

The utilisation of sports and recreation facilities in Botswana



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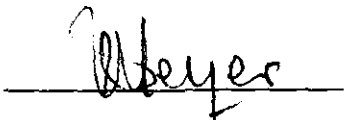


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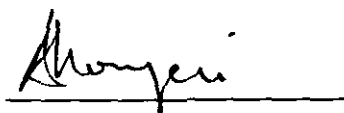
DECLARATION

We hereby as supervisors/co-authors give permission to Mr I. Sayed to use the research articles, as presented in this dissertation, for his study. We as supervisors/co-authors only acted in a supervisory capacity regarding the research and the writing of the research articles.

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Opinions expressed in this work, or conclusions arrived at, are those of the author and are not to be attributed to the Potchefstroom University for CHE or the above-mentioned persons.

Abstract

The utilization of sports and recreation facilities in Botswana

Several factors affect sports and recreation participation in human communities. Such factors include sports and recreation knowledge and skills of people, availability of time, interest and disposable income etc. Through expressing their various social needs, community residents are able to show the adequacy and or the inadequacy in the factors influencing sports and recreation participation in their communities. Several studies have indicated that inadequacy in the factors influencing sports and recreation participation such as inadequate programmes, lack of interest, lack of disposable income, lack of facilities result in low participation in sports and recreation activities. Low participation in sports and recreational pursuits could result in increased hypokinetic morbidity and other social and economic problems such as: crime, substance and drug abuse, juvenile delinquency, alienated anti-social behaviours, work absenteeism, medical and social justice costs in communities.

The main purpose of the study was to find different sports and recreation needs of three communities in Botswana. Five hundred (500) residents of the three communities aged 18-40 years were randomly selected in the three communities in Botswana to participate in the study. The questionnaire that was prepared and administered on the randomly selected residents of the three communities attempted to gather the following information: general sports and recreation participation profile of the respondents of the three communities, participation in sports and recreation activities in the three communities' recently constructed integrated sports facilities, problems responsible for low participation in sports and recreation activities and finally to identify which of the five barrier categories; aptitude, socio-economic, socio-cultural, awareness of community integrated sports facilities and facility constraints constrained sports and recreation in the three communities. Descriptive statistics and frequency, T-test and ANOVA were used to analyse data.

The results showed low participation that ranged from 0.0% to 47.4% in sports activities in the three communities, participation in few recreational activities, low participation in the three communities' integrated sports facilities accounted by 29.5% in Molepolole, 26.1% in Serowe and 53.4% in Masunga for both men and women. The results showed problems perceived to constrain sports and recreation participation in the three communities. Descriptive data analysis also showed that out of the five barrier categories (aptitude, socio-cultural, awareness of facilities and facility constraints) respondents of the three communities were mainly constrained by the socio-economic barriers. Facility constraints were only found to constrain participation in Masunga. T-test analysis showed no significant differences between males and females of each of the three communities in the five barrier categories. The ANOVA test of variance showed significance difference between females of the three communities in four of the five barrier categories and a no significant difference in one of the five barrier categories. No significant difference was found between males of the three communities in four barrier categories and a significant difference was only found in one barrier category.

These results led to the acceptance of the hypothesis that 'the three communities in Botswana have similar sports and recreation needs' and the partial acceptance of the hypothesis that 'there is no significant difference between respondents of the three communities in the way they experienced the five barrier categories.

Key words: Needs, sports, recreation, barriers, leisure, communities and Botswana.

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1 Introduction, problem and aim of the study

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1.1 Introduction

Human participation in sports and recreation activities is affected by various factors. Such factors include; time, interest, availability of facilities and equipment, accessibility to facilities, availability of sports and recreation programmes etc (Kgathi, 1997; Edginton *et al.*, 1998). Thus examining participation in sports and recreation among males and females can assist in identifying aspects that impact sports and recreation needs and constraints to sports and recreation participation in various communities (Stevens & Stevens, 1997; Edginton *et al.*, 1998).

All factors and conditions that attribute to the current low participation in sports and recreational pursuits in communities in Botswana should be investigated in all frontiers, from an individual personal level and from an organisational/institutional level so that a comprehensive holistic understanding of conditions that militate against sports and recreation participation in communities in Botswana could be understood. This would enable a Department responsible for the provision of community sports and recreation service to take appropriate actions/solutions that would effectively address communities' sports and recreation needs in Botswana. These solutions would invariably culminate to an improved community sports and recreation service delivery and the accomplishment of Government's ideal of creating an active and healthy society in Botswana and to halt the various health, social and economic problems associated with low participation in sports and recreational pursuits.

Numerous studies have been carried out in developed countries: Hong Kong (Sivan & Robertson, 1995; America (USA Today Magazine, 1996, Sivan, 2000). These studies provided data that aided our understanding of the needs and constraints in sports and recreation participation in different ethnic and racial groups. Studies by Singh (1990) and Scholtz (1995) in South Africa revealed that shortage of facilities and opportunities seemed to inhibit activities, which respondents would like to participate in.

In the case of Botswana therefore, there are few studies that have been done in the country on the field of Leisure and Recreation. The two related studies were done by Kgathi (1997), which focussed on constraints constraining women's participation on leisure and recreation activities in Botswana. Another study was carried out by Amusa *et al.*, (1997) that examined 'Gender differences in leisure and recreation patterns of young Batswana.' The study was able to identify the following sports and recreation needs in the country. A need for the provision of a diversity of sports and recreation facilities, the need to teach young people in Botswana leisure and recreation skills and the need for a wide spectrum of leisure activities in which people in Botswana could participate in. These studies were unable to discover possible conditions that may be responsible for the current low participation in sports and recreation activities in Botswana. This study therefore is undertaken on the view that there are conditions that need to be discovered that may be responsible for the current low participation in sports and recreation activities in Botswana.

This study therefore is a sports and recreation needs assessment survey carried out in three communities in Botswana attempting to find out sports and recreation needs of communities in the country and possible conditions that are responsible for lack of participation in sports and recreation activities.

1.2 Research problem

The World Health Organisation (Anspaugh *et al.*, 1994: 2) defined health as “a state of physical, mental and social well-being and not merely the absence of disease or infirmity. A continuous balancing of the physical, emotional, intellectual and spiritual components of an individual to produce happiness and a higher quality of existence.” It is through participation in sports and recreation activities that a high quality state of health and wellness could be realised. Well-developed sports and recreation programmes effectively address the social, physical, intellectual, emotional and social components of health and wellness (Anspaugh *et al.*, 1994: 3). Lack of participation in sports and recreation would invariably culminate to the society’s poor health and predisposal to Hypokinetic diseases such as osteoporosis, diabetes, obesity and various cardio-vascular diseases such as hypertension, coronary heart attack and stroke (Robert & Robergs, 1997). Lack of participation in sports and recreational activities could also invariably leads to increased predisposal to STDs including HIV/Aids, increased pregnancy rates of young women. All these hypokinetic and life-style related diseases would unfortunately lead to increased **morbidity** and premature **mortality** of the youths in the country (Robert & Robergs, 1997: 686).

Balmer and Clerk (1997: 10-11) listed the following benefits of participation in sports and recreation activities so as to assist the various fields of recreation to plan and deliver benefits outcome programmes and services:

- recreation and active living are essential to personal health, a key determinant to health status.
- recreation is a key to balanced human development (in terms of providing life skills-such as motor skills, social skills, arts and craft skills)
- recreation and parks are essential to quality of life.
- recreation reduces self-destructive and anti-social behaviour (antidote to smoking, substance abuse, suicide and depression).

- recreation reduces health care, social service and police and justice costs.
- parks are significant economic generators, parks are essential to ecological survival.

Driver *et al.*, (1991: 5-105) on the other hand categorised benefits of leisure into five categories. These are: physiological benefits, economic benefits, environmental benefits, psychological benefits and social benefits.

Lack of participation in sports and recreation activities evidenced by the under-utilisation of the integrated sports facilities in different communities in Botswana means that the entire myriad benefits of participation in sports and recreation activities would not be realised.

In regard to Botswana, "the major threats to the health status of young people in Botswana result from an inter-connected range of behavioural factors which place the health of young people at risk. These include; risks associated with sexuality, pregnancy amongst young women and alcohol and substance abuse with their related socio-economic problems" (Botswana Government, 1996: 7).

The under utilization of the Integrated Sports Facilities in Botswana results from communities' residents low participation in sports and recreational activities. This low participation in sports and recreational activities could be evidenced by low participation rates in sports and recreational activities by community residents in Botswana. The low participation rates could also be evidenced by participation in few sports and recreation activities, low aptitude in terms of knowledge, skills and positive attitudes towards participation in sports and recreational activities and few available community sports and recreation programmes and facilities.

A study carried out in Botswana by Amusa *et al.*, (1997) revealed inadequacy of recreational facilities in many locations in Botswana and a need to teach residents sports and recreational activities. Lack of sports and recreational facilities and lack of knowledge, skills and appropriate attitudes may be responsible for the current low participation in sports and recreational activities. For community residents to fully

participate in sports and recreation activities and thus utilise the facilities constructed for them they should have the necessary aptitude to participate in various sports and recreation activities and there should be sports and recreation programmes for them that they are aware of in their communities. Participation in sports and recreation activities (the utilisation of the sports facilities) could also be enhanced by the absence of the various constraints/barriers to participation in sports and recreation activities.

The Government of Botswana has recently embarked on the construction of Integrated Sports Facilities throughout major villages and urban centres in Botswana in order to; “Support the development of a broad-based physical recreation and high performance programmes and to promote interest in sport and recreation” (Botswana Government, 2001: 7). The main central focus of constructing such sports facilities throughout the country is to develop an active, healthy and productive society, in line with the national long-term vision (Government of Botswana, 2001:7). In developing an active, healthy and productive society in Botswana, Sport and Recreation structures will promote access and participation in sport and recreation by all, including the rural population; women and people with disabilities would be ensured (Botswana Government, 2001:6). This is an inclusive policy that ensures every ones’ participation in sports and recreation activities regardless of race, ethnicity, socio-economic status, gender, age and disability. The President of Botswana Festus Mogae (1993) once said, “the Government of Botswana has made financial commitment to the Integrated Sports Facilities project. Once completed, the project will ensure the provision of Integrated Sports Facilities in various centres in the country the facilities will have accessibility to all members of the society, including educational institutions. In this way the role and participation of the community and local sports persons shall be enhanced” (Botswana Government, 2001:7).

Sports and recreation needs and constraint research enable community members the democratic right to participate in making decisions on matters of sports and recreation that directly affect them (Summers, 1987:3-19). Such participation provides community members with an opportunity to initiate and effect changes in existing sports and recreation programmes and services. Participatory decision making in such research surveys is a total process that guarantees total reversal of community disengagement in decision making with specific reference to community sports and

recreation. Participatory co-operation of community members in providing the necessary information in all methodologies employed in needs assessment is a very vital process towards sports recreation planning and service delivery. Methodologies employed in identifying sports and recreation needs and constraints of communities empower community residents in contributing information used in community sports and recreation service delivery. This democratic participatory process of information gathering will prevent the 'ready made product approach' commonly used by recreation programme planners which does not take into cognisance the democratic participatory contributions that community residents use to provide the necessary information towards planning and delivery of community sports and recreation programmes and services. Democratic participatory decision-making makes people develop a sense of worth and ownership of the sports and recreation programmes and services delivered to their communities. The 'product' approach usually used by recreation planners in providing sports and recreation services to communities is a top-down autocratic means and processes that usually culminate in the under utilisation of the provided sports and recreation services by community residents (Summers, 1987:3-19). This autocratic top down planning could invariably culminate to decisions that are non-existent or biased information that would prove unpopular with general community populations or lead to expensive mistakes.

In order to develop an active, healthy and productive society in Botswana as stated above, it is important that current conditions and circumstances restraining community members in large villages and urban centres to participate in sports and recreation activities should be investigated. The identification of *constraints* and *needs* of people in regard to sports and recreation participation would provide very important information to institutions or organizations that deliver sports and recreation services and would help such organisations and institutions to develop recreation strategies to adopt in order to accomplish the National Sports and Recreation policy as well as to provide quality sports and recreation services that would benefit communities throughout Botswana.

1.3 Research questions

This study attempts to answer the following questions:

1. Are the different sports and recreation needs as expressed by community residents aged 18-40 years of Molepolole, Serowe and Masunga in Botswana similar or different?
2. Is there any significant difference in the way community residents aged 18-40 years of the three communities (Molepolole, Serowe and Masunga) are constrained by the different intrapersonal, interpersonal and structural barriers to participation in sports and recreation?

1.4 Significance of the study

It is envisaged that this study would discover common sports and recreation needs as expressed by community residents aged 18-40 years of the three communities in Botswana. The discovery of various sports and recreation **needs** and **barriers** to sports and recreation participation in the different communities in Botswana, could culminate into the formulation of appropriate solutions to problems counteracting the implementation of effective community sports and recreation programmes. This would invariably result in the provision of improved sports and recreation programmes. The implementation of effective sports recreation programmes would result in the accomplishment of government's policy and aspirations behind the construction of such expensive community sports facilities throughout the country. It would then be feasible to create a healthy and well, productive society in Botswana during the 21st century. Improved sports and recreation service and programmes delivery system would ensure appropriate addressing of leisure needs, interests, and

demands of the clients and ensure their appropriate growth and development (Carpenter & Howe, 1985:3).

1.5 Aim

The main aim of this study was to assess conditions that are responsible for the current low participation in sports and recreation activities in three communities in Botswana that would result in the under-utilisation of the recently constructed integrated sports facilities.

1.6 Objectives of the study

The main objectives of this study are:

1. To assess sports and recreation needs of men and women aged between 18-40 years in the three communities (Molepolole, Serowe and Masunga) in Botswana.
 2. To assess barriers to participation in Sports and Recreation activities among men and women aged 18-40 years in the three communities (Molepolole, Serowe and Masunga) in Botswana.
-

1.7 Hypotheses

This study was based on the following hypotheses:

1. That the recreation needs assessment show similar sports and recreation needs as expressed by community residents aged 18-40 years old in the three communities (Molepolole, Serowe and Masunga) in Botswana.
-

2. There are no differences in barriers inhibiting participation in sports and recreation activities among community members aged 18-40 years old in the three communities in Botswana.

1.8 Structure of the thesis

This dissertation will be presented in an article format. The structure is as follows:

- 1.8.1 Chapter 1 encompasses the problem, aim of the study and the hypothesis.
- 1.8.2 Chapter 2 presents the literature studies that deal with the theme of the dissertation namely sports/recreation needs and constraints to sports and recreation participation. A bibliography, for chapters 1,2 and 5 according to the prescriptions of the PU for CHE is available after chapter 5).
- 1.8.3 The method of research will be presented in chapter 3 and 4 which entails the two articles.
- 1.8.4 Chapter 3 offers the article that involves the sports and recreation participation of men and women in three communities in Botswana. This article will be presented for publication in the "Africa Journal for Physical, Health Education, Recreation and Dance." (The bibliography of the article will be according to the guidelines of the proposed journal (see appendix).
- 1.8.5 Chapter 4 offers the article that involves barriers to sports and recreation participation of men and women aged 18-40 years in three communities in Botswana. This publication will be presented for publication to the "Africa Journal for Physical, Health Education, Recreation and Dance." The bibliography of the article will be according to the guidelines of the proposed journal (see appendix)

1.8.6 Chapter 5 present a brief summary, conclusion as well as the recommendations of the dissertation. A bibliography according to the guidelines of the PU for CHE will be available at the end of the chapter.

2 Needs assessment and constraints to sports and recreation participation

- | | |
|--|---|
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| 2.2 Needs assessment and need identification | 2.10.1 Introduction |
| 2.3 The concept of need: a theoretical background | 2.10.2 Conceptualisation of constraints to leisure participation |
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2.1 Introduction

The ultimate goal of planning is to provide recreation consumers with satisfying and developmental recreation experiences. Recreation *needs assessment* and the identification of *constraints* to participation in sports and recreation provide valuable information for planning that is geared towards providing recreation programmes and services that benefit recreation consumers. The delivery of effective and efficient recreation services designed to provide beneficial recreation experiences to community recreation consumers relies entirely on planning. The identification of recreation *needs* and *constraints* to participation in sports and recreation is a pre-requisite endeavour to effective planning and delivery of recreation services that are well articulated to the interests and benefits of community recreation consumers (Edginton *et al.*, 1998:126). Following needs assessment studies/research are development plans that attempt to address deficiencies/problems inherent within a service delivery mechanism. That is, needs assessment studies assist to identify problems, needs and achievements that are invaluable source of information for planning. Planning is invariably geared towards addressing those identified problems

and needs so that perfection is eventually accomplished. Shivers (1993:396) pointed out "In this social milieu, every aspect of the community must be examined because so many impingements upon the wise use of leisure are apparent. The community must be carefully analysed in terms of its people, its natural resources, its existing facilities, the probability of acquiring additional facilities, inefficiency and inadequate personnel."

2.2 Needs Assessment and needs identification

The National Recreation and Park Association (2002: 1) defined needs assessment as "a scientifically reliable statistical study to gain an understanding of the community-wide recreation needs, attitudes, opinions and behaviours of the constituency served by a recreation service provider." On the other hand Carpenter and Howe (1985:77) defined needs assessment as "a process of identifying and discovering constituents' leisure needs, attitudes, values and behaviours as well as areas in which clarification, improvement or reinforcement of leisure functioning is desired." Edginton *et al.*, (1998: 126) defined needs assessment as "the application of judgement to assess the significance of the information gathered in order to determine priorities for programme planning and service development." He made a clear distinction between needs assessment and needs identification. He defined needs identification, as "a means of taking inventory of leisure wants, needs, behaviours, values, attitudes and resources." After different needs have been identified judgement have to be applied on the identified needs as to which identified needs should be addressed. Needs assessment studies are generally carried out when leadership in a recreation establishment or department feels that their community recreation service delivery/work could be bettered by new information regarding community recreation needs, interests, behaviour and attitudes. Information from a needs assessment study could be used to develop a master plan and assists a recreation agency do its job better because it shows where specific loopholes and problems exist. It invariably assists in the identification of improvements to be made on recreation programmes and on capital infrastructure of a recreation agency.

