

Ogundiminyi Michael Taye

**ADJUSTING LEISURE AND INTOXICATION FOR
PERSONAL SAFETY AND SOCIAL DEVELOPMENT: A
STUDY OF OWO LOCAL GOVERNMENT AREA, ONDO
STATE, NIGERIA.**

Abstract

There is the need for man to engage in a full and quality mode of relaxation after work. In most cases this will rejuvenate the body and soul needed for more productivity for upward movement in income and self actualisation. The activities surrounding the fore often lead to social problems relating to the manifestation of antisocial behaviour that later turn out to be retrogressive by posing as a threat first to the victims and second to the proper development of the society. A theory of intoxication known as the theory of mind deficit was adopted to explain the results that unguided high level of persistent intoxication on an individual can cause to his career and level of preparation to achievement in their various fields of endeavour. With this backdrop, this paper seeks among others to identify places where one can productively spend its leisure time. Secondly, ways by which an individual can surmount the temptation of allowing leisure activities getting to the point that will be counterproductive to an individual and the development of the society as a whole. The paper has employed a survey research for the study. Two men and two women were randomly selected. Eight from two relaxation centres that represented each of the eleven electoral wards constituting the area of study, making a total of eighty eight respondents. The major tools for the research are questionnaire and focus group discussion, data collected was analysed using statistical package for social sciences and content analyses of responses to open ended questions was carried out. In the findings, it was discovered that 1. There is no barrier to where ones leisure can be spent; most people to introduce more of alcohol into substance taken during leisure. The paper recommended among others that: 1. Individuals should be disciplined during leisure so that they do not get carried away into getting intoxicated; 2. people should take less intoxicants during their leisure to stay in control of their behavioural disposition for more productive activities to take place. 3. Leisure seekers should strike an enduring balance between leisure and productivity for higher output.

OGUNDIMINIYI MICHAEL TAYE, Department of Sociology, Federal University, Gashua, Yobe State, Nigeria, E-mail: mikepower9@gmail.com

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Introduction

The need for a well balanced system of behaviour-proceeding hectic and rigorous times as a result of activities that surrounds the execution of some roles expected in sharpening ones career in an outstandingly productive manner-generally might involve taking out time to actively engage in some activities outside the workplace that is not most times meant for the generation of income and (or) direct financial benefits but for the perfection of their psychological well being. These set of activities that are related to drinking, eating, exercise of sorts, which are supposed to at most times germane to reposition the human anatomy for the adequate functioning of the physiological structure of an individual in subsequent productive activities for maximum productivity, thereby reducing obstruction generating inconveniencies that may be caused by unchecked weight gain, complications emanating from heart related diseases, eating disorder, boredom, and others.

Based on this backdrop, and to the contrary, people most times engage in some leisure activities that may not only be detrimental to their well being, but also pose a potential threat to their chosen occupation and carrier in life, through a unguided and a excessive intake of some psychoactive substances (psychoactive drugs, (n.d.) such as barbiturates, tranquilisers, methamphetamine and most especially alcohol during their relaxation moments.

I view of the importance of the need for leisure activities, and then there arose the need to seek a way through which leisure will be more of a benefit than harm. As a result, the paper will focus on:

1. The age range of people that mostly engage in intoxicants at their leisure in Owo Local Government Area;
2. The periods of time that are mostly dedicated and committed for leisure activities in Owo Local Government Area ;
3. The need to identify guiding principles that can regulate the intake of intoxicants among leisure seekers in Owo Local Government Area.

This study begins with the introduction, the major objectives of the study, the clarification of concepts like leisure, intoxication, and productivity.

In order to achieve the above objectives, hence the following questions were set to guide the study:

What age range takes mostly to intoxication?

What is the reason for engaging in leisure activities at a particular time?

How can people engage in leisure in a worthwhile and productive manner?

Conceptual framework

For clarity and precision, it is needed to define some common terms as used in the passage to enable readers comprehend more and also know how such terms were meant to be used in the paper. It is in the light of this that the researcher will introduce for explanation words like leisure intoxication, safety and productivity.

Leisure

In an ordinary sense, leisure refers to a period of free moment that is less busy time. It refers to a fun free moment, a time when someone is less busy. Leisure is understood as meaning non-work, free-time whereby a “fun time” can be experienced (Jessica 2007). At this point in time, leisure should not be misconstrued for recreation in that recreation is the whole activities that one is engaged into during leisure.

