

Towards a Healthy Urban Lifestyle: Examining Residents' Motivators to Outdoor Recreation in Nassarawa-Kano

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DOI : <https://dx.doi.org/10.47772/IJRISS.2024.806068>

Received: 12 May 2024; Revised: 24 May 2024; Accepted: 29 May 2024; Published: 03 July 2024

ABSTRACT

Outdoor recreation is currently one of the most influential domains where participation directly affects individual health, families, and communities. This expectation can motivate individuals in many ways to engage in outdoor recreation activities. This paper investigates residents' motivators for outdoor recreation in Nassarawa, Kano, as stimuli for promoting a healthy urban life. The study employed a descriptive survey design to collect information from residents using a structured questionnaire (n=400). Cluster and systematic random sampling techniques were utilized to administer the questionnaires to target respondents. A total of 386 completed questionnaires were retrieved and used for the analysis, resulting in a response rate of 96.5%. Data collected were analyzed using frequencies, mean scores, ranking, and cross-tabulation. The findings revealed that maintaining good health condition (M=4.15), keeping physically fit (M=4.09), and having fun (M=3.92) were the most agreed-upon motivators for participation in outdoor recreation in the study area, ranked 1st, 2nd, and 3rd, respectively. The study asserts that these motivators influence residents' participation in outdoor recreation in Nassarawa, Kano metropolis across different age groups and have significantly impacted the physical, mental, and social health of the residents. The study concludes by recommending that greater participation would contribute to more vibrant and healthy communities. Therefore, efforts should be made to enlighten people further about the importance of outdoor recreation participation as a promoter of social cohesion.

Keywords: Recreation, Outdoor, Motivators, Urban Lifestyle, Health

INTRODUCTION

Engaging in outdoor activities offers various advantages that extend to both individuals and the broader community or society (Adamu, Bello, and Gano, 2021). These advantages encompass health, social, and environmental aspects, constituting a mutually dependent set of physiological, psychological, and sociological benefits that contribute to our overall growth and advancement (Asihel, 2005). Outdoor recreation plays a role in preserving both physical and mental well-being, fostering stronger familial bonds, enhancing social unity, and promoting individuals' integration into society through the cultivation of positive relationships within social groups (Sulyman and Iorliam, 2016).

Participating in recreational activities contributes to the promotion of healthy lifestyles for those involved (Dooley, 2016). It revitalizes human capabilities and fosters improved health conditions (ABD' Razack, Martins, and Bello, 2013). Numerous research studies have explored the impact of outdoor recreation on enhancing health (Health and Human Services, 2001; McCarthy, 2002; American Heart Association, 2002; American Heart Society, 2004; Godbey, 2009). For instance, Health and Human Services (2001) asserted in

their report that addressing obesity in communities can be achieved by ensuring the availability of ample parks and recreational opportunities, along with recognizing the advantages of increased physical activity (Adamu, Bello, and Gano, 2021). Similarly, McCarthy (2002) found in a study involving over 120,000 women that walking for three or more hours per week reduces a woman's risk of heart disease by 30%, and engaging in five or more hours of walking further decreases it by 40%.

Outdoor recreation facilitates social interaction, breaking down unfamiliarity, fear, and isolation—factors often linked with racism. It fosters positive connections among diverse ethnic groups and the broader community. Additionally, outdoor recreation activities strengthen community bonds by providing opportunities for people to share and appreciate cultural and ethnic differences. The contribution of outdoor recreation to both health and social integration is substantial (Veal, 2002). In essence, participating in outdoor recreational activities is crucial for maintaining the mental and physical well-being of individuals, families, and communities (Neuvonen, Sievanen, Tonnes, and Koskela, 2007).

Despite the historical integration of recreation into the lifestyles of Nigerians across various sub-cultures, there is a consistent observation of a consciously low participation in outdoor recreation activities (Aribigbola and Francis, 2016; Dickson, 2014; ABD' Razack et al., 2013). This trend is likely influenced by the prevailing economic conditions in the country (Dickson, 2014), although there may be additional intrinsic or extrinsic factors, including demographic, sociocultural, and situational characteristics (such as time constraints), as well as the availability and accessibility of recreation resources and anticipated benefits (motivators).

