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The Role of Recreational Engagement in Shaping Healthy Lifestyles among Youth: A Perceptual Study

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Abstract: *The primary objective of this research was to examine the effects of leisure time on youth. Government Girls Colleges KP participated in the survey, along with 152 instructors, 1,890 students, and 149526 parents. 20% of the total 25 districts were selected at random from the population. These districts are Swabi, Peshawar, Kohat, Lakki Marwat, and D.I. Khan. All of the participants in this study were required to fill out a self-made form. Inferential statistics, percentages & descriptive statistics were employed. Based on the findings, the researchers concluded that people, particularly children, develop a highly favourable impression of the value of recreation in their lives. Everyone who took the survey, including parents, students, and educators, agreed that playing sports and other forms of physical activity are essential to a long and healthy life. The researcher offers some excellent recommendations that will improve life and promote a healthy lifestyle based on the results.*

Key Words: Recreational Activities, Healthy Lifestyle and Youth, Recreational Engagement, Youth Development, Physical Activity, Health Promotion

Introduction

Any engaging and enjoyable activity that we partake in while we are not engaged in our regular routines is referred to as recreation. Physical, mental, and social well-being can all benefit from engaging in leisure physical activity, according to Bittman, M., England, P., Sayer, L., Folbre, N., & Matheson, G. (2021). Maintaining a healthy lifestyle is critical to physical fitness and well health in general, say Clark, A. E., & Oswald, A. J. (2002). By making good choices and sticking to them, people can maintain or even improve their health and wellness. Good living, according to Fraser-Thomas, J. L., Côté, J., & Deakin, J. (2005), is defined as maintaining or improving one's health and wealth. Furthermore, the author stated that numerous governmental and non-

governmental organizations have made significant efforts to enhance the health and quality of life of individuals, with the goal of promoting the happiness and well-being of all. You may stay healthy and avoid developing numerous diseases by living a decent lifestyle. To be healthy, one must adhere to a strict regimen of proper nutrition, regular exercise, and adequate rest. A healthy lifestyle not only helps you avoid illness but also makes you fit and strong, according to Godbey, G. (2009). The study also lends credence to the premise that maintaining good health requires a balanced diet, frequent physical activity, and sufficient sleep. If you want to enjoy more time with loved ones and live longer, a healthy lifestyle is a must. In their 2020 study titled "Stress Management and Prevention," Kottler and Chen found that using healthy coping mechanisms, instead

of smoking or drinking, reduces hormonal harm. To have a fulfilling life, you should collaborate on creating a healthy lifestyle.

You can improve your health and longevity by forming positive routines. It is believed that healthy habits include making the most of leisure time, obtaining adequate sleep, exercising frequently, eating at appropriate times, and engaging in certain hobbies Kearney (2020). Adopting these behaviours is crucial for a healthy and productive life. A healthy lifestyle can be established and maintained by participation in a structured schedule of recreational activities, according to Kemper (2014).

According to Kim, Woo, & Uysal (2014), who made this point in this context, people should prioritize exercise and leisure time as part of a healthy lifestyle. In addition to helping you cope with the stress of modern life, the author claims that engaging in constructive leisure activities that allow you to unwind, recharge, and feel better about yourself can have a good impact on your self-esteem and positive self-image (Kottler & Chen, 2020). Reached a similar conclusion: engaging in enjoyable activities improves the quality of life for individuals and communities alike. Furthermore, they demonstrated that engaging in leisure activities enhances one's happiness in life. Participating in enjoyable activities, maintaining a nutritious diet, and wisely utilizing leisure time are all components of a healthy lifestyle, according to the research. The social viewpoint also includes the process of socialization. Learning and adhering to societal conventions, traditions, and standards of conduct is what is known as socialization. When people engage in a wide range of activities, they enhance their social skills. People engage in a wide variety of activities, and this is the result. Participating in leisure activities is a great way for everyone to unwind and have fun. People can meet new people through activities (Kumanyika, Obarzanek, Stettler, Bell, Field, Fortmann, & Stevens, 2008). Leisure activities, the author said, serve as a reflection of societal values, aid in pattern maintenance and stress management, and are thus crucial to socialization.

