

Influence of Age and Time on Women's Recreation Participation: A Case of Kibera Informal Settlement, Nairobi County, Kenya

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Abstract

The purpose of this study was to assess how age and leisure time influence participation in recreational activities among women in Kibera Informal Settlement. Chi-square (χ^2) test of independence at a significance level of 0.05 was used to test the existing relationship between the frequency of participation in recreational activities, age and available leisure time. Data was collected through questionnaires from (n=384) women residing in Kibera Informal settlement. Findings showed that the majority of women were self-employed, earned less than Ksh.10, 000 per month, had attained primary level of education, they were aged between 20-25 years and they had family sizes of 1 to 2 children. Both age and leisure time were major determinants of frequency of participation in recreational activities. Findings of the study suggest that the ministries of Health and Sports should educate the members of the public within the informal settlement areas on the health benefits of recreation and good time management to encourage frequent participation in recreational activities, recreation service providers to avail affordable and pleasanter recreational facilities/programmes to cater for all ages.

Keywords: Informal settlement, determinants, recreational activities

1.0 Introduction

Recreation is a purposeful activity aimed at execution of personal and social gains including renovation and collective connectivity (Kelly and Freysinger, 2000). Involvement in recreation is observed as a means towards public obligation, improvement of the self-well-being, the communal ways to inaugurating relations, or particular procedure of development. Partaking in such activities like jogging, hiking, dancing, walking and playing other games which involve application of energy have been participated for fun (Nolan & Surujlal, 2009).

All and sundry not excluding those residing in informal settlements requires involvement in recreational activities as vital aspect of life to maintain social relationships and approval from others. Taking part in recreational activities aids one to release pressure leading to joyful and healthy social relationships and achieve a sense of wellbeing. The studies on constraints to participation in sporting activities have shown lack of time, shortage of knowledge, overcrowding, far distance to activity areas, family problems and lack of money and companion specified as the most significant recreational constraints (Kara & Demirci, 2010) while fear of assault, absence of facility, race, high entrance fee, gender, lack of care and destroyed equipment to be among other dynamics affecting preferences and participation level of different categories of people in recreational activities (Mozafari, Kalane, Shaji & Hadari, 2010).

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Many studies have reported that female's participation in physical recreation is not much compared to the male counterparts (Johnson, Bowker & Cordell, 2001). Little (2002) reported that women were constrained by aspects such as gender role expectations, family commitments, personal constraints related to cultural motions of gender and bureaucratic nature of adventure recreation. The study by Nolan and Surujal (2009) in South Africa reported that females 'duties were customarily regarded as the home-maker and the family's welfare was left to her to manage'. Proof of social stigma to the females in competitive sport by labeling them as non-feminine has been addressed by (Overhart & Pemberton, 2001).

Henderson and Sheikholeslami (2007) recommend further research to comprehend women and their leisure in different cultures; on the other hand, Shaw and Henderson (2005) suggest a study to focus on a broader definition of structural constraints including the immediate individual barriers, social security and cultural dimensions. In Nyaupane and Andereck (2008) study, they advocated for leisure constraints research to examine socio-demographic factors such as age and gender, Rintaugu, Mwangi and Bailasha (2013) specifies that the major strategies of negotiating constraints were time management and interpersonal coordination. Regardless of recreational activities' benefits, studies indicate that females engage in physical recreational activities irregularly than their counterparts (Johnson et al., 2001; Mozafari et al., 2010). Women in the urban informal settlements experience unique trials in the neighborhood as they grow (Shaw & Henderson, 2005). In spite of the several studies conducted on this phenomenon, studies on recreation for women in the informal settlement has not been thought of yet they form the most vulnerable population in the informal settlement.

2.0 Literature Review

A study by Delaney (2013) discovered that involvement in recreational activities and sport to be on rise during the early teenage years but drop later. Australian Bureau of Statistics (2006) specifies that partaking in recreation for the physically disabled declines with age, this outcome is in tandem with findings of a study by Bolen, Rhodes, Powell-Griner, Bland and Hohznan (2000) which viewed participation by age comparison and settled that participation in outdoor and physical activities decreases with age. Aging is accompanied by more constraints to participation in recreational activities (Shores et al., 2007) but a study by Australian Sports Commission (2012) on Participation of Australians and Tasmanians in Exercise, Recreation and Sport of 2010 described that ages 25-34 had lowermost regular participation while ages 35-44 had uppermost regular participation. Currie (2004) found that the young mothers who engaged in physical activity had greater feelings of wellbeing even though they are constrained by some of their views of body image.

