# Knowledge of Tourism, Recreation, Leisure and the Panacea to Active Pursuits among Security Personnel in North West, Nigeria

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**Abstract**

*This study investigated the Security Personnel's knowledge of tourism and leisure and whether the security personnel in North Western Nigeria have time for their family members, time for recreational and leisure pursuit or even time for tourism. A survey research design was used to collect data using purposive sampling technique and Likert type scale questionnaire was used. A total number of 2,560 copies of questionnaire were given out and 1893 were completed and returned. Four hypotheses were developed and Pearson's correlation (r) was used to analyze the data at 0.05 level of significance, and the results shows significant relationship of all varibles, hence the null hypotheses were rejected. At the end it was suggested that Government should from time to time organize recreation and leisure programmes for security personnel and make participation mandatory; Government should introduce tourism to the security personnel's periodical scheme of duty; there should be training and retraining of security personnel on recreation, leisure and tourism education.*

**Keywords:** Security Personnel, knowledge of tourism, Leisure, Recreation, Panacea

## Introduction

There are no written records to show when Nigerians started to recreate and go on tour. The reason is that recreation and tourism activities are as old as man. However, the concepts 'recreation' and 'tourism' are still not understood by very many Nigerians. Many people just partake in leisure activities without knowing what they are or the scientific health benefits derived from them. Nigerians mostly partake in leisure activities in African traditional ways, before the coming of colonial masters to Nigeria, through celebration of agricultural seasons, harvesting of crops, crowning of traditional rulers, Obas, Chiefs and emirs. Before the invasion of Nigeria by the colonial masters, activities such as local wrestling, hunting, masquerade dance, Fulani festival activities, naming and marriage ceremonies, archery, swimming contests, horse racing, fishing, acrobatic displays and many movement activities were in place.

When people are not adequately informed and educated on the significance of recreation, leisure and tourism in the total development of an individual, they tend to develop negative attitude towards them. The importance of recreation, leisure and tourism does not seem to be adequately appreciated. Many people seem to attach more importance to their work or businesses than to recreation and leisure pursuits, let alone go on tourism. It is necessary here to emphasize that people can only struggle well and think properly when they are mentally sound and physically fit. It is important to remember that whatever people acquire and possess in this world is of little or no value to them when they do not have good health. It is possible for a person to be alive even when his/her health is poor, but life cannot be full and meaningful without good health (Suleiman, 2010).

In our daily activities, we no doubt need some rest and relaxation; and during holidays, we would not mind travelling to enjoy nature, get acquainted with new environments, refresh ourselves, be physically and mentally fit again and to return to our work happy, refreshed and rejuvenated. Recreation, leisure and tourism activities have been shown to significantly contribute to optimum health and productivity. Furthermore, they have much to offer to individuals when utilized in worthwhile activities, especially in areas of mental, social, physical and psychological developments. They are very wide in scope. They range from active physical pursuits to passive activities. They may also be in the form of individual or group activities.

The purpose of recreation and tourism activities is fundamentally to provide human beings with experiences that will assist them in achieving a better state of well-being. All such experiences are directed towards the individual's total development. Despite the abundant leisure hours we have today, availability of tourism and recreational materials and facilities, coupled with numerous public holidays, only very few people actively participate in recreation and tourism activities regularly.

**Recreation**

This is voluntary involvement in leisure activities, free from obligation and for the purpose of pleasure. Recreation is also an amusement of diversion, an activity that refreshes and improves one's health and spirit by enjoyment and relaxation. It could also be understood as those activities in which a person participates in during hours other than work periods.

Recreation is seen and perceived differently by different authorities. Ogunwuyi (1998) perceives recreation as substitutes for vices and evil pursuit, such as gambling, stealing, alcoholism, backbiting, etc. Recreation is any action that refreshes the mental attitude of an individual. It is also a wholesome activity that is engaged in for pleasure, and therefore, it is play. He further explained that recreation may take different routes, but the results are the same. It revitalizes the spirits, restores a person's personality, initiative and perspective of life.