The primary aim of this chapter is to analyse the available literature, which can be used to make assumptions and recommendations on sports and recreation needs and constraints to participation in sports and recreation activities.

2.3 The concept of need: A theoretical background

Rossmann (2000: 147) defined *need* as “a state of deprivation arising out of the basic innate biological characteristics of humans. Human *need* is something that is missing, a deficit within an individual either acquired or physiological” (Torkilsen, 1999:106). Edginton and Ford defined a *need* as “an individual’s physical, psychological, or social imbalance” (Edginton *et al.*, 1998: 124). They further stated that “When an individual has an imbalance-physically, psychologically or socially-he/she has a *need*,” (Edginton *et al.*, 1998: 124). An individual would be motivated (driven) to behave in a certain way in order to satisfy his/her *need* which could be *physical need* (physical, biological), *psychological need* and *social need*. Edginton *et al.*, (1998: 124) pointed out that the *need* for companionship, social interaction, safety, love, self-esteem, self-worth, self-actualisation, recognition, power and achievement are examples of social and psychological *needs*. Psychologists equate *needs* with driving motivating forces. Many psychologists regard *needs* as drives/motives that influence human behaviour towards homeostasis (Torkilson, 1999:106). In theories of motivation “*need* is seen as a state or force within the individual. This is a deficit state leading to a search for satisfaction, or else a stage of psychological incompleteness leading to a movement towards completeness” (Torkilsen, 1999: 107). Whenever a *need* arises (imbalance occurs) an individual will behave in a way towards the satisfaction of the *need*. Homeostasis is easily understood in terms of *physiological needs*, e.g. quenching thirst. *Social needs* such as the *need* for self-fulfilment, the *need* to achieve and the *need* to belong are not easily accounted for in terms of homeostasis.

Needs according to Carpenter and Howe (1985:77) “are ingrained, innate characteristics that are found among people...and their satisfaction is crucial in

maintaining psychological, physical, social and spiritual stability. Needs must be identified and met.”

From a sport and recreation perspective and for the purpose of this study, a need can be defined as internal conditions within an individual resulting from deprivation of sports and recreation experience or external conditions leading to lack of sports and recreation participation and or experience that result in such internal psychological, physical, and emotional states. Such sports and recreation conditions of deprivation should therefore be identified and addressed.

2.4 Types of needs

There are different categories of needs suggested by different researchers. These different categories of needs are applicable to different areas of leisure and recreation service delivery.

Stevens and Stevens (1997: 1-9) identified nine basic human needs as: Security, adventure, freedom, exchange, power, expansion, acceptance, community and expression. Security is the need to feel safe and assured; Adventure is the need for an adrenaline rush, to have new exciting experiences; Freedom is the need for independence, to make independent choices; The need to exchange is the need to mingle or socialise with others and may involve conversation, communication, friendship and shared experiences; Power is the need to be in a position of authority and responsibility and involve self-empowerment, leadership, accomplishment, responsibility, organising people and things; Expression is the need to be artistic, to be seen and to be felt; Expansion is the need to add onto something, to create; Acceptance is the need to accept oneself and to be accepted by others, the feeling of belonging; Community is the need for people around and involves participation in group activities, clubs and teams.

The nine human needs expounded by Stevens and Stevens (1997:1-9) are important in the actual process of developing and designing recreation programme activities and the actual process of developing sports and recreation programmes and activities.

Maslow (In Huitt, 2002) posited a hierarchy of needs based on two groupings: Deficiency needs and Growth needs. Deficiency needs are the first lower needs in the hierarchy that should be satisfied first and include; Physiological needs, safety/security needs, belongingness and esteem. Growth needs are higher level needs and are satisfied after lower level needs and include; Cognitive needs, aesthetic needs, self-actualisation, transcendence and self-fulfilment (Huitt, 2002). Leisure and recreation can adequately satisfy deficiency and growth needs. Put in the most appropriate context, recreation is important for human growth and development.

Tillman (In Torkilsen, 1999: 108) identified ten needs which he felt are important in determining the leisure needs of people, they are; need for new experiences, relaxation, recognition and identity, security, dominance, social interaction, mental activity, creativity, service to others and need for physical activity and fitness. These needs are ideal in the process of recreation service delivery and have little significance to the process of recreation service planning.

2.4.1 Social needs important for sports and recreation needs assessment

Bradshaw on the other hand (In Torkilsen, 1999:108; Edginton *et al.*, 1998:139) suggested that *social needs* could be classified into four main categories. These are; *normative needs*, *felt needs*, *expressed needs* and *comparative needs*. Godbey *et al.* (In Torkilsen, 1999:108) added three additional needs; *created needs*, *false needs* and *changing needs*.

Normative needs are established standard needs by professionals in the recreation/leisure field (e.g. criteria established by a professional for the construction of recreation facilities). Such needs are likely to be biased and unrelated to the needs of the whole population (Torkilson, 1999:108; Edginton *et al.*, 1998:140).

Felt needs are desires that an individual has but has not expressed them (also referred to as latent demand).

These needs are based on what a person thinks he/she wants to do. Felt needs are similar to wants, interests and intentions and can easily be turned into actual consumption of leisure and recreation activities. They are usually limited by an individual's knowledge and perception of available recreation services and opportunities. This means that an individual cannot need what he/she does not know or acquainted with. That is, felt needs are shaped by social forces. Such needs enable people to express what they want to do. They are very useful in leisure/recreation needs identification (Torkilson, 1999:108; Edginton *et al.*, 1998:141).

Expressed needs on the other hand are portrayed by those activities in which individuals currently participate. They provide information on current leisure/recreation preferences, taste and interests. They are in other words felt needs put into action. Peoples' leisure/recreation behaviour is limited by what is being provided or available in terms of recreation programmes and activities. Expressed needs also provide valuable information on recreation needs identification of community members. (Torkilson, 1999: 109; Edginton *et al.*, 1998:141)

Comparative needs emanates from an individual's effort of comparing his/her situation with another situation. Through this comparative effort an individual would be able to identify deficiencies, which would act as his/her needs. An individual may be asked to compare his/her recreation programme/service with another one and identify his/her recreation needs (Torkilson, 1999: 109 ; Edginton *et al.*, 1998: 142).

Created needs are those recreation needs, values that have been introduced to individuals and in which they will subsequently participate at the expense of some activity in which they previously participated. They are needs that emanate from introduced recreation programmes, services and activities that generate new interests/needs (Torkilson, 1999: 109; Edginton *et al.*, 1998: 143).

False needs are created needs that are inessential. e.g. advertising and the development of luxurious inconspicuous consumption habits. (Torkilson, 1999:110.)

Changing needs are an individual's needs that continue to change as the individual develops from one stage of development to another. This category of needs implies that people's needs are not fixed, they are different and in accord with the different stages of growth and development and change as one develops from one stage of development to another (Torkilson, 1999: 110).

It should be noted that *normative, felt, expressed, comparative, created and changing needs* are currently used in planning for sports and recreation programmes and services. The five categories of needs listed above are vital in providing the necessary information gathered during needs assessment used in planning and provision of sports and recreation programmes and services.

2.5 Related concepts of interests, wants and intentions

Interests, wants and intentions are important in the process of determining needs. Leisure needs assessment is actually the processes that determine the interests, wants and intentions of clients.

Human needs are related to the concepts of *interests, wants and intentions*. According to Rossman and Schlatter *an interest* is awareness or feeling about what one would like to do or acquire. (Rossman & Schlatter, 2000: 148; Edginton *et al.*, 1998: 125). Interests are socially acquired through the learning process. A *want* on the other hand has been defined as "a culturally learned behaviour pattern for satisfying specific needs." (Rossman & Schlatter, 2000; 148; Edginton *et al.*, 1998:125). Just like interests wants are learned and socio-culturally predetermined. An individual may need food but may want a particular type of food as a result of socio-cultural orientations. Rossman and Schlatter (2000; 148) has defined an *intention* as "the commitment to acquire specific satisfiers of wants under given market condition."

2.6 The new paradigm of recreation service delivery

Current leisure services are provided on the basis of past experiences and assumptions that are no longer relevant to the contemporary 21st century conditions and circumstances. The 21st century challenges leisure recreation programmers to develop leisure services that accurately meet an individual's needs, tastes, values and behaviour. In order to provide such leisure services and programmes, needs assessment studies should be undertaken that would enable leisure service professionals to discover various broader social, economic, technical, political and demographic factors that directly affect the delivery of recreation service that are under constant change. Curtis and Kraus (2000: 85) stated that "since recreation involves the voluntary choices of participants, it is essential that all programme activities and services be keyed to the actual wishes or desires of community residents or organisation members and that they are perceived as potentially enjoyable or valuable in other ways." Grey (1984: 48) and Edginton *et al.*, (1998:460) suggests that 'public recreation in particular is being challenged to respond with a new paradigm of service delivery.' This new leisure paradigm calls for programmes that meet social and economic needs rather than programmes that are based on a list of activities that are of no value to leisure participants. In order for recreation programmes and service delivery systems to effectively respond to various communities' social and economic needs and to effectively address residents' different needs, needs assessment studies that assess normative, felt, expressed, comparative, created and changing needs and trends are used to provide the necessary information for recreation programme planning and service delivery. Tindal (1984:13) suggested different data based strategies for gathering information for futuring. 'These strategies usually involve careful analysis of demographic changes, social/cultural trends, economic factors and environmental changes.' In gathering information to plan for the future Edginton, *et al.*, (1998:463) suggested the following strategies; demographic characteristics, environmental scanning, trend analysis and social indices and these could be summarised as; (1) demography (2) individual and social values and (3) technological change.

2.7 Conclusion

Recreation *needs assessment* help to ensure that recreation service delivery is atoned, acclimatised and rooted in the desires and aspirations of the community and community members. Recreation *needs assessment* also assists recreation programme planner to provide meaningful and well-articulated leisure and recreation opportunities and experiences geared towards the satisfaction of human needs and interests in the development of the *physical health, psychological, social, intellectual, emotional, spiritual and environmental benefits*. Needs assessment also assist in providing the necessary information that could be used to improve recreation programmes and services. It encourages participatory democracy through which community residents provide decisions with regards to what they need in terms of sports and recreation.

This study in determining sports and recreation needs of the three communities in Botswana would rely on the social needs (normative needs, felt needs, expressed needs and comparative needs).

2.8 Common grounds

Several studies (Scholtz, *et al.*, 1985, Meyer and Scholtz, 1989, Scholtz, *et al.*, 1989, Scholtz, *et al.*, 1990) have been done by the Institute of leisure studies at the Potchefstroom University with the focus on sports and recreation provision as well as needs assessments within local authorities. The aims of these studies were to develop a strategic plan for the implementation of sports and recreation services. In these studies it was clearly stated that leisure preferences and needs are determined by a variety of factors of which the impact is continuously submitted to change. These factors may include; gender, group affiliation, race, culture, availability of resources, income level, perceptions and values, power structures and political policies. Leisure preferences identified at a specific point in time are not per se valid five or ten years

later. Reliable assessments of leisure preferences should therefore be undertaken at least every ten years, preferably more often.

With regard to the provision of sports and recreation, these studies (Scholtz, *et al.*, 1991; Scholtz , 1995; Scholtz, *et al.*, 1995) identified the following; (1) *Principles for the provision of sport and recreation provision, must be based on the following principles:*

- The fundamental right and freedom of individuals and groups to participate in sports and recreation.
- The freedom of association, choice and a broad community involvement in sport and recreation.
- The equality of opportunities in sport provision regardless of differences in race, colour, sex, creed, age, ability and disability.
- The authority and responsibility of sport and recreation bodies and institutions regarding their democratic and autonomous say concerning sport and recreation matters.
- The responsible maintenance, protection and promotion of community and public interest in sport and recreation provision.
- The joint responsibility of the community, the authorities, education institutions, the private business sector, sport and recreation bodies and individuals for sport and recreation provision.
- The systematic reconstruction and provision of basic resources and services to all members of the community; the gradual upgrading of present and future resources and services.
- The balanced provision of sport and recreation taking into account spatial and demographics considerations.
- The balanced provision of recreational and highly competitive sport.
- The continuation of research and community involvement as an essential pre-requisite for fair and balanced sport and recreation provision.

(2) *Objectives for sports and recreation provision*

Leisure (sport and recreation) needs should be served in holistic terms, intertwined with a larger network of community needs. Therefore, the provision of services and facilities for leisure should be in tandem with the satisfaction of other community needs, and not be seen as mutually exclusive.

This requires a multi-purpose approach to meet expressed, creative, felt needs can be integrated in a program in which more basic needs are simultaneously addressed.

- | | |
|-------------|--|
| Objective 1 | To strive for professional standards in the provision of resources and services for sport and recreation. |
| Objective 2 | In accordance with the needs of the community, to provide, maintain and promote facilities and a multi-purpose indoor centre for culture, sport, and recreation as well as programmes for community development. |
| Objective 3 | Develop, implement and manage a comprehensive and varied sport and leisure programmes to meet the needs of the total community with special emphasis on youth programs. |
| Objective 4 | To promote and establish greater community involvement and ownership towards the promotion of culture and recreation (sports included) in all its dimensions. |
| Objective 5 | To establish a short and long term development plan and to implement it systematically. |
| Objective 6 | To develop a nation training programme for sport and recreation administrators. |
| Objective 7 | To assure a consistent flow of funds for sport and recreation. |

2.9 Studies on needs assessment

2.9.1 Introduction

Several international and regional studies on community recreation needs assessment have been carried out. Needs assessment studies by their nature are not geared towards self-congratulation for all the achievements that we have been able to accomplish up to the present juncture. But rather they involve processes that identify communities' sports and recreation problems and achievements and feasible solutions that could improve sports and recreation situations and circumstances in various communities. Needs assessment studies are invariably undertaken under the conviction that things are not yet perfect and are striving towards identifying conditions that are responsible to make our field of sports and recreation imperfect. The aim of this section therefore is to introduce international, regional and local needs assessment studies.

The "Flagstaff needs assessment" study carried out by Northern Arizona University (2001) derived its input from public forums and the staff workshop, commission workshops, the citizens' advisory committee and the public opinion survey. During public forums and staff workshop the frequently mentioned sports and recreation needs were; - the need for providing facilities for sports tournaments, the need for providing activities for youth, participants expressed concern over increased gang activities and felt that providing activities would be a means of countering this trend, the need for developing parks and recreation facilities, the need for developing a multi-purpose centre with indoor and outdoor recreation facilities, providing playground equipment for older children. Participants in the workshop proposed the following sports and recreation programmes; youth sports, senior programmes, swimming lessons, teen social programmes and adult exercise classes. Administrative issues were also raised such as the need for communication among staff and with the community. The citizens' advisory committee provided input in the following areas of needs; land acquisition, funding and administration. An opinion survey that consisted

of 610 randomly selected Flagstaff residents reflected a wider range of recreational interests in the community. Residents' recreation activities and frequency of participation were identified; the areas of recreation on which the residents were prepared to spend money were identified. The survey also identified the following sports and recreation needs of Flagstaff; -the need to provide safe park and recreation area, the need to protect open areas from development, the need to provide more recreation programming for children, the need to modify existing parks in order to meet the needs and interests of Flagstaff residents, the need to provide bicycle paths and trails.

Donavan *et al.*, (1990:2) carried out a needs assessment study whose main purpose was to find out how the City of Corvallis Parks and Recreation Department could improve its services and programmes so that it could effectively address the recreational needs and interests of its clients. The study relied on a questionnaire survey to gather information from the recreation participants of the fourteen programmes offered by the City of Corvallis Parks and Recreation Department. Responses of the participants from the fourteen programmes indicated that they were very pleased with the facilities, programme scheduling and instructors and that programmes met their expectations.

A territory wide study of leisure in Hong Kong by (Sivan and Robertson 1995) discovered that "watching television remained the most popular leisure activity." The other most popular leisure activities were listening to radio, reading newspapers and magazines, playing computer and electronic games and going to the cinema. The study also has shown differences in participation in leisure activities between males and females. "Males played more electronic and ball games, females did more non-academic reading and were more engaged in listening to radio, talking on the telephone, shopping and chatting with family members." The study was also able to identify age differences in participation in leisure/recreation activities. "Younger respondents were found to spend more time watching television and older respondents spent more time on computers, listening to radio, watching VCD, reading newspapers and going to the cinema."

A study carried out by Scholtz, (1995) in South Africa on the area of sports and recreation, investigated recreation preferences and needs of the post apartheid South Africans. The study also relied on a questionnaire survey for data gathering and was able to identify sports and recreation facility requirements of White communities, Asian communities, Coloured communities and Black communities in the different areas of the independent Republic of South Africa. Shortage of facilities and opportunities seemed to inhibit activities which respondents would like to take part in, in black, coloured, Asian and white communities.

Black, Coloured and Asian communities were dissatisfied with the available sport fields, only white communities were satisfied. The need for special leisure facilities and services such as cinemas, discos and community halls were expressed by black, coloured and Asian communities. The four races however indicated a need in sports facilities. Black and coloured communities however indicated a need for more facilities as compared to Asian and white communities.

Another study carried out by Singh (1990) in South Africa, evaluated the recreation potential of Verulam area and its recreation needs. The study relied primarily on the use of structured interview survey as the main method of data gathering process and was able to identify various sports and recreation needs of Verulam area. Among the needs identified by the study included the need for sports and recreation facilities; the need for sports and recreation programmes and better recreation services, the need to improve financing for sports and recreation programmes and the need for leisure education in the area.

2.9.2 Local related study

The following issues were identified in a study carried out in Botswana by Amusa *et al.*, (1997); the most popular sports recreational activities among the youths both men and women aged 15-30 years were; soccer (80%), athletics (46%), softball (37%), swimming (7%), volleyball (39%) and table-tennis (21%). The most popular indoor recreation activities were; watching TV, listening to music, cooking and reading. The study further identified two main important sports and recreation needs; (1) the need for more facilities and (2) the need for the respondents to be taught more sports and

recreation activities. The study again reflected on lack of money and too much work as the main problems hindering young Batswana to participate in sports and recreation activities by the youths in Botswana, the need for more facilities and the need for respondents to be taught more sports and recreation activities are important to increase participation in such activities.