The perceived benefits of recreational activities play a significant role in outdoor recreation, influencing the factors that motivate individuals to develop an interest and engage in such activities. Motivations for participating in recreation are diverse and generally consistent over time, as are the benefits accruing to both individuals and society (Manning, 2011; Romild, Fredman, and Wolf-Watz, 2011). The question of why people choose to or refrain from participating in outdoor recreation has become notably important and is closely tied to understanding recreational behavior (Romild Fredman et al., 2011). Adamu and Bello (2021) contend that the increased commitment to outdoor recreation in developed societies can be attributed to perceived benefits associated with it and the availability of facilities. This study advances the argument that perceived benefits are a prerequisite for participation in recreation, particularly in environments with abundant facilities. Consequently, the research aims to explore the various motives driving residents' engagement in outdoor recreation and examine how these motives influence their level of participation.

LITERATURE REVIEW

With over half of the global population residing in urban areas (Whitting, 2022), urban development initiatives that positively impact both physical and mental health have become increasingly critical. The World Health Organization (WHO) (2024) defines a healthy city as one that consistently enhances its physical and socio-environmental aspects. Moreover, the United Nations Sustainable Development Goal 3 seeks to guarantee healthy lives and promote well-being across all age groups by improving medical access and encouraging participation in recreational activities.

Recreational activities, typically undertaken during leisure time, encompass sports and exercise, outdoor pursuits, cultural activities, entertainment and social events, and similar endeavors aimed at bringing pleasure, amusement, joy, and meaning to our lives (Pressman *et al.*, 2009; Petersen *et al.*, 2021). These activities range from relaxing pursuits like picnicking and bird-watching to more physically demanding ones such as hiking, mountain biking, rock climbing, kayaking, and skiing. It offers numerous health benefits, encompassing physical, mental, emotional, and social well-being. It has a positive impact on those who participate in these activities, offering valuable recreational experiences through various forms of recreation (Mohd Sidi & Mohd Radzi, 2017). Research indicates that engaging in outdoor recreational activities is linked to health and well-being across various sociodemographic and economic statuses (Vozikaki, 2017; Curvers *et al.*, 2018; Petersen *et al.*, 2021). Participation in outdoor recreational activities has grown, encompassing a wide range of people, including the elderly, adults, adolescents, and children. Many individuals are recognizing the benefits of outdoor recreation for maintaining physical health and experiencing psychological benefits from these activities (Mohd Sidi & Mohd Radzi, 2017).

Urban lifestyles, encompassing how people live, the choices they make, and their daily routines, have been significantly impacted by the modernization of the world, marked by the rapid development of sophisticated information technology and communication devices. These devices allow individuals to communicate and find information without direct human interaction, reducing the quality time people spend engaging in sports and recreation, thereby harming their healthy lifestyles (Mohd Sidi & Mohd Radzi, 2017). A healthy urban lifestyle involves a combination of habits and practices that promote well-being and balance within the context of city living. Outdoor recreation has been considered one of the key components of ensuring a healthy urban lifestyle (Srinivas, 2023). Thus, engaging in outdoor recreation as part of a healthy lifestyle represents a significant factor shaping individuals' and groups' decisions toward maintaining good health. It provides a rewarding avenue to discover nature, stay physically active, and prioritize health and well-being.

Residents' Motivators to Outdoor Recreation

Motivation is widely regarded as the fundamental driving force behind human needs (Mohd Sidi & Mohd Radzi, 2017). It is defined as "...the intensity and direction of effort" (Wilson, n.d.). Intensity refers to the level of effort exerted in performing an activity, while direction relates to the specific type of activity one is interested in. Motivation for participating in outdoor recreation is the psychological process, combined with social factors, that compels individuals to engage in leisure activities. The motivators for outdoor recreation among residents are key determinants that encourage people to partake in outdoor activities, varying based on individual socio-psychological reasons. Understanding these motivators is crucial as it helps explain why individuals engage in recreational activities, how they do so, and the benefits and consequences of participation (Ab Dulhamid *et al.*, 2023).

Participation in outdoor recreation is typically driven by a range of factors (Kondric *et al.*, 2013), originating either internally or externally (Van-Heerden, 2014). It involves the interplay of internal and external influences that ignite desire and energy in individuals to maintain interest and commitment in leisure pursuits, aiming to achieve a desired level of satisfaction. Internal motivation arises from within the individual, stemming from inherently interesting or enjoyable activities, such as pursuing hobbies, developing skills, or gaining a sense of accomplishment. On the other hand, external motivations stem from outside factors, prompting individuals to engage in behavior to earn rewards, such as escaping daily demands, socializing, or complying with medical advice.

