

## Leisure Program On Sports, Physical Education, Recreation, And Arts In Isabela State University System

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### Abstract

The need for physical activities along with sports and Arts activities are increasing with the growing population and the work pressure in different global regions. For getting relieved from this hectic lifestyle. The educational sectors are therefore now evolving various outdoor activities in their instruction system so that faculties and students both can be satisfied from their lifestyles after spending a busy day. In this study, how such activities are playing an important role for making the leisure period effective, has been illustrated. After taking the survey over 379 students and 263 faculties of Isabela State University, the result has been described here to get better understanding. The significance of physical education has been emphasized in this study based on the survey result where respondents have found responses in a positive way to improve health measures.

**Keywords:** Leisure sports, recreation, physical education recreation, Arts in university, impact of recreation

### 1. Introduction

After culture and art, leisure is something that the individuals must need to plan in a proper way to keep their minds satisfied by which quality and performance of the lifestyle can be improved. In recent years, individuals have found to live their leisure time alone and affect their well-being. Hence, development of inclusive communities through recreational activities are enhancing as well. The potential of team work is found essential to complete a work with dedication and passion that can ensure the quality facilitation by depending on both primary activities of daily life (Kottmeyer, Cutler & Pembridge, 2018). Based on various social cultures and values, leisure, sports activities, leisure and recreation are found to develop in a speedy process in which people are actively taking part to enhance their physical abilities along with the level of skills. While working as a team, it is important to evaluate how individuals are contributing their performance in various domains to utilise the human resources effectively.

For having a clear understanding about the role of physical activities, sports and leisure to enhance the recreation skills, a survey has been done by targeting 379 students of Isabela State University. Surveys have said that the faculty members of colleges and universities spend the maximum amount of time in their workplaces and keep them involved in attending classes, teaching lessons, creating paperwork, developing educational

materials, performing administrative functions and sometimes performing social works. On the other hand, students are also spending maximum time in their educational environment and taking part in various relevant activities. The activities may consist of completing a bulk amount of projects, taking lessons, finishing various assignments and preparing own self for giving the examinations and grabbing expected results. Such social and physical activities are keeping faculties and students are keeping them involved in daily work-life routine by going beyond their personal lives. Therefore, the educational sectors are focusing on a physical education system where they can encourage the faculties and students towards, self-disciplined lifestyle (Andryushchenko & Filimonova, 2018). It would help them to live a healthy citizenry by developing the skills of teamwork through amateur sports programs and international competitive training.

Conduction of sports, mental health games and recreational systems are mandatory to grow the minds of faculties and students in a recreational way. It is evaluated that such programs in educational institutions can provide the students a chance to achieve a fullest development that can influence their thoughts, feelings, and can enhance their potentialities to prove themselves good in the social perspectives. Therefore, this study has been conducted based on the impact of physical activities, leisure and sports upon students' personalities and their character that can enhance self-esteem in a shorter period. As per views of Cho (2020), while leisure serves individuals to think over various life goals, physical activities help in achieving good health to turn those goals into real time. Therefore, this study has focused on evaluating the perception of faculties and students towards such activities and how those are affecting their lifestyle in this era while people hardly get any time to spend as personal space.

## **2. Literature review**

### **Leisure program on sports**

Leisure can be referred to as a free time where one generally takes out time from their usual busy work and just like any other cultural activity leisure, recreation and sports activities play an important part in any community. As per the ideas of Lizana, Carrasco & Tudela (2020), having involvement in such activities will relieve the pressure from the individuals dealing with mental pressure and improve their mental health. It is in the leisure time that an individual gets involved in various other activities such as participation in sports and recreational activities

In leisure sports it does not involve a sense of competition as it is voluntary and non competitive in nature. Some of the leisure activities include hiking, golfing, skating, swimming some even indulge in painting, writing or reading books, these are basically done to free their mind from all their responsibilities and enjoy their own self. Indulging oneself in such a type of activity will help in finding people with the same interest and tends to make friends.

It has been found that those people who spend time in leisure activities are more likely to be happy as compared to those who do not practice in leisure activities. As per Goodman, Geiger & Wolf (2017). Performing leisure captivity will help an individual to overcome depression, anxiety and stress. According to the scales suggested by Beard and Ragheb there are certain benefits of performing leisure activity such as Educational involvement of leisure activity along with education will help in reducing stress and also refresh their mind from the busy environment and explore new ideas and gain more self knowledge .

Physiological: when a person is stress free and mentally good in health it is more likely to affect their physiology such as creation of freedom, overcome intellectual challenges and improve leadership skills and self reliance and along with that it increases the productivity level .