The dangers of inactivity in various aspects of human existence have long been recognized. Society, people's way of life, and health are all negatively impacted. Less opportunity to enjoy one is a major contributor to these issues. Recreational spaces

provide opportunities for individuals of all ages to socialize, share joy, relax, learn new skills, and generally have fun. According to the study, the locals, particularly the women, are dealing with a host of health problems. Things will deteriorate if this isn't considered and appropriate action isn't taken. Conversely, the same concerns can be brought to the public's notice by students, parents, and educators. It is critical to understand the perspectives of educators, parents, and students regarding the societal advantages of engaging and entertaining youth activities. This got the researcher thinking, so she surveyed female educators, students, and parents to get their take on the value of recreation and society's top priorities through a gender-based study. Can you provide a name for the research? "Role of Recreational Activities on Healthy Lifestyle of Youth."

Objective of the Study

To find out the role of recreational activities on the healthy lifestyle of youth

Hypothesis of the Study

Recreational activities have a significant role in the healthy lifestyle of its participants.

Literature Review

All this new technology is causing man a lot of problems and issues these days. Engaging in a structured workout program is the sole means of eradicating these issues. In today's world, leisure time is crucial. This is a partial list of some of its most crucial functions. Changing your lifestyle will have significant and long-lasting impacts on your health and longevity. The benefits of leading a healthy lifestyle can be grouped using these terms: Living a healthy lifestyle is the surest way to achieve peak physical and mental health. A person's health and happiness can be impacted by various factors. A person's health and happiness are negatively impacted by their bad behaviours, which increase their likelihood of getting sick. According to research by Mahoney, J. L., Harris, A. L., & Eccles, J. S. (2021), unhealthy behaviours such as smoking, eating badly, not getting enough exercise, and thinking negatively can have a devastating impact on your health and potentially lead to death. Health

improvement and maintenance, on the other hand, are influenced by a wide range of factors. A good reset, together with a balanced diet and frequent exercise, improves health and quality of life, as found by Mannell, R. C. (2007). In addition to being beneficial to your health and happiness in general, eating a balanced, nutritious diet helps you maintain energy levels throughout the day McCusker, K., & Gunaydin, S. (2014). However, according to McKnight, P. E., & Kashdan, T. B. (2009), you can manage and mitigate the impact of chronic diseases by engaging in a range of aerobic and strength-training exercises. Proper nutrition, moderate alcohol consumption, and reduced junk food consumption are all contributors to a long and healthy life, according to Murphy, N. A., & Carbone, P. S. (2018). The author also mentioned that getting a good night's sleep is crucial to maintaining good health. A healthy lifestyle has several benefits, one of which is the potential to extend one's life expectancy. If you want to live a balanced life and maybe even live longer, watch your food, exercise, and stress levels. For instance, research by Narcisi, L. (2018), titled "Manage your energy, not your time" suggests that leading a decent lifestyle can increase both the number of years you live and your happiness levels. Keeping track of your food intake, exercise routine, and stress levels will help you improve your life in every way and maybe add years to your current lifespan Osanloo, A., & Grant, C. (2014). Another thing he picked up is the importance of scheduling checkups so you can catch health issues early and get them treated. Moreover, your physician may recommend lifestyle changes that can improve your health and add years to your life expectancy. Due to biological mechanisms, individuals whose days have been particularly taxing at the office or classroom are likely to experience elevated levels of anxiety and, as a result, physiological changes. No matter what you do for fun, one of the greatest advantages is the stress relief they provide. According to research by Peterson, Ruch, Beermann, Park, & Seligman (2007), engaging in pleasurable activities raises norepinephrine levels in the brain, and running alleviates both physical and mental stress in men.

Furthermore, the author suggested taking a leisurely stroll rather than retiring to bed when you are really exhausted. According to a review of recent studies conducted by Rock, Doyle, Demark-Wahnefried, Meyerhardt, Courneya, Schwartz and Byers (2012) those who participate in organized recreational activities and join sports organizations tend to have better mental health, be more attentive, and be better able to handle the strains of modern life. Also, people report lower levels of stress, anxiety, and depression after participating in leisure groups and other group activities that take place in natural settings.