The need for sports and recreation facilities and the need for the youths to have knowledge, skills and positive attitudes towards sports and recreation participation are not the only needs in Botswana that need to be addressed urgently in order to increase participation in sports and recreation activities. There are other institutional and organisational sports and recreation needs that should be addressed in order to increase participation in sports and recreation activities. Such needs include; the need for more sports and recreation programmes and activities in communities, the need to employ relevantly trained and credentialed sports and recreation personnel etc. The motive behind this study therefore was to discover/identify other additional needs and problems that if addressed could lead to increased participation by the youths in sports and recreation activities and would lead to better utilisation of the recently constructed integrated sports facilities in several communities in Botswana.

This study as different from other needs assessment studies attempts to find out sports and recreation participation profile and needs of three communities in Botswana. The study would be able to reflect sports and recreation participation profile and needs of three communities in Botswana. That is, what leisure service and residents' conditions needs rectification in order to improve community leisure service delivery and increase participation on community sports and recreation activities by community residents of the three communities.

Just like the previous needs assessment studies elaborated above, the sports and recreation needs assessment in Botswana is also likely to find sports and recreation participation needs, needs for additional sports and recreation facilities and the need to improve the current community sports and recreation programmes. The sports and recreation needs identified would invariably reflect the level of sports and recreation development in the country and sports and recreation experiences of the people. The needs assessment survey relies entirely on felt needs, expressed needs and on created

needs expressed by community residents. It is also likely to be found a general low participation in sports and recreational activities in the three communities where the needs assessment was conducted in Botswana.

Botswana is currently rapidly modernising and transforming its agro-based economy into a modern industrial economy. The ever increasing middle-class with its concomitant demand for recreation services and the recent realisation by the government of Botswana to provide sports and recreation facilities and recreation programmes motivate for such a study so that the current planning and provision of recreation services could be well atoned to the current recreational demands, needs and conditions and circumstances of communities in the country.

2.10 Sports and recreation constraints: a theoretical analysis

2.10.1 Introduction

One of the main important questions that need to be asked is how studies on constraints to participation in leisure and recreation activities could be used to offer practical solutions for planning and delivery of community sports and recreation services? According to Jackson (2000: 64) an important function of research is to determine to which extent constraints are distributed in a community and how they will affect the life and leisure as well as the adoption of the individuals to these constraints. Research on sports and recreation constraints have the potential of providing relevant information that could be used for planning and delivery of recreation services only if it is well focussed at discovering specific problems/constraints/barriers that could be planned for and solutions implemented as part of the improved recreation service delivery. The problem of the 'product' orientation to sports and recreation delivery as Crompton and Witt (1997: 4) has pointed out would be alleviated if such studies were considered primary sources of information in planning and delivery of sports and recreation services to communities. That is the provision of recreation services to communities would not be a ready-made product by sports and recreation agencies because information in sports and

recreation needs and constraints to participation would be provided by such studies. Such ready made sports and recreation 'products' that are not usually fully utilised by communities results in the provision of sports and recreation services that are not well articulated to the needs and interests of communities.

In particular reference to this study, the different categories of sports and recreation participation constraints namely: aptitude to participation barriers, socio-economic barriers, socio-cultural barriers, awareness of facilities and facility constraints have been assessed in three communities namely; Molepolole, Serowe and Masunga in Botswana. This study therefore would enable sports and recreation programme planners to establish which ones are important and whose solutions could be vital in improving recreation planning and service delivery in the three communities. Sport and recreation programme planners in Botswana should explore ways of integrating constraint research on their sport and recreation planning processes. The aim of this section is firstly to define constraints to sports and recreation participation, identify types of constraints and how they constrain participation, explain constraint negotiation, show relationship between demographic variables and constraints and finally explain studies on barriers/constraints to sports and recreation participation.

2.10.2 Conceptualisation of constraints to leisure participation

2.10.2.1 Definition of the concept "constraint"

Jackson (1988: 32) defined a *constraint* to leisure "as any thing that inhibits peoples' ability to participate in leisure/recreation activities, to spend more time doing so, to take advantage of leisure services, or to achieve a desired level of satisfaction." Ellis and Rademacher (In Jackson and Burton, 1989: 440) defined "*barriers* to recreation participation as any factor which preclude or limits an individual's frequency, intensity, duration or quality of participation in recreation activities." Jackson and Searly (In Jackson and Burton, 1989: 440) states, "*barriers* are but a sub-set of the myriad of reasons why someone may not at some time participate in some activity." Constraints, therefore, have been historically been defined as those factors that

intervene between sports and recreation *preferences* and sports and recreation *participation*. (Jackson, 1988: 204, Crawford & Godbey, 1987: 120; Jackson & Scott 1995: 9). According to this perception constraints are obstacles to sports and recreation participation and that if a constraint is encountered the outcome is invariably no participation. People who participate in sports and recreation activities are in accord with the definition above unconstrained with respect to that participation. Crawford and Godbey (1987: 120) argued, that the operation of constraints could only be understood within the broad context of the *preference-participation* relationship. That is according to their argument constraints influence preferences to participation in sports and recreation activities and influence both *preference* and *participation* in sports and recreation activities simultaneously. According to Crawford *et al.*, (1991:7) constraint to sports and recreation participation is not an absolute construct; it can be overcome and made less. Constraints therefore are internal and external conditions that interfere with the formation of preferences to participate in a recreational activity.

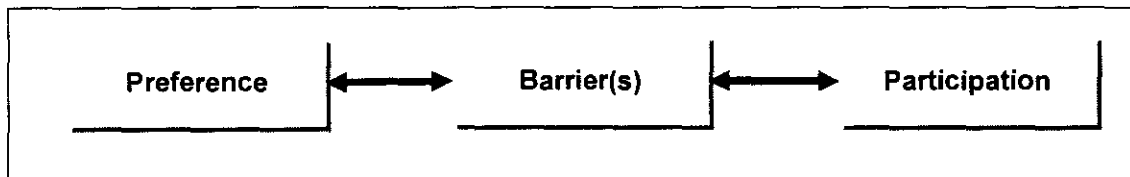
Jackson and Burton (1989: 441) suggested three main types of constraints to participation in sports and recreation activities. These are; “those that are (1) *external* to an individual such as environmental, economic, political and social; (2) those that are *internal* to an individual such as psychological and intrapersonal; and (3) those that are *social and relational* such as social-psychological and interpersonal.” Searly (In Jackson and Burton, 1989: 440) suggested the following *core constraints*; interest, time, money, facilities, skills or abilities. All these constraints/barriers create in people a condition of lack of ‘perceived freedom’ that block, inhibit and limit participation in sports and recreation activities. Constraints are not permanent constructs. Some may be permanent while others are temporary and ephemeral.

2.10.2.2 Constraints to sports and recreation participation: a concept analysis

Crawford and Godbey (1987:120) proposed three distinct types of barriers/constraints to participation in sports and recreation activities namely; *structural*, *intrapersonal* and *interpersonal* constraints. According to Crawford and Godbey “*Structural*” constraints/barriers are those factors that intervene between sports and recreation

activity preference and participation. That is structural barriers are responsible for influencing the formation of preferences to participate in a recreation activity.

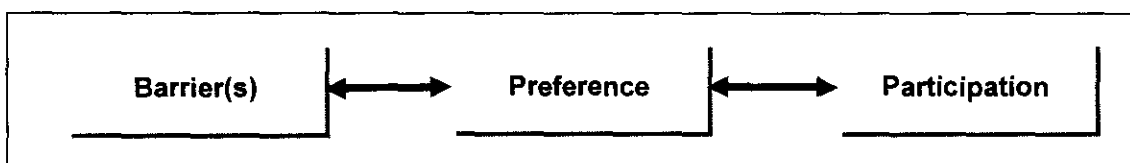
(i) **Structural barriers.**



Crawford and Godbey (1991, 1993)

They defined “Intrapersonal” constraints/barriers as “ Individual’s psychological states and attributes that interact with sports and recreation preferences rather than intervening between preferences and participation.” This means that ‘intrapersonal’ constraints/barriers influence only sports and recreation preferences. Intrapersonal constraints are an individual’s internal conditions such as; knowledge, attitudes, skills and abilities that influence the formation of preferences to participation.

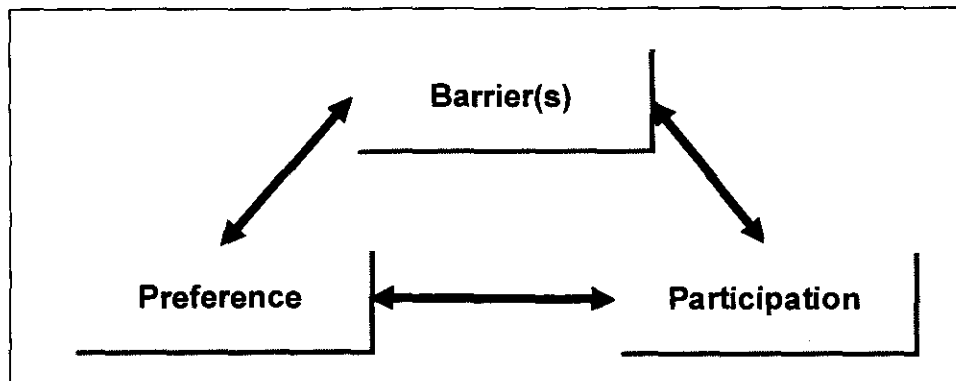
(ii) **Intrapersonal barriers**



Crawford and Godbey (1991, 1993)

For example, an individual who does not have knowledge and skills of a particular activity would not prefer to participate in such an activity. According to Scott (Jackson and Scott, 1995: 10) “intrapersonal constraints predispose people to define leisure objects (activities, locales or services) as appropriate or inappropriate, interesting or uninteresting, available or unavailable and so on.” Crawford and Godbey, (1987:120) defined ‘*interpersonal*’ barriers as “those barriers that both condition preferences and intervene between preference and participation.” They are barriers that emanate from interpersonal social relations.

(iii) **Interpersonal barriers**



Crawford and Godbey (1991, 1993)

Jackson and Scott (Jackson and Scott, 1995: 10) further defined interpersonal constraints as “those barriers that arise out of social interaction with friends, family and others.” Interpersonal constraints are in other words social relational conditions that inhibit participation in sports and recreation activities. They may also be a product of socio-cultural orientations that negate participation in sports and recreational activities. Interpersonal constraints were originally perceived to be “the result of interpersonal interaction or the relationship between individuals” (Crawford & Godbey, 1987: 123). An individual would experience interpersonal constraint if he/she does not find a partner to participate with in a companionate leisure activity.

The three distinct barriers/constraints categories were later found to be *discrete* and conceptually *disconnected* and as a result Crawford *et al.*, (1991) proposed the **hierarchical model** of leisure constraints that suggested that people encountered leisure constraints in a hierarchical arrangement.

2.10.3 Hierarchy of constraints to leisure participation

2.10.3.1 Introduction

The hierarchical model of leisure constraints was initially proposed by Crawford *et al.*, (1991: 314). This model was verified by a number of researchers at a later stage and is now seen as important guidelines to the assessment of constraints (Crawford *et*

al., 1991: 4; Jackson & Rucks, 1993: 217.). According to the proposed model (Crawford *et al.*, 1991: 314) people encounter leisure constraints in a specific hierarchical arrangement.

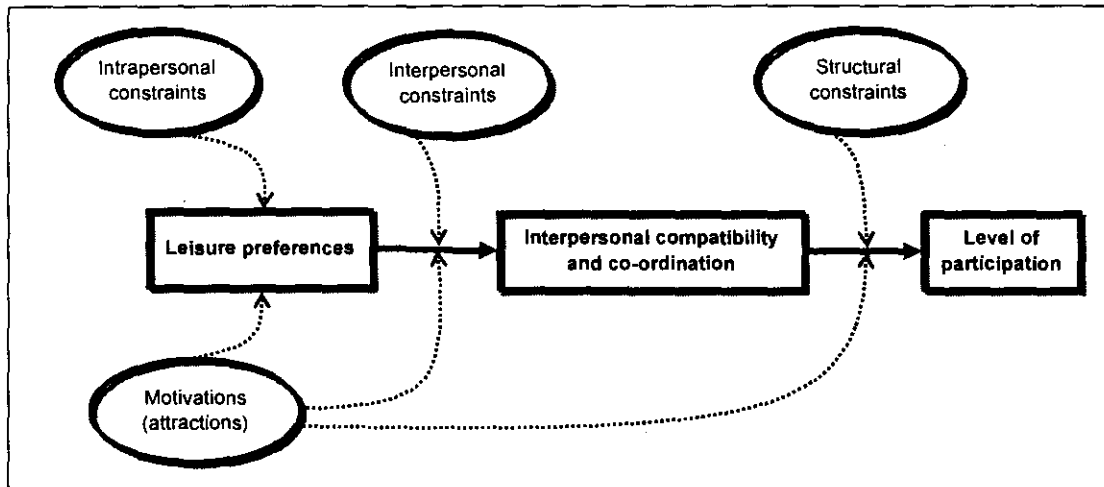


Figure 1: The hierarchical model of leisure constraints (Crawford and Godbey 1991)

Crawford *et al.*, (1991) proposed that “as leisure participation/no participation is concerned, we propose that constraints are encountered hierarchically, first at the intrapersonal level leisure preferences are formed when intrapersonal constraints are absent or their effects have been confronted through some combination of privilege and exercise of the human will. Next, depending on the type of activity, the individual may encounter constraints at the interpersonal level: this could happen in all activities requiring at least one partner or co-participant but would likely be less relevant in the case of solitary leisure activities. It is only when this type of constraint has been overcome that structural constraints begin to be encountered. Participation will result from the absence of or negotiation through structural constraints. If structural constraints are sufficiently strong, however, the outcome will be no participation.

2.10.3.2 Intrapersonal constraints

According to the hierarchy of constraints model (Crawford *et al.*, 1991), **intrapersonal** constraints are encountered first. Crawford and Godbey (1987: 122) states that intrapersonal constraints can be defined as individual, psychological traits within the individual that will influence the activity preference/choice. These psychological traits occur prior to the selection/choice of the activity. Leisure

preferences and interests are formed when intrapersonal constraints are absent. Crawford *et al.*, (1991) regarded intrapersonal constraints as being the most powerful because they condition the will to act or the motivation for participation. Jackson (Anon, 1997: 2) considered those factors that influence leisure preferences as antecedent constraints and that they are generally intrapersonal and have to do primarily with the psychological conditions. These psychological traits are responsible for the way in which the individual views the activity as attractive, uninteresting, difficult, not available and not pleasurable. Intrapersonal constraints are the most proximal in a sense that behavioural 'inertia' must first be confronted and negotiated at the intrapersonal level. Distinctive characteristics include:

- Psychological states: Stress, depression, anxiety, personal health reasons, lack of self-motivation and other social expectations.
- Attitudinal barriers: According to Edginton *et al.*, (1998: 439) are types of barriers that refer to thoughts or imagined factors that hinder participation. Researchers are of the opinion that these negative attitudes towards leisure activities appear in individuals with bad health.
- Experiential barriers: According to Edginton *et al.*, (1998:439) experiential barriers result from lack of previous experience or orientation to a leisure activity. This lack of experience and orientation results in lack of knowledge, skills and positive attitudes towards participation in a leisure pursuit.
- Health barriers: According to Edginton *et al.*, (1998:439) are major traumas, illness and accidents that may prevent participation in leisure activities.

The interpersonal and structural constraints are distal. Crawford *et al.*, (1991) contended, that individuals most affected by intrapersonal constraints are least likely to encounter higher order constraints and vice versa. Individuals most affected by intrapersonal constraints would be less likely to desire to participate in given leisure activities and therefore would not reach higher order constraints (interpersonal and structural constraints).

2.10.3.3 Interpersonal constraints

Next in the hierarchy of constraints model after experiencing the intrapersonal constraints, individuals would experience the **interpersonal constraints** particularly in activities requiring partners and less likely in solitary activities. Jackson and Scott (1995: 308) considered those factors that influence participation after preferences have been formed as intervening constraints. Distinct characteristics include the following: Crawford's and Godbey's interpersonal constraints are similar to the following barrier categories proposed by Edginton *et al.*, (1998: 438):

- Communicative barriers: According to Edginton *et al.*, (1998: 438), communicative barriers relates to a sports and recreation agency's inability to communicate to the clients information pertaining to programme offerings. Communicative barriers could also be experienced at a personal level when an individual is unable to receive and send messages pertaining to sports and recreation participation.
- Social cultural barriers: According to Edginton *et al.*, (1998: 438), societal pluralism in terms of diverse ethnic, religious, racial and socio-economic classes should be considered in providing sports and recreation programmes to communities. If such socio-cultural diversities are not considered in providing sports and recreation programmes certain socio-cultural groups may be constrained to participate in the existing recreational activities. To avoid socio-cultural barriers sports and recreation programmes should reflect and take into cognisance socio-cultural pluralism.
- Accommodation of others: Jackson and Scott (1995:308) pointed out that the inability to accommodate other people who are different on the basis of selfish egocentrism may constrain sports and recreation participation of those who are not accommodated.

Once interpersonal constraints have been overcome an individual may face structural constraints.

2.10.3.4. Structural constraints

According to Crawford and Godbey (1987:122) structural constraints are intervening factors between leisure preference and participation. eg availability of finance, availability of time, stage of family life cycle, finance, season, and availability of opportunity. The absence of structural constraints usually results in participation. Structural constraints may be considered as those external factors that constrain participation in sports and recreation activities. Crawford's and Godbey's (1987) structural barriers could be equated with the following barrier categories proposed by Edginton *et al.*, (1998):

- Economic barriers: According to Edginton *et al.*, (1998: 439) economic barriers refer primarily to "lack of access to discretionary income." It is this lack of financial resources that would constrain peoples' participation in sports and recreation activities.
- Physical resource barriers: Physical barriers refer to such conditions as: lack of facilities, overcrowding and difficulty to access facilities. Edginton *et al.*, (1998: 439)
- Temporal barriers: Has been defined by Edginton *et al.*, (1998: 439) as "not having enough time or quality time in which to pursue leisure interests."