Kelly and Freysinger (2000) report that it is essential to encounter leisure and recreational activities requirements for psychological health growth during adolescence, on the other hand, Gibson, Ashton, Green and Autry (2003) suggest that older women feel privileged to engage in leisure as they go in retirement but their selections and opportunities are both authorized and inhibited by leisure mates, health and monies. Older women are also reported to be constrained by deprived health, lack of acquaintance and age related norms which eventually hampers positive outcome on their leisure and recreation participation (Ullman, 2011). Asihel's (2005) indicates that individuals aged 56 years and above choose to walk in their free time. Therefore, there is need for active lifestyle as one retires for it appears retirement in other obligations is not related to retirement in recreational activities, on the other hand, it can be a detriment to one's health.

Kraus (2001) maintains that leisure time is the time left after other obliged duties have been accomplished. The social meaning of activity, experience gained and leisure time available shape leisure prospects. Individuals' involvement in recreation experiences is determined mostly by the available time (Jackson, 2000). Leisure time has dropped over time due to people's commitment to meet sustenance needs which result into some people working past their official working hours to earn extra income and equally shifting offices to their homes by taking their official work to be finalized at home (Mwisukha & Wanderi, 2009).

Cortis, Swarikar and Muir (2007) indicate time to be a major obstacle to participating in sport and recreation to women due to their family and work commitments. Ravenscroft and Curry (2013) study on the constraints to participation in countryside recreation in England illustrate relative lack of time as a restraint to recreation participation. Chang (2006), on analysis of Koreans' men and women's time use, exposed that the presence of children, income level, paid labour time, level of education and marital status influences the pattern of time used for household tasks and leisure.

The study findings revealed that men have more active leisure time than women, close to 10.2 more minutes on workdays and 53.4 more minutes on Saturday in paid labour than women resulting to approximately 114.9% of women's on ordinary day and 113.2% of women's on Saturday.

Nielsen and Hansen (2007) shows that Americans have an average of 35 to 40 hours of free time per week, however, this time mainly comes in bits during weekdays instead of big blocks on weekends with TV viewing exhausting half of all free time and 27 hours per month are spent on internet (for both leisure and work). This interprets that staring at screens is a major use of Americans' time. This is an indication that leisure time or free time form a treasured facet of day-to-day life and one need to balance use of leisure time for recreation purposes and other daily duties that are important for one's survival.

The findings of the study by Alexandris and Carroll (2010) on demographic differences in the perception of constraints on recreational sport participation indicate that married individuals have minimal time to show up for the recreational activities than sole persons. This outcome is in agreement with a study by Milburn (2004) which argues out that the biggest challenge for many women with families is crafting their personal leisure time with their families/friends for more communist cultures, with the societal expectation that they will be in-charge of handling children's health, future and education. Brown, Miller and Hansen (2001) indicate that two thirds of the women they surveyed in their study, had limited time to be bodily active during their leisure although most women articulated that if they are offered more social support; they could be more physically active.

Cheung (2005) survey on females' constraints in physical recreation participation reported that female's erratic physical activity involvement is due to time limitation whereas Young, Ross and Barcelona (2002) in their study on perceived constraints by college students to participation in campus recreational sports programs stated that commitments in school, work and family has restrained them far-off as time is concerned which is a significant determinants of participation in recreation activities by senior students and this seems constant by Henderson and Sheikhsolami (2007) on an exploration of the leisure activities and constraints to leisure that Iranian women encounter exhibited that homemade activities are most preferred recreational activities.

3.0 Methods

3.1 Research Design

The study used descriptive survey research design to assess how age and leisure time influences participation in recreational activities among women in Kibera Informal Settlement.

3.2 Instruments

Data were collected using self-administered questionnaire comprising closed-ended questions with simple frequencies to capture information according to research objectives. The questionnaire consisted of a section of demographic data and the other section collected information on the participation in recreational activities among women in Kibera Informal Settlement.