Intoxication

Intoxication here is simply referred to as when the intake of a supposed food substance is taken in so much volume that it is regarded too much because of the adverse reactions experienced afterwards which might make one refer to it as a poison. Moreover, a substance is said to be toxic when it is in the case of “too much”, that is a excessive concentration of an exogenous substance (Seinen & Verleggen 1989). The resultant effect of the aforementioned can make the victim to be exhibiting some behaviours that are seen as anti social in nature. Such a person can have difficulty in speech by having slurred speech, loss of train of thought and thus difficulty paying attention. The person can also have difficulty in balance in such a way that feet may be unsteady, difficult walking straight, bumping into and knocking over furniture. The person can also have a changed behaviour that will make him/ her to be rude, aggressive, offensive, confused and disorderly. The overall behaviour that is seen to be antisocial and unacceptable to the generality.

Safety

The notion about safety can simply mean practices that provide effectively for a success in your daily business. It is a state of being safe. When workers who seek leisure are intoxicated and consequently got injured in any way, productivity tends to decline hence a proactive approach that will foster and fixing workplace hazards should be put in place, such proactive approaches could be in the area of continuous orientation of the workforce.

Productivity

Productivity is the measure by which goods and services are produced per unit of input from the essential factors of production (www.oecd.org/sdd/

productivity-stats/40526851.pdf).

Productivity as used in this paper is to emphasize the fact that the strength and viability of any nation depends on the ability of its citizens to maximally utilize their potentials given the least possible resources available for the production of commodities for the overall development and betterment of the society.

Hence (Yadav 2015), described productivity as an overall measure of the ability to produce a good or service. More specifically, productivity is the measure of how specified resources are managed to accomplish timely objectives as stated in terms of quantity and quality. Productivity may also be defined as an index that measures output (goods and services) relative to the input (labour, materials, energy, etc., used to produce the output).

It is the notion that leisure, through unguided recreational activities could lead to intoxication and same should not be allowed for as sabotage.

General overview of leisure

In the consideration for the issues pertaining to leisure, leisure is a general term that embraces a whole lot of experiences that one can have in their free time. To a sociologist, leisure refers to all activities embarked upon by an individual in reflection of the state of mind at a particular point in time. The concept of leisure allows for a wide range of responses, and it could be known that it is a function of time as the activities involved is based on the availability of ample opportunity of time for its actualisation. Contrary to the believe that leisure activities are only to catch ones fun but not to add to ones general knowledge students for instance seize the opportunity to learn new facts and experiences on new developments, the artist engage in their work of arts in another dimension like in the cinema and the theatre, the sportsperson benefit wider by having a choice of experiences indoor and or outdoor, the shopper has more time to himself shopping, the home lover engage in activities like gardening, doing it yourself activities, watching television or video or even the computer, and the hedonists experiencing indulgencies to participate more in gambling and so on. In the processes of this line of activities connected to leisure which are very pleasing for the general overall development and invigoration of the spirit, soul, and body, leisure seekers tend to go to the extreme to jeopardise the benefits embedded in them and could make it look unattractive to engage in.

Just like in most developed countries of the world, where recreational activities come to be some of the form of athletics; gymnastic; acrobatic; and dancing, the case of Africa- especially Nigeria, due to her rich cultural attributes open a wide avenue for recreation after the day's work- a situation whereby cultural festivals are done often for enjoyment and refreshment. Just like in the words of (Omoruan 1996) in which in his opinion stressed that in the

African traditional society, a child starts to learn from his siblings and elders the skills to jump; climb a tree or mountain; rides; dances or sings and so much more. Consequently, the child develops the physical, emotional, social and aesthetic endowments that will go far into serving him to build him up in the future. In Nigeria still, there are a lot of ways by which stress and tension can be released and they include traditional festivals, moonlight stories, meetings at the village square, hunting, dancing, wrestling and so on all for the purpose of becoming well alive to life (Ipinmoroti, 2004) . The pivotal importance of leisure cannot be overemphasized as it is during which time the real personalities of some people can be known and determined. To the contrary, leisure time if not properly harnessed accords seekers the time to engage in some social vices that could aggravate the existing societal problems such as idleness, alcoholism, violence drug abuse and so on (Babatunde, 2007), the whole of which lead to intoxication and a detriment to the entire social structure.