Jackson and Rucks (1993) conducted a review of the hierarchical model and recognised that the model was essentially speculative and required validation. On the basis of this review Crawford *et al.*, (1991) developed another hierarchical model, which consisted of three components namely: 1. Lack of interest 2. previous constraints and 3. structural constraints. According to this model inter and intrapersonal constraints were grouped together as 'previous constraints' while interpersonal and external constraints were grouped together to comprise structural constraints. (See figure 2 below).

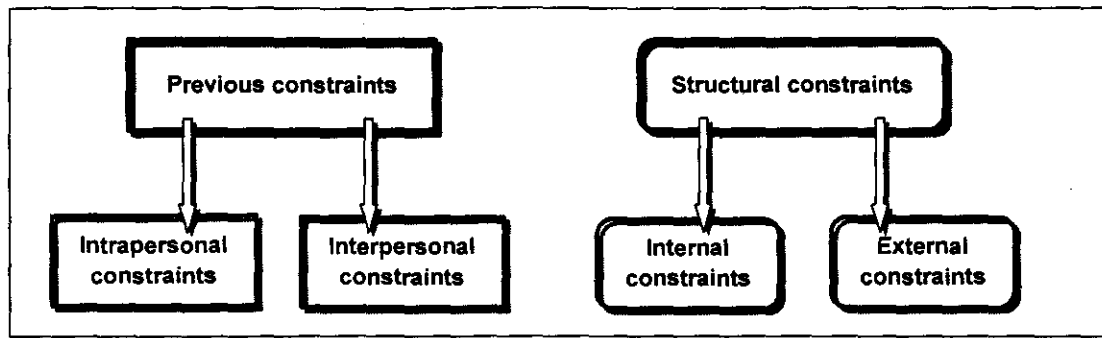


Figure 2: Dimensions and sub-dimensions of constraints to leisure. Crawford *et al.*, 1993)

According to this model an individual should first and foremost have an **interest** to participate in an activity. Longman Dictionary (1984) defined the word ‘interest’ as “to induce or persuade to participate or engage in an activity.” Interest is closely related to the concept of ‘motivation’ that is a psychological driving force that directs human action towards the achievement of a particular goal. Interest therefore is a psycho-emotional condition that motivates participation in a sport and recreational activity. Interest could as well be linked to the concept of ‘preference.’ An individual cannot develop preferences to participate in a leisure activity without first developing interest on the activity. After interests and preferences had been formed an individual would begin to experience the most proximal ‘antecedent’ **previous constraints** (intrapersonal and interpersonal). In the absence of previous constraints an individual would experience the most ‘distal’ **structural constraints** (external and internal constraints).

2.10.5 Constraint negotiation: a new perspective

Kay and Jackson (In Jackson, 1991: 12) suggested that some people despite experiencing constraints still participate in sports and recreation activities. Such people found means to alleviate or overcome constraints to participation in what is termed constraint negotiation. Jackson and Rucks (1993) stated that, “instead of reacting passively to constraints on their leisure (i.e. by not participating) some people negotiate through constraints and succeed in initiating or continuing leisure participation.” Jackson and Scott (In Jackson, 1995: 12) further proposed three categories of people with respect to their responses to constraints. These were: (1) People who would not participate when faced with constraints (reactive response) (2) People who despite experiencing constraint would not alter or stop participation

(successful proactive response) and (3) People who when experiencing a constraint would alter participation (partly successful proactive response). Scott (In Jackson, 1995: 12) identified three main options of constraint negotiation. These were; acquisition of information about constraint to play; altering of scheduling times to adjust to individual's time commitments and development of skills in order to permit participation in advanced play. Kay and Jackson (In Jackson, 1995: 12) identified strategies of negotiating time and financial constraints. These strategies were; reducing participation, saving money in order to participate, finding the cheapest opportunity, reducing the amount of time spent on domestic chores, reducing work time etc. Constraints to participation in sports and recreation activities are different and seem to be particularly peculiar with the different stages of development.

Are all leisure constraining conditions negotiable? Is everybody regardless of their age, gender, race, education and socio-economic class capable of negotiating constraining conditions on their lives? Does negotiated leisure bring about the leisure state of mind/leisure experience? It seems that the presence of enabling conditions are responsible for enabling individuals to negotiate leisure constraining conditions. In the absence of enabling conditions constraint negotiation may be difficult.

2.10.6 New perspectives from the hierarchy of constraints

Proposition 1: *The alignment of constraints*

The hierarchical leisure constraints conceptualisation led to a new perspective of constraint negotiation. According to this new perspective, leisure participation depends on the successful confrontation and negotiation of each level of constraints.

According to Crawford *et al.*, (1991) "leisure participation is heavily dependent on negotiating through an alignment of multiple factors, arranged sequentially, that must be overcome to maintain an individual's impetus through these systemic levels."

Proposition 2: *A hierarchy of importance*

According to the second proposition, the sequential arrangement of constraints represents a hierarchy of importance in that the most important interpersonal/most proximal constraints must first be confronted in order to overcome behavioural 'inertia'. Such intrapersonal constraints are perceived important because they condition the will to 'act' or the 'motivation' for participation (Crawford *et al.*, 1991). After the confrontation and negotiation of the 'intrapersonal' constraints the most distal interpersonal and structural constraints would be confronted and negotiated at last. That is the psychological orientations that act as constraints must first be confronted and negotiated before the higher order (interpersonal and structural) constraints.

Proposition 3: *A hierarchy of social privilege*

According to the third proposition socio-economic class have an influence on leisure participation and no participation (Crawford, 1991; Jackson, 1989; Kay & Jackson, 1991). "It has been demonstrated that the tendency to report the effects of structural constraints increases with income and education" (Crawford *et al.*, 1991). People with better education and income had also been found to express more desire to participate thus indicating weaker intrapersonal and interpersonal constraints than the lower socio-economic class.

Continued operation of constraints

This theory suggests that constraints continue to exist even after an individual engages in an activity. That is constraints influence certain aspects of engagement such as frequency of participation, level of specialisation, level of ego involvement etc (Crawford *et al.*, 1991).

2.10.7 Age, gender and socio-economic variables and constraints

It has been found that constraints constrain sports and recreation of different age groups differently. Children, adolescents, young adults, middle aged and the elderly have different constraints to sports and recreation participation. In the same vain different gender groups are also constrained differently to participate in sports and recreation.

Women seem to have different sets of constraints from men. Constraints to participation in sports and recreation activities that particularly affect women include; the caring ethic, body image and activity structural constraint.

The ethic of care was introduced by Gilligan (Anon, 1997: 4). This ethic of care simply means that women have been socialised and oriented towards developing a characteristic mentality, behaviour and attitudes and skills of caring and developing a sense of responsibility to others. Even though Henderson (1995: 4) thought that the 'ethic of care' could culminate into positive relational leisure the 'care ethic' has been found to constrain married women to participate in sports and recreation activities (Anon, 1997: 4). The family socialisation of girls and women into caregivers resulted in the development of that psychological state of caring about others and putting the interests of others in the forefront, women tend to marginalize their own personal needs. The 'ethic of care' has been found to possess both antecedent constraint and intervening constraint. It is an antecedent constraint when it forms those mental, psychological constraints that result in the development of caring attitudes. The 'ethic of care' becomes an intervening constraint when the caring of others constrains participation in sports and recreation activities.

Traditional values and perceptions about the feminine body have adverse implications on how women perceive their body and their role in sports and recreation activities. Culturally evolved perception about the female body is that the female body is inferior, fragile and not suitable for physical activities. As women gradually internalise such culturally constructed perceptions about their bodies they are unlikely therefore to participate in instrumental androgenic sports and recreational activities.

Their perceptions about their body image constrain them to participate in some sports and recreational activities.

The androgenic, masculine structural nature of some sports and recreational activities by their nature constrain women participation. Some sports and recreation activities are biased towards emphasizing masculine characteristics. It is the masculine characteristics inherent within some sports and recreation activities that would constrain women's leisure.

Women's various economic and socio-cultural inequalities therefore manifest as structural, interpersonal and intrapersonal constraints. As women they are constrained by socio-cultural expectations of femininity and motherhood, their economic and financial dependence on men and by the culturally sanctioned trivialisation of women in sports and recreation activities. (Bryson, 1987; Green & Woodward, 1990; Hall, 1985).

2.10.8 Studies on barriers/constraints to sports and recreation participation

Several studies on *barriers/constraints* to participation in sports and recreation activities had been undertaken. They include the following:

A research carried out by the Ministry of Tourism and Recreation, Ontario, Canada (Ministry of Tourism and Recreation, 1994) on "perceived constraints to leisure within five activity domains" found out the following; the statistically significant relationship between perceived constraints and leisure domains was lack of time in both home-based and social leisure domains. The respondents reported that they were not able to participate in home-based and social leisure activities because of lack of time and energy. It was also found out that significantly respondents in the home-based domain than in the exercise and entertainment/arts and hobbies leisure activities reported more constraints. Constraints peculiar to demographic characteristics were also discovered. Respondents aged 20-30 years and those between 35-44 years reported to have been constrained by lack of time whereas younger and older individuals reported to have been constrained by the difficulty in getting places and

by lack of age appropriate programmes. Younger respondents (15-19 years) were found to have been constrained more by lack of information and programmes whereas respondents aged (20-34 years) were constrained more by the cost of programmes. More females than men reported lack of time, energy, companions, difficulty in getting places and limitations imposed by health. More married individuals than single people reported lack of time and limitations imposed on them by health. Single people unlike married people reported lack of companions, lack of information on opportunities and costs as constraints constraining their participation in leisure pursuits. Concisely this study was able to discover constraints related to specific leisure domains and constraints related to the demographic characteristics.

Another study carried out by Jackson and Crawford (1992: 1) titled "the process of leisure constraints negotiation" carried out to find out whether or not the presence of constraints usually results in non-participation. This study was able to discover that there is in some instances participation in leisure activities despite the presence of constraints. Some people were able to negotiate through their constraints and participated in sports and recreation activities. A similar study by Henderson *et al.*, (1995: 1-2) found out that individuals who were able to negotiate constraints were most likely to have high physical recreation status indicators. As other researchers (Jackson *et al.*, 1993; Kay and Jackson, 1991; Shaw *et al.*, 1994) have found out that 'more constraints do not mean less participation in physical recreation.' This study found out that respondents, who were able to negotiate constraints were those who were employed, highly educated and few had social barriers.

Another study by Tara (1995) titled "the experience of leisure constraints by families with children with physical disabilities" found out that caregivers of children with disability identified the following constraints; lack of time, lack of money, issues with child's mobility, lack of accessible facilities for children with disabilities, lack of leisure opportunities for children with disabilities.

A study by Dawson and Harrington (1995) attempted to find out how differences in family situations affect women's leisure. The results of the study indicated that married women with children spend much of their time doing domestic chores. Lack of time was found to have been the main constraint to leisure participation for such

women. Mothers working full time have reduced domestic chores but still lacked time and energy to be involved in leisure pursuits.

Kay and Jackson (1991) and Blumenthal *et al.*, (1991: 301-305) carried out a research on “the impact of leisure constraints on leisure participation.” The study discovered that ‘money’ and ‘time’ were by far the main dominant constraints to participation in recreation. External socio-economic barriers (money and time) dominated over other constraints such as household chores and lack of energy.

Another study by Shaw *et al.*, 1991 (In Blumenthal *et al.*, 1991:186-299) found out that “lack of time was reported significantly more frequent than any other *barriers*. Gender differences in constraints to participation were also noticed for example more women than men reported lack of energy and more men than women reported lack of time.

Iso-Ahola and Mannell, (1985) identified major social and psychological *constraints* on recreation behaviour. He found out that perceived incompetence, attitudinal *constraints* and social-cultural *constraints* hindered the pursued of recreation activities.

In a study carried out in Botswana by Kgathi (1997:90-99) on ‘Women and leisure-the case study of Botswana’, the following constraints were found to constrain women’s participation in leisure activities; “little time after work, being discouraged by parents/partners, distance away from leisure facilities, lack of funds to pay for leisure activities, unavailability of facilities, and family commitments.”

2.10.9 Conclusion

In a nutshell the above studies were able to uncover:

- Constraints peculiar to demographic characteristics such as age, marital status and gender.
- Constraints negotiation.

- Peculiar constraints constraining children with disabilities to participate in leisure pursuits.
- Women's leisure participation constraints.
- Socio-economic barriers to participation in leisure pursuits such as lack of money, lack of time, lack of energy and household chores.
- Internal psychological constraints such as perceived incompetence, attitudinal constraints.

In the case of this study therefore the barriers/constraints to participation in sports and recreation activities in the three communities in Botswana are investigated in terms of Aptitude to participation in sports and recreation activities, Socio-economic constraints, Socio-cultural constraints, Facility constraints and Community awareness of sports and recreation facilities. Unlike previous studies on constraints to participation in sports and recreation activities, this study attempts to find out whether or not residents of the three communities are constrained to participate in sports and recreation activities in a similar or different ways. This study has a practical relevance to recreation programme planning and delivery of sports and recreation services to the three communities in Botswana. Through this study, important categories of constraints/barriers to sports and recreation participation in the three communities would be known, such categories of barriers could be considered in the planning and delivery of sports and recreation services in the three communities.

An assessment of the various categories of barriers to sports and recreation participation on residents aged 18-40 years both males and females of three communities in Botswana was adopted. This research survey is particularly important because little constraint research work has been done in Botswana. The only constraint research work done in Botswana so far by Kgathi (1997) assessed constraints constraining women's participation in leisure activities in Botswana. Through this survey differences on how the various categories of sports and recreation participation constraints constrain females and males in the three communities would be known.

This sports and recreation needs assessment survey in the three communities in Botswana would make the identification of possible conditions responsible for the current low participation in sports and recreational pursuits and the under utilisation of the recently constructed integrated sports facilities in the three communities feasible. The identification of such conditions in the form of various social needs expressed by community residents and the nature of constraints constraining sports and recreation participation in the three communities in Botswana would result in the identification of solutions that would improve sports and recreation service delivery in the three communities and would result in an increased participation in sports and recreational pursuits in communities in Botswana and would eventually culminate to the accomplishment of the new paradigm in leisure service delivery. Previous sports and recreation needs assessment studies in Botswana that could have acted as a foundation for this needs assessment survey are non-existent and the nature of this needs assessment survey was determined by the nature of conditions in the country.

3 Sports and recreation participation of men and women in three communities in Botswana

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SPORTS AND RECREATION PARTICIPATION OF MEN AND WOMEN IN THREE COMMUNITIES IN BOTSWANA

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ABSTRACT

The purpose of this study was to assess sports and recreation participation of three communities in Botswana. A total number of 438 (228 males and 210 females) aged 18 to 40 years were randomly selected to participate in the study. A questionnaire was used to gather information about sports and recreation participation, participation in sports and recreation activities in the integrated sports facilities and problems of current low participation in sports and recreation activities. Descriptive statistics and frequency were used to analyze the data. Results showed a general low participation that ranged from 0.0% to 47.4% in both men and women in sports activities in the three communities. Participation in integrated sports facilities was accounted by 17.7% for men and 11.8% for women in Molepolole, 23.2% for men and 2.9% for women in Serowe and 43.1% for men and 10.3% for women in Masunga. The results also show problems responsible for the low participation in sports and recreation activities in the three communities.

Key words: Sports, recreation, constraint, needs assessment, Botswana

INTRODUCTION

Human participation in sports and recreation activities is affected by various factors (Torkilsen, 1999; Rossman & Schlatter; 2000). Such factors includes time, interest, availability of facilities and equipment, accessibility to facilities, availability of sports and recreation programmes (Kgathi, 1997; Edginton *et al.*, 1998). A better understanding of these factors that impact sports participation could be done through needs assessment. Through expressing their various social needs (Torkilsen, 1999; Edginton *et al.*, 1998), community residents are able to show the adequacy and the

inadequacy of these factors that impact sports and recreation participation in various communities (Stevens & Stevens, 1997; Edginton *et al.*, 1998). Low participation in sports and recreation activities could increase hypokinetic morbidity and premature mortality and could also result in an increased preponderance of various social and economic problems (Robert & Robergs, 1997).

In Botswana it was reported that the major threats to health status of young people results from an inter-connected range of behavioural factors that place the health of young people at risk. These include risks associated with sexuality, teenage pregnancy amongst young women and alcohol and substance abuse with their related socio-economic problems (Botswana Government, 1996). Increased participation in sports and recreation activities could however, assist to reduce or totally curtail all these health and socio-economic problems in Botswana.

The Government of Botswana has recently embarked on the construction of integrated sports facilities throughout major villages and urban centers with the main aim of developing an active, healthy and productive society, in line with the national long term vision (Government of Botswana, 2001). The creation of such an ideal society depends entirely on an increased participation of community residents in quality sports and recreational activities/programmes that ensure an all round human development that effectively address the social, physical, intellectual, emotional and social components of health and wellness (Ansbaugh, Hamrick & Rsato, 1994). The provision of such improved high quality sports and recreation activities and programmes in communities in Botswana would guarantee "the fundamental right and freedom of individuals and groups to participate in sports and recreation, and would also ensure the equality of opportunities in sports and recreation provision regardless of differences in race, colour, sex, creed, age, ability and disability" (Scholtz, *et al.*, 1985, Scholtz, *et al.*, 1989, Scholtz, *et al.*, 1990, Scholtz, *et al.*, 1991. These two principles invariably curtail the incidence of the occurrence of sports and recreation denial on the basis of socio-economic class, racial and ethnocentric, gender, creed and age that may cause unnecessary social contradictions.

Several studies on sports and recreation activities have been done in developing and developed countries. In Botswana a study by Kgathi (1997) showed a low participation of women in leisure activities. Another study by Wekesa, et al. (1997) revealed low participation in sports and recreation activities, and problems such as inadequacy of facilities as well as lack of skills as possible problems responsible were identified as reasons for low participation in sports and recreation activities among young people in Botswana. In South Africa, Singh (1990) and Scholtz (1995) revealed that shortage of facilities and lack of opportunities seemed to affect people's participation in sports and recreation activities. On the other hand studies in the developed countries by (Sivan and Robertson, 1995; Sivan, 2000), indicated that participation in recreational activities was related to lack of time. The purpose of the present study was to assess sports and recreation participation of men and women aged 18 to 40 years in three communities (Molepolole, Serowe and Masunga) in Botswana. It is believed that people in the three communities in Botswana have similar needs in sports and recreation.