According to a representation survey from Germany the idea of sports , leisure activities and recreation is emerging as an integral part in one way of living previous studies has shown that involvement of physical activity daily in routine life is more likely to bring positivity and generate a link between physical health and mental well being. As per Cho, Post, & Kim (2018).leisure activities also bring some negative aspects as well such as affecting the biodiversity for creation of space for leisure sports and also causing pollution.

### **Physical Education in leisure programme**

Physical education of students helps in building confidence level and competence to take part in various physical activities. Any individual involved in physical activity are more likely to be successful in achieving their goals and objective. As per Rogerset al (2018), they develop a sense of critical thinking ability, strategies and ideas to solve problems. According to a report published by The Royal college of Physician it was found that most of the children lack motivation in taking part in any physical activity which eventually lead to obesity in the adolescence period. The main reason behind this correlated with the way of upbringing being practiced today.

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According to a report published in the UK , 30%-40% boys and girls are not involved in any kind of physical activity and leading an unhealthy lifestyle . such lifestyle practices affect the physical as well as mental health of an individual. Therefore involvement in physical activities is much crucial for an individual or a group of individuals to develop a sense of mental well being . As per Rhodeset al. (2017), taking part in any physical activities develops a sense of participation within oneself along with that development of motor skills are also likely to get developed by taking part in physical activities during leisure time .

Development of better health and reduction on the level of chronic health disease can be generated during the involvement in physical activities , the mind will be stress free and reduce mental strain .A sense of inner peace and development will take place making one self aware about their social inclusion. As per Joshi (2017), inclusion of sport or any kind of physical activity for the disable will make them more culturally accepted and will help them in developing themselves in wide areas such as independent living , better social interaction, mobility and self determination .

### 3. Recreation and Art

Every person has their own way of spending their leisure time. Some might indulge in physical activities and others might involve themselves in some other activities related to social or cultural aspects. As per Hopper et al. (2019), it is important is realize that indulgence in any leisure or recreational activities needs to add certain benefits in person or socially and practising any recreational activities involving arts such as music or painting is more like to benefit the culture and the society. It gives them an area to be creative and explore new ideas along with that explore people with the same thought and mind makes an individual to participate more in cultural and arts activities.

Communities also get benefited as the knowledge gets shared and a sense of positive approach tends to get developed as communities come together to benefit a particular cause and promote cultural participation. Performing such types of leisure activities benefits in a very unique way like spreading of cultural knowledge, historical awareness as well as supporting any social cause.

### 4. Methods

The current era is promoting busy-schedule lifestyles for everyone that the requirement of sports, physical activities dn art for the recreational minds have become important. From the end of 2019, the Covid-19 situation started occurring in various parts of the sphere that resulted in full lockdown there from Mid-March to Mid-2020 and declared as Covid-19 pandemic (Rahman et al. 2020). In the meantime, students along with faculties found a long run to spend time as leisure and satisfy their mind with some personal time while spending with dear ones. For understanding their intense feelings during that period, the faculties and undergraduate students of the University have been considered as target audiences.

For a better understanding of the overall research topic, various useful terms have been discussed so that it can make sense that the study has focused on all the relevant matters that can add value to the topic. Satisfaction at aesthetic and educational aspects has helped to understand its effectiveness in leisure satisfaction level and in outdoor activities as well to make the students more creative (Cetinkaya, Nese Sahin & Yariz, 2017). Clear concepts about physical education have helped in relating students' talent enhancement by enhancing the opportunities towards competitive minds and their potential to win anything by just focusing on the performance level.

The concept of sports and recreation has helped to take a deep insight over the matter that enhancing the students' minds gets easy by taking the responses in which their creativity and mental satisfaction level can be evaluated well. Besides this, the importance of leisure has also been found with a great impact that can sooth the minds of students along with their mentors that reveals their freedom, motivation level and instincts to determine the entire work situation. People found to spend their leisure in various ways according to their preferences and therefore, it is beneficial to examine their behaviour in that period for reviewing their thinking process.

The descriptive correlation research design has been followed by the researcher to create a clear relation with the collected information from the respondents with the logical overview that is expected. For illustrating the leisure satisfaction level of the students and faculties, of Isabela State University, more than one quantifiable variable have been examined with the help of long questionnaires. The major focus of this context has been gone towards their perceptions at different aspects of this study in enhancing their behaviour, personalities and the performance level. 263 faculties and 379 students have been surveyed that revealed that the work life satisfaction is high among the faculties while students are also enjoying their educational environment even though being busy in their daily schedules. The statistical package through SPSS data collection process cleared that the respondents are majorly taking part in sports than other physical activities for mind refreshment. The

majority also said that most of the faculties are from Roman Catholic Region and psychologically they are satisfied with their leisure activities in the same way of their daily activities. Psychological satisfaction through leisure activities are helpful to explore the capabilities of developing something new by using creativity and learning about oneself (Walker & Kono, 2018). Therefore, all the data has been collected by focusing on this concern to illustrate the beneficial sides of this activity and leisure in improving the lifestyle of both respondent groups.