Theoretical Framework

A theory of intoxication known as the theory of mind deficit was adopted to explain the results that unguided high level persistent intoxication on an individual can cause to his career and level of preparation to achievement in their various fields of endeavour. The theory is based on the assumption of attributing the state of one's mentality to oneself and that of others is fundamental to human cognition and social behaviour that results in low level perception (Chris, D. and Uta, F. 2015). Furthermore, the theory is based on the understanding of how mental states such as beliefs, desires and intentions cause human behaviour (Mark, A and Lindsay, C. 2018). In series of experiments performed on some group of children, it was observed that children with mind deficit are antisocial hence, tend to have social and emotional difficulties that is not only antisocial but offending.

The Study Area

The study was carried out in Owo Local Government Area of Ondo State, in Nigeria. Owo Local Government is a notable council with headquarters in Owo town. Owo is a town among others in the Local Government. Owo town is located between co-ordinates 7°11'N 5°35'E. It traces her history back to the ancient city of Ile-Ife – well acclaimed as the cradle of Yoruba culture (www.metmuseum.org). The city is an agricultural centre involving in the growing and trade of various arable and cash crops. The town is situated in the south-western Nigeria, in the south is the Yoruba Hills, and at the intersection of roads from Akure, Kabba, Benin City and Siluko. It is situated in-between Ile-Ife and Benin City. Owo Local Government Area consist of Igboroko, Ijebu, Iloro, Ehinogbe, Ipele, Isaipen, Isuada, Ipenmen, Idashen, Obasooto, Iyere, Uso, Emure-Ile- and with a population of 222,262 (2006 Population Census).

Methodology

The research design for this study is survey. The researcher adopted the design in agreement with who opined that survey designs are excellent vehicles for measuring attitudes and orientations in a relatively large population. The research setting have been grouped according to clusters; (by relaxation centres) within each electoral wards in the local government area namely; Ehin-Ogbe Ward 1; Igboroko 1 Ward 2; Igboroko 11 Ward 3; Ijebu 1 Ward 4; Ijebu 11 Ward 5; Iloro Ward 6; Ipele Ward 7; Isaipen Ward 8; Isuada, Idashen, Upenme, Obashooto Ward 9; Iyere Ward 10; Uso/ Emure Ward 11. From the 11 electoral wards, 22 relaxation centres were randomly selected, representing two (2) leisure seekers from each relaxation spot. From the selected relaxation centres, 2 couples (that is 2 males and 2 females) representing relaxation centres in each of the electoral wards were systematically selected (2 men and 2 women from each relaxation spot). In all, 44 men and 44 women (88 couples) were selected from 22 relaxation centres in the study area. The major tools for data collection used for this research are questionnaire and Focus Group Discussion. This is because of the nature of the target population of the study, and the study itself. While questionnaires are administered to generate quantitative data, Focus Group Discussion (FGD) is employed to generate qualitative data. In all, there are two (2) focus group sessions, tagged groups: A and B, representing: two relaxation centre operators in the study area.

Data collected was analyzed using a Statistical Package for Social Sciences (SPSS). For clear presentation and understanding, descriptive methods such as frequency and percentages, are used for the research questions. Content analysis of responses to open-ended questions is carried out. The qualitative information from the FGD enhances the quantitative data and provides valuable in-depth to the analysis.

Data presentation and findings

Table: 1 Sex distribution of respondents at the relaxation centres

| Sex | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Male | 44 | 50.0 | 50.0 | 50.0 |
| | Female | 44 | 50.0 | 50.0 | 100.0 |
| | Total | 88 | 100.0 | 100.0 | |

Source: Researcher's survey, 2019

The above table indicates that 44 (50%) of the respondents were male, while 44 (50%) were female

Table 2 Age distribution of the respondents at recreation centres

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-----------|-----------|---------|---------------|--------------------|
| Valid | 35-39 | 16 | 18.18 | 18.18 | 18.8 |
| | 40-44 | 34 | 36.6 | 36.6 | 88 |
| | 45& above | 38 | 43.2 | 43.2 | 100.0 |
| | Total | 88 | 100.0 | 100.0 | |

Source: Researcher's survey 2019

The above table 2 indicates that 16 respondents representing (18.18%) of the respondents were between the ages of 35-39, 34 respondents representing (36.6%) were between 40 and 44, while 38 respondents representing (43.2%) of the respondents were between age range of 45 and above.