METHODS

Subjects

A total number of 438 (228 males and 210 females) aged 18 to 40 years were randomly selected from the three communities (Molepolole, Serowe and Masunga) in Botswana to participate in the study.

were from low socioeconomic group (figure 1) accounted by their low annual income of less than P20 000, high unemployment rate and low education.

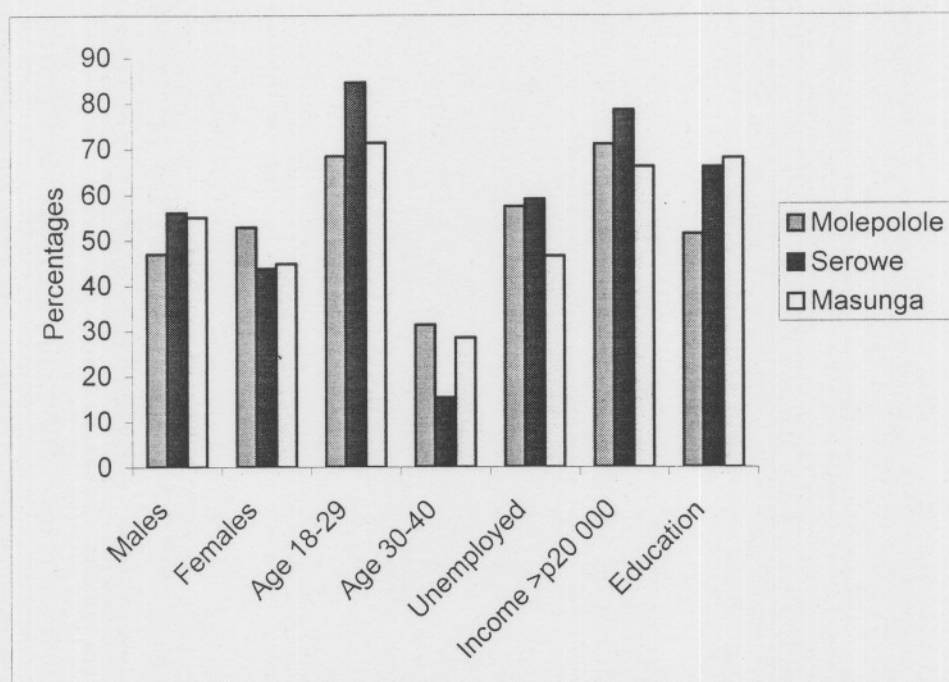


Figure 1: Demographic information of men and women in the three communities in Botswana

Table 1 presents the percentage scores for sports participation for men and women ages 18-29 in the three communities in Botswana. The most popular sports activities for men were soccer accounted by 25% (Molepolole), 37.6% (Serowe) and 36.9% (Masunga), while netball was for women (23.4%, Molepolole; 23.3%, Serowe, and 21.0% Masunga). The remaining sports activities showed low participation by both men (ranges from 0.0% to 14.0%) and women (0.0% to 12.8%) in the three communities in Botswana and included sports such as basketball, volleyball, softball, athletics, tennis, fitness etc.

Instruments and Procedures

A questionnaire of 17 questions was used to gather information regarding general sports and recreation participation, participation in sports and recreation activities in the recently constructed integrated sports facilities and factors affecting participation in general and also in the constructed Integrated Sport Facilities in the three communities. The questionnaire was administered by six well-trained field workers who prior to the survey were undergraduate University of Botswana students trained by the main author. The questionnaire was administered during weekends and after working hour when people were expected to be at home. All field workers were familiar with the spoken language in the communities. Prior to the administration of the questionnaire, the questionnaire was pre-tested.

Analysis of the data

Descriptive statistics and frequency were used to analyse the data. The selection and use of the statistical tools was invariably based on the nature of information the research work sought to investigate.

RESULTS

In the present study the results show a general low participation in sports and recreational activities. This low participation is reflected by participation in few sports and recreational activities and decreasing participation in sports and recreational activities with increasing age. Participation in sports and recreational activities in the integrated sports facilities was also found to be low. The study also showed problems responsible for the low participation in sports and recreation activities in the three communities. The participants from the three communities

Table 1: Sports participation in the 18-29 years old men and women in the three communities in Botswana (Molepolole, Serowe and Masunga)

| Sport activities | Molepolole | | | | Serowe | | | | Masunga | | | |
|------------------|------------|------|------------|------|----------|------|------------|------|-----------|------|------------|------|
| | Men (80) | | Women (65) | | Men (93) | | Women (54) | | Men (103) | | Women (51) | |
| | N | % | N | % | N | % | N | % | N | % | n | % |
| Soccer | 16 | 25 | 2 | 4.3 | 32 | 37.6 | 3 | 6.9 | 31 | 36.9 | 1 | 2.6 |
| Tennis | 9 | 14 | 6 | 12.8 | 8 | 9.4 | 9 | 20.9 | 7 | 8.3 | 1 | 2.6 |
| Netball | 2 | 3.1 | 11 | 23.4 | 2 | 2.4 | 10 | 23.3 | 0 | 0.0 | 8 | 21.0 |
| Fitness | 2 | 3.1 | 2 | 4.3 | 6 | 7.1 | 0 | 0.0 | 9 | 10.7 | 4 | 10.5 |
| Basketball | 8 | 12.5 | 4 | 8.5 | 5 | 5.9 | 4 | 9.3 | 5 | 5.9 | 1 | 2.6 |
| Table tennis | 3 | 4.7 | 2 | 4.3 | 4 | 4.7 | 2 | 4.7 | 8 | 9.5 | 3 | 7.9 |
| Volleyball | 3 | 4.7 | 4 | 8.5 | 5 | 5.9 | 3 | 6.9 | 1 | 1.2 | 3 | 7.9 |
| Swimming | 4 | 6.3 | 2 | 4.3 | 4 | 4.7 | 2 | 4.7 | 4 | 4.8 | 2 | 5.3 |
| Karate | 3 | 4.7 | 1 | 2.1 | 3 | 3.5 | 1 | 2.3 | 3 | 3.6 | 2 | 5.3 |
| Athletics | 2 | 3.1 | 2 | 4.3 | 6 | 7.1 | 0 | 0.0 | 4 | 4.8 | 1 | 2.6 |
| Aerobics | 0 | 0.0 | 1 | 2.1 | 0 | 0 | 4 | 9.3 | 0 | 0.0 | 2 | 5.3 |
| Badminton | 0 | 0.0 | 1 | 2.1 | 2 | 2.4 | 1 | 2.3 | 5 | 5.9 | 1 | 2.6 |
| Softball | 3 | 4.7 | 3 | 6.4 | 3 | 3.5 | 1 | 2.3 | 3 | 3.6 | 3 | 7.9 |
| Handball | 1 | 1.6 | 0 | 0.0 | 1 | 1.2 | 0 | 0.0 | 1 | 1.2 | 0 | 0.0 |
| Cricket | 2 | 3.1 | 0 | 0.0 | 0 | 0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.6 |
| Hockey | 1 | 1.6 | 0 | 0.0 | 1 | 1.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Boxing | 1 | 1.6 | 0 | 0.0 | 0 | 0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Gymnastics | 1 | 1.6 | 1 | 2.1 | 1 | 1.2 | 1 | 2.3 | 1 | 1.2 | 2 | 5.3 |
| Dance | 2 | 3.1 | 3 | 6.4 | 2 | 2.4 | 2 | 4.7 | 1 | 1.2 | 2 | 5.3 |
| Rugby | 1 | 1.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Squash | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 1.2 | 0 | 0.0 |
| Skating | 0 | 0.0 | 1 | 2.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Cycling | 0 | 0.0 | 1 | 2.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.6 |
| Total | 64 | 100 | 47 | 100 | 85 | 100 | 43 | 100 | 84 | 100 | 38 | 100 |
| % | 80.0 | | 72.3 | | 91.4 | | 79.6 | | 81.6 | | 74.5 | |

Table 2 presents percentage scores for sports participation of men and women aged 30-40 years of the three communities in Botswana. Soccer was most popular among men accounted by 50.0% in Molepolole, 62.5% in Serowe and 15.5% in Masunga while netball was most popular among women in Molepolole (22.2%) and Serowe (27.3%). The remaining sports activities such as tennis, dance, karate, boxing etc reflected low participation ranging from 0.0% to 10.5% among men and 0.0% to 15.4% among women of the three communities. It is clear that in the two age groups the majority of the respondents both men and women participated in few sports activities and participation declined with increasing age.

Table 3 presents the recreational activities of men and women aged 18-29 years of the three communities. The recreational participation varies from the three communities by age and gender. The most popular recreational activities were (table 3) watching TV and listening to music. In the 18-29 men watching TV was accounted by 24.2% (Molepolole), 19.4% (Serowe) and 25.2% (Masunga); listening to music by 31.5% (Molepolole), 27.8% (Serowe), 19.3% (Masunga); For women watching TV was accounted by 18.6% (Molepolole), 21.6% (Serowe), 23.9% (Masunga), listening to music by 28.2% (Molepolole), 24.7% (Serowe) and 20.8% (Masunga). It is clear from the results that the majority of men and women aged 18-29 years in the three communities participated in few recreational activities.

Table 2: Sports participation in the 30-40 years old men and women in the three communities in Botswana (Molepolole, Serowe and Masunga)

| Sport activities | Molepolole | | | | Serowe | | | | Masunga | | | |
|------------------|------------|------|------------|------|----------|------|------------|------|-----------|------|------------|------|
| | Men (80) | | Women (65) | | Men (93) | | Women (54) | | Men (103) | | Women (51) | |
| | N | % | N | % | N | % | N | % | N | % | n | % |
| Soccer | 8 | 50.0 | 0 | 0.0 | 5 | 62.5 | 0 | 0.0 | 3 | 15.8 | 0 | 0.0 |
| Tennis | 0 | 0.0 | 3 | 16.7 | 0 | 0.0 | 2 | 18.2 | 0 | 0.0 | 0 | 0.0 |
| Netball | 0 | 0.0 | 4 | 22.2 | 0 | 0.0 | 3 | 27.3 | 1 | 5.3 | 2 | 15.4 |
| Fitness | 1 | 6.3 | 2 | 11.1 | 2 | 25.0 | 0 | 0.0 | 3 | 15.8 | 4 | 30.8 |
| Basketball | 0 | 0.0 | 1 | 5.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Table tennis | 0 | 0.0 | 1 | 5.6 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 1 | 7.7 |
| Volleyball | 0 | 0.0 | 1 | 5.6 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 1 | 7.7 |
| Swimming | 0 | 0.0 | 1 | 5.6 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| Karate | 3 | 18.8 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 10.5 | 0 | 0.0 |
| Athletics | 0 | 0.0 | 1 | 5.6 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Aerobics | 0 | 0.0 | 2 | 11.1 | 1 | 12.5 | 2 | 18.2 | 0 | 0.0 | 2 | 15.4 |
| Badminton | 0 | 0.0 | 1 | 5.6 | 0 | 0.0 | 1 | 9.1 | 0 | 0.0 | 0 | 0.0 |
| Softball | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 1 | 7.7 |
| Handball | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.7 |
| Cricket | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Hockey | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Boxing | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 10.5 | 0 | 0.0 |
| Gymnastics | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Dance | 0 | 0.0 | 2 | 11.1 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 7.7 |
| Rugby | 2 | 12.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Squash | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Skating | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Cycling | 2 | 12.5 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 5.3 | 0 | 0.0 |
| Total | 16 | 100 | 18 | 100 | 8 | 0.0 | 11 | 100 | 19 | 100 | 13 | 100 |
| % | 20.0 | | 27.7 | | 8.6 | | 20.4 | | 18.4 | | 25.5 | |

Table 3: Recreation participation in the 18-29 years old men and women in the three communities in Botswana (Molepolole, Serowe and Masunga)

| Recreation activities | Molepolole | | | | Serowe | | | | Masunga | | | |
|-----------------------|------------|------|-------------|------|-----------|------|-------------|------|-----------|------|-------------|------|
| | Men (172) | | Women (213) | | Men (255) | | Women (205) | | Men (154) | | Women (153) | |
| | n | % | n | % | n | % | n | % | n | % | n | % |
| Watching TV | 30 | 24.2 | 29 | 18.6 | 42 | 19.4 | 35 | 21.6 | 30 | 25.2 | 23 | 23.9 |
| Listening to Music | 39 | 31.5 | 44 | 28.2 | 60 | 27.8 | 40 | 24.7 | 23 | 19.3 | 20 | 20.8 |
| Gardening | 4 | 3.2 | 2 | 1.3 | 5 | 2.3 | 3 | 1.9 | 5 | 4.2 | 3 | 3.1 |
| Concert | 2 | 1.6 | 5 | 3.2 | 5 | 2.3 | 3 | 1.9 | 1 | 0.8 | 1 | 1.0 |
| Cycle | 1 | 0.8 | 1 | 0.6 | 9 | 4.2 | 1 | 0.6 | 2 | 1.7 | 0 | 0.0 |
| Jogging | 6 | 4.8 | 8 | 5.1 | 15 | 6.9 | 5 | 3.1 | 7 | 5.9 | 4 | 4.2 |
| Dance | 5 | 2.0 | 7 | 4.5 | 7 | 3.2 | 11 | 6.8 | 6 | 5.0 | 6 | 6.3 |
| Aerobics | 1 | 0.8 | 2 | 1.3 | 2 | 0.9 | 2 | 1.2 | 2 | 1.7 | 2 | 2.1 |
| Sport for recreation | 2 | 1.6 | 7 | 4.5 | 11 | 5.1 | 6 | 3.7 | 5 | 4.2 | 1 | 1.0 |
| Worship | 5 | 4.0 | 18 | 11.5 | 14 | 6.5 | 29 | 17.9 | 7 | 5.9 | 13 | 13.5 |
| Drama | 1 | 0.8 | 3 | 1.9 | 3 | 1.4 | 1 | 0.6 | 0 | 0.0 | 3 | 3.1 |
| Singing | 2 | 1.6 | 9 | 5.8 | 0 | 0.0 | 7 | 4.3 | 5 | 4.2 | 5 | 5.2 |
| Walking | 2 | 1.6 | 1 | 0.6 | 2 | 0.9 | 0 | 0.0 | 2 | 1.7 | 0 | 0.0 |
| Chess | 3 | 2.4 | 0 | 0.0 | 3 | 1.4 | 3 | 1.9 | 3 | 2.5 | 0 | 0.0 |
| Fitness | 6 | 4.8 | 0 | 0.0 | 11 | 5.1 | 0 | 0.0 | 5 | 4.2 | 1 | 1.0 |
| Reading | 15 | 12.0 | 20 | 12.8 | 27 | 12.5 | 15 | 9.3 | 15 | 12.6 | 13 | 13.5 |
| Needlework | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.6 | 1 | 0.8 | 1 | 1.0 |
| Art and crafts | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Playing Music | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Total | 124 | 100 | 156 | 100 | 216 | 100 | 162 | 100 | 119 | 100 | 96 | 100 |
| % | 72.1 | | 73.2 | | 84.7 | | 79.0 | | 77.3 | | 62.7 | |

Table 4 presents the recreational activities among men and women aged 30-40 in the three communities in Botswana. Watching TV, listening to music, jogging, worship and reading were popular recreational pursuits of men and women and differed in the three communities. Among men aged 30 –40 watching TV was accounted by 22.9% (Molepolole); 28.2% (Serowe) and 31.4% (Masunga), listening to music by 29.2% (Molepolole); 20.5% (Serowe) and 11.1% (Masunga), and worship by 10.4% (Molepolole), 10.3% (Serowe), 2.9% (Masunga). In women similar trend was observed with watching TV accounted for by 14.0% (Molepolole), 27.9% (Serowe), 22.8% (Masunga); listening to music by 19.3% (Molepolole), 13.9% (Serowe) and 17.5% (Masunga), worship by 28.0% (Molepolole), 18.3% (Serowe) and 17.5% (Masunga), reading by 5.3% (Molepolole), 4.7% (Serowe), 17.5% (Masunga). In general participation in recreation activities by both men and women was very low with increasing age. It is also evident that sports and recreation participation of men and women aged 30-40 years was centered on few recreational pursuits in the three communities.

