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Leisure motivation of people with physical and visual disabilities in Ghana

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ABSTRACT

Leisure motivation is central to the provision of leisure services especially to marginalised groups such as disabled people who may have different interests from non-disabled people. Using cross-sectional data from 536 people with physical and visual disabilities, this study assessed the leisure motivations of disabled people in Ghana. The findings suggest that the motivations of people with visual and physical disabilities were fourfold, namely competence mastery, social, intellectual, and stimulus avoidance. The influence of social motivation varied across marital status and household size, while stimulus avoidance varied by type of disability, sex, and employment status. Competence mastery and intellectual motivation varied across sex and income levels. It was concluded that the leisure motivations of disabled people in this study are based on their personal circumstances; they are heterogeneous. The study recommends that research on leisure motivation should be conducted with reference to specific context and interpreted in relation to the individual's circumstances.

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Activity; disability; Ghana; leisure; motivation

Introduction

Given that motivation is one of the key antecedents to leisure participation (Caldwell, Patrick, Smith, Palen, & Wegner, 2010), it has been widely studied within the broader context of leisure and tourism (Kyle, Absher, Hammitt, & Cavin, 2006). Moreover, understanding the reasons why people engage in certain leisure and travel behaviours is central to furthering knowledge on leisure and tourism behaviour. The issue of why people engage in certain leisure behaviour is equally of value to leisure service providers because it tends to inform them of the needs, desires, and aspirations of individual participants which ultimately help them to tailor their services.

The concept of leisure has been the subject of discussion for a long time. Leisure has been defined in various ways. Within the context of this study, leisure is used to refer to freely chosen activities that are undertaken during one's 'free time'. Free time in itself can be described from the functional perspective, and thus it is considered as a time when all obligations are at a minimum (Sievänen, Pouta, & Neuvonen, 2007). Any kind of activity that is freely chosen as a source of preoccupation and provides some kind of amusement or enjoyment to the individual during his or her 'free time' can be regarded as leisure activity (Sievänen et al., 2007).

Despite efforts to explore knowledge on leisure motivation, the concept of motivation still remains a central theme in leisure discourse (Kyle et al., 2006). Modern societies keep evolving and so do the leisure aspirations of its constituents. Leisure motivational studies serve as the cornerstone upon which leisure spaces can be appropriately contextualised and designed. The leisure aspirations inform the kind of activities that may be undertaken in order to satisfy such desires thus serving as the blueprint that guides the design of leisure spaces.

Besides this, leisure motivation pertains to specific sub-populations and hence the need to broaden the scope of leisure motivation studies to cover different segments of society. In this regard, certain caveats are still eminent in the discussions on leisure motivation particularly amongst disabled people. Leisure researchers have shied away from delving into leisure motivation amongst disabled people despite the ability of such studies to offer meaningful insights into their leisure behaviour (Aitchison, 2009). The very foundations of disability (especially as rooted in the social model) have centred on the kind and nature of constraints (psychological, political, social, economic, and environmental) experienced by disabled people (Darcy, 2011). Disabled people are often thought to be constrained in all spheres of life including leisure. Commensurate with this view, much of the studies on disabled people in the context of leisure have centred on their constraints especially in the domain of outdoor leisure spaces (Darcy, 2011; Darcy, Cameron, & Pegg, 2010; Darcy & Taylor, 2009). Additionally, much of the empirical studies on leisure amongst disabled people have been situated in developed western countries, which have different sociocultural, political, and economic structures to that of developing countries. Developing countries especially those in Africa have strong sociocultural connotations about leisure and leisure behaviour which associate leisure with idleness and frivolity (Yankholmes & Lin, 2012). Consequently, the objectives of this study are to identify the leisure pursuits of disabled people in the Kumasi Metropolis of Ghana, explore their leisure motivations, and examine how leisure motivation differ across their socio-demographic characteristics.

