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The benefits of participating in campus recreational sport facilities and programs: special reference to University of Kelaniya, Sri Lanka

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Abstract

There has been a culture of recreational sports in the world. Especially higher educational centers like universities serve various types of recreational sport programs. Most of university students are spending a very busy life due to their educational activities. However, recreational activities alleviate the encumbrance of their busy lives. The primary purpose of this study was to investigate aspects of the Benefits of Participating in Campus Recreational Sports Facilities and Programs in University of Kelaniya, Sri Lanka. The specific objectives of this study were the types of campus recreational programs that students are interested in and the benefits which have mostly attracted the students to the CR programs. The independent variable was the campus recreation and the dependent variable was campus recreation benefits. Random sampling method was used to select sample and research is limited to 200 internally registered students who actively participate in the recreational sports at University of Kelaniya. Data collection instrument was the Quality and Importance of Recreational Services (QIRS) survey, further Likert scale was employed as well. The Statistical Package for the Social Sciences (SPSS 21.0) was utilized to analyze the data using Ordinal Logic Regression and Principal Component Analysis (PCA) to determine benefits gained from participating in campus recreational activities. The results of this study identify the most dominant benefit factors, influencing the choice of campus recreational activities.

Keywords: Campus Recreation, Student Benefits, QIRS, PCA

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