Table 3 Occupational distribution of leisure seekers

| | Occupation | | |
|--------------------|------------|---------|---------------|
| | Frequency | Percent | Valid Percent |
| Unemployed | 09 | 10.2 | 10.2 |
| Students | 12 | 13.64 | 13.64 |
| Teaching (Private) | 14 | 15.9 | 15.9 |
| Civil servant | 21 | 23.9 | 23.9 |
| Farming | 7 | 7.96 | 7.96 |
| Others (Trading) | 25 | 28.4 | 28.4 |
| Total | 88 | 100.0 | 100.0 |

Source: Researcher's survey 2019

According to table 3 above, 9 leisure seekers representing (10.2%) of the respondents were unemployed, 12 respondents representing (13.63%) of the respondents were students of higher institutions, leisure seekers representing (15.9%) were teaching in private institutions, 21 leisure seekers representing (23.9%) were civil servants, 7 respondents representing (7.96%) were in farming occupation, while 25 leisure seekers representing (28.4%) of the leisure seekers were in trading occupation.

Table 4 Respondents' distribution based on academic qualifications

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | B.Sc/HND | 09 | 10.2 | 10.2 | 6.25 |
| | NCE/ND | 17 | 19.2 | 19.2 | 22.5 |
| | SSCE | 24 | 27.3 | 27.3 | 52.5 |
| | Primary | 18 | 20.5 | 20.5 | 75 |
| | Non-formal | 20 | 22.7 | 22.7 | 100.0 |
| Total | | 88 | 100.0 | 100.0 | |

Source: Researcher's survey 2019

The table 4 above, only 9 leisure seekers representing (10.2%) have B.Sc/HND, 17 leisure seekers representing (19.2%) have NCE/ND, SSCE 24 leisure seekers representing (27.3%), on holders of primary education 18 leisure

seekers representing (20.5%) and 20 leisure seekers representing (22.7%) respondents have no formal education.

Table 5 Respondents' choice of time for recreation

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | 8am-10am | 02 | 2.3 | 2.3 | 6.25 |
| | 11am-1pm | 04 | 4.5 | 4.5 | 22.5 |
| | 2pm-4pm | 09 | 10.2 | 10.2 | 52.5 |
| | 5pm-7pm | 22 | 25 | 25 | 75 |
| | 8pm-10pm | 35 | 40 | 40 | 100.0 |
| | 11pm-above | 14 | 16 | 16 | |
| | Total | 88 | 100.0 | 100.0 | |

Source: Researcher's survey 2019

The table 4 above, only 9 leisure seekers representing (10.2%) have B.Sc/HND, 17 leisure seekers representing (19.2%) have NCE/ND, SSCE 24 leisure seekers representing (27.3%), on holders of primary education 18 leisure seekers representing (20.5%) and 20 leisure seekers representing (22.7%) respondents have no formal education.

FOCUS GROUP DISCUSSION (FGD)

Two sessions of Focus Group Discussion were held in the study area, one session for the men and one session for the women respectively. The discussions are presented below:

Group A (Men)

On the question whether they have an idea of what constitute gender differences:

All the participants admitted that they have adequate knowledge of what gender differences was all about. Two of them opined that gender differences have to do with certain characteristics that distinguish between male and female. A participant added,

“It often starts with physical characteristics like strength, which may lead to one having more power and influence more than the other, in which women are mostly at the receiving end as victims.”

What are the factors that determine gender roles and occupations in Owo LGA?

One of the participants exclaimed,

“Religion! There are many factors that determine gender roles and occupations in the area, and they may include: culture,

traditional roles, learning process and discrimination against women etc.”

Another participant said that ‘**societal perception about women as weak**’ is just the most known and open to people to see, but others are silent and more common. At this point, two of the participants admitted that they discriminate against their wives, one of them said that his wife cannot go and work outside the home because her primary responsibility is to take care of him. The other one said that

“... if women are allowed to work, they will no longer be submissive to their husbands.”