Method & Martial

Examining how enjoyable pursuits affect the health and social lives of youth was the driving force behind this research. Participants were 520 educators, 15890 GGC pupils, and 14926 parents from Khyber Pakhtunkhwa. A total of five districts were selected at random from the population to be studied: Swab, Peshawar, Kohat, Lakki Marwat, and Dera Ismail Khan. Out of a total of twenty-five districts, these five account for twenty per cent of the population. Proportionate sampling was employed to gather the data. In this study, the decision-making and data-gathering processes were guided by a questionnaire that was both self-designed and delivered. The research design is the strategy, plan, or blueprint of the study. In contrast, quantitative research makes use of numbers and statistics to easily measure anything Schwartz & McCarthy (2019). The quiz was created using Cronbach's Alpha. The dependability score of the poll was 0.87. For this data analysis, we drew on both descriptive and inferential statistics, including percentages and regression and analysis of variance. This study's findings were derived from a cross-sectional research strategy and the quantitative method. The researcher begins data collection at what point in time? They will begin in January 2021 and complete the task in three months. The collected data was entered into SPSS version #24 and subjected to a battery of statistical tests and procedures to draw forth specific findings.

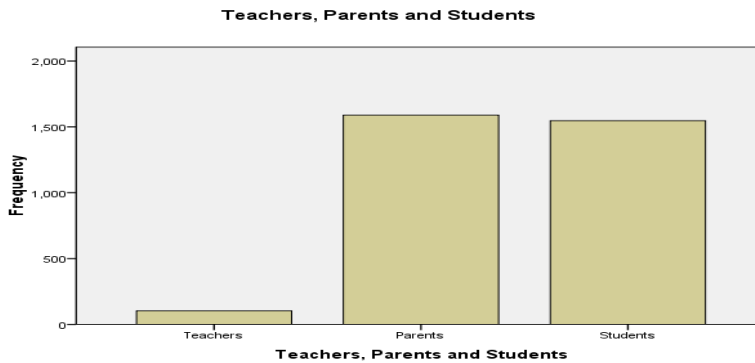
Empirical Analyses of the Study
Category-Wise Frequencies & Percentages

Table 1

Teachers, Parents and Students		Frequency	Percent	Valid Percent	Cumulative Percent
Valida	Teachers	103	3.2	3.2	3.2
	Parents	1589	49.1	49.1	52.2
	Students	1547	47.8	47.8	100.0
	Total	3239	100.0	100.0	

Figure 1

Bar-Graph Showing the Frequencies of Teachers, Parents & Students



Showing the frequencies and percentages of the sample the total number of Teachers is 103 and the percentage is 3.2. The total frequency of parents is 1589 and the percentage is 49.1. The total number of students is 1547 and the percentage is 47.8. The total sample of the study is 3239.

Recreational activities have a significant role in the healthy lifestyle of its participants.

Enter-method regression showing the impact of recreational activities on a healthy lifestyle.

Table 2

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.664 ^a	.441	.440	.92528

a. Predictors: (Constant), Recreational Activities
 b. Dependent Variable: Healthy Lifestyle

Table 3

ANOVA ^b						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	2183.381	1	2183.381	2.550E3	.000 ^a
	Residual	2771.347	3237	.856		
	Total	4954.729	3238			

a. Predictors: (Constant), Recreational Activities
 b. Dependent Variable: Healthy Lifestyle

Table 4

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.225	.059		3.799	.000
	Recreational Activities	.931	.018	.664	50.500	.000

a. Dependent Variable: Healthy Lifestyle

Figure 2

Histogram of regression (Recreational activities, Healthy lifestyle)

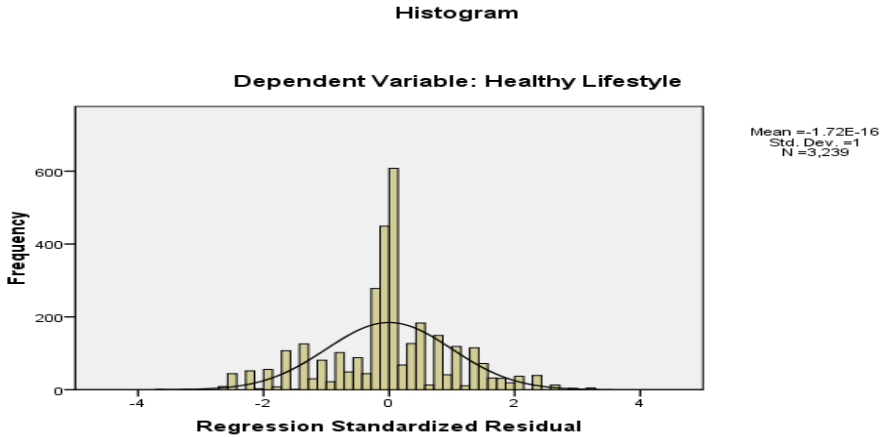
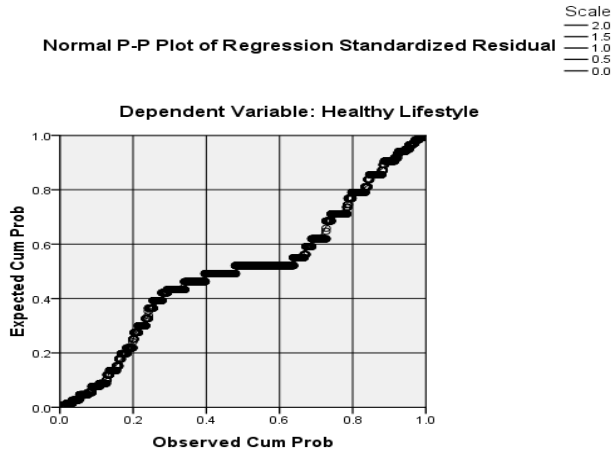