3.3 Data collection

The questionnaires were distributed by the researcher and research assistants to randomly selected women. Data was collected from (n=384) women who met the age condition and offered an accord to participate in the study. The data collection was conducted on Saturdays and Sundays to incorporate women working outside Kibera Informal Settlement on working days in the study.

3.4 Data analysis

The data were coded and organized for analysis using the Statistical Package for Social Sciences version 20. The results were organized, tabulated and presented in frequencies and percentages. Chi-square (χ^2) test of independence was used to test the hypotheses at a significance level of 0.05.

4.0 Results

4.1 Table 1: Demographic details of women in Kibera informal settlement

| Age | N | % |
|----------------------------|-----|-------|
| 20-25 | 152 | 39.58 |
| 26-30 | 104 | 27.08 |
| 31-40 | 88 | 22.92 |
| 41-50 | 40 | 10.42 |
| Family Size | | |
| 1-2 children | 165 | 42.96 |
| 3-4 children | 132 | 34.38 |
| 5 or more children | 59 | 15.36 |
| No children | 28 | 7.29 |
| Education Level | | |
| No formal education | 14 | 3.68 |
| Primary education | 223 | 58.07 |
| Secondary education | 105 | 27.34 |
| Middle level College | 34 | 8.85 |
| University | 8 | 2.08 |
| Income Level (Ksh.) | | |
| 10,000 and below | 342 | 89.06 |
| 10,001-20,000 | 14 | 3.65 |
| 20,001-30,000 | 10 | 2.60 |
| 30,001-40,000 | 9 | 2.34 |
| Above 40,000 | 9 | 2.34 |

Table 1 shows that Majority of the respondents 152(39.58%) aged between 20-25 years, followed by 104(27.08%) who had 26-30years, 88(22.92%) were between 31 and 40 years and finally 40(10.42%) were within the age of 41-50 years. Other demographic details displayed that 165(42.96%) had 1-2 children, 132(34.38%) had 3-4 children while 59(15.36%) had 5 or more children and only 28(7.29%) of the respondents had no children. It is obvious that majority of the women had 223(58.07%) had attained primary school level of education, 105(27.34%) had secondary school level of education, 34 (8.85%) had middle college level whereas 14 (3.65 %) had not gone to school at all and only 8 (2.08%) had attained university education. The bulk of the women 342(89.06%) earned Ksh.10, 000 and below, 14(3.65%) earned between Ksh.10, 001-20, 000, 10(2.60%) earned between Ksh.20, 001-30, 000 while 9(2.34%) earned between Ksh.30, 001 – 40, 000 and 9(2.34 %) earned above Ksh.40, 000.

4.2 Table 2: Frequency and Percentage (%) of Participating in Recreational Activities per Week in Relation to Age

| Frequency | Age in years | | | | |
|---------------------|--------------|------------|------------|------------|------------|
| | 20-25 | 26-30 | 31-40 | 41-50 | Total |
| Once | 32 (21.1%) | 26 (25.0%) | 21 (23.9%) | 8 (20%) | 87 (22.7%) |
| Twice | 46 (31.6%) | 29 (27.6%) | 22 (25.0%) | 9 (22.5%) | 108(28.1%) |
| Thrice | 30 (19.7%) | 16 (15.4%) | 12 (13.6%) | 1 (2.5%) | 59 (15.4%) |
| Four times or above | 37 (24.3%) | 25 (24.0%) | 21 (23.9%) | 16 (40%) | 99 (25.8%) |
| None | 5 (3.3%) | 8 (7.7%) | 12 (13.6%) | 6 (15%) | 31 (8.1%) |
| Total | 152(39.6%) | 104(27.1%) | 88 (22.9%) | 40 (10.4%) | 384 (100%) |

$n=384$, $df=12$, $p=0.038$, $\alpha=0.05$

Table 2 unveils that the Chi-square test of independence exhibited a significant ($p < 0.05$) association in the frequency of participation in recreational activities in relation to age. Consequently, age of women in Kibera Informal settlements determines their frequency of participation in recreational activities.