## 5. Discussion

The entire evaluation of the study is giving a clear idea that the physical activities during leisure is important for the well-being of both faculties and studies, those have been considered here as the targeted audience. In the words of Pozo, Grao-Cruces & Pérez-Ordás (2018), physical education is helpful to motivate the participants to keep engaging in physical activities for exploring their creative ideas and use that skill during their leisure time to enhance aesthetic sensitivity and tolerance power. In games, holding your own feelings or anxiety is a major challenge that encourages candidates to learn how to keep quiet in a serious moment being cold minded. In this study, students along with faculties both said that physical activities are helping them to enhance their self-esteem and motivation level that is gradually increasing their tolerance power. Hence, they are able to maintain a social ethics and enhance their own behavioural value towards others.

The market competition while rising day-by-day, the educational sector and the workplace environment is also becoming challenging and hectic in the similar way in which participants are seeking quality leisure periods. During this period they can focus on their personality development by improving their own skills, communication power, self-management, collaboration, and problem solving skill with the help of critical thinking styles (Ritter et al. 2018). The research questions were conducted based on the significance role of leisure, physical activities, sports and the Arts activities upon the behaviour of candidates so that further effective steps would be taken easily by the University authority. The survey result also showed the same as engaging in physical activities is undoubtedly enhancing the personal development skills among the both groups and their performances are becoming error free. Besides, they are gaining the capabilities to handle any critical situation with their own expert hands. Hence, it can be said that leisure activities are resulting in better outcomes for improving one's personal skills and abilities.

Every human life is the integrated part of the society that has to be compatible with its various norms and follow those strictly for surviving. As per D'Aleo (2018), body languages, fairness, values, skills and behaviours are something that defines if an individual is capable enough to lead the society and grab maximum plausible opportunities from the surroundings to strengthen the connection. Physical activities, especially sports are something that keep various people in a form of team and encourage each one to have a competitive mind for fighting with others but in an ethical manner (Hallmann & Giel, 2018). The evaluation is emphasising on this matter as well as the students are saying that they are finding better connections and being able to find new friends where they can reveal themselves and find peace. Hence, the social network connections are becoming stronger while also learning to respect others by going beyond any biased thought and being positive in any critical situation while contributing their own selves.

Educational competitions and the physical activities are now not limited with the national boundaries as this era is promoting the concept of globalisation where connecting with the foreign people is important. International sports are something that is required to be strong enough for self-development of various industries. Arranging programs with international markets can motivate the candidates towards the better collaboration of performances (Govindappa & Bujurke, 2019). The University is found to promote themselves on the international market for the improvement of leadership and goodwill that can ensure mutual understanding among the participants along with social people belonging from different parts of the globe. Being a part of the educational sector, the faculties and students of this institution mentioned that they are having better communication skills while taking part in outdoor physical activities. Such kinds of activities though are facing several barriers like political negotiations, adaptation power of opposition and some more that is creating diplomatic overview about the activities and affecting the leisure period of recreation.

The need for physical activities are increasing in an alarming manner that taking actions like participation in sports, outdoor games, Arts activities have become more essential in today's life (Zarobe & Bungay, 2017). The researchers are saying that it is helping in prevalence, health measures and the changes that are happening in day-to-day life is seemingly prioritising the matter of physical activities as it is influencing the behaviours of the participants and transforming their cognitive development towards peaceful mental health. It is found advantageous for youngsters more than adults for improving current disparities and the poor habits that can reflect in their behavioural changes in the near future. Therefore, most of the educational sectors and the other workplaces are focusing on implementation of physical activity programs where candidates' engagements

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would be improved and their behaviour can be changed towards better social ethics. Leisure is bringing the candidates a chance to think beyond the desired matters from social aspects and focus on their own choices that can help in exploring better development ideas through creativity. Hence, it can be said that the entire thesis discussion has been tried to meet the maximum relevant concerns and make it worthy.

