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PROVISION OF FACILITIES, SERVICES AND OPPORTUNITIES FOR LEISURE AND RECREATION TO CURB YOUTH RESTIVENESS IN NIGERIA

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Abstract

The purpose of the study was to reduce the rising menace of youthful restiveness in Nigeria and review research method was rightly adopted due to inaccessibility to volatile place and personalities. Today leisure and recreation have become significant in molding the character and prosperity of people, families, groups and society at large. Leisure can be viewed as a free time judiciously used and recreation as individual or group engagement during leisure time which is for personal enrichments, development and for the good of the community. This smokeless industry constitutes a significant power to our national and local economies and may be answerable for a large number of occupations over such differed fields of sport,

entertainment arts and crafts, travel and tourism, dance and music, health and fitness among others. To prevent our youth from engaging in social vices, with huge adverse effect on our cooperate existence as a nation, activities like kidnapping, armed robbery, 419 fraudsters , cattle rustling, terrorist acts, prostitution, cultism, delinquency, political thuggery, rape, vandalism, just to mention but few, all these can be curbed by the provision of facilities, services and opportunities for leisure and recreation. Notwithstanding amiability, relaxation and amusement additionally give significant individual advantages as far as meeting physical, enthusiastic needs and philosophical and other essential wellbeing related requirements for members. In an expansive sense the leisure and recreational existence of a country mirrors its essential esteem and character. The findings of the study clearly show that youths desire leisure, recreational facilities and opportunities to help them property channeled all their aw energies into wholesome and socially acceptable ventures. All concern must jointly provide these facilities. However, participating in leisure and recreation alone will not solve the restiveness in Nigeria but in conjunction with other youth oriented programs, youth restiveness will be meaningfully curbed.

Keywords

Leisure, Recreation, Youth Restiveness, Development, Tourism

1. Introduction

Like culture and craftsmanship, amusement and recreation exercises assume an imperative part in groups. Their numerous advantages incorporate enhancing the wellbeing and prosperity of people, ability improvement and strengthening, adding to worldwide peace and advancing advancement of comprehensive groups.

Amusement and recreation exercises may include individuals, (particularly youth), family, little gatherings, groups or entire groups and are important to individuals of every extraordinary age, capacities and levels of abilities. The sorts of entertainment and recreation exercises individuals take part in fluctuate enormously relying upon the neighborhood setting; and have a tendency to mirror the social frameworks and social esteems (World Health Organization, 2010).

As indicated by Bello (2017) the director general National Population Commission, Nigeria's population is right now 182 million, with the greater part of the its kin under 30years

of age which puts an extreme strain on a country, with its abating economy and declining income to provide enough schools and health facilities.

The National Population Commission (NPOC, 2013), detailed that half of the population is made up of youth. Young people are characterized as people in the vicinity of 15 and 34 years old. Sadly, as the adolescent population develops, so does the joblessness rate. As far as age, more youthful youth battle considerably more to discover employments; no less than two third of jobless adolescents are in the vicinity of 15 and 24 years old. Additionally, as far as gender, accessible insights demonstrates that a dominant part of jobless young people are female. Youth joblessness is for the most part in rustic zones and quickly developing: from 2010 to 2011, the offer of jobless youth in country territories expanded from 47.79 percent to 59.95 percent. The number of inhabitants in jobless youth in rural areas ascended from 2.9 million in 2008 to around 5.9 million in 2012.

1.1 Research Objectives

The objective of this study is to utilize leisure, recreation, sports and entertainment to curb rising tide of youth restiveness in Nigeria. Saddling their energies towards productive healthy and socially satisfactory endeavors.

1.2 Scope of Study

The study covered all the 36 states in Nigeria, including Abuja, the Federal capital city focusing on youth restiveness in Nigeria.

1.3 Research Methodology

Research qualitative method was used, which gathered information from reviewed literatures and observation method was also used. Restriction to these methods was due to inaccessibility of volatile places in Nigeria.

1.4 Gap Identification

Hitherto, relaxation, amusement and tourism are not things that promptly rings a bell while thinking about how to control youth restiveness, however, now it is perceived as a noteworthy power in the commitment to worldwide understanding and world peace.

1.5 Future Scope

The researcher will recommend further studies into youth restiveness in the North-Eastern region of Nigeria leading to the Menace of the deadly Boko Haram.