Figure 3

Normal P-P Plot of regression Standardized Residual (Recreational activities, Healthy lifestyle)



Recreational activities significantly influence young people's healthy living choices, as shown in the table above. With an adjusted R Square value of .440, leisure activities influence young people's healthy lifestyle choices by 44%. Young people's healthy lifestyles will improve by .931 units for every unit increase in recreational activities, according to the B Positive, which appears to be .931 ($P < .01$). The healthy lifestyles of young people will undergo a 93% improvement for every 100 units increase in leisure activities. There is consensus on the counterargument that youth participation in recreational activities is crucial to promoting healthy lifestyle choices.

Result & Discussion

With an adjusted R-squared value of .440, leisure pursuits influence young people's healthy lifestyle choices by 44%. The youth who partake in these pursuits have such a marked impact. Young people's healthy lifestyles will improve by 931 units for every unit increase in recreational activities, according to the B Positive, which appears to be .931 ($P < .01$). The healthy lifestyles of young people will undergo a 93% improvement for every 100 units increase in leisure activities. There is consensus on the counterargument that youth participation in recreational activities is crucial to promoting healthy lifestyle choices. Similarly, according to Kaerney

(2002), engaging in enjoyable activities such as gambling, smoking, and drug misuse deterred people from engaging in negative behaviours. The results of Turi's (2012) survey study corroborate this idea, showing that engaging in constructive and enjoyable activities together increases the prevalence of desirable character qualities including empathy, camaraderie, and understanding. This is how Mclean and Narcisi (2005) found that engaging in healthy recreational activities raises moral standards in a community. Participation in enjoyable activities, the author argued, encourages the development of virtues such as justice, equality, non-discrimination, solidarity, and fraternity.

According to the results, exercising is a terrific approach to improving one's social skills. Many individuals believe that engaging in enjoyable activities for fun teaches people social skills that are useful in coping with stress in various contexts. Mahoney backs up these findings; research by Harris and Eccles (2006) found a robust correlation between leadership development and team-based activities. The vast majority of respondents believed that leisure pursuits greatly benefited the participants' intellectual development. That leisure pursuits improve psychological well-being is consistent with the findings of Weng and Chiang (2014). Similarly, Murphy and Carbone (2008) argued that engaging in leisure activities can enhance one's cognitive capacities.

Conclusions

The researcher concluded that a positive outlook was expressed regarding the ways in which recreation might enhance the lives of individuals, particularly youngsters. Everyone who took the time to fill out the survey—parents, kids, and educators—shared the view that recreational opportunities greatly contribute to fostering a healthy lifestyle. Furthermore, a positive correlation was observed between leadership skill development and team-based recreation. The findings also highlighted the positive effects of leisure activities on the neurological system and the reduction of blood pressure. In addition, the study's author discovered that engaging in leisure activities fosters a sense of camaraderie, mutual appreciation, and cultural expression, which in turn facilitates interpersonal understanding.

Study Contribution

It is expected that our parents and educators will instill in us the value of enjoying yourself. Participation in structured recreation activities has many positive effects on children, and this study demonstrates those effects to parents and educators. Teachers and parents will find this useful in encouraging their students to accomplish these things. Some of the many socioeconomic problems plaguing the region have their roots in the alarmingly high accident rate. The lack of planned entertainment options is to blame. The best way to address these issues is to provide more structured entertainment options. The study's findings will hopefully inspire people to take part in recreational activities as a means to a healthy lifestyle.

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