From these definitions, one can rightly conclude that recreation denotes activities such as music, drama, play, craft and dance, in which a person partakes voluntarily during his/her free time, after hard day's work.

To sum it up, it is necessary to know and understand that any activity that is to be considered recreational must satisfy or meet certain conditions and criteria such as:

i.) The activity must be done during leisure.
ii.) The activity must be entirely voluntary.
iii.) The activity must be consciously undertaken.
iv.) The activity should provide for acquisition of knowledge.
v.) The activity must be that from which a person gains satisfaction.
vi.) The activity should provide for freedom from emotional tension.
vii.) The activity should be that which develops character and personality.
viii.) The activity should contribute to the development and maintenance of positive health habits (Suleiman, 1996).

**Leisure**

Leisure is an individual's discretionary time, time not devoted to official assignment, but time judiciously used for recreational activities. It is also an unobligated time and a period not used for meeting the exigencies of life. It is time spent away from all kinds of work. Leisure is also a term that is understood and perceived in different ways, by different scholars. Leisure is an activity which an individual may freely devote himself outside the needs and obligations of his occupations, his family and society; for his relaxation, diversion and personal development.

A person works in the gardens, helps around the house, does favors for the neighbors, work for the trade union, the party, the community centre, etc. All these are often called non-work obligations and they yield leisure like satisfaction. Ogunwuyi (1998) also sees leisure as free time from paid work, as well as from activities which are either obligatory, compulsory or which sustains life. Leisure according to him has always existed, and therefore, what is true is the fact that duration of free time has always been different for different people, thus free times come to different people at different times of the day, at specific times of the week and specific periods of the season or year.

Stebbins (1992) defines serious leisure as the systematic pursuit of an amateur, hobbyist or volunteer activity that is sufficiently substantial and interesting for a participant to find a career there in the acquisition and expression of its special skills and knowledge. He further posited that serious leisure is distinguished by **six** distinct qualities. **First,** significant personal effort is expended to acquire pertinent skills and knowledge. **Secondly**, the participant perseveres in spite of injuries, fatigue, bad weather and other destructors. **Thirdly,** participation is viewed as career. **Fourth,** it is a strong identification with the activity, demonstrated by excitement and frequent mention of it in conversation. **Fifth,** there is the development of subculture with its relevant values, beliefs, norms, events, moral principles, traditions and performance standards. **Finally,** several long lasting benefits such as self-actualization, self-enrichment, self-expression, feelings of accomplishments and enhancement of self-image, social interaction and physical fitness are experienced.

Organized leisure programmes have been increasing in popularity and diversity, the world over. People mostly enter organized leisure activities and programmes for a variety of reasons. The most important are to have fun, develop skills, feel the excitement and challenges of competition, be with friends and obtain fitness, achievement and status. It is also for pursuing interest; and for others, leisure becomes an integral part of their lives.

The world leisure evokes different thoughts and images. Normative denotations of the word have been usually expressed in terms of free time of activity or state of mind. Other scholars, who are critical of this concept, related leisure from a critical perspective to emancipatory action, participatory democracy and community development. However, it should be noted that the definitions of leisure impact on how recreation practioners conceptualize and implement service.

Although many scholars have addressed the meaning of leisure in people's lives, the idea that leisure to people is what the public relations and

advertising executives say it is. An average person does not care whether the activities are recreational, leisure expression, exercise play, or a state of mind. Therefore, any definition of leisure services should be on the basis of the public's understanding of leisure and develop product and services that capitalize on the reinforcement of the public's perception of leisure (Shantali, 2006).