Table 4: Recreation participation in the 30-40 years old men and women in the three communities in Botswana (Molepolole, Serowe and Masunga)

| Recreation activities | Molepolole | | | | Serowe | | | | Masunga | | | |
|-----------------------|------------|------|-------------|------|-----------|------|-------------|------|-----------|------|-------------|------|
| | Men (172) | | Women (213) | | Men (255) | | Women (205) | | Men (154) | | Women (153) | |
| | n | % | n | % | n | % | n | % | n | % | n | % |
| Watching TV | 11 | 22.9 | 8 | 14.0 | 11 | 28.2 | 12 | 27.9 | 11 | 31.4 | 13 | 22.8 |
| Listening to Music | 14 | 29.2 | 11 | 19.3 | 8 | 20.5 | 6 | 13.9 | 6 | 11.1 | 10 | 17.5 |
| Gardening | 6 | 12.5 | 3 | 5.3 | 0 | 0.0 | 3 | 6.9 | 3 | 8.6 | 4 | 7.0 |
| Concert | 0 | 0.0 | 1 | 1.8 | 0 | 0.0 | 1 | 2.3 | 1 | 2.9 | 2 | 3.5 |
| Cycle | 0 | 0.0 | 0 | 0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Jogging | 2 | 4.2 | 3 | 5.3 | 7 | 17.9 | 1 | 2.3 | 3 | 8.6 | 1 | 1.8 |
| Dance | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 6.9 | 0 | 0.0 | 2 | 3.5 |
| Aerobics | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 3.5 |
| Sport for recreation | 2 | 4.2 | 1 | 1.8 | 1 | 2.6 | 1 | 2.3 | 2 | 5.7 | 0 | 0.0 |
| Worship | 5 | 10.4 | 16 | 28.0 | 4 | 10.3 | 8 | 18.3 | 1 | 2.9 | 10 | 17.5 |
| Drama | 0 | 0.0 | 0 | 0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.9 | 0 | 0.0 |
| Singing | 1 | 2.1 | 6 | 10.5 | 0 | 0.0 | 3 | 6.9 | 0 | 0.0 | 2 | 3.5 |
| Walking | 1 | 2.1 | 0 | 0.0 | 1 | 2.6 | 1 | 2.3 | 0 | 0.0 | 0 | 0.0 |
| Chess | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 2.9 | 0 | 0.0 |
| Fitness | 4 | 8.3 | 1 | 1.8 | 3 | 7.7 | 1 | 2.3 | 1 | 2.9 | 1 | 1.8 |
| Reading | 2 | 4.2 | 3 | 5.3 | 4 | 10.3 | 2 | 4.7 | 5 | 14.3 | 10 | 17.5 |
| Needlework | 0 | 0.0 | 4 | 7.0 | 0 | 0.0 | 1 | 2.3 | 0 | 0.0 | 0 | 0.0 |
| Art and crafts | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Playing Music | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Total | 48 | 100 | 57 | 100 | 39 | 100 | 43 | 100 | 35 | 100 | 57 | 100 |
| % | | 27.9 | | 26.8 | | 15.3 | | 20.9 | | 22.7 | | 37.3 |

Tables 5 and 6 show sports and recreation participation in the integrated sports facilities as well as problems attributed to low participation by both males and females aged 18-40 years in the three communities' integrated sports facilities. Table 5 shows a general low participation that ranged from 0.0% to 44.0% in both men and women from the three communities. Male's total participation percentage in the three communities' integrated sports facilities was as follows: 17.7% in Molepolole, 23.2% in Serowe and 43.1% in Masunga while that for women was 11.8% in Molepolole, 2.9% in Serowe and 10.3% in Masunga. These results show low participation in sports and recreational activities by both men and women in the three communities' integrated sports facilities.

Table 6, presents problems responsible for the low participation in sports and recreation activities in the three communities in Botswana. The majority of the respondents of the three communities showed the following as problems responsible for low participation in sports and recreational activities: lack of community sports and recreation programmes (88.8% in Molepolole, 79.2% in Serowe and 61.9% in Masunga), lack of awareness (76.3% in Molepolole, 79.6% in Serowe and 70.8% in Masunga), lack of sports and recreation skills (73.7% in Molepolole, 70.8% in Serowe and 62.2% in Masunga), lack of sports and recreation promotion (86.8% in Molepolole, 92.9% in Serowe and 66.4% in Masunga), lack of sports and recreation facilities (88.8% in Molepolole, 85.0% in Serowe and 73.5% in Masunga) and lack of recreation personnel (86.2% in Molepolole, 89.9% in Serowe and 71.7% in Masunga). Differing perceptions were encountered regarding "lack of interest to participate in sports and recreation activities." The majority of the respondents of Serowe (76.3%) and Masunga (53.9%) regarded the problem "important" while the majority of the respondents of Molepolole (53.9%) regarded the problem "not important".

Table 5: Participation in newly constructed sports and recreation facilities by men and women aged 18 to 40 in the three communities in Botswana

| Sport activities | Molepolole (152) | | | | Serowe (168) | | | | Masunga (116) | | | |
|------------------|------------------|------|-------|------|--------------|------|-------|------|---------------|------|-------|------|
| | Men | | Women | | Men | | Women | | Men | | Women | |
| | N | % | n | % | N | % | n | % | n | % | n | % |
| Soccer | 5 | 18.5 | 1 | 5.5 | 16 | 41.0 | 2 | 40.0 | 15 | 30 | 2 | 16.7 |
| Netball | 0 | 0.0 | 1 | 5.5 | 2 | 5.1 | 0 | 0.0 | 2 | 4.0 | 5 | 41.7 |
| Tennis | 8 | 29.6 | 0 | 0.0 | 8 | 20.5 | 2 | 40.0 | 8 | 16 | 1 | 8.3 |
| Athletics | 2 | 7.4 | 3 | 16.7 | 3 | 7.7 | 0 | 0.0 | 7 | 14.0 | 1 | 8.3 |
| Fitness | 0 | 0.0 | 0 | 0.0 | 2 | 5.1 | 0 | 0.0 | 1 | 2.0 | 0 | 0.0 |
| Volleyball | 1 | 3.7 | 1 | 5.5 | 1 | 2.6 | 1 | 20.0 | 5 | 10.0 | 2 | 16.7 |
| Basketball | 11 | 40.7 | 4 | 22.2 | 7 | 17.9 | 0 | 0.0 | 19 | 18.0 | 0 | 0.0 |
| Softball | 0 | 0.0 | 8 | 44.4 | 0 | 0.0 | 0 | 0.0 | 3 | 6.0 | 1 | 8.3 |
| Total | 27 | 100 | 18 | 100 | 39 | 100 | 5 | 100 | 50 | 100 | 12 | 100 |
| % | 17.7 | | 11.8 | | 23.2 | | 2.9 | | 43.1 | | 10.3 | |

Table 6: Problems that led to low participation in the newly constructed sports facilities in the three communities

| Problems | Molepolole | | | Serowe | | | Masunga | | |
|---|---------------|-----------|--------------------------|---------------|-----------|--------------------------|---------------|-----------|--------------------------|
| | Not important | Important | Highest percentage value | Not important | Important | Highest percentage value | Not important | Important | Highest percentage value |
| Lack of community sport and recreation programs. | 11.1 | 88.8 | 88.8 | 20.8 | 79.2 | 79.2 | 38.1 | 61.9 | 61.9 |
| Lack of awareness. | 23.7 | 76.3 | 76.3 | 27.4 | 72.6 | 72.6 | 29.2 | 70.8 | 70.8 |
| Lack of sport and recreation skills. | 26.3 | 73.7 | 73.7 | 29.2 | 70.8 | 70.8 | 39.8 | 60.2 | 60.2 |
| Lack of sport and recreation promotion. | 13.2 | 86.8 | 86.8 | 7.1 | 92.9 | 92.9 | 33.6 | 66.4 | 66.4 |
| Lack of sport and recreation facilities. | 11.2 | 88.8 | 88.8 | 25.0 | 85.0 | 85.0 | 26.5 | 73.5 | 73.5 |
| Lack sport and recreation personnel. | 13.8 | 86.2 | 86.2 | 10.1 | 89.9 | 89.9 | 38.3 | 71.7 | 71.7 |
| Lack of interest to participate in sport and recreation activities. | 76.3 | 23.7 | 76.3 | 49.4 | 50.6 | 50.6 | 46.0 | 53.9 | 53.9 |

DISCUSSION

In the present study it was possible to assess the sports and recreation participation and needs in the three communities in Botswana. The results show a general low level of participation in sports and recreation in the three communities in Botswana by gender and age, and as well as factors that accounted for the low participation.

There are numerous limitations such as the number of the subjects and their socioeconomic status that might have affected the results. In men from the three communities soccer was the most popular sports activity from ages 18-29 with a decline with age and this could be observed in age 30-40 in the Molepolole area, but with an increase in the Serowe and Masunga. And this might be accounted by the number of the subjects involved in the study. Similar trend was noticed in netball for women. These findings were consistent with previous findings Sivan (2000) and Scholtz (1995).

Regarding sports activities in both men and women soccer and netball were the dominant activities. Consistent with the previous findings (Sivan, 2000), participation between men and women in the present study differed by sex and age. Related studies were scarce to compare with the present study. In recreation activities watching television and listening to music were the most dominant activities between men and women, and showed differences in ages. Similar findings were reported in Hong Kong (Sivan, & Robertson, 1995). In the present study it was further noticed that jogging, fitness and worship were also the favorites recreation activities between men and women. No available data to compare with the present study.

It should be realized that low participation and needs in sports and recreation could be affected by various factors that constitute to the expressed and felt needs of respondents of the three communities by Torkilsen (1999), Rossman & Schlatter

(2000). The results in the study agreed with the hypothesis that people in the three communities in Botswana have similar needs in sports and recreation. Previous studies reported low level of participation in women (Kgathi, 1997) and among young people (Wekesa *et al.*, 1997) in Botswana. A similar trend was also noticed in the present study. The present study was able to identify various needs as expressed by community residents of the communities. These needs are: the need to increase general participation in sports and recreational activities of men and women aged 18-40 years in the three communities in Botswana, the need to increase participation in sports and recreational activities of men and women aged 18-40 years in the three communities' integrated sports facilities, the need for the construction of additional sports and recreation facilities in the three communities, the need to have community based sports and recreation programmes in the three communities, the need to train and employ recreation personnel, the need to promote and market community sports and recreation programmes and activities, the need to raise awareness of the benefits of participating in sports and recreation activities and the need to develop sports and recreation skills in the three communities. Similar findings were reported in studies conducted in South Africa by Singh (1990), Scholtz *et al.*, (1994). Lack of time was also noticed as an affecting factor in both men and women participation in sports and recreation. Consistent with previous findings (Sivan, 2000: USA TODAY MAGAZINE, 1996). The problems experienced were different from each community.

In conclusion the present results recommended the following for the three communities: the introduction of various sports recreation educational programmes in the different educational and non educational institutions in order to wage war against recreation illiteracy and lack of recreation skills. Additional sports and recreation facilities be constructed in the three and be accessible to all community residents. Introduction of various community based sports and recreation programmes for men and women aged 18-40 years in the three communities. Making the integrated sports facilities in the three communities multi-purpose in order to serve various communities' sports and recreation needs. Training and

employing sports and recreation personnel. Marketing and promoting community based sports and recreation programmes in order to raise wareness. Furthermore, these recommendations could be effective provided that principles such as the fundamental right and freedom of individuals and groups to participate in sports and recreation regardless of differences in race, colour, sex, creed, age, ability and disability are taken into consideration (Scholtz, 1995).

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4 Barriers to sports and recreation participation among men and women aged 18 – 40 years in three communities in Botswana

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Barriers to sports and recreation participation among men and women aged 18-40 years in three communities in Botswana

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Abstract

The purpose of this study was to assess barriers to sports and recreation participation of men and women aged 18-40 years in three communities in Botswana. Four hundred and thirty two 432 (201 female and 231 male) respondents participated in the study. A questionnaire was used to assess barriers to sports and recreation participation among men and women of the three communities in five barrier categories: aptitude, socio-economic, socio-cultural, awareness of facilities and facility constraints. Descriptive statistics were used to analyse the data. T-test was used to determine the significance differences between genders in each respective constraint factor. Analysis of variance was used to test the variability for each gender. A frequency table was generated to reflect the rate of constraint factors among men and women in communities in Botswana. The results showed that males and females of the three communities were constrained by socio-economic and facility barriers. Aptitude, socio-cultural and awareness of sports facilities barriers were not found to constrain sports and recreation participation of men and women in the three communities. The results also showed no significant and significant differences between male and female respondents of the three communities in the five barrier categories. No significant difference was found between males of the three communities in all the five barrier categories: aptitude, socio-economic, socio-cultural and awareness of facilities, and facility constraint barrier category. However, a significant difference between females of the three communities had been found in almost all the barrier categories except in the socio-cultural barrier category where a no significant difference had been found between females. Strategies that limit the adverse impact of socio-economic and facility constraints were suggested for the three communities.

Key words: communities, barriers, constraints, leisure, recreation, sport and Botswana.

Introduction

The extend of an individual's interest and participation in any form of leisure activity may be influenced by numerous factors. If a factor limits involvement in a given

leisure pursuit, it may then be termed a barrier. The concept of 'barriers' to sports and recreation participation has been defined as "factors that preclude or limit an individual's frequency, intensity, duration or quality of participation in sports and recreation activities" (Ellis & Rademacher, 1986). Jackson and Searle (1985) argued, that "barriers are but a sub set of the myriad of reasons why people may not at some time participate in some activity." Crawford and Godbey (1987) proposed three distinct types of barriers/constraints to sports and recreation participation; Structural, Intrapersonal and Interpersonal constraints. Structural barriers are those factors that intervene between sports and recreation activity preference and participation and include finance, season, climate, time etc. Intrapersonal barriers include internal psychological states that constrain participation such as; stress, depression, anxiety, attitude, skills, knowledge etc. Intrapersonal barriers are seen to interact with leisure preferences. Interpersonal barriers result from interpersonal interaction e.g. lack of partner to play tennis. Interpersonal barriers are seen to interact with both preference for and subsequent participation. These barrier categories are later found to be discrete and conceptually disconnected.

Crawford, Jackson and Godbey (1991) developed the hierarchy of constraint model, which proposed that people encountered the three categories of barriers in a hierarchical arrangement. According to the model, intrapersonal most proximal constraints are encountered first because they are the most powerful and they condition the will to act or the motivation to act. The interpersonal and structural distal barriers would be experienced later. Jackson and Rucks (1993) stated that, "instead of reacting passively to constraints on their leisure (i.e by not participating) some people negotiate through constraints and succeed in initiating or continuing leisure participation." Barriers to sports and recreation participation may be responsible for low participation in sports and recreation activities in communities. Low participation in sports and recreation activities usually leads to various social, economic and health problems in human communities.

Low participation in sports and recreation activities had been found in the three communities; Molepolole, Serowe and Masunga in Botswana. (Sayed, Meyer and Monyeki, in press) This low participation in sports and recreation activities could culminate in an increased hypokinetic and life-style related morbidity and premature

mortality of the youths in the three communities. It is not only hypokinetic morbidity and mortality that could result from low participation in sports and recreation participation, various social and economic problems such as; crime, substance and drug abuse, juvenile delinquency, alienated anti-social behaviours, work absenteeism, medical and social justice costs etc (Driver, Brown and Peterson, 1991) would also abound in communities in much higher proportions.

In the case of Botswana behavioural factors such as pregnancy of young women and alcohol and substance abuse in different communities are realities of adverse health and various social and economic problems (Botswana Government, 1996). It is imperative that increased sports and recreation participation in communities in Botswana would avert all the adverse myriad social, economic and health repercussions of lack of sports and recreation participation. So the nature of constraining conditions that alienate sports and recreation participation in communities in Botswana should be investigated. The investigation of such constraining conditions would aid in the identification of specific strategies to remove them (Edginton, Hanson, Edginton and Hudson, 1998). According to Jackson (2000) an important function of constraint research is to determine to which extent constraints are distributed in a community and how they will affect the life and leisure as well as the adoption of the individuals to these constraints. Research on sports and recreation constraints have the potential of providing relevant information that could be used for planning and delivery of recreation services only if it is well focussed at discovering specific problems that could be planned for and solutions implemented as part of the improved recreation service delivery (Crompton and Witt, 1997).

Several international studies on constraints to sports and recreation participation had been conducted and include the following; Ministry of Tourism and Recreation, Ontario, Canada (1997) categorised constraints to specific activity domains and constraints peculiar to demographic aspects. Jackson and Crawford (1992) carried out a study on "Constraint Negotiation" that revealed that there is in some instances participation in leisure activities despite the presence of constraints. Other studies (Henderson, Ainsworth and Bialeschki, 1995; Jackson, Crawford and Godbey, 1993; Kay & Jackson, 1991; Shaw, 1994) also found out that 'more constraints do not mean less participation in physical recreation.' A study by Tara (1995) found specific

constraints to leisure opportunities of children with disabilities. Dawson and Harrinton (1995) found constraints to leisure participation of women from different family situations. Shaw (1994) discovered gender differences in constraints. Iso-Ahola (1985) discovered major social and psychological constraints on recreation behaviour.

In Botswana, the only constraint study by Kgathi (1997) discovered constraints constraining women's leisure participation in several communities in Botswana. This study was therefore motivated by the realisation that a constraint study is needed to identify the nature of constraints constraining both males' and females' participation in sports and recreation activities in selected communities in Botswana. Knowledge of the nature of sports and recreation constraining conditions in communities would assist the Sports and Recreation Department in the country to adopt appropriate strategies to implement in order to ensure and guarantee universal community sports and recreation participation.

Methods

Subjects

Four hundred and thirty two (432) made up of 201 female and 231 male participants aged 18-40 years participated in the study. They were drawn from the three communities (Molepolole, Serowe and Masunga) in Botswana.

Instruments and procedures

In the present study Crawford's, Jackson's and Godbey's (1991) model of constraints assessment was modified for better understanding of this population based on their situational day to day barriers to participate in leisure activities. A questionnaire consisting of five barrier categories: aptitude, socio-economic, socio-cultural, facility awareness and facility constraints was used to assess the extent to which respondents were affected by the 5 barrier categories. Barriers to participation in sports and

recreation activities in the three communities in Botswana were investigated in terms of aptitude to participation in sports and recreation activities, socio-economic constraints, socio-cultural constraints, facility constraints and community awareness of sports and recreation facilities. Aptitude and awareness of community sports and recreation facilities barrier categories are similar to Crawford's and Godbey's (1987) Intrapersonal constraints while socio-economic and facility constraints barrier categories are equivalent to structural constraints. Socio-cultural barrier category could be equated with interpersonal barriers. The study further attempts to find significant difference between men and women of the three communities in the five barrier categories. It is hypothesised that 'there are no significant differences between men and women of the three communities aged 18-40 years in the five different barrier categories.' The questionnaire was administered to randomly selected households in the three communities by six well trained field workers. The questionnaire was administered during weekends and after working hours when people were expected to be home. Prior the administration of the questionnaire, the questionnaire was pre-tested. The Cronbach Alpha correlation coefficient ranged from $r=.67$ to $r=.95$ and was satisfactory.

The aptitude barrier category was assessed using variables that assessed attitude, skills and knowledge. Socio-economic barrier category was assessed using time and financial variable conditions. Socio-cultural barrier category was assessed using traditionally sanctioned norms, values, customs and beliefs that constrained sports and recreation participation. Community awareness of facilities was assessed using the following variables; awareness of communities' integrated sports facilities, knowledge of reasons for the construction of the integrated sports facilities and their purposes. Finally facility constraints category was assessed using 'accessibility' to the integrated sports facilities. This was assessed in terms of the facilities' nearness to major roads, proximity to communities and fees for using the facilities.