The Scottish Government (2021) also identified motivators for outdoor recreation, including the desire to improve fitness, spend time with family and friends, gain confidence in participating in activities, and the availability of recreational locations. These motivations can be affective (based on emotional attachment to the activity), cognitive (involving beliefs, knowledge, and thoughts about the activity), and conative (emphasizing commitment and intentions regarding leisure activity behavior) (Kyle *et al.*, 2003). However, these motivations may depend to some extent on structural factors such as resource availability and access to the physical environment (Romild *et al.*, 2011).

Understanding how individuals are motivated to participate in their chosen recreational activities during leisure time is essential, as it positively impacts various aspects and contributes to overall health and well-being.

Outdoor Recreation and Healthy Urban Lifestyles

Sedentary urban lifestyles, characterized by limited social interaction, have been reported to markedly decrease levels of happiness and overall livability in cities (Ab Dulhamid *et al.*, 2023). Participating in outdoor recreation not only enhances a healthy lifestyle but also boosts happiness levels. The necessity to establish living environments that encourage active engagement in recreational pursuits to promote healthy urban lifestyles and social interaction is becoming increasingly imperative. Outdoor recreation can substantially enhance healthy urban living in numerous ways:

(i) Mental and physical health improvement: Participating in outdoor recreational activities such as walking, jogging, cycling, and playing sports helps residents maintain physical fitness. Studies has demonstrated that these activities not only reduce stress, anxiety, and depression but also lower the risk of chronic diseases like

heart disease, cancer, diabetes, and obesity, thereby contributing to overall better health. Research have shown that approximately 5.3 million deaths globally each year can be attributed to physical inactivity (Srinivas, 2023). Nevertheless, facilitating access to recreational areas aids in promoting physical activity and diminishing sedentary behavior (Ab Dulhamid *et al.*, 2023).

According to California State Park (2005), regular physical activity during recreational activities can lessen the severity of many mental health disorders, helping individuals cope better with their daily lives. Thune *et al.* (1997) discovered that increased leisure-time activity was linked to a reduced risk of breast cancer in a study of 25,624 women, comparing those who exercised regularly with those who were sedentary. Similarly, Rockhill *et al.* (1999), cited in California State Park (2005), found that higher levels of moderate or vigorous recreational physical activity (such as walking, cycling, jogging, aerobic dance, tennis, and swimming) were associated with a lower risk of breast cancer in a study of 121,701 nurses (aged 30-55) from 1976 to 1992.

Additionally, the Centers for Disease Control, based on 43 separate studies, concluded that these activities significantly reduce the risk of heart problems, emphasizing that individuals who do not exercise are twice as likely to develop coronary heart disease (American Hiking Society, n.d; California State Park, 2005). Thus, these findings suggest that exposure to nature and fresh air can improve mood, increase feelings of well-being, enhance cognitive function, and significantly improve physical health.

(ii) Social interaction, family and community bonding: Engaging in outdoor recreation offers opportunities for socializing and community building. Taking part in group activities or sports helps residents create social networks, fostering a sense of belonging and community support. Additionally, outdoor recreation can be enjoyed as a family activity, which strengthens family bonds and provides children with healthy role models. Community events and group activities further enhance neighborhood connections and promote a strong sense of community.

Previous studies have demonstrated that engaging in outdoor recreation positively impacts urban social structures and the environment. According to California State Park (2005), recreation fosters community by bringing neighbors together, uniting families, promoting volunteerism, and building cultural tolerance. It also contributes to safer, cleaner neighborhoods and a more vibrant community atmosphere. Additionally, parks and recreational facilities enhance a community's image, improve socioeconomic status, and increase the area's desirability.

A study of 179 families by Zabriskie & McCormick (2003) revealed a positive correlation between engagement in family leisure activities and satisfaction with family life, particularly from the viewpoints of parents and the family as a whole. Additionally, 70% of Americans believe that one of the main motivations for participating in outdoor recreation is to create shared experiences that strengthen bonds with family and friends (American Recreation Coalition, 1999). Similarly, most Scottish adults view spending time outdoors with their families as a key motivation for engaging in outdoor recreation. One respondent stated, "*If the family are going out [together] it is to make memories, to bond, and to have experiences together*" (Male, aged 26-40, urban area) as cited in Scottish Government (2021).