**Types of Recreation and Leisure Activities**

Some of the general recreation and leisure activities that people can select in order to recreate actively or passively, individually or in group, irrespective of gender or age, include the following:

i. **Active games and Sports**: Cycling, polo, horse riding, etc.
ii. **Individual and dual games**: Lawn tennis, table tennis, badminton, squash, swimming, jogging, etc.
iii. **Team Games**: Basketball, Soccer, Volleyball, Handball, etc.
iv. **Social Activities**: Dancing, drafts, ayo, ludo, card games, monopoly, partying, etc.
v. **Music**: Singing, listening to music, going to musical concerts, etc
vi. **Nature and outing activities**: Driving for pleasure, excursion, camping, raising animals, gardening, boating, etc.
vii. **Arts and Crafts**: Woodwork, metal work, pottery, basketry, knitting, sewing, photography, etc.
viii. **Literary language and related activities**: Debate, reading, listening to radio/television, public lectures, etc.
ix. **Service activities**: Red Cross, scouts, girls guide, etc (Ogunwuyi, 1998).

Suleiman (1996) categorized the following into Nigerian tourism and recreational materials that attracts and motivates people to recreate and travel on tour:

i. **Natural**: Playgrounds, rocks, mountains, waterfalls, hills, rivers, oceans, forests, animals, bushes, spring, etc.
ii. **Traditional**: Drums, walls, mats, sticks, ropes, tents, wells, boats, hooks, shrines, etc.
iii. **Modern**: Stadia, parks, museums, hostels, hotels, halls, palace (see plate 8), markets, cinemas, theatres, gardens, etc.
iv. **Publications**: Books, magazines, journals, newspapers, mimeographs, pamphlets, etc.
v. **Communication**: Radio, television sets, videos, telephones, microphones, computers, cameras, etc.

**Tourism**

Tourism is the desire to enjoy leisure in a different environment, one which is perhaps beautiful and which has a good climate. It is recreating outside a person's usual environment, which is deliberate and planned for the purpose of pleasure. Business trips, trips made to visit friends or relatives are also part of tourism. The attraction of seeing famous paintings, places and buildings are also important factors of tourism.

In their own submission on what tourism is, Barhart and Modlik (1991) stated that tourism is multifaceted with the technical elements of movements or travel, stay, activities engaged upon and the psychological impact/experience. These, when measured, result in major significant effects which bring about generation of income, foreign exchange to help balance of payment problems, regional development, creation of goodwill, peace, socio-cultural promotion, enrichment and general development.

A layman can simply define tourism as travel and service to travellers, but tourism is far more than that, as it includes relationships and interactions of tourist business the world over. The World Tourism Organization (2002) in a different form describes tourism as the temporal, short term movement of people to destinations outsides the places where they normally live and work and includes all movements that do not last more than a year. Therefore, tourism is about providing facilities and infrastructure for visitors from all over the world, whether they come for sports, meetings, conferences, leisure, etc. Furthermore, WTO (2005) explains that travel and tourism are synonymous. Travel agency is one of the tour organizations. It arranges travels by airplanes, ships and trains, also books accommodations in hotels, resorts, motels, etc; basically providing retail services to a tourist, on behalf of various wholesalers like airlines and tour packagers.

The study of tourism is the study of people away from their usual habitat, of the establishments, which respond to the requirements of travellers, and of the impacts that they have on the economy, physical and social wellbeing of their hosts (Matheison, 1982). In addition, it involves the expectations and adjustment made by the residents of receptions and adjustment made by the reception areas and the roles played by the numerous agencies and institutions which intercede between them.

Leadley (1992) also viewed tourism as a system involving the discretionary travel and temporary stay of persons away from their usual places of residence for one or more nights, except tours made for primary purpose of earning remuneration from an employer. The elements of the system are tourism, generating regions, transit routes, destination regions and a tourism industry.