Leisure motivation

Leisure motivation can be defined as a need, reason, or desire that stimulates involvement in a leisure activity (Crandall, 1980). In leisure studies, motivation has been addressed in numerous ways (Beard & Ragheb, 1983; Iso-Ahola, 1980; Mannell & Kleiber, 1997; Neulinger, 1981). Leisure motivation has been discussed as an innate desire (individual participants' perspective) and socio-cultural perspective (where an individual is stimulated to undertake leisure for enhancement of social and cultural status).

Iso-Ahola (1980) demonstrates that individuals' leisure participation is based on approach (seeking) and avoidance (escaping) motivations, both of which have personal and interpersonal dimensions. Thus, leisure motivation based on this conceptualisation is twofold: whether the individual is seeking to satisfy a need or desire which is lacking or he/she engages in leisure as a solace from a certain lifestyle and environment. This is similar to the push-pull theory popularly applied in leisure and tourism. Dann's anomie and ego-enhancement theory (1977) and Crompton's socio-psychology and alternate cultural theory (1979) laid a solid foundation for the push-pull theory. While push factors are related to the internal and psychological issues that drive individuals to engage in leisure, pull factors are the specific attributes or situational aspects of a leisure activity or space that attracts a leisure participant (Brown & Lehto, 2005; Yoon & Uysal, 2005). While the push factors can be described as approach (seeking) motivations, the 'pull' factors are similar to avoidance (escaping) motivations as described by Iso-Ahola (1980).

Nonetheless, leisure motivation has further been discussed along the intrinsic-extrinsic motivational theory. Neulinger (1981) suggests that three levels of motivations are associated with leisure participation, namely extrinsic motivation, intrinsic motivation, and a combination of intrinsic and extrinsic motivations. Extrinsic motivation involves participation in an activity because of 'some payoff from the activity' (Neulinger, 1981, p. 17). Intrinsic motivation on the other hand involves participation in an activity because of the activity itself. A midpoint between intrinsic and extrinsic

motivations exists where an individual may engage in leisure partly for the sake of the activity while at the same time expecting some benefits from the activity.

Further, the needs-based theories mostly drawing on Maslow's (1954) hierarchical need model have been borrowed to provide basis for discussions on leisure motivation. This approach suggests that an individual's motivation to engage in leisure systematically moves with the level of his or her previous leisure engagements and life stages (Pearce & Lee, 2005). Thus, leisure is first and foremost viewed as a higher order need that leads to self-actualisation. Also, one's motivation to undertake leisure is invariably related to the satisfaction with previous leisure experience. Examples of such needs-based theories of leisure motivation include Pearce's Travel Career Pattern and Lawler's expectancy-value model. Lawler's (1973) expectancy-value model stipulates that human action is driven by physiological and psycho-social needs hence engagement in leisure is underlined by the desire to achieve certain psychological and social needs.

The conceptualisation of leisure motivation along the axis of seeking–escaping and push–pull is useful and has contributed greatly in furthering knowledge as well as designing of marketing strategies by service providers. Leisure is however and in most cases seen as performing a social function rather than serving a commercial interest (Park & Yoon, 2009; Sangpikul, 2008). This is especially so in the case of marginalised groups and minorities in societies. In the case of disabled people, leisure is often used as a social space that allows them to express themselves. To, therefore, conceptualise their leisure motivation along the realms of motivational theories that are originally pinned to market values may not serve their interests. Leisure motivation should be conceptualised to reflect the social function of leisure in the lives of disabled people. Consequently, the market-oriented conceptualisations of leisure motivation may not adequately reflect the realities of disabled people especially those living in Ghana.