(iii) Encouraging active lifestyle and enhancing quality of life: Access to and engagement in outdoor recreation can enhance the quality of life for urban residents. It offers a respite from daily routines, reduces screen time, and promotes a more active and engaged lifestyle. Motivators encouraging an active lifestyle, such as staying physically fit, maintaining good health, and developing skills and sportsmanship, can drive more residents to partake in outdoor activities. Cities that invest in the creation and upkeep of green spaces and recreational areas encourage their populations to lead active and healthy lifestyles.

Additionally, various motivations for outdoor recreation, such as achieving a sense of accomplishment and personal satisfaction, boosting self-confidence, and fostering mental and cognitive growth, are directly linked to an improved quality of life. According to California State Park (2005), the quality of life benefits from recreational activities include enhanced self-esteem through improved self-worth, self-reliance, and confidence, personal growth, better expression and reflection on personal spiritual ideals, and greater satisfaction with one's personal, neighborhood, and community life.

Therefore, engaging in outdoor recreation undoubtedly improves fitness and health conditions, enhancing the quality of life for urban residents.

(iv) Connection to Nature: Numerous studies support the connection between engaging in outdoor recreation and concern for the environment. Individuals who partake in outdoor recreation develop a deeper familiarity with natural resources and the environment (California State Park, 2005). According to the American Recreation Coalition (ARC), 95% of Americans agree that outdoor recreation serves as an effective means to enhance people's appreciation for nature and the environment (ARC, 2000). In another study, the Department of Parks and Recreation (DPR) reported that 96% of Californians believe that preserving the quality of natural settings is a crucial factor in their enjoyment of outdoor recreation areas (DPR, 2003). Thus, spending time outdoors, particularly in green spaces or wilderness areas, helps urban residents reconnect with nature, increasing environmental awareness and stewardship, thereby encouraging sustainable behaviors. This connection also has restorative effects, helping to alleviate the sensory overload common in urban settings and providing a break from the usual demands of daily life.

In a nutshell, participating in outdoor recreation undeniably boosts fitness and health, strengthens relationships, connects individuals with nature, and promotes healthy urban lifestyles. Understanding what motivates residents to engage in outdoor activities is crucial for urban planners and policymakers. This knowledge allows them to design initiatives and tailor programs that encourage participation by aligning with these motivations, ultimately fostering healthier and more active urban lifestyles.

The Study Area

Nassarawa L.G.A. is located within Kano Metropolis in Nigeria. The area lies between latitude 11°58'N to 12°02'N and longitude 8°32'E to 8°37'E. It has a population of 596,411 inhabitants (Census, 2006). It shares boundary with Ungoggo L.G. A. to the north, Fagge L.G.A. to the northwest and Gezawa L.G.A. to the East. It is bounded by Tarauni L.G.A. to the south, Kano Municipal to the west, and Kumbotso to the southeast (Figure 1). The Local Government has 11 wards and these are: Badawa, Dakata, Gama, Giginyu, Gwagwarwa, Hotoron Arewa, Hotoron Kudu, Kawaji, Kawo, Tokarawa and Tudun Wada (Adamu *et al*, 2021; Adamu and Bello, 2021).