These five elements are arranged in social and functional connections. Having the characteristics of an open system, the six elements operate within broader environment, that is, physical, cultural, social, economic, political and technical, with which it interacts. The United Nations (1992) in its definition adopted tourism as the sum of the phenomena and relationships arising from the interaction of tourism, business suppliers, host governments and host communities in the process of attracting and hosting these tourism and other visitors. McConnell (1996), in his own way, focuses on the nature of the experience of a tourist, proposing that a condition is necessary to be a tourist, and it is the expectation of having some experience of "otherness". Urry (1990) described otherness as experiences which are different from those typically encountered in everyday life. World Tourism Organization (1995) defined a tourist as any person residing within a country, irrespective of nationality, traveling to a place other than his usual place of residence for a period not less than 24 hours of one night, for a purpose other than the exercise of a remunerated activity in the place visited.

The motive for such travel, such as further classified by WTO, may be:

i. **Leisure:** Recreation, holidays, health, studies, religion or sports.
ii. **Business:** Family, mission or meeting.

An analysis of the above definitions will reveal the following common basic elements:

i. Tourism is temporary and short.
ii. It involves non-residents traveling along transit routes to and from a destination.
iii. A variety of impacts are made at the destination and the transit routes.
iv. It may be for a variety of reasons such as leisure or business.
v. The character of the tourist may be influenced.

In a related development, the World Tourism Organization (WTO, 2002), the major intergovernmental body concerned with tourism, has led the way in establishing a set of definitions for travel and tourism statistics in Canada, a set of resolutions and recommendations relating to tourism concepts, definitions and classification were adopted, as follows:

i. **Tourism:** The activities of persons traveling to and staying in places outside their usual environment for not more than one consecutive year for leisure, business and other purposes.
ii. **Tourist (Overnight Visitor):** staying at least one night in a collective or private accommodation in the place visited.
iii. **Same Day Visitor (Excursion):** Visitor who does not spend the night in a collective or private accommodation in the place visited.
iv. **Traveller: A**ny person on a trip between two or more locations.

Unfortunately, there is still confusion over these very basic definitions. Just as there are different types of visitors**,** there are different forms and categories of travel which take place, varying by traveler, destinations and motive for travel, such as international versus domestic travel, intra-regional versus interregional travel, as well as inbound verses outbound travel.

**Statement of the Problem**

In Nigeria, the people saddled with the responsibility of security generally includes Soldiers (Infantry, Navy and Airforce), Police, Nigerian Security and Civil Defence Corps (NSCDC), Customs, Nigerian Correctional Services (Prisons), Immigration Officers (NIS), Federal Road Safety Corps (FRSC), Nigerian Drug Law Enforcement Agency (NDLEA). These are security agencies in charge of one form of security or another. They are Federal Government Agents but are usually found in every state of the federation, maintaining law and order. The northwestern part of Nigeria is one of the Six (6) Geo political regions in the country. The North Western Region consists of Seven (7) States, namely: Jigawa, Kano, Kaduna, Katsina, Kebbi, Sokoto and Zamfara. The other five regions are North East, North Central, South West, South South and South East.

The Security Personnel in the North West have lately suffered a great deal in fighting insurgency, Boko Haram (Western Education is illegal), Kidnapping, Fulani Herdsmen Conflicts, Armed Robbery, Drug and Human Trafficking, etc. From late 2009 to date, the Security Personnel have been engaged in one form of WAR or another. It is assumed that they have very little or no time for recreational and leisure pursuit or even tourism, but war, war and war, hence the reason for this investigation.

In North Western Nigeria from observation and assumptions of the investigators, the Security Personnel saddled with the responsibility of enforcing security, do not seem to even have time for their family members, time for recreational and leisure pursuit or even time for tourism. Based on these reasons, the study therefore attempted to answer the following research questions:

**Research Questions**

1. Do security personnel have good knowledge and understanding of tourism, recreation and leisure pursuits in Northwestern Nigeria?