In addition to the above, the traditional conceptualisation and study of leisure motivation is couched in the realm of non-disabled people and thus not sympathetic to the circumstances of disabled people. Even though not explicit within much of the theoretical assumptions of leisure motivation, there is an implicit thought that equates leisure motivation to only non-disabled people. Leisure motivation is a product of the broader sociocultural, economic, and political contexts, which define people's daily lives (Park & Yoon, 2009). These daily life experiences help to construct and shape behaviours in specific contexts including leisure. Disabled people face a disproportionate amount of psychological, physical, sociocultural, economic, and political barriers in their lives (Darcy & Taylor, 2009). These barriers translate into how disabled people construct their leisure, which ultimately influences their motivations for engagement. Consequently, the leisure motivations of disabled people can be conceived to be at variance with that of non-disabled people since the leisure context of the disabled is different from that of the non-disabled. There is, therefore, the need to have a deeper and more encompassing knowledge of leisure motivations of disabled people by not relying on the over-simplistic seeking–escaping, push–pull, and intrinsic–extrinsic motivational theories. For these reasons, this study is of the view that the leisure motivation of disabled people should be understood from their personal perspectives, hence the application of the Leisure Motivation Scale (LMS) (Beard & Ragheb, 1983).

Scope and context of disability in Ghana

In Ghana, three per cent (737,743) of the populace live with disability (Ghana Statistical Service [GSS], 2014). The forms of disability experienced by the three per cent of the population include visual, hearing, speech, physical, intellectual, emotional, and multiple disabilities. Disabled people in Ghana generally experience social exclusion, stigma, and marginalisation (GSS, 2014). Sociocultural perceptions of most Ghanaian societies have been identified to be at the heart of such negative treatments handed to disabled people (GSS, 2014; Naami, Hayashi, & Liese, 2012). Misconceptions and myths surrounding disability are rooted in the cultural belief systems. Most often, disability is constructed by culture as something inherently negative and disabled people viewed as people who are cursed by the gods or punished by a deity for sins either committed by the person or a relative (whether dead or alive) (Naami et al., 2012). Consequently, it is believed that any association with a disabled person can

incur the wrath of the deity (gods) who will inflict the individual with similar disability. This belief has, therefore, given non-disabled people a reason to shun disabled people which has led to their exclusion in all spheres of life including leisure.

In most Ghanaian societies, certain animals such as crocodiles, snakes, and other totems are believed to possess special powers and any mishandling of such animals can cause one to give birth to a disabled child (Avoke, 2002). In some instances, disabled children are viewed as children of the forests and rivers (gods) and as such are seen as 'spirit' children who are often killed in the name of returning them to their 'spirit' world (Kassah, Kassah, & Agbota, 2012; Naami et al., 2012). Other explanations ascribed to disability include witchcraft and sorcery (Agbenyega, 2003). As a result of these negative sociocultural connotations attached to disability, non-disabled people usually assign derogatory labels to disabled people, which lead to their discrimination and isolation. Disabled people's participation in social life including leisure is, therefore, limited as compared to non-disabled people. Disabled people are generally made to rely on their family members for survival and all other aspects of social life. This dependence further limits the leisure opportunities of disabled people. Access to outdoor leisure spaces remains exclusive to non-disabled people based on the non-friendliness of the physical environment and lack of assistive devices and services (Kassah et al., 2012).

In order to ensure inclusion and improve on access and quality of life of disabled people in Ghana, the Persons with Disability Law (Act 715) was passed in 2006 to give legal backing to the rights of disabled people in the country. The Law covers a wide range of areas related to the well-being of disabled people including access to medical care, education, transportation, and employment. Amongst the rights of disabled people guaranteed under the law, are access to public places, services, and social activities including leisure. Ramps and lifts are to be provided while sign language and special attention are to be paid to the needs of disabled people. However, despite the law's empowerment of individuals and organisations to prosecute people who fail to ensure the inclusion of disabled people, very little improvement has been achieved in the lives of the disabled.

In terms of the economic and social contexts of disability in Ghana, much remains to be done and achieved to ensure access and participation (GSS, 2014). The poverty situation of disabled people in Ghana is more severe compared to non-disabled persons (GSS, 2014). In terms of the economic situation, many disabled people live in extreme poverty with high degree of unemployment and under employment, and they continue to face discrimination in the job market (Naami et al., 2012). This situation is worse for women with disabilities, as they experience multiple disadvantages on account of gender and disability (Kassah et al., 2012).