4.3 Table 3: Frequency and Percentage (%) of Participation in Recreational Activities per Week in Relation to Availability of Leisure Time

| Frequency | Availability of Time | | Total |
|----------------------|----------------------|-------------------|------------------|
| | Yes | No | |
| Once | 90(37.0%) | 44(31.2%) | 134(34.9%) |
| Twice | 68(28.0%) | 29(20.6%) | 97(25.3%) |
| Thrice | 20(8.2%) | 9(6.4%) | 29(7.6%) |
| Four times and above | 41(16.9%) | 18(12.8%) | 59(15.4%) |
| None | 24(9.9%) | 41(29.1%) | 65(16.9%) |
| Total | 243(63.3%) | 141(36.7%) | 384(100%) |

$n=384$, $df=4$, $p=0.000$, $\alpha=0.05$

In Table 3, the Chi-square test of independence demonstrates that the frequency of participating in recreational activities and availability of leisure time are statistically significant ($p < 0.05$). This implies that leisure time has an implication to the frequency to which women in Kibera informal settlements participate in recreational activities.

4.4 Discussion

Findings of the study disclose that age groups 20-25, 26-30 and 31-40 years took part in recreational activities twice per week while the mature group in the study participated four times and above. The advanced individuals registers no time constrain for participation whereas the young generation might be obliged by other accountabilities like child-care resulting to irregular participation but the old cohort could be having plenty of time since they have passed the stage of bringing up young children. These findings supports a study by Australian Sports Commission (2012) on Participation of Australians and Tasmanians in Exercise, Recreation and Sport of 2010 that reported ages 25-34 to have had lowest regular participation whereas ages 35-44 had highest regular participation, but Delaney (2013) indicated that participation in sport and recreational activity tends to peak during the early teenage years and drop thereafter.

Henderson and Sheikhsolami (2007) study in Iran on an exploration of the leisure activities and constraints to leisure displayed that those without children had more constraints related to communal organization whereas those with 3 or more children had restrictions associated to household prospects, personal health and safety. This is marked in this study that the families with 1-2 children had upper participation in recreational activities while those with no children had less participation.

From the findings, it is evident that main stream of the respondents had only acquired elementary level of literacy and this forms the highest group that was involved regularly in recreational activities. Tallen (2011) indicated that the rate of participation had a tendency to upsurge with the length of studies and the level of education attained. This is in tandem with the study in Australia that report regular participation rates in physical activity for Australia and Tasmania are connected with education levels; university degree (54.7%), diploma (50.6%) or still at secondary school (51.8%) had the highest regular participation rate. Lowest level of schooling (39.2%) or who never went to school (34.4%) (Australian Sport Commission, 2012). It is clear that the groups with small income participated in recreational activities in large numbers as compared to those with higher income, this is a proof that the income per month is not a contributing factor to the frequency of participation in recreational activities for women in Kibera informal settlement since they participated in affordable recreational activities regardless of their low income level.

This does not support Kouhkamari and Moghaddam (2015) study which reported an effective relationship between the degree of the facilitating factors of the staff participation in sports activities and financial constraints. The study findings exhibit that the frequency of participation of the women in recreational activities in relative to availability of leisure time is significantly related.

This is in tandem with Mwisukha and Wanderi (2009) study on participation in leisure activities that allude to the problem of time famine as a constraint; they maintain that there has been a scarcity of free time for leisure for people are busy trying to realize day-to-day survival needs with some people extending their official working hours to earn additional stipends in addition to carrying their official work to their homes. This is supported by Cortis, Swarikar and Muir (2007) study that cited time to be a major blockade to participating in sport and recreation due to the women's family and work commitments.

4.5 Conclusions and Recommendations

The findings revealed that majority of the respondents were under 40 years with small family sizes with 1 to 2 children, more than half of the respondents had only primary education level and low levels of employment earning 10,000 Kenyan shillings and below; nearly half of the respondents were unemployed and were home keepers, while the other half were involved in running small business in the area.

It was evident that the selected factors of age and leisure time had significant and strong correlation with the frequency of participating on recreational activities; therefore, it is recommended that the ministry of sports in collaboration with the recreation service providers to avail affordable and pleasanter recreational facilities and programme catering for all ages. It is also recommended that the ministry of health should educate the residents of Kibera informal settlement on the need of participating in recreational activities. This will ensure that the residents will include recreational activities in their programmes to mitigate the time factor. There is need for regular studies on recreation in informal settlements from time to time due to high growth of informal settlements universally owing to economic, social and other demographic conditions.

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