1.6 Limitation of the Study

This study was limited by not having enough document to write about, places are volatile to visit and personalities involved in youth restiveness are not willing to grant interviews.

2. Review of Related Literature

2.1 Causes of Youth Restiveness in Nigeria

Youth anxiety isn't a current marvel; different types of youth fretfulness that are socially, monetarily, politically or religiously spurred have existed for quite a while in Nigeria. Be that as it may, the wonder has been a conspicuous issue as of late. There has been an expansion in event of demonstrations of viciousness and rebellion including things like seizing/prisoner of unmistakable natives and exiles, capturing/assault of young ladies for infant production lines/human parts exchange, crude oil theft and bunkering, vandalization of government properties, armed insurgence/menace of Boko Haram, cultism, prostitution, armed robbery, cattle rustling, political thuggery, terrorism, 419 fraudsters, ritual killings and above all the issue of availability and accessibility of drugs and substance in the street-corners which pre-dispose the youth to abnormal behaviors when they come under their influence.

Furthermore, the words 'youth restiveness' have become a cliché to Nigerians over the years. This epidemic which has undoubtedly become endemic has been given different colorations. However, viewed as the uncontrolled, violent and unpleasant ways by which youth communicate their dissatisfaction to the government or people in authority over a perceived neglect of their demands and expectations.

Today, we have experienced the proliferation of many restive groups in the country that has greatly affected the Tourism Industry. Apart from the many Niger Delta militant groups, there exist MASSOB, OPC, OMBATSE, IPOB, the defeated Boko Haram and many more groups avenging one grievance or the other. Granted, these restive groups had or are still perpetrating unwholesome acts and gaining government's attention wrongly, but one cannot pretend not to agree with the fact that life is all about cause and effect and to every inaction, there is an action; to every action, there is a responsive reaction. Mgbogh (2017).

Youth restiveness cut over the wealth and decent variety of the nation's social contrasts among the more than 250 ethnic groups in the 36 States of the federation, with each

state with its peculiarity. Nigerian youths are very vulnerable to the manipulation of money bags and aggrieved politicians who make them “useful instruments of destruction” found in the “devil’s workshop”.

These are a portion of the primary driver of youth restiveness in Nigeria: Youth unemployment, bad governance, poverty and depressed neighborhood, faulty parenting and bad child’s upbringing, illiteracy, inadequate educational opportunities and resources, inadequate communication and information flow from leaders, inadequate leisure, recreational and sport facilities, poor social conditions, unequal distribution of national resources, corruption, perceived injustice, marginalization and oppression, high handedness of leaders, money politics and political gangsters, drug trafficking and organized crime among others.

Elegbeleye (2005) characterized youth restiveness as "a maintained protestation set out upon to implement wanted result from a constituted specialist by a sorted out collection of youth; it is set apart by viciousness and interruption of legal exercises.

Torkildsen (1992) noted that leisure can be perceived in a variety of ways as time, as state of being, as experience, as a way of life or as a framework of opportunity to participate. In reality, leisure comes about through a conglomeration of activities: social visiting, church/mosque going, physical recreation, gardening, visiting parks and museums, art and crafts, dance and music; leisure time is the time that individuals choose to spend far away from their regular duties.

Torkildsen (1992) observed that recreation can be described and defined in a number of ways. Two main ways of perceiving recreational are from an activity focus and from an experience focus. From the experience base, we enjoy various recreational engagement by spectating or passively involved. From an activity base, recreation is seen to be an activity which one is actively involved. The activities focus present recreation as a structure; a framework and as a social institution in our society, linking leisure and recreation into satisfying or life enhancing experiences. It has been proven that stress is the causes of youth restiveness.

As highlighted by Dunaeva (2017) medical practitioners admit that hormones can decrease our immunity when we are under constant emotional stress, it can lead to disease, especially psychosomatic and autoimmune ones.

According to Majid, Hidayat & Susilahati (2017), for the inability of stakeholders and policy makers to manage conflicts are allegedly very likely to cause huge social conflicts that have large impact in a long period of time.

2.2 The Place of Leisure and Recreation in the Society

Leisure and recreation are not things that immediately come to mind when considering how to curb youth restiveness. Be that as it may, leisure and recreation constitutes a noteworthy power in our local and national economies and is in charge of a huge number of employments in different fields as government, travel and tourism, entertainment, arts and craft, health and fitness, interests and in addition participatory and observer sport. In addition to its esteems as a type of amiability, diversion likewise gives significant individual advantages as far as meeting physical, enthusiastic, philosophical and vital wellbeing related requirements of members. In an expansive sense, the relaxation life of a country reflects its crucial esteems and character. The very recreations and games, amusement media, and gathering affiliations that individuals appreciate in their relaxation help to shape the character and prosperity of families, groups and society at large.

