



Assessment of Students' Satisfaction with Sports and Recreational Services in Southwestern Nigeria Federal Universities

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ABSTRACT

Objectives: This study assessed the level of adequacy of sports and recreational services in federal universities in Southwestern Nigeria. It also determined the level of students' satisfaction with sports and recreational services in the study area. The study equally examined the influence of sports and recreational services on students' satisfaction in the study area. **Method:** This study employed descriptive survey research design using quantitative approach. The population for the study comprised 193, 526 students from the seven federal universities in Southwestern Nigeria. The sample for the study was 1,144 students from three selected universities in the region. One instrument was used for the study, namely; Students' Satisfaction with Sports and Recreational Services Questionnaire (SSRSQ). Data were analysed using percentages and weighted average. **Results:** The results revealed that sports and recreational services in the study area were moderately available with weighted average of (2.6). The result also showed that students were moderately satisfied with sports and recreational services with average mean of 52%. It was further revealed that sports and recreational service ($\beta=0.16$, $p<0.05$) had significant influence on students' satisfaction in the study area. **Novelty:** This research presents novelty research that combines the variables of sports and recreational services and students' satisfaction. The research is intriguing due to variation in emphasis, research participants, results of the study and the implication for students' personnel administration in tertiary institutions.

INTRODUCTION

Sports and recreational facilities are essential facilities or services that universities provide for students to enhance and promote their physical, social, and mental well-being. The provision of excellent and standard sports and recreational facilities in the university will help it fulfill its mission of training total students who will be academically sound, physically fit, socially upright, and emotionally balanced. Given the rigorous academic activities in the university, students need an arena where they can go to ease the tension and stress they face daily. Sports and recreational facilities provide an avenue for students to be engaged in other extracurricular activities outside academic activities for their physical, mental, social, and emotional development (Bekomson et al., 2020; Berger et al., 2021; Finnerty et al., 2021; La Charite et al., 2023). These aspects of students' lives contribute significantly to their success in academic activities.

Sports and recreational facilities are any form of facility that provides opportunities for people to engage in at least one physical activity. Recreation is engaging in activities for one's own physical and mental well-being to revitalize the body and mind. Moreover, recreation refers to activities people partake in during their leisure time to satisfy a need or

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