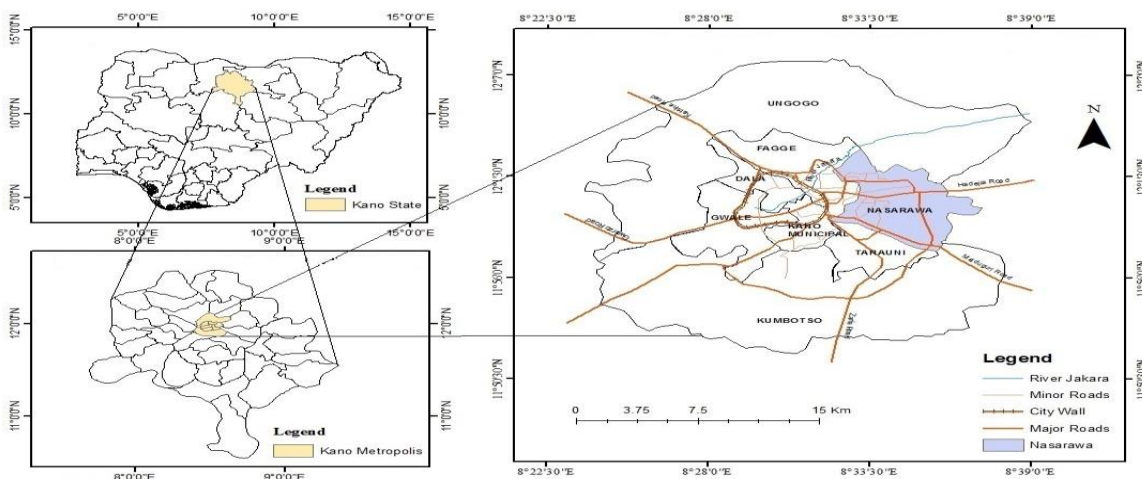


Figure 1: Nassarawa in the National Context

Source: (Adamu *et al*, 2021).

METHODOLOGY

The study employed a descriptive survey technique to quantitatively describe issues by utilizing a sample through a questionnaire. The population under investigation encompassed all individuals residing within the boundaries of the local government area. The study area was segmented into 11 clusters based on wards:

Badawa, Dakata, Gama, Giginyu, Gwagwarwa, Hotoron Arewa, Hotoron Kudu, Kawaji, Kawo, Tokarawa, and Tudun Wada. As of 2013, these clusters collectively accommodated 99,137 houses (Kano State House Numbering and Street Naming Data, 2013).

To determine the sample size, the Yamane (1967) formula, $n = \frac{N}{1+N(e)^2}$ was applied. A total of 400 questionnaires were distributed to target respondents using a multi-stage sampling technique (Obinna, Owei, Ayodele, and Okwakpam, 2009). This involved cluster sampling to divide the study area population into 11 clusters corresponding to wards. Subsequently, systematic sampling was employed to select households within each sub-cluster (every 5th house), and respondents were then randomly chosen from each systematically selected household. Given the subdivision of the study area into sub-clusters, this technique was deemed the most appropriate. The total number of houses in each cluster was determined by summing the total number of houses in each sub-cluster.

A total of 386 questionnaires were retrieved, resulting in a response rate of 96.5%, and were utilized for analysis. The analysis methods included frequencies, mean, standard deviation, scores ranking, and cross-tabulation to describe and summarize the data.

RESULTS AND DISCUSSION

The socioeconomic characteristics of the respondents indicate that the mean age was 32.92 years, with the majority (78.2%) being males compared to females (21.8%). Approximately 51.6% and 42.7% of the respondents were single and married, respectively. The average household size was 4 persons. A significant portion of the respondents were literate, with about 56.8% having at least a National Diploma (ND) or National Certificate of Education (NCE). The mean monthly income was ₦73,821.84, with the majority (62.5%) being employed, either working for various civil or private organizations or being self-employed. None of the respondents had lived in the area for less than 1 year. This further substantiates the reliability of the information provided by the respondents regarding the study area (Adamu and Bello, 2021).

Moreover, concerning the frequency of participation, 39.4% of the respondents indicated participating on a weekly basis, and 24.6% on a daily basis, while 14.2% and 9.8% participate on a monthly and yearly basis, respectively. About 11.9% (46) of the respondents reported non-participation (Figure 2). This implies that outdoor recreation participants represent 88.1% (340) of the total respondents. Therefore, all subsequent analyses of the residents' motivators for participation in outdoor recreation were evaluated based on the 340 respondents.