On the question whether gender discrimination is increasing or decreasing:

The participants were of the view that gender discrimination has been on the increase in recent time despite all efforts to sensitize the people about equal treatment of both sexes. Some were of the opinion that

“Allah gave men authority over women, and there is no way, they can be equal, everyone should just accept their position as given by Allah.”

Due to cultural beliefs and the influence of religion, discrimination on the bases of sex is pronounced in the area. Meanwhile one of the participants was of the opinion that gender discrimination is gradually decreasing due to exposure to foreign culture through mass media, especially electronic and social media.

#On the question about the relationship between culture and gender roles and occupations?

They unanimously agreed that culture has a lot to do with gender roles and occupations, particularly men and women position in the family, responsibilities, the rules and regulations guiding roles and relationships are clearly spelt out in every culture, except that members of the society use it to gain advantage. One participant opined that his culture prescribed men as the owner of their wives and can treat them as they pleased. Another said there is nothing wrong if a man disciplines his wife because he has authority over her.

“A woman should not be seen engaging in public activities, doing that simply mean disrespecting her own husband.”

#On whether level of education of individuals affect gender roles and occupations:

They said that individual level of education has somewhat influence on gender roles and occupations, however one of the participants expressed his concern over the increase rate of gender discrimination among the highly

educated members of the society. Most of the participants were of the opinion that the incidence of discriminating against women in opportunities and occupations among the non-educated or low education is very high. The reason adduced was that because of lack of education, most couples have low tolerance for women empowerment in view that it threatens their authority.

#On ways of reducing and resolving gender discrimination in roles and occupations:

The participants collectively advocated that gender discrimination in roles and occupations can be reduced/resolved through attitude change, according to one of them, “it is a matter of mind”. Although, two of the participants believed that religious leaders could play serious and sensitive roles in addressing gender discrimination in occupations and roles, but as it is now they lack the capacity, because most of them are economically depending on their followers, who are mostly men, and they may not want to hurt them so as not to lose their means of livelihood. As a result, they could not be objective in handling issues relating to discrimination against women. A participant pointed out that many religious leaders also discriminate against their wives in terms of roles and opportunities for advancement. It was observed that there is a wide gap between the government social development agencies and religious leaders in handling issues of gender discrimination in roles and occupations.

Meanwhile, a participant noted that there should be sensitization and raising advocacy against depriving women opportunities to participate in the economy. The capacity and strength of women should be highlighted because they are doing well in many human endeavours if given the opportunity.

GROUP B (WOMEN)

On the question whether they have an idea of what constitute gender differences:

The group was of the view that gender differences includes any feature that distinguish between male and female, which may be physical, psychological, social, sexual, emotional. A participant added that gender differences may include, roles ascribed to each sex, access to or deprivation from means of production and inheritance.

In addition, majority of the participants noted that they often suffered discrimination from their husbands, families and community members because they are women. According to a participant,

“we are treated by others on the bases of our sex (women), we have to bear it as one of the pains of being a woman, which is necessary to have peace of mind.”

What are the factors that determine gender roles and

occupations in Bade LGA?: A participant observed that the nature of the society and the culture consider women to be men's property that is bought with money. She exclaimed,

“That is the underlining factor that determines how women are perceived and treated by men. Women are seen by most men as property or slaves instead of partners or friends”.

According to her, this factor alone makes women to be exposed to humiliation and discrimination. Another participant observed that even when they (women) are submissive and supportive to their husbands they are not appreciated.

The group pointed out that another factor that determines gender roles and occupations is male preference and socialization into traditional roles. They noted that when 'a woman' is more economically prosperous than the husband, most husbands are not always comfortable and insecure. In such a situation,

“...men resulted to the use of force to assert themselves and their authority over the women; some would even stop their wives from working”...

On the question whether gender discrimination is increasing or decreasing:

Members of the group collectively agreed that the issue of gender discrimination against women is still on the increase. It is an individual attitude that has nothing to do with the location, 'urban or rural, location is not a barrier' one of them added that neither is the level of education of an individual a barrier to discrimination against women.

Two participants said that ignorance and inadequate knowledge of strength and uniqueness of women folk could be reason for discrimination against women in terms of roles and occupations. A participant noted that religion and traditional roles as defined by culture can be responsible for discrimination against women. She went further that gender discrimination is

'a vicious circle' that affects both the victim and the perpetrator in the future'.

On the question about the relationship between culture and gender roles and occupations?