The different components of constraint categories were assessed using questions and open ended statements. Participants responded to the different questions and statements under each barrier category using a 5 scale ranging from strongly *agree* (5), *agree* (4), *neutral* (3), *disagree* (2) and *strongly disagree* (1). For easy interpretation of the results three main categories; **Agree, Neutral and Disagree** were

formed. The Agree category was formed through merging of scores for *strongly agree* with those for *agree* and the **Disagree** category was formed through merging *strongly disagree* and *disagree* scores. Highest frequency percentage scores in the three main categories on a barrier category enables an easy establishment of whether or not a barrier category was a constraint in a community (Table 1).

Statistical analysis

Descriptive statistics was used to identify which barrier categories constrained sports and recreation participation of men and women in the three communities. T-test was used to find significant difference between males and females aged 18-40 years in the 5 barrier categories in the 3 communities. Analysis of variance (ANOVA) was also used to test significant difference between males (18-40 years) and between females (18-40 years) of the 3 communities in the 5 barrier categories.

Results

Table 1: Barriers experienced by the three communities expressed in percentages

| Barrier categories | Molepolole | | | Serowe | | | Masunga | | |
|-----------------------------------|---------------------|-----------|--------------------|---------------------|-----------|--------------------|---------------------|-----------|--------------------|
| | Agree % | Neutral % | Disagree % | Agree % | Neutral % | Disagree % | Agree % | Neutral % | Disagree % |
| Aptitude | 75.70 ^{nc} | 19.70 | 4.60 | 82.0 ^{nc} | 16.80 | 1.20 | 82.30 ^{nc} | 15.0 | 2.60 |
| Socio-Economic | 13.20 | 30.30 | 56.60 ^c | 20.40 | 33.10 | 46.50 ^c | 23.80 | 31.60 | 44.50 ^c |
| Socio-cultural | 80.30 ^{nc} | 18.40 | 1.30 | 93.40 ^{nc} | 6.60 | 0.00 | 87.60 ^{nc} | 11.50 | 0.88 |
| Community Awareness of facilities | 48.70 ^{nc} | 41.50 | 9.90 | 76.70 ^{nc} | 20.90 | 2.40 | 58.40 ^{nc} | 34.50 | 7.0 |
| Facility constraints | 60.50 | 33.60 | 5.90 ^{nc} | 26.30 | 67.70 | 5.90 ^{nc} | 7.0 | 46.90 | 46.0 ^c |

^{nc} = not a constraint factor

^c = constraint factors

Table 1 shows percentage values of Agree, Neutral and Disagree on the five barrier categories for the three communities; Molepolole, Serowe and Masunga and constraint level in terms of constraint and not constraint for the five barrier categories in the three communities. Higher percentage frequencies were used to show whether a factor is a constraint or not a constraint. Majority of the respondents in the three communities under the aptitude barrier category were on the agree category (75.70% Molepolole, 82.0% Serowe & 82.30% Masunga) which meant that they were not constrained by the aptitude barrier category.

The majority of the respondents of the three communities were on the disagree category under the Socio-economic barrier category (56.60% Molepolole, 46.50% Serowe & 44.5% Masunga) and this meant that they were constrained by the socio-economic barrier category. Majority of the respondents of the three communities under the Socio-cultural barrier category were on the agree category (80.30% Molepolole, 93.40% Serowe & 87.60% Masunga) and this meant that this barrier category did not constrain their sports and recreation participation.

Under the Community awareness of the integrated sports facilities barrier category, the majority of the respondents were on the agree category (48.70% Molepolole, 76.70% Serowe & 58.40% Masunga) and this therefore meant that they were not constrained to participate in sports and recreational activities by awareness of their communities' integrated sports facilities. Facility constraint category was not found to constrain sports and recreation participation in Molepolole (60.50% of the respondents were on the agree category) and Serowe (67.70% on the agree category) but was found to constrain sports and recreation participation in Masunga where majority of the respondents disagreed by 46.0%.

Table 2 presents descriptive statistics of the five barrier categories between males and females aged 18-40 years in the three communities. In the aptitude barrier category, no significant difference between men and women was found in Molepolole, Serowe, except for a significant difference in Masunga [with mean values of 3.803 in males and 3.783 in females ($p \leq 0.05$)]. In the socio-cultural and facility awareness barrier categories, no significant difference between men and women was found in Molepolole, Serowe, except for a significant different in Masunga [mean value of

3.013 in males and 2.630 in females ($p \leq 0.05$)). In the facility constraints barrier category, no significant difference was found between men and women in Serowe and Masunga except in Molepolole [mean value of 3.604 in males and 3.393 ($p \leq 0.05$)].

Table 2: Descriptive statistics (means, standard deviations and p-values) on the 5 barrier categories between males and females aged 18-40 years in the three communities in Botswana (Molepolole, Serowe and Masunga)

| AREA | BARRIER CATEGORIES | MALES | | FEMALES | | P-VALUE |
|------------|-------------------------|-------|-------|---------|-------|---------|
| | | MEAN | STD | MEAN | STD | |
| MOLEPOLOLE | Aptitude | 3.803 | 0.616 | 3.739 | 0.639 | 0.5470 |
| | Socio-economic | 2.570 | 0.804 | 2.494 | 0.690 | 0.4170 |
| | Socio-cultural | 2.097 | 0.679 | 2.068 | 0.543 | 0.9560 |
| | Awareness of facilities | 3.544 | 0.742 | 3.380 | 0.712 | 0.2840 |
| | Facility constraints | 3.604 | 0.461 | 3.393 | 0.571 | 0.0170* |
| SEROWE | Aptitude | 4.024 | 0.565 | 3.912 | 0.593 | 0.6540 |
| | Socio-economic | 2.971 | 0.716 | 2.750 | 0.606 | 0.0190* |
| | Socio-cultural | 1.927 | 0.467 | 1.920 | 0.402 | 0.8530 |
| | Awareness of facilities | 4.454 | 0.622 | 3.886 | 0.605 | 0.2980 |
| | Facility constraints | 3.184 | 0.490 | 3.183 | 0.437 | 0.6570 |
| MASUNGA | Aptitude | 4.053 | 0.586 | 3.783 | 0.583 | 0.0180* |
| | Socio-economic | 3.013 | 0.805 | 2.630 | 0.667 | 0.0030* |
| | Socio-cultural | 1.867 | 0.512 | 1.938 | 0.576 | 0.5190 |
| | Awareness of facilities | 3.790 | 0.750 | 3.604 | 0.707 | 0.3040 |
| | Facility constraints | 2.514 | 0.608 | 2.476 | 0.706 | 0.9610 |

* = $p \leq 0.05$

When using the analysis of variance (ANOVA) (table 3) a significant difference between women of the three communities had been found on the aptitude barrier category, socio-economic barrier category, awareness of facilities barrier category ($p \leq 0.05$). No significant difference had been found between females of the three communities on socio-cultural barrier category. In men (table 3) no significant difference was found between men of the three communities in all the five-barrier categories.

Table 3: ANOVA variance between males and between females aged 18-40 years of the three communities in the five barrier categories in the three communities: Molepolole, Serowe and Masunga in Botswana

| Barrier categories | Females of the three communities in 5 barrier categories 3a | | | Males of the three communities in 5 barrier categories 3b | | |
|-------------------------|---|-------------|--------|---|------------|--------|
| | Mean-Square | STD | P | Mean-Square | STD | P |
| Aptitude | 74.26974664 | 0.369501227 | 0.0084 | 6.82379823 | 0.02954025 | 0.5257 |
| Socio-Economic | 50.46053375 | 0.25104743 | 0.0076 | 10.0535318 | 0.04352178 | 0.4887 |
| Socio-Cultural | 2.1608107 | 0.01075030 | 0.7700 | 14.9610385 | 0.0647664 | 0.5532 |
| Awareness of Facilities | 70.8750309 | 0.35261209 | 0.0093 | 2.3507781 | 0.01017652 | 0.7976 |
| Facility Constraints | 13.191065 | 0.06562718 | 0.1763 | 8.445730 | 0.03656160 | 0.3099 |

Discussion

The results showed that both males and females of the three communities aged 18-40 years were mainly constrained by Socio-economic and facility constraints barrier categories (structural barriers) but were not constrained by aptitude, socio-cultural and community awareness of sports facilities (intra and interpersonal constraints). This agrees with the findings of Crawford *et al.*, (1991) findings that the experience of antecedent/proximal constraints (intra and interpersonal constraints) would prevent people from reaching the level of structural-distal constraints and therefore from reporting them, conversely the absence of antecedent (intra and interpersonal) constraints could be associated with the experience of distal structural constraints and therefore the tendency to report them. Kgathi (1997) also found that women in Botswana were constrained by lack of time and lack of funds to participate in leisure activities.

Constraint variables in the five barrier categories that could constrain sports and recreation participation of men and women aged 18-40 years were as follows; On Aptitude barrier category, lack of family support in sport and recreation skills development was found important in the three communities, consistent with what was reported by Kgathi (1997) who reported that women in Botswana were discouraged by parents/partners to participate in leisure activities. In the Socio-economic constraints category lack of time and disposable income were important socio-economic variables that constrained sports and recreation participation among men

and women aged 18-40 years in the three communities. This was consistent with Kgathi's finding (1997) that women in Botswana were constrained to participate in leisure activities by lack of time and lack of funds. In the present study the same trend was also evident in men. Tara (1995) also identified "lack of time and lack of money" as some of the constraints that constrained families with children with physical disabilities in Texas. In the Socio-cultural barrier category, important constraint variable that could constrain sports and recreation participation in men and women aged 18-40 years in the three communities was the perception that participation of women in sports was not normal. Little (2002) found out from a 71-year-old woman who took part in gliding about her instructors that "they were very anti-female. If he's male and you're female, he doesn't think you are ready." Under community awareness of the integrated sports facilities, constraint variable that could constrain sports and recreation participation among both men and women in the three communities was the perception that the sports facilities in the three communities were constructed for national teams' competitions. On Facility constraints category, important variables that could constrain sports and recreation participation of men and women aged 18-40 years in the three communities were that the sports facilities were constructed on the outskirts of the villages far away from the communities and that it was not easy to travel by public transport to the integrated sports facilities. Kgathi (1997) found that distance away from leisure facilities constrained women's leisure participation in Botswana.

The results of this study might be affected by numerous factors such as content of the questionnaire, method used in selection of the sample. Rather than limiting itself to few communities, future research work in sports and recreation participation constraints in Botswana could be extended to the whole country and could also be focussed at finding out whether or not community residents are able to negotiate all the various sports and recreation participation constraints in the different barrier categories.

The results of this study have led to the partial acceptance of the hypothesis that "there would be no significant difference between men and women of the three communities in Botswana in the way they experienced the five categories of barriers."

Conclusion and Recommendations

Solutions that could be introduced in the three communities in Botswana in order to limit or curtail the socio-economic constraints variables; 'lack of time and disposable income' so that there is an increased participation in sports and recreation activities are as follows; scheduling recreation activities during free days and hours when people are free from work obligations (Edginton *et al.*, 1998). Employers, either in Government or Private sector should be made to understand that employees need enough time for recuperation and should therefore attempt to provide sports and recreation programmes for their employees. Scheduled community recreation activities should be made affordable to everybody even the lower socio-economic classes so that every citizen is accorded an opportunity and the right to participate in recreational activities (Edginton *et al.*, 1998). This would only be feasible if Government could take the initiative to provide community recreation service in conjunction with the private sector. Even though the improvement of the socio-economic status of individuals is beyond the recreation service industry, lower affordable prices is all what the recreation service industry could do to enable participation of the lower socio-economic classes in sports and recreation activities.

Taking recreational activities to the people would solve all the problems associated with travelling to the integrated sports facilities in the three communities. Reach out recreation programmes and activities should be availed for population segments staying far away from the sports and recreation facilities in the three communities (Edginton *et al.*, 1998: 443).

There is a need for sports and recreation service in the country to adopt the New paradigm for Leisure Service Delivery which calls for existing leisure service delivery systems to change their old traditional ways which are no longer relevant to the realities of the contemporary world (Edginton *et al.*, 1998). Grey (1984) calls for the introduction of the new paradigm built on contemporary assumptions that would reflect present and future potential conditions. According to this paradigm leisure and recreation services and programmes should be provided on the basis of various identified social and economic needs of community residents on the free market system.

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5 Conclusion and recommendations

5.1 Conclusion

5.2 Recommendations

5.3 Additional research

5.1 Conclusion

The identification of various community sports and recreation needs and constraints to sports and recreation participation offer a reinforced concrete foundation on which community sports and recreation service delivery could be improved in order to increase community sports and recreation participation and to improve the quality of life of community residents. This chapter would be presented in the following way: First a concise reflection of the major findings of the needs assessment, secondly a concise reflection of the major findings of the sports and recreation constraint assessment, a reflection of how sports and recreation needs and constraints research could improve community sports and recreation service delivery and finally recommendations based on the identified sports and recreation needs and constraints to sports and recreation participation in the three communities.

5.1.1 Major findings of the needs assessment

The needs assessment survey has been able to identify the following major findings:

- A general low participation in sports activities in the three communities that ranged from 0.0% to 47.4% among community residents aged 18-29 years and 30-40 years. Sports participation in the three communities was mainly centred on few sports activities such as soccer, netball, basketball, volleyball, softball, athletics, tennis and fitness.

- A general low participation in recreational activities of the respondents of the three communities aged 18-29 and 30-40 years was reflected by participation in few recreational activities; listening to music, watching television, worship and reading (similar to the findings of a survey in Botswana by Amusa *et al.*, 1997).
- Participation in sports and recreational activities was found to dwindle with increasing age.
- Low participation in sports and recreational pursuits was also found among men and women aged 18-40 years in the three communities' recently constructed integrated sports facilities (29.5% in Molepolole, 26.1% in Serowe and 53.4% in Masunga).
- Majority of the respondents of the three communities had identified the following problems as responsible for the current low participation in sports and recreational pursuits: (i) lack of recreational personnel (82.6%), (ii) lack of sports and recreation facilities (82.4%), (iii) lack of sports and recreation promotion (81.7%), (iv) lack of community based sports and recreation programmes (76.6%), (v) lack of awareness (73.2%) and (vi) lack of sports and recreation skills (68.2%).

All these factors that could be attributed to the current low participation in sports and recreational pursuits in the three communities could be summarised as "lack of opportunities and lack of facilities." (Scholtz, 1995:43).

On the basis of the above major findings of the needs assessment survey, it is now possible to accept the hypothesis that "the three communities (Molepolole, Serowe and Masunga) in Botswana have similar sports and recreation needs." These needs identified on the basis of the major findings of the survey are as follows:

- The need to increase general participation in sports and recreational activities of both men and women aged 18-40 years of the three communities in Botswana.
- The need to increase participation in sports and recreational activities of men and women aged 18-40 years in the three communities' integrated sports facilities.

- The need to train and employ recreation personnel in the three communities.
- The need for the construction of additional sports and recreation facilities in the three communities.
- The need to market and promote community sports and recreation programmes and activities in the three communities.
- The need to have community based sports and recreation programmes in the three communities.
- The need to raise community benefit based awareness of sports and recreation participation in the three communities.
- The need to develop sports and recreation skills in the three communities.

5.1.2. Major findings of sports and recreation constraint assessment

The sports and recreation constraint assessment in the three communities in Botswana indicated that:

- The majority of the respondents (men and women) of the three communities aged 18-40 years were not constrained by aptitude, socio-cultural and facility constraints to participate in sports and recreational activities.
- The majority of the respondents (men and women) of the three communities indicated to have been constrained by socio-economic constraints to participate in sports and recreational pursuits. Facility constraints/barriers were only found to constrain sports and recreation participation in Masunga.
- T-test variance analysis between men and women has shown that men and women of the three communities experienced the five barrier categories differently. Although they experienced the five barrier categories differently, no practical significant difference was found between men and women in the five barrier categories in the three communities.
- ANOVA variance analysis has shown significant differences between women on aptitude, socio-economic and awareness of facilities and no significant difference between women of the three communities was found on socio-

- cultural and facility constraints. This meant that women of the three communities in Botswana experienced the five barrier categories differently.
- ANOVA variance analyses between men of the three communities on the five barrier categories have indicated no significant difference between men in all the five barrier categories.

These results have led to the partial acceptance of the hypothesis that “there would be no significant differences between men and women in the way they experienced the five barrier categories.” On the basis of these results the following needs could be identified:

- The need to address socio-economic impediments to sports and recreation participation in the three communities.
- The need to address facility constraints in Masunga.

5.1.3 Summary

It is envisaged that solutions to the above identified sports and recreation needs and constraints to sports and recreation participation of the three communities in Botswana would improve community sports and recreation service delivery and would increase participation in sports and recreational pursuits in the three communities. Increased participation in sports and recreational activities in the three communities would invariably contribute to the successful accomplishment of Government’s ideal of creating a healthy and productive society and would result in better utilisation of the recently constructed multi-million pula integrated sports facilities in the three communities. Increased participation in improved community sports and recreation programmes and activities would also accord community residents of different communities in Botswana an opportunity to enjoy a high quality life. This high quality life is marked by good health and wellness. Increased community participation in community based sports and recreation programmes and activities would also result in decreased different social, economic and health problems of lack of participation in sports and recreation activities in communities in Botswana. Needs assessment and constraint research is the only gate way to continued

improvement (at least after every five years) of sports and recreation service delivery to communities in the ever-changing socio- economic and political landscapes.

5.2 Recommendations

In order to improve community sports and recreation service and to increase participation in community sports and recreational pursuits the following recommendations should be implemented. These recommendations are focussed at feasible solutions that would increase participation in sports and recreational activities and improving sports and recreation service in the three communities.

In order to increase general participation in sports and recreational activities in the three communities, various sports and recreation participation skills and knowledge of community residents should be improved. This could be accomplished through the development and effective implementation of sports and recreation educational programmes and models in schools (from nursery schools right through to tertiary institutions) and as one of community sports and recreation programmes. This would result in community residents developing the necessary knowledge and skills on various sports and recreational activities and positive attitudes towards participation in such pursuits (Edginton, *et al.*, 1998: 444-452). This it is envisaged would result in an increased participation in sports and recreation activities at later stage. The Sports Council and Health Authority (1992) (In Biddle and Mutrie 2001) found that adult participation in sports and recreation in later years was strongly associated with behaviours at an earlier age.