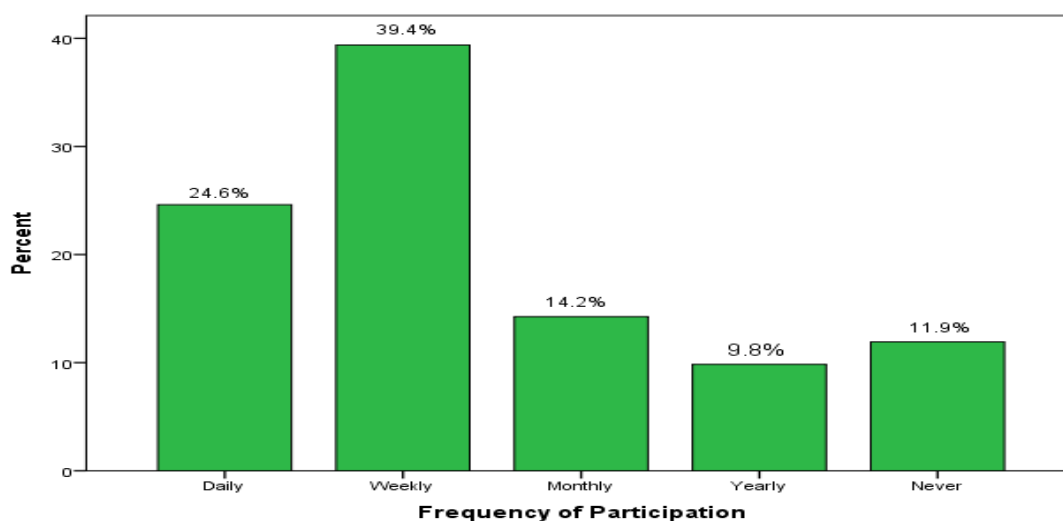


Figure 2: Frequency of Participation

Source: Field Work, 2019

Motives for Participation in Outdoor Recreation

This explains the various intrinsic factors that motivated the participants to develop interest and engage in outdoor recreation. It also describes the participants' perceived or expected benefits of partaking in outdoor recreational activities. The motives for participation in outdoor recreation in Nassarawa were examined using different parameters measured on a 5-Point Likert Scale (ranging from 1-Strongly Disagree to 5-Strongly Agree), and the mean responses were ranked orderly to determine the top and least motives for their participation in outdoor recreation.

Table 1 reveals that among all the motives for participation in outdoor recreation, 'maintaining good health condition' ranked 1st with a mean score of 4.15, while the reason 'keep physically fit' ranked 2nd with a mean score of 4.09. It also shows that the motives 'having fun,' 'improving social relations with others,' and 'developing skills and ability' with mean scores of 3.92, 3.81, and 3.66, respectively, ranked 3rd, 4th, and 5th. The table further indicates a slight disparity in the mean score between the reasons ranked from 2nd to 10th. On the other hand, 'participation because I am a sports person' and 'to get away from the usual demands' were the least important reasons, ranking 12th and 13th with means of 2.85 and 2.83, respectively.

These findings differ from Simon (2015), who identified 'getting exercise,' 'being with family/friends,' and 'getting away from the usual demands' as top-priority reasons/motives for residents' outdoor recreation participation in Ibadan, Nigeria. Similarly, the findings are not in line with the US Outdoor Recreation Reports (2016, 2017, and 2018), which stated that a majority of Americans participated in outdoor recreation activities primarily for exercising. The second leading motivator in the US reports was the 'opportunity to spend time with friends and family,' highlighting the family-friendly nature of many outdoor activities.

Table 1: Information on the Participants' Reasons for Outdoor Recreation Participation

Outdoor Recreation allows me to:	SD Freq (%)	D Freq (%)	UD Freq (%)	A Freq (%)	SA Freq (%)	Mean	Rank
Maintain good health condition	17(5.0)	14(4.1)	28(8.2)	123(36.2)	158(46.5)	4.15	1 st
Keep physically fit	30(8.8)	13(3.8)	30(8.8)	92(27.1)	175(51.5)	4.09	2 nd
Have fun	33(9.7)	17(5.0)	22(6.5)	141(41.5)	127(37.4)	3.92	3 rd
Improve my social relation with others	14(4.1)	30(8.8)	56(16.5)	145(42.6)	95(27.9)	3.81	4 th
Develop my skills and ability	27(7.9)	34(10.0)	49(14.4)	146(42.9)	84(24.7)	3.66	5 th
Have mental and cognitive growth	25(7.4)	41(12.1)	67(19.7)	122(35.9)	85(25.0)	3.59	6 th
Meet new and varied people	33(9.7)	42(12.4)	46(13.5)	151(44.4)	68(20.0)	3.53	7 th
Keeps my friends	27(7.9)	62(18.2)	78(22.9)	100(29.4)	73(21.5)	3.38	8 th
Gain a sense of accomplishment	31(9.1)	63(18.5)	79(23.2)	130(38.2)	37(10.9)	3.23	9 th
Comply with medical							

advice	80(23.5)	40(11.8)	54(15.9)	96(28.2)	70(20.6)	3.11	10 th
Experience outdoors with family	51(15.0)	68(20.0)	87(25.6)	89(26.2)	45(13.2)	3.03	11 th
Participated because I am a sport person	72(21.2)	81(23.8)	57(16.8)	85(25.0)	45(13.2)	2.85	12 th
Get away from the usual demands	49(12.7)	96(28.2)	94(27.6)	67(19.7)	34(10.0)	2.83	13 th