Information, communication, and assistive devices that can offer disabled people new possibilities to achieve independent living and participation in social activities such as leisure are not available to them in the country (GFD, 2008). The deaf/hearing impaired hardly get access to public information as both national and private information and communication service providers ignore their needs (with the exception of sign language provided by Ghana Television during major news bulletins). The National Media Commission (NMC) does not oblige television stations to provide a sign language inset in all newscast or other programmes of national interest (Naami et al., 2012).

Theoretical framework

Lawler's (1973) expectancy-value model has been chosen to serve as the theoretical underpinning of this study. This theory suggests that human action is driven by the pursuit of specific physiological and psycho-social outcomes. Thus, this theory stipulates that individual motivation to engage in an activity or action is driven by both physiological and psycho-social motives. These physiological, psychological, and social drivers are the values that the individual expect to achieve from an engagement. In his examination of motivation within the context of organisational behaviour, Lawler (1973) suggested that motivation can be viewed as a hierarchy of instrumental and terminal expectations. Instrumental expectations refer to the relationship between effort (e.g. absentee rate, production rate) and performance outcomes (e.g. more pay, more praise), which lead to terminal outcomes that are

valued long-term goals (e.g. social recognition, family solidarity, high social affiliation). In the context of leisure, a leisure participant will be driven by instrumental expectations (the relationship between efforts such as participation frequency, time spent on activity, and the outcomes such as satisfaction with the leisure experience). This will lead to terminal outcomes such as the friendship developed during leisure, social recognition for engaging in leisure, and social affiliations.

This study, therefore, stipulates that a disabled person undertakes leisure for the physiological, psychological, and social benefits. In this theory, Lawler implied that behaviour is a rational process directed towards logical functional ends. With regard to disabled people, their exclusion and marginalisation in most social spaces in Ghana imply that their social and psychological needs have been starved. Compared to other motivational theories, the Lawler's expectancy theory sees motivation as a desire to achieve functional needs that are geared towards improving the general well-being rather than satisfying a specific innate need especially in the case of the push-pull theory. This value of Lawler's expectancy theory endears it to this study since it places the leisure of disabled people as a function of their general social, physiological, and psychological well-being. Ultimately, the value that disabled people hold with regard to their expectations of what leisure can contribute to their lives will constitute their motivation for engaging in leisure.

Nevertheless, the critiques of this theory are not far-fetched. First, this theory assumes that all human beings are rational and thus will act in a manner that will make them achieve functional benefits. The concept of 'rationality' in the study of human behaviour has proven to be problematic and what is often considered rational is not pervasive. People tend to be motivated by different things depending on the circumstances that they find themselves. In the case of leisure motivation, leisure participants may be influenced by the 'significant other effect' where they may be coerced into undertaking an activity without necessarily perceiving any direct benefit or reward as predicted by Lawler. In addition to this, the constraints placed on individuals by the 'structure' or society sometimes limits the person's ability to act rationally. To assume that the individual can act rationally at all times is to equate social values and norms to a perfect market situation where there are no limitations and expectations as well as societal controls. Despite these critiques, the expectancy-value theory is considered suitable for this paper when compared to the needs-based theories.

Study method

Study setting

The study setting is Ghana in West Africa. Specifically, the study was conducted in the Kumasi Metropolis of Ghana. The Kumasi Metropolis is the second largest city in Ghana after the national capital (Accra). As a result of its important transportation function, the city has attracted commerce from within Ghana and other West African countries. Additionally, the city has attracted a lot of internal migrants in the country including disabled people. The city is described as the cultural city of Ghana and thus hosts the headquarters of the National Cultural Centre in Ghana. However, the same culture has been criticised for providing the basis for discrimination and marginalisation of disabled people. The two categories of disabilities with the highest proportion of disabled people in the Metropolis are visual and physical disabilities. For this reason, the study focused on people who are visually and physically disabled in the Metropolis.

Data collection

Data for the study were based on a sample of 554 disabled people in the Kumasi Metropolis of Ghana. A questionnaire was used to collect data for the study. The data collection exercise was undertaken during the months of August and September, 2014. To arrive at the sample, a stratified random sampling procedure was adopted. First, the list of all disabled people in the two categories of disabilities

was obtained from the Ghana Association of the Blind (GAB) and the Ghana Society of the Physically Disabled [GSPD]).