### 6. Results

The questionnaire that has been made for collecting the relevant information in this study has given a specific result that is helping to focus on the major point and thinking more critically over it for future betterment. The selected faculties are belonging from the age group of 30 to 39 those who have pursued Master's degree. On the other hand, most of the student respondents are belonging from 19 age and are undergraduate with second year running sessions. Results for both the groups are found different as their activities are just opposite than another and the need of leisure satisfaction as well.

The students have responded that they are much interested in their leisure activities in which they can use their creative minds to develop something new and hence, their self confidence is increasing slowly but in a steady manner. Enjoying leisure in a positive way can give the people a chance to develop their behavioural skills and create a better sense of accomplishment (Spruyt et al. 2018). In the similar context, the students have rated high that leisure is undoubtedly increasing their accomplishment sense while carrying different abilities to spend the leisure period. On the other hand, educational satisfaction is also becoming effective due to leisure activities as per their responses. Physical activities are not only helpful to stay healthy but also develop psychological satisfaction as well (Kim et al. 2017). The research over the concern has resulted in the same as students becoming healthy and relaxed that is helping them to keep engaged with the social activities with a close relationship. It is important to keep engaged in places that are well clean and hygiene or else it can impact on the health measures along with psychological measures. Results also showed that the students are much aware about their healthcare safety and therefore, they prefer to spend time in hygienic and friendly places rather than choosing an interesting one. It is helping them to create close relationships with other social people and the friends found in the university.

The results of faculties are also giving the similar kind of outcomes though differences found in some measures. The psychological satisfaction from the leisure activities are influencing them most as it is helping in their self-confidence enhancement and making sense of accomplishment in a better way. Furthermore, it is reflecting in their external behaviours and the characteristic that is based on the perception to look over the social norms and cultures. Behaviour of individuals defines how effective a team work is going to be resulted in the end (Farland & Beck, 2019). Some faculties replied that they desired to take physical challenges during their leisure period so that it can help them to keep their mind calm and get physically fit by restoring the physical strengths through healthy activities. Faculties are more focused to use their leisure with outdoor physical activities as they found it beneficial to enhance their well-being and get relieved from the stress of daily life-schedule. They also revealed that they are fonder of clean places like and in those places their main motive is to take part in such activities that are found interesting for using creative minds. It is somehow helping them in having aesthetic satisfaction along with social satisfaction by taking part in friendly activities with those who also have the same level of enthusiasm.

### 7. Conclusion

The entire study has been made based on the university level analysis for both the faculties and students that are demanding for leisure activities including physical activities like sports, outdoor games, recreation and such others. The study has shown that the activities levels of both the groups are different with their age, family background, income level and the mental harassments. Therefore, the analysis has been done twice for individuals and the results are also found in different manners. While taking part in any workplace or educational environmental activity, it is important that the participants are satisfied with their roles as it can affect their performance level as well as the satisfaction level. 263 faculties and 379 students have reacted differently than others as their thinking styles and the behavioural languages towards the society is different at various aspects. Furthermore, the below-mentioned concluded concept can be analysed from the overall study that can help in better performance of their individual work.

The first thought that got clear from the analysis is that respondents are satisfied with their various activities in which they take part during their leisure period. They Found to take mostly recreational activities among which they can perform freely and can involve themselves with the intellectual activities that can enable them to enhance their abilities. Leisure is needed for every human life where they can prioritise their choices during their activities by going beyond the stressful life culture (Kuykendall, Boemerman & Zhu, 2018). Therefore, faculties and students are recommended to take active participation in physical activities to get a healthy lifestyle and achieve mental and spiritual peace.

The result of the analysis also showed that the faculties are less interested in taking part in physical activities, sports and arts activities and that is creating a huge gap between the thinking level of students and them. After a hectic lifestyle of the entire day or an entire week, it is important to keep minds fresh in which outdoor activities and Arts activities can help much to explore the creativity ideas (Lee & Heo, 2020). Therefore, the administration of the University must focus on posing recreational activities in the internal culture to facilitate the refurbishment of respondents' minds and help them in developing positive behaviour in their characteristics.

Sports, physical education, Arts activities and recreation have found different levels of importance in faculties and students' lives that is reflecting in their behaviours towards such. There are several factors that are influencing such attributes towards those activities such as number of family members, family background, age, place, annual income and more others. Lifestyles of human lives are somehow dependent on monetary matters to set a standard of living (Subramaniam et al. 2018). The level of adequacy is transforming with the changing perception of respondents according to their satisfaction level and thus it is creating a strong connection between the participants associated by the importance of those analysed elements. Therefore, proper design of physical activities and the implementation of an adequate education system have been suggested that would help the respondents to keep engaging in those and ensure better health for a longer time with mental satisfaction

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