SD=Strongly Disagree, D=Disagree, UD=indecisive, A=Agree, SA=Strongly Agree

Source: Field Work, 2019

Evaluation of motives of participation according to age groups

The interrelationship between the respondents’ age groups and reasons for participation in outdoor recreational activities, as shown in Table 2, indicates that the perceived reasons for participation vary with age. The degree of agreement with motives indicated by the younger age group is quite different from that of the older age groups. Table 2's findings also reveal that the age group 18-25 participates in outdoor recreation for reasons such as 'developing skills and ability,' 'gaining a sense of accomplishment,' 'meeting new and varied people,' and 'because they are sports people.' Meanwhile, respondents aged 66 years and above participate because they want to 'keep physically fit,' 'maintain good health condition,' and 'comply with medical advice' more than any other age group. The motive 'improving social relationships' is agreed upon most among the age group 26-35 years compared to any other age cohort. On the other hand, those aged between 36-45 years acknowledge the motives 'experiencing outdoor activities with family' and 'getting away from the usual demands' more than any other group.

Table 2: Mean Scores for Reasons of Participation and Age Groups

Reasons of Participation	Mean Scores of Age Group (years)						Total Mean
	18-25	26-35	36-45	46-55	56-65	Above 66	
Have fun	3.96	3.97	3.86	4.05	3.27	3.75	3.92
Keep physically fit	4.13	4.05	3.81	4.64	4.27	4.75	4.09
Experience outdoor with family	2.97	2.97	3.33	2.82	3.07	2.50	3.03
Keep my friends	3.43	3.42	3.31	3.64	2.93	2.25	3.38
Maintain good health condition	4.14	4.14	4.00	4.50	4.33	4.50	4.15
Have mental and cognitive growth	3.70	3.57	3.52	3.77	3.13	3.50	3.59
Improve my social relationship	3.73	4.02	3.86	3.82	3.53	2.25	3.81
Develop my skills and ability	3.89	3.80	3.27	3.45	3.40	1.75	3.66

Get away from usual the demand	2.71	2.92	3.05	2.73	2.27	1.75	2.83
Gain a sense of accomplishment	3.33	3.27	3.30	2.64	3.13	2.25	3.23
Comply with medical advice	3.02	3.10	3.06	3.00	3.67	4.75	3.11
Meet new and varied people	3.79	3.50	3.30	3.73	3.00	2.25	3.53
Because am a sport person	3.16	2.98	2.22	2.68	2.93	1.75	2.85

Source: Authors’ Field Work, 2019

The result of Table 2, however, appears logical when one considers that the younger age group (18-25 years) is usually single, active, and energetic. The middle age group (36-45 years) is typically married, and they have responsibilities they may need to attend to from time to time. The older age group (66 and above) usually has one or more ailments due to aging, which may necessitate their engagement in recreation for health motives.

CONCLUSION AND RECOMMENDATION

Participation in outdoor recreation has been identified to yield numerous benefits that are highly advantageous to both individuals and communities. It aids in maintaining physical and mental health while fostering strong relationships among diverse communities. These benefits serve as significant motivators, encouraging individuals to engage in outdoor recreation activities, which, in turn, become valuable tools in promoting a healthy urban life. This study successfully investigates the various intrinsic factors motivating residents to participate in outdoor recreation in Nassarawa, Kano. These motivators significantly influence residents' participation in outdoor recreation in Nassarawa, Kano metropolis across different age groups. This suggests that outdoor recreation in Nassarawa has, in many ways, impacted the lives of residents in terms of physical, mental, and social health, and increased participation would contribute to more vibrant and healthy communities.

The study, therefore, recommends that efforts should be made to enlighten people more about the multifaceted benefits of outdoor recreation participation. This can be achieved through media campaigns, the provision of necessary recreation support services such as information brochures, websites, signposts, newsletters, and maps, as well as leadership training, among other initiatives.

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