2. Do security personnel have time for tourism, recreation and leisure pursuits in Northwestern Nigeria?
3. Do security personnel engage in tourism, recreation and leisure pursuits in North Western Nigeria?
4. Do security personnel know the panacea to their active engagement in tourism, recreation and leisure pursuits in Northwestern Nigeria?

**Objectives of the Study**

The objectives of this study were to find out if:

1. Security personnel have good knowledge and understanding of tourism, recreation and leisure pursuits in Northwestern Nigeria.
2. Security personnel have time for tourism, recreation and leisure pursuits in Northwestern Nigeria.
3. Security personnel engage in tourism, recreation and leisure pursuits in North Western Nigeria.
4. Security personnel know the panacea to their active engagement in tourism, recreation and leisure pursuits in North Western Nigeria

**Hypotheses**

The following null hypotheses were tested for this study:

1. There is no significant difference between Security Personnel and their good knowledge and understanding in Tourism, Recreation and Leisure pursuits in North Western Nigeria,
2. There is no significant difference between Security Personnel and their time for Tourism, Recreation and Leisure pursuits in North Western Nigeria,
3. There is no significant difference between Security Personnel and their engagement in Tourism, Recreation and Leisure pursuits in North Western Nigeria,
4. There is no significant difference between Security Personnel and their knowledge of the panacea to their active engagement in Tourism, Recreation and Leisure pursuits in North Western Nigeria,

**Methodology**

In this study, Survey design was adopted, because it is what look closely and examines features or general view and gives description of someone or something in its true situation. Survey design was used for collecting data from a predefined group of respondents to gain information and insights into various topics of interest. The process involves asking people for information through questionnaire, which can be either online or offline. This type of research allows for a variety of methods recruit participants, collect data and utilize various methods of instrumentation (Schutt, 2012). Survey was often used to assess thoughts, opinions and feelings. It can be specific and limited, or they can have more global, widespread goals. The methods are generally identified with human populations, for example, opinion polls, consumer surveys, demographic and economic surveys. The population for this study were all the Security Personnel in North Western Nigeria, saddled with the responsibility of general security, that is, Soldiers (Infantry, Navy and Airforce), Police, Nigerian Security and Civil Defence Corps (NSCDC), Customs Officers, Prison Officers, Immigration Officers, Federal Road Safety Corps (FRSC), Nigerian Drug Law Enforcement Agency (NDLEA). A sample is a subset of individuals from a larger population, that is, selecting the group that a researcher actually collected data from in his/her investigation.

A total number of 2560 instruments were distributed, out of which 1893 were returned and subsequently used for this study. In this study, fifty (50) questionnaires were distributed among FOUR Urban states, that is, Kaduna, Kano, Katsina and Sokoto; while forty (40) were distributed among the THREE Rural states. In all, a total number of Two Thousand, Five Hundred and Sixty (2560) questionnaires were distributed to collect data on the subjects, while 1893 were returned.

The techniques applied for data collection for this study were the Purposive and Accidental Sampling Techniques. Purposive sampling, also known as judgemental, selective or subjective sampling, in which researchers rely on their own judgement when choosing members of the population to participate in their surveys. It is also the process of identifying a population of interest and developing a systematic way of selecting cases that are not based on advanced knowledge of how the outcome would appear. The purpose was to increase credibility but not to foster representativeness. In each of the Seven States of North West, the fifty (50) questionnaires were given to any recognised Administrative Officer of each of the Eight (8) Security Organizations, to be distributed purposely to those who were available for completion. After three (3) days or maximum of a Week, that is Seven (7) days, the researcher returned to the same Administrator and collected the same instrument. Any number of the instrument received out of the initial number given 50/40, was received and used for this investigation. A Five Scale Likert-Type Questionnaire was used to collect data for this study. That is, Strongly Agree (SA), Agree(A), Undecided(U), Disagree(D) and Strongly Disagree(SD).