Moreover, leisure and recreation support can be seen as a method for accomplishing family harmony or seeking after fascinating interests, games or social exercises or as a place for development and advancement for young people as well as for all ages. Very often, the youth are described as full of youthful exuberance, this raw energy has to be into wholesome and socially acceptable ventures that foster and promote peaceful co-existence, orderliness, stability and national development (Elegbeleye, 2005).

2.3 Provision of Leisure and Recreational Facilities

Youth desire leisure, recreational and sport opportunities and public, private and non-profit or non-governmental organizations are expected to create substantial leisure and recreational facilities to fulfill these desires. Some desire spectator leisure and recreational opportunities while others seek more active participation; and tourism professionals have attempted to create leisure and recreational opportunities to meet these needs and desires.

According to Mclean, Hurd & Rogers (2008), government agencies are responsible for providing a floor of basic leisure and recreational services for the public, a major segment of leisure and recreational opportunities is sponsored by non-profit organization, often called

voluntary agencies. Also range of services is also provided by public and private sectors, in many cases, the three may be involved in the same kind of provision of services, they are also increasingly dependent on one another. However, there appear to be fundamental and distinct differences in philosophy, objectives and approach, which need to be understood in order to provide appropriate leisure and recreational services.

Furthermore, public and governmental organizations serve users at the local, state and federal levels. These organization are fully or partially funded by taxes and are direct service providers to the public, while private or commercial leisure and recreational has been referred to as the for-profit and the market sectors. Most public and non-profit organizations charge no cost for the usage of their facilities. Non-profit voluntary agencies regard recreation as part of their total spectrum of services, rather than their sole function. Typically, they recognize the importance of creative and constructive leisure and see recreation as a threshold activity that serves to attract participants to their agencies. In addition, they see it as a mean of achieving significant social goals, such a building character among youths, reducing social pathology, enriching educational experience, strengthening community unity and similar objectives.

As Torkildsen (1993) has noted: leisure and recreation are made possible by means of a range of service and facilities, both indoor and outdoor, which are needed in our urban and rural areasto meet diverse needs and demand of individuals, families, groups, schools, clubs and societies. This range of activities requires general and special facilities in the form of hall and meeting rooms, libraries, theatres, museums, sports and leisure centers, swimming pools, zoological gardens, open air theatres, open spaces, play areas/grounds, stadia, entertainment centers, art, music, drama hall, cinemas, places for literary activities/education, sports and physical recreation, community centers, pubs, clubs, concert halls, craft room and workshops and lots more.

Recreation in the local government, which is very close to the people requires good road networks, maps and sign posts, shopping off points, picnic sites, car parks, camping and caravan sites, clean beaches and lakes/water recreational areas, walkways, footpaths, natural reserves, efficient security and all what will make participants to want to come back again.

2.4 Role of Leisure and Recreation in Curbing Youth Restiveness

Agina – Obu (2008), noticed that anxiety could be found in somebody who have over abundance nonessential vitality, energy and drive to move forward. Negative restiveness results from the prevailing conditions such as oppression, perceived injustice, and marginalization, unemployment, collapse in national values and corruption among others. Ascertaining policies that have worked in addressing unemployment in Nigeria is rather difficult in light of the incredibly high and rising unemployment rate—and at least around 1.8 million youth are entering the labor market every year (Falusi, 2014). At least two-thirds of unemployed youth are between 15 and 24 years of age. And, in terms of gender, available statistics show that a majority of unemployed youths are females. Akande (2006).

Okorasaye – Orubite (2008), noted that people between the age of 6-30 make up about 59% of the number of inhabitants in Nigeria, while the gainful and dynamic portion 15-30 years constitutes 49% of the beneficial age of a nation. Moreover youth by their inclination are loaded with so much essentialness, which makes them fretful. These energies when intentionally and decidedly directed, got social acknowledgment in innovative sellers like music and dance, enrolment in the military force, productive work, engagement in monetary exercises, scholastic and group advancement exercises, investment in focused games, visiting tourist attractions, visiting relations, family and friends, taking part in indoor and open air relaxation are profoundly fulfilling; if these energies are not satisfactorily and suitably dealt with, the outcome is negative fretfulness prompting against social practices.