The list of the registered members of each of these associations in the Kumasi Metropolis was obtained from the associations' branches in the city. The sample size of 554 was then proportionally distributed amongst the two categories of disabilities. After this, the sample for each type of disability (visual and physical) was grouped into strata using sex as the stratification variable. This was done in order to ensure a proportional allocation of the sample to both male and female disabled people in each of the two categories of disability. Finally, a systematic random sampling technique was used to draw the sample from the list of disabled people at a sampling interval of 18th element. The sampling interval was arrived at by dividing the sample size for each category by its total population.

The questionnaire (interview schedule) was administered with the aid of two field assistants. These two field assistants were masters' students in Tourism Management. The bi-monthly meetings of the two associations were used as the focal points for the data collection exercise. Whereas GAB meets on the first and third Saturdays of every month, GSPD meets on the second and fourth Saturdays of every month. At the meetings, the sampled individuals of the various associations were drawn and the questionnaires were administered to them. Sampled individuals who could not read and write in English were guided by the field assistants. Thus, the questions were translated into the local language of Twi and their responses were then recorded. The design of the questionnaire (interview schedule) in English Language was necessitated by the fact that English Language is the official language in Ghana. Accordingly, even though the local language of Twi is studied in schools, it is not as widely studied and spoken like the English Language and as such English Language is the medium of instruction at all educational levels in Ghana. Consequently, even though residents of the Metropolis are only fluent in speaking the Twi Language but not in reading and writing. Ultimately, it would have difficult or impossible for them to read and understand the content of the questionnaire even if it was designed in the Twi Language hence the adoption of English Language. Sampled individuals who were not present at any of these meetings were followed up to their homes and the questionnaires were administered to them. However, before undertaking the home visits, the individuals were contacted through telephone calls (explaining the rationale of the study to them) and only those who expressed readiness to participate in the study were visited.

As part of the data collection and management routine, the anonymity of the respondents was guaranteed by ensuring that no identifier information from the respondents was linked to the data. In other words, information that will enable the data to be linked to the identity of the individuals such as house address, names, and telephone numbers was not linked to their responses. Confidentiality is another key trust of the study and it was observed by making sure that the data are only available to the researcher (who is non-disabled Ghanaian and assistant lecturer at a Ghanaian university) and as such it is stored on an external hard drive with a password. Further, the two master's students who helped in the data collection exercise were duly recruited and paid for their labour. In specific terms, the availability of such opportunity was advertised. However, suitability was restricted to postgraduate students who have background in leisure, tourism, or disability studies. Four master's students were then shortlisted and taken through training and mock examination after which the two were selected. The recruitment of the two field assistants was in line with the ethical standards of the University's ethical review board.

Research instrument

These data were part of a PhD study. However, data from three sections of the questionnaire were used in discussions in this paper. The first section of the questionnaire measured the leisure activities of the disabled people. Under this section, the disabled people were asked to list the leisure activities they frequently undertook on weekly basis. Additionally, the disabled people were asked to indicate the frequency of participation in each of the activities as well as the average amount of time spent on

each activity. The second section of the questionnaire measured leisure motivations of the disabled people. Under this section, the LMS developed by Beard and Ragheb (1983) was adopted.