To conduct smooth administration of data collections in all the Northwestern states by both the Researcher and the Research Assistants, Introductory Letters were collected from the Director, Research Administration Directorate, National Open University of Nigeria, to the different Administrators of the Eight (8) Security Personnel Groups in the Seven (7) States of Jigawa, Kaduna, Kano, Katsina, Kebbi, Sokoto and Zamfara. Three (3) Research Assistants (RA) were recruited and adequately trained on how to collect relevant data, in addition to the Two Co-Researchers in FIVE (5) of the SEVEN (7) States of North Western Nigeria. The Principal Researcher personally collected data in the TWO (2) remaining states.

**Results and Discussion**

**Table 4.1:** Number of Questionnaires returned and used

| SN | State | Soldiers | Police | NSCDC | FRSC | Immig | Customs | Prisons | NDLEA | Total |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Jigawa | 30 | 40 | 30 | 40 | 31 | 40 | 37 | 20 | 268 |
| 2 | Kaduna | 31 | 25 | 50 | 42 | 46 | 42 | 45 | 44 | 325 |
| 3 | Kano | 49 | 39 | 40 | 46 | 33 | 33 | 48 | 43 | 331 |
| 4 | Katsina | 42 | 32 | 43 | 49 | 31 | 24 | 34 | 50 | 305 |
| 5 | Kebbi | = | 28 | 38 | 40 | 21 | 14 | 25 | 38 | 204 |
| 6 | Sokoto | 04 | 43 | 29 | 05 | 49 | = | 47 | 42 | 218 |
| 7 | Zamfara | 09 | 37 | 33 | 40 | 29 | 32 | 28 | 34 | 242 |
| G/Total | | | | | | | | | | 1893 |

Table 4.1 shows the number of questionnaires returned by the security personnel in all the seven states of North Western Nigeria. The total number returned and used for the Pearson's correlation is 1893.

**Table 4.2:** Pearson's table showing correlation in all the variables

| **Variable** | **N** | **Mean** | **SD** | **R** | **P** |
|---|---|---|---|---|---|
| Knowledge | 1893 | 3.6992 | .86886 | 1.000** | 0.000 |
| Time | 1893 | 3.1029 | .95159 | 0.412** | 0.000 |
| Frequency | 1893 | 3.2116 | .90296 | 0.395** | 0.000 |
| Panacea | 1893 | 4.0232 | .79225 | 0.227** | 0.000 |

****Correlation is significant at 0.05 (2-tailed)**

The result in Table 4.2 shows significant relationship in the variables tested. These are all explained in the Hypotheses testing below.

**Hypotheses Testing**

**Table 4.3: Hypothesis 1:** There is no significant relationship between Security Personnel and their good knowledge and understanding in Tourism, Recreation and Leisure pursuits in North Western Nigeria.

| Variable | Mean | Standard Deviation | P. Value |
|---|---|---|---|
| Knowledge | 3.6992 | .86886 | 0.000 |

**The P. Value in this correlation is 0.00 < 0.05, therefore it is significant, hence the null hypothesis was rejected.** This signifies that there is significant relationship between Security Personnel and their good knowledge and understanding in Tourism, Recreation and Leisure pursuits in North Western Nigeria. The outcome of this study relates to the findings of Ajala, Sanni and Adeyinka (2018) who explains that people with higher education were more likely to go for contraceptives than their counterparts. Thus, the level of educational attainment has significant influence on individuals in their pursuits. Suleiman (2016), also viewed that when there is good enlightenment, knowledge and information to the public about recreation and tourism, individuals can be encouraged to actively get involved. The findings of this study was corroborates Abdullahi and Ajani's study (2015) who maintains that an unskilled person lacks not only the practical ability, but also the required knowledge necessary for a successful performance.