The participants pointed out, culture determines gender roles and occupations in the area not individual abilities. Moreover, every role has been predetermined by sex according to culture and tradition of the people. Doing anything contrary to what is expected will attract sanctions from the communities.

In a nutshell, they said gender discrimination prevents women generally from contributing maximally to the economic development of the

family and the country as a whole and thereby leaving the entire burden of family and national development to the men.

#On whether level of education of individuals affect gender roles and occupations:

They said that individual level of education has somewhat influence on gender roles and occupations, however one of the participants expressed his concern over the increase rate of gender discrimination among the highly educated members of the society. Most of the participants were of the opinion that the incidence of discriminating against women in opportunities and occupations among the non-educated or low education is very high. The reason adduced was that because of lack of education, most couples have low tolerance for women empowerment in view that it threatens their authority.

On ways of reducing and resolving gender discrimination in roles and occupations:

The participants collectively advocated that gender discrimination in roles and occupations can be reduced if the men can have attitude change, and accept women as co-partners in development. All forms of discrimination against women that place them at disadvantage in opportunities and access to means of production should be eradicated. One of them said

“what a man can do, a woman can do better if given opportunity.”

All the participants opined that cultural beliefs that make men perceive women as properties or slaves should be addressed by the government first, in order to correct the wrong and negative perceptions about the person and status of women in the society. According to a participant,

“this should be done with a view to changing the attitude of men towards their wives and women in general.”

She pointed out that this could be done by the government in conjunctions with the traditional, community and religious leaders. However, they suggested that capacity building and enlightenment would be necessary for the traditional, community and religious leaders. More so, most of the leaders are men and they often take sides with their fellow men in perpetuating subjugation over women and other related issues.

A participant said that women should be sensitized and encouraged to participate in the economy by engaging in tasks and jobs to fulfil their potentials rather than be relegated as properties of men.

Conclusion

In view of the deprivation of women in some key areas in the Nigerian social structure, there is the need to urgently create a stable environment that will ensure a level playing ground for both feminine and masculine gender

to efficiently operate.

It is of great relevance to note that, the people or society cannot operate in isolation of their culture. However, the people should embrace the modification of some seemingly retrogressive cultural elements that portends danger to the development of the individual and groups. The desire for one aspect of the gender to the detriment of the other one should be discouraged – a situation whereby men exercise so much power on women as a reflection of patriarchy even at its own detriment and that of its family should be abolished.

Recommendations

- i. In as much as leisure is a relevant and germane aspect of social life that is relevant to the enhancement of the physical well being of the leisure seekers both at work and in their normal day to day interaction within the society, then there is the need for leisure seekers to display a high level of discipline so that they will be able to consciously withdraw from any of the substance they may find to be continuously interesting and enticing during leisure that could make them unconscious and posing as a threat to their safety from accidents, pickpockets, miscreants and so on. The leisure seekers should be so matured to understand their body chemistry to early identify the necessary signs that is akin to their getting reacting adversely. It should be noted here that any unwanted behaviour that are antisocial from the leisure seekers are undesirable, hence the need to nip it in the bud. There should be a known limit within which leisure seekers should be ready to let go off and not be tempted into taking an extra quantity and dose of intoxicants which was hitherto pleasurable and pleasant at the onset.
- ii. The need for a vibrant, serious and responsible individuals forming the main chunk of the work force is needed to ensure a stable economy of any state. A situation whereby the energetic part of the citizens are wasted away through preventable incidents as a result of reactions that are related to the excessive intake of tobacco, alcohol and others should be frowned at. Hence concerted effort should be made so that citizens get to realise the avoidable loss from their actions which can be summarily described as destructive.
- iii. While individuals are at liberty to choose for themselves the most preferred way or ways of actualising a refreshing moment, they should endeavour to strike a balance between their recreational activities that they derive maximum gains in and their jobs or chosen careers without the former posing as a threat to the latter.
- iv. There must be a continuous change in attitude that involves the reorganisation, and the reorientation of the populace in general, on the dangers inherent in the abuse and mismanagement of free time, hence the need to put them to productive use.

- v. The operators of relaxation centres should put up measures and not just be eager to sell as much of their products without necessarily making it a point of duty to identify some leisure seekers that are been excessive in their purchase and conspicuously consuming same. In other words they can be in a position to advise and caution their customers.

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