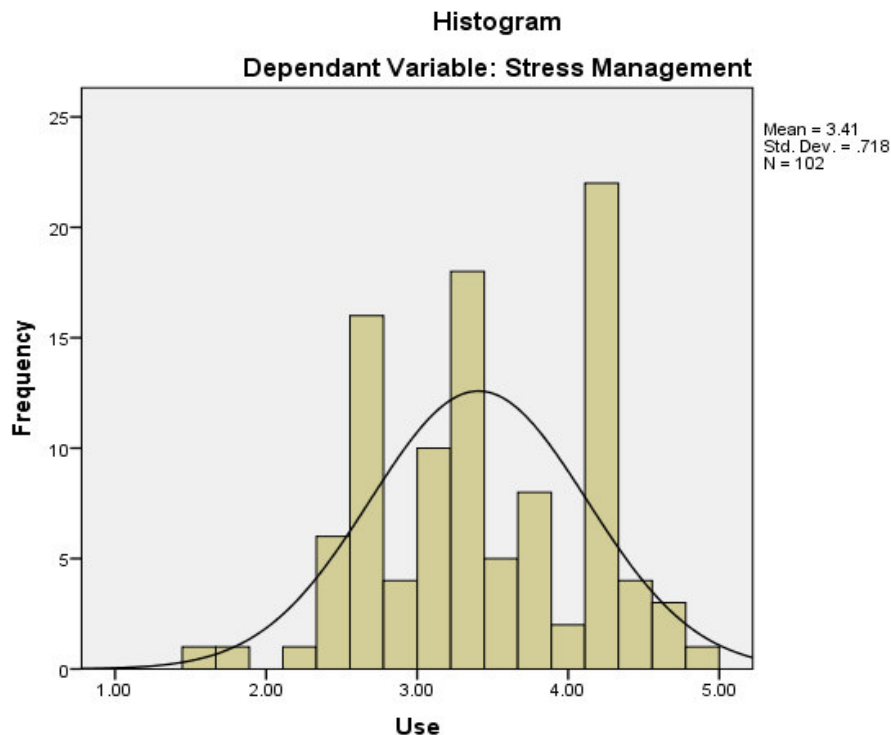
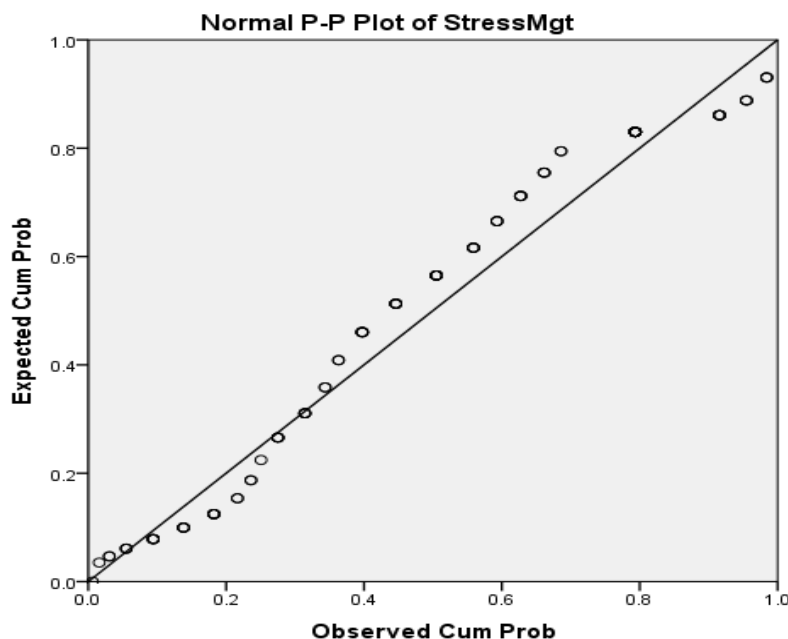


Fig No 3 Normal P- Plot of recreational activities and stress management



In order to test the hypothesis we use a models to calculate the value of R square (see table 3). Two included variables i.e. Use and awareness of recreational activities on the basis of their p-values which is .000 and (see table 5) is less than 0.05 which is the required threshold. Table and figures 2 and 3 shows the value of R square is .446 than in model which shows that it strongly supports the hypothesis that Predictors determine the Criterion variable. Hence the hypothesis is accepted.

Conclusion

In response to 1st hypothesis majority of Gomal University employees were aware of association between uses of recreational activities in stress management. Similarly to test the second hypothesis most of respondents admitted that a use of recreational activities has the role in stress management.

It is concluded that both the hypothesis were accepted that uses of recreational activities has the association with stress management and predictor (uses of recreational activities) determine the criterion variable (Stress management).

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