Onyekpe (2007), concurred that youths possess a noticeable place in any general public. Aside from being the owners and leaders of tomorrow, they dwarf the moderately aged and the matured, other than numerical prevalence, youth have vitality and thoughts that are society's extraordinary potentials. Youth are the establishment of a general public and their vitality, imagination, character and introduction characterizes the pace of development and security of the country through their innovative talents and labour power. A country makes giant strides in financial advancement and socio-political accomplishment through dynamic youth support in their dreams and hopes, a country establishes her inspiration. On their energies, she builds her vitality and purpose and on due to their dreams and desires, the eventual fate of the country is guaranteed.

The statement above recognizes the part of the young in the peace and security of a country. As the most dynamic portion of any general public, youth are the significant determiners of peace and solidness of a country.

Ozohu – Sulaiman (2006), on the other hand, the level of messiness and unsteadiness in the public eye is additionally decided to a limited extent by youth. To check youth fretfulness in Nigeria, the nation needs to bridle the capability of its prospering youth populace keeping in mind the end goal to support monetary improvement, decrease across the board neediness and channel huge quantities of jobless youth into profitable exercises and far from on-going religious and ethno-ethnic brutality. Sport, leisure and recreation needs to be properly planned and managed for it to be delivered on its full potential. To help youth re-channel their energies to meet their own personal needs; government, non-governmental organization, private sector and well-meaning individuals need to provide challenging programs that will offer the youth constructive and enjoyable leisure and recreational opportunity as active and passive participants.

Game, relaxation and recreational exercises, for example, relaxation sports, social relaxation and customary types of relaxation, socio-instructive relaxation exercises and even paid excitement enables individual to deal with their leisure time without constraint. Indeed, even in troublesome circumstances, these exercises gives youngsters the chance to engage themselves, unwind, and play to discover cultural enrichment. Also leisure and recreational exercises give youngsters the likelihood to self-articulation, individual satisfaction, and self-awareness as an individual or as an individual from a gathering. Customary game, relaxation and recreational exercises can bring issues to light of youngsters that can move them to add to the change of their living conditions through volunteerism. These exercises ought to be accessible to all young people without avoidance on the bases of sexual orientation, religion or social condition. Social consideration favors youth and individuals with special needs, especially youth ladies and girls who are the most exposed to and most affected by social and financial issues. Their status as equivalent accomplices in youth improvement and strengthening projects ought to be given unique consideration as it is a basic technique in defeating the societal uneven characters that keep on prevailing even among the youths.

3. Findings

The findings of this study clearly shows that youths desire leisure, recreation, sports and tourism opportunities as a way of diverting their crude energies (energetic extravagance) into healthy and socially worthy ventures that if not properly harnessed will threaten the fabrics of the community. Therefore, wealthy people, private and public organizations should together provide these leisure and recreational facilities to the benefit of all.

4. Conclusion

This paper has outlined how taking part in games, relaxation and recreational exercises can enhance the personal satisfaction of people and groups, advance social consideration, add to enhance physical wellness, emotional well-being and prosperity, the advancement and improvement of training and deep rooted learning, advancement of dynamic citizenship, counter hostile to social practices, raise singular confidence and certainty or more all extend skyline. In any case, taking an interest in game, relaxation and entertainment alone won't unravel the young fretfulness in Nigeria, however, all hands must be on deck in conjunction with youth oriented programs that are aimed at national rebirth to curb youth restiveness in Nigeria.

5. Recommendations

The paper recommends the following to curb youth restiveness:

1. Good parenting and proper child upbringing
2. Adequate provision of functional education
3. Provision of skill acquisition programs and enlightenment against the phenomenon of youth restiveness.
4. Government ought to have the capacity to reliably deliver on its terms of social contracts with the youths.
5. Guidance and counseling sessions could be an effective way to curbing youth restiveness by true models.
6. Arrangement of activity that engage young people to have more prominent control over their individual and collective destinies.
7. Ensure adequate provision and accessibility to leisure and recreational facilities.

8. Challenges facing Nigeria youths, such as hunger, unemployment, malnutrition, diseases, homelessness, unsafe environment and social exclusion should be addressed urgently.
9. True Federalism and honest practice of federal character in Nigeria.

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