**Table 4.4: Hypothesis 2:** There is no significant relationship between Security Personnel and their time for Tourism, Recreation and Leisure pursuits in North Western Nigeria

| Variable | Mean | Standard Deviation | P. Value |
|---|---|---|---|
| Time for participation | 3.1029 | .95159 | 0.000 |

The P. Value in this correlation is 0.00 < 0.05, therefore it is significant, hence the null hypothesis was rejected. This signifies that the security personnel in North Western Nigeria used to have time to participate in one form of recreational programme or another. This finding is in line with the study of Abdullahi and Ajala (2015) who asserts that when a person has time for any skill to be acquired, he will learn the skill adequately and when the skill is learnt, the person wastes no time in executing it. Legge (1970) supported this assertion when he viewed that when a person has time to acquire a skill, he becomes proficient and performing the skill has to do with production with appropriate responses to a particular problem. Other responses have to be precisely executed in time and space.

**Table 4.5: Hypothesis 3**: There is no significant relationship between Security Personnel's work and their engagement in Tourism, Recreation and Leisure pursuits in North Western Nigeria.

| Variable | Mean | Standard Deviation | P. Value |
|---|---|---|---|
| Frequent participation | 3.2116 | .90296 | 0.000 |

The P. Value in this correlation is 0.00 < 0.05, therefore it is significant, hence the null hypothesis was rejected. This denotes that there is significant relationship between Security Personnel's work and their engagement in Tourism, Recreation and Leisure pursuits in North Western Nigeria. This further signifies that their security operations do not hinder them from engaging or participating in recreation, tourism and leisure pursuits. This finding is supported by Bamitale, Jayeisimi and Ajisafe (2018) who viewed that sports and recreational programmes provide only true, visible link by which the people of the world that one goal "swifter, higher and stronger". This supported by Ajisafe (2009), that several years before the Second World War began, many Soviet athletes maintained that those who create sports for people, want a peaceful life for themselves and others. Security personnel generally engage in different sports and recreational programmes they are being used successfully to promote social inclusion, provide respite in periods of conflict, build trust and establish bridges between groups in conflict, contribute to peace in post-conflict situations and promote a culture of peace. Furthermore, International Olympic Committee (2015) maintains that when security personnel partake in sports and recreational programmes, they will help to address war related trauma and promote healing by providing safe spaces for activities that enable victims of war to regain a sense of security and normalcy.

**Table 4.6: Hypothesis 4:** There is no significant relationship betwee n Security Personnel and their knowledge of the panacea to their active engagement in Tourism, Recreation and Leisure pursuits in North Western Nigeria.

| Variable | Mean | Standard Deviation | P. Value |
|---|---|---|---|
| Panacea for participation | 3.0232 | .79225 | 0.000 |

**The P. Value in this correlation is 0.00 < 0.05, therefore it is significant, hence the null hypothesis was rejected.** This explains that Security Personnel in North Western States are well informed of the solutions or remedies for all difficulties preventing them from participation in Tourism, Recreation and Leisure activities and programmes, hence their active involvement. This corroborates the view of United Nations (2005) that sports and recreational programmes have long been bringing people together and providing social and health benefits. Not only does it have impact on the security personnel's physical fitness, but also instils healthy lifestyle among security personnel and helps them remain active at all times, and by being intermediaries between hostile nations, creating openings for dialogue.

**Conclusion and Recommendations**

Based on the findings of this study, it was concluded that there were significant relationships between Security Personnel and their knowledge of tourism, leisure and the panacea to their active pursuits in North Western Nigeria. Therefore, the following were recommended:

i. Government should increase security welfare and funding in order to motivate the security personnel to actively participate in tourism, recreation and leisure programmes.
ii. There should be training and retraining of the security personnel on the importance of tourism participation.
iii. Government should create adequate time for security operatives to participate in tourism and make involvement compulsory for them.

iv. Government should make provision for standard recreation and leisure facilities available in all barracks and security personnel's premises in North Western Nigeria.
v. Government should make recreation and tourism participation a routine in the security operatives' annual leave, for them to always be active, refreshed and rejuvenated.

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