Participation in sports and recreational activities in the three communities' integrated sports facilities could be increased by:

1. Making the integrated sports facilities multi-purpose in function in order to serve various communities' sports and recreational needs. This would call for the construction of additional facilities such as multi-purpose indoor

gymnasiums, swimming pools, theatres, class rooms (for art and craft) and music theatres.

2. Different sports and recreation programmes for the different age groups based on the identified needs of the communities should be formulated and implemented by qualified recreation personnel. Such programmes and activities should be based on benefit based outcomes and should be promoted throughout effective marketing using the different forms of media that would raise peoples' awareness of the importance of participating in such community based sports and recreation programmes. Such promotional, awareness arising campaigns would involve changing peoples' attitudes towards participation in sports and recreation activities. Such promotional campaigns using the different forms of mass media should be well articulated at communicating beneficial positive outcomes of sports and recreation participation (Biddle & Mutrie, 2001:298; Bucher *et al.*, 1984: 133).

Since socio-economic barriers were found to constrain sports and recreation participation in the three communities, affordable sports and recreation programmes and activities should be provided in the three communities (Edginton, *et al.*, 1998: 443). Such recreation programmes and activities should be taken to population segments residing far away from the sports facilities. In order to reduce the persistent impact of socio-economic constraints to community sports and recreation participation in communities in Botswana, it may be necessary for the Government to provide sports and recreation service as one of its social service delivery system.

All these recommendations would be feasible if community recreation service could be formalised and provided by the state as one of its social service responsibility in order to ensure an increased participation in quality community sports and recreational activities and to accomplish the ideal of creating an active healthy and productive society in Botswana. Political initiatives and interventions are important for easy implementations of sports and recreation programmes and policies geared towards ensuring universal participation in sports and recreation participation in communities. This initiative and interventions involve the formulation of legislatives geared towards ensuring universal participation in quality community sports and recreation activities that would culminate to a better quality life of community

residents. This would eventually ensure and guarantee “the fundamental right and freedom of individuals and groups to participate in sports and recreation and would also ensure the equality of opportunities in sports and recreation provision regardless of differences in race, colour, sex, creed, age, ability and disability (Scholtz *et al.*, 1985, 1989, 1990, 1991, 1993, 1995).

5.3 Additional Research

Additional research that could be done (on Sports and Recreation Management in this area) could be focussed at how best the ‘integrated sports facilities’ could be managed and utilised so that various sports and recreational beneficial outcomes could be realised by various communities in which they have been constructed.

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Appendix A

- Questionnaire

QUESTIONNAIRE

SECTION A

DEMOGRAPHIC INFORMATION

Please provide personal information below. You are not expected to disclose your name.

Indicate by a tick ☐ inside the small boxes provided besides the alternative that most appropriately suites you.

Age: {18-23 years} ☐ { 24-29 years} ☐ { 30-35 years} ☐ {36-40 years} ☐

Gender: Female (F) ☐ or Male (M) ☐

Marital Status: Married ☐ Married with children ☐

Unmarried ☐ Single with children ☐

How many **children** do you have? Circle 1 2 3 4 5 6 7 8 9 10

How many are under your **care**? Circle 1 2 3 4 5 6 7 8 9 10

Are you presently: (Circle) Employed ☐ Self-Employed ☐ Unemployed ☐

Title/Type of **occupation**: _____

What kind of **work** do you do: _____

Kind of **company or business**: _____

What is your approximate **annual income**?

| Total annual income | Yes |
|---------------------|--------------------------|
| P5000 or less | <input type="checkbox"/> |
| P5000 to P10 000 | <input type="checkbox"/> |
| P10 000 to P20 000 | <input type="checkbox"/> |
| P20 000 to P30 000 | <input type="checkbox"/> |
| P30 000 to P40 000 | <input type="checkbox"/> |
| P40 000 to P50 000 | <input type="checkbox"/> |
| P50 000 to P60 000 | <input type="checkbox"/> |
| P60 000 to P70 000 | <input type="checkbox"/> |
| P70 000 to P80 000 | <input type="checkbox"/> |

Do you own a vehicle? Yes ☐ No ☐

What is the highest level of **education** that you have completed? Mark with a tick.

STD 7 ☐ JC ☐ Cambridge ☐ Diploma ☐ First Degree ☐ Masters ☐ PhD 7 ☐

SECTION B

SPORT AND RECREATION PARTICIPATION

1. What **sports activities** do you currently participate in and how often?

Example.

Soccer, Netball, Softball, Tennis, Table-Tennis, Handball, Cricket, Hockey, Boxing, Karate, Gymnastics, Badminton, Swimming, Dance, Figure Skating, Squash, Golf, Cycling, Rugby, Athletics, Aerobics, Fitness training etc.

| Sport | Frequency of participation | | | | |
|-------|----------------------------|----------------------|---------------|----------------|--------------|
| | Five times per week | Three times per week | Once per week | Once Per month | Hrs per week |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

2. Do you belong to any **Sports Organisation/Club**? Yes [] No []

3. At what **level** do you participate in Sports? (Tick only one)

1. National competitive league level. []

2. Local competitive club level []

3. Local Recreation level []

4. What **recreation/leisure activities** do you currently participate in during your free time? Example.

watching tv, listening to music, gardening, concert, cycling, jogging, dancing, aerobics, recreational sport, going to church, drama, singing, walking chess, fitness classes, reading, needlework etc.

| Recreation/Leisure activity currently participating in. | Frequency of participation in Leisure/ Recreation activities. | | | | |
|---|---|----------------------|---------------|----------------|--------------|
| | Five times per week | Three times per week | Once per week | Once per month | Hrs Per week |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

5. Number in **order of preference** five (5) sports activities that if given the

Opportunity you would participate in.

| | | | |
|-------------|-----|-----------------------------|-----|
| Soccer | [] | Tennis | [] |
| cricket | [] | Aerobics | [] |
| Volleyball | [] | Badminton | [] |
| Softball | [] | Table-Tennis | [] |
| Handball | [] | Squash | [] |
| Hockey | [] | Golf | [] |
| Rugby | [] | Athletics | [] |
| Cricket | [] | Netball | [] |
| Dance | [] | Swimming | [] |
| Karate | [] | Boxing | [] |
| Gymnastics | [] | Figure Skating | [] |
| Cycling | [] | Individual fitness training | [] |
| Other _____ | | _____ | |
| _____ | | _____ | |

6. In what **sports activities** did you regularly participate during your school years?

Name only five (5) activities: _____

7. In what **recreation/leisure** activities did you participate during your school days?

Name only five (5) activities: _____

8. In what **sports** and **recreation** activities do you participate at the Integrated Sports Facilities recently constructed in your community?

Sporting Activities:

Recreation/leisure

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

SPORT AND RECREATION FACILITIES

1. Are the recently completed **Sports Facilities** of good quality? Yes [] No []

2. What additional **Sports and Recreation facilities** do you think should be provided in your community so that your community members could be provided with enough sports and recreational opportunities? Example.

park, theatre, indoor gymnasium, library, green fields, swimming pools,

other: _____

3. How often do you **use** the following sports facilities in the Integrated Sports Complex.

| Facility | Never | Once a year | Once a month | Once a week | More than once a week |
|-------------------|-------|-------------|--------------|-------------|-----------------------|
| Track and field | | | | | |
| Soccer field | | | | | |
| Volleyball courts | | | | | |
| Tennis Courts | | | | | |
| Swimming pool | | | | | |
| Netball courts | | | | | |
| Softball field | | | | | |

4. The sports facilities are always **over crowded** during leisure/recreation activities.

Yes [] No []

5. Is **distance** to the Integrated Sports Facilities from your home a problem?

Yes [] No []

6. List in **order of importance/or priority** the following problems that are responsible for the current lack of participation in Community Sports and Recreation Activities in your Community. Use numbers 1 to 7. 1=Highly unimportant, 2= Very unimportant, 3= Unimportant, 4= Important, 5=Very important, 6= Highly important, 7=Extremely important.

Lack of community sports recreation programmes. _____

- Lack of awareness _____
- Lack of sports skills _____
- Lack of sports recreation promotion _____
- Lack of sports recreation facilities _____
- There are not enough recreation personnel _____
- Lack of interest to participate in sports recreation Activities. _____

SPORT AND RECREATION PROGRAMMES

A recreation programme consists of a variety of recreational activities, presented in an organised manner, as is the case at the Integrated Sports Facilities.

1. How well are you **informed** about the sports and recreation activities taking place in the Integrated Sports Facilities. Tick () only one.

| | |
|--------------------------|--|
| Well informed | |
| Reasonably well informed | |
| Uninformed | |
| Totally uninformed | |
| | |

2. Are there Community **Sports Recreation** programmes for people aged 18-40 years in your Community? No [] Yes []

3. If yes, **list** the Community Sports and Recreation programmes in your Community.

4. Are you currently **involved** in community sports and recreation activities taking place in your Community? Yes [] No []

5. As seen in general, how would you **judge** the existing sports and recreation programmes in the integrated sports facilities?

| | |
|------------|--|
| Excellent | |
| Good | |
| Reasonable | |
| Poor | |
| No Comment | |

6. Give three of your most **important reasons** why you think people in your community do not participate in sports and recreation programmes in your community?

7. How **often do you participate** in sports and recreation activities taking place in your Community?

Once a week [] Twice a week [] Thrice per week [] four times per week [] five times per week []

8. Are you always **satisfied** with the sports and recreation programme in which you participate? Rarely satisfied [] Sometimes satisfied [] always satisfied []

9. If dissatisfied what causes the dissatisfaction.

10. Do you always **feel safe** in the sports facility when participating in sports recreation activities?

Yes [] No []

11. How do you **feel** about the following statements about the Integrated Sports Facilities and Recreation Programmes in your community.

Please indicate the extend to which you think you agree with the following statements.

| Statements | Strongly Agree | Agree | Disagree | Strongly Disagree |
|---|----------------|-------|----------|-------------------|
| 1. I am satisfied with the Integrated Sports Facilities constructed in my community. | | | | |
| 2. There are enough sports and recreation programmes for the community. | | | | |
| 3. The management of the Integrated Sports Facilities and community based sports recreation programmes are efficient. | | | | |
| 4. The sports recreation programmes are good. | | | | |
| 5. My community is benefiting from the Integrated Sports Facilities. | | | | |
| 6. Additional sports and recreation facilities are needed. | | | | |
| 7. Sports recreation programmes that meet specific community needs should be provided. | | | | |
| 8. There are currently not enough sports recreation programmes for the youth(youth, adults and elders.) | | | | |
| 9. I am properly informed about the Integrated Sports Facilities and Community Sports Programmes. | | | | |
| 10.Other: | | | | |

12. In your opinion, which are the main **important shortcomings** and **problems** regarding **sports and recreation service** in your community? List only **three** (Start with the most important to the list important.)

1. _____

2. _____

3. _____

13. Have you any suggestions to make towards the **improvement** of the **recreational services** in your community?

SECTION C

BARRIERS TO PARTICIPATION IN SPORTS AND RECREATION

To what extent do you agree with the following statements?

Aptitude barriers

| Statements | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree |
|--|----------------|-------|---------|----------|-------------------|
| 1. I do not like to participate in community Sports Recreation Activities? | 5 | 4 | 3 | 2 | 1 |
| 2. Participating in Community Sports Recreation Activities is not a waste of time. | 5 | 4 | 3 | 2 | 1 |
| 3. Participating in Community Sports Recreation activities is not important for health and wellness of people regardless of their age and gender. | 5 | 4 | 3 | 2 | 1 |
| 4. I have not developed sports skills that I can use to participate in at least one Community Sports Recreation activity taking place in the Integrated Sports Facilities? | 5 | 4 | 3 | 2 | 1 |
| 5. I did not participate in School's Sports Recreation activities? | 5 | 4 | 3 | 2 | 1 |
| 6. I was never taught sports skills by my family member? | 5 | 4 | 3 | 2 | 1 |
| 7. I never developed sports knowledge, skills and interest at school. | 5 | 4 | 3 | 2 | 1 |

To what extent do you agree to the following statements.

Socio-economic barriers

| Statements | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree |
|---|----------------|-------|---------|----------|-------------------|
| 1. I usually have enough time to participate in Sports and Recreation activities/or free time activities. | 5 | 4 | 3 | 2 | 1 |
| 2. I usually have time for Sports and Recreation activities? | 5 | 4 | 3 | 2 | 1 |
| 3. My free time is not always taken up by family domestic responsibilities. | 5 | 4 | 3 | 2 | 1 |
| 4. I usually have enough money to spend on travelling to the Integrated Sports Facilities for sports recreation purposes? | 5 | 4 | 3 | 2 | 1 |
| 5. After preparing my monthly budget I usually have enough disposable income? | 5 | 4 | 3 | 2 | 1 |

| | | | | | |
|---|---|---|---|---|---|
| 6. If sports and recreation activities could be availed I would be prepared to spend P300.00 on sports recreation activities. | 5 | 4 | 3 | 2 | 1 |
|---|---|---|---|---|---|

| | | | | | |
|--|---|---|---|---|---|
| 7. Much of my time including my free time is not taken up by my work activities. | 5 | 4 | 3 | 2 | 1 |
|--|---|---|---|---|---|

To what extent do you also agree with the following questions and statements?

Socio-cultural barriers

| Statements/Questions | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree |
|--|----------------|-------|---------|----------|-------------------|
| 1. Men and boys are the only ones who should participate in Sports and Recreation Activities. | 5 | 4 | 3 | 2 | 1 |
| 2. Girls and Women according to traditional norms are not supposed to participate in Sports and Recreation activities. | 5 | 4 | 3 | 2 | 1 |
| 3. According to traditional norms married men and women are not supposed to participate in sports and recreation activities. | 5 | 4 | 3 | 2 | 1 |

| | | | | | |
|---|---|---|---|---|---|
| 4. My religion does not allow participation in sports. | 5 | 4 | 3 | 2 | 1 |
| 5. Only young girls and boys are suitable for participation in sports and recreation activities. | 5 | 4 | 3 | 2 | 1 |
| 6. According to my traditional norms adult men and women are not supposed to participate in sports and recreation activities. | 5 | 4 | 3 | 2 | 1 |
| 7. I usually have a feeling that women are not entitled to participate in sports and recreation activities. | 5 | 4 | 3 | 2 | 1 |
| 8. Domestic activities usually disturb me to participate in sports and recreation activities. | 5 | 4 | 3 | 2 | 1 |
| 9. It is not normal for women to participate in sports and recreation activities. | 5 | 4 | 3 | 2 | 1 |
| 10. My immediate family members taught me some sports skills. | 5 | 4 | 3 | 2 | 1 |

Community awareness of the integrated sports facilities

Indicate to what extent you agree or disagree with the following questions.

| Statements/Questions (Awareness of the sports facilities) | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree |
|--|-----------------------|--------------|----------------|-----------------|--------------------------|
| 1. I have always been aware of the sports and recreation facilities built in my community. | 5 | 4 | 3 | 2 | 1 |
| 2. I know the reasons why Government of Botswana built the Community Integrated Sports Facilities? | 5 | 4 | 3 | 2 | 1 |
| 3. The integrated sports facilities are not only built for national teams' competitions. | 5 | 4 | 3 | 2 | 1 |
| 4. Individual members of the community are allowed to use integrated sports facilities for their sports recreation purposes. | 5 | 4 | 3 | 2 | 1 |

| | | | | | |
|--|---|---|---|---|---|
| 5. I knew about the facilities through tv, radio, newspapers, friend, kgotla meetings. | | | | | |
| 6. The integrated sports facilities are meant for use by national teams, community recreation clubs and community individuals for their recreation purposes. | 5 | 4 | 3 | 2 | 1 |

Facility constraints

| Statements/Questions | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree |
|---|----------------|-------|---------|----------|-------------------|
| 1. The integrated sports facilities are constructed near major roads. | 5 | 4 | 3 | 2 | 1 |
| 2. It is easy to travel to the integrated sports facilities using public transports. | 5 | 4 | 3 | 2 | 1 |
| 3. The sports facilities are constructed near highly densely populated areas. | 5 | 4 | 3 | 2 | 1 |
| 4. The sports facilities are not constructed on the outskirts of the village far away from the community. | 5 | 4 | 3 | 2 | 1 |
| 5. Fee for using the sports facilities is usually high. | 5 | 4 | 3 | 2 | 1 |
| 6. The sports facility that I usually use is always over crowded. | 5 | 4 | 3 | 2 | 1 |

THANK YOU FOR YOUR ASSISTANCE

Appendix B

- African Journal for Physical, Health Education, Recreation and Dance

African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)

Instructions to authors..../ Instructions aux auteurs....

The *African Journal for Physical, Health Education, Recreation and Dance* (AJPHERD) publishes research papers that contribute to knowledge and develop theory either as new information, reviews, confirmation of previous findings, application of new teaching/coaching techniques and research notes. All manuscripts should be sent to the Editor-In-Chief. These must represent original works, which have not been submitted or published elsewhere. Authors are normally advised about the decision on their manuscripts within 60 days. Authors are, however, reminded to return revised edition soonest.

Preparation of Manuscripts

Authors should submit three copies of the manuscripts written in English and typed space on one side with generous margins. In general, manuscripts should not exceed 10 pages in A-4 size paper including a concise abstract of not more than 200 words. Diagrams, tables, charts and plates should be simple and appear at appropriate sections in the text. Longer manuscripts may be accepted for multiple studies and reviews. Key words must be included at the end of the abstract.

The first page of the paper should show the title, author's name/authors name and address(s). Authors are advised to include their telephone and fax numbers, and e-mail addresses. Multiple authors should be listed in order of proportionate work commitment. The next page of the manuscript should begin with the, abstract and introduction in that order. All manuscripts must conform to the **Publication Manual of the American Psychological Association** (4th ed). Manuscripts deviating from the recommended form will neither be reviewed nor returned. On final acceptance of a manuscript, the author(s) will be requested to submit a computer disk with file stored in Microsoft Word 6.0. Manuscripts should be prepared in the following order: (1) title page (2) abstract (3) text including tables, figures etc., (4) references and (5) author notes (if any).

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