This scale comprises four main constructs, namely social motivation, intellectual motivation, competence mastery, and stimulus avoidance. Social motivation refers to the motivation of individuals to engage in social activities such as seeking friendship or interpersonal relationship. Intellectual motivation refers to the motivation to pursue activities that are mentally stimulating such as learning, exploring, discovering, creating, or imagining. Competence mastery refers to the individuals' motivation to engage in leisure activities in order to gain a sense of achievement, mastery or to overcome a challenge. Lastly, stimulus avoidance measures individuals' desire to engage in leisure activities in order to escape from the demands of daily life. Each of these constructs had a number of sub items used to measure the construct. The LMS was chosen because it offered an in-depth means to capture leisure motivation as compared to the more simplistic 'push-pull' or intrinsic-extrinsic approaches. Again, the LMS has been used in different leisure contexts and has proven to have high degree of reliability and validity (Mohsin & Ryan, 2007). Additionally, the LMS's structure is consistent with the theoretical underpinning of this paper as it measures the social, psychological, and physiological drivers for undertaking leisure. The scale was constructed on a five-point Likert scale ranging from strongly disagree to strongly agree. The other section of the questionnaire captured the socio-demographic characteristics of the disabled people. Some of the socio-demographic characteristics measured include sex, age, religion, educational attainment, employment status, monthly income, and ethnicity.

Data analyses

The Statistical Package for Service Solutions was used to process the data. The independent samples *t*-test and one way analysis of variance (ANOVA) were used to analyse the data. The independent samples *t*-test and the ANOVA were used to assess the variations in leisure motivations across the socio-demographic characteristics of the disabled people. Prior to the application of the analytical tools to the data, the data were explored for reliability and validity with the Cronbach alpha coefficients. The reliability test revealed that the scaled items have Cronbach alpha coefficients ranging .76-.90 which indicated high string reliability since it met the minimum threshold of .70 (Pallant, 2005). Additionally, the test of homogeneity of variance was conducted with the Levene's test, and the result had a significant value of .321 which is greater than .050, and thus the data were deemed suitable for the analysis of variance (Pallant, 2005). Other assumptions of multi-collinearity and normality were also checked and not violated.

Study results

Profile of the sample

The sample was dominated by the visually disabled (61.6%) who were females (51.2%) aged between 40 and 59 years (49.2%). Disabled people who were either separated or divorced from their spouses (previously married) constituted the majority of the sample (Table 1). Most of the disabled people (75.7%) were Christians. A little over half of the sample was employed (51.4%) and most of the employed were self-employed (63.5) in occupations such as petty trading, 'shoe making' (local name for someone who mends torn shoes or polishes them for money), and dress-making (tailors and seamstresses). The majority of the disabled people (55.8%) lived in households with five people or less while over half of them (68.5%) belonged to the Akan ethnic group.

Leisure pursuits of disabled people

Eleven activities were found to be popular amongst the respondents (Table 2). About 16.8 per cent engaged in chatting followed by listening to music (15.2%), watching television (14.0%), listening to

Table 1. Profile of the sample.

Socio-demographic characteristics	<i>N</i>	Per cent
Impairment category		
Visual	330	61.6
Physical	206	38.4
Sex		
Male	262	48.8
Female	274	51.2
Age (years)		
20–39	139	26.0
40–59	264	49.2
60+	133	24.8
Marital status		
Never married	194	36.1
Married	131	24.5
Ever married	211	39.4
Education attainment		
No formal education	190	35.4
Basic	187	34.8
Secondary	72	13.5
Tertiary	87	16.3
Religious affiliation		
Christianity	406	75.7
Islam	130	24.3
Employment status		
Employed	276	51.4
Unemployed	260	48.6
Present occupation (employed; <i>n</i> = 285)		
Self-employed	181	63.5
Employees	104	36.5
Household size		
1–5	299	55.8
6–10	136	25.4
10–15	101	18.8
Ethnic orientation		
Akan	367	68.5
Mole-Dagbani	62	11.6
Ewe	67	12.4
Other northern tribes	40	7.5

Table 2. Leisure pursuits of the disabled.

Leisure activity	<i>N</i>	Per cent	Rank	Average time used (hours)
Chatting	278	16.8	1	2.0
Listening to music	251	15.2	2	2.8
Watching television	231	14.0	3	2.6
Listening to radio	187	11.3	4	2.4
Sleeping	164	9.9	5	2.3
VFR	151	9.2	6	1.9
Meditation	148	8.9	7	2.0
Reading	77	4.7	8	2.4
<i>Ludo</i>	61	3.7	9	2.1
<i>Oware</i> ^a	53	3.2	10	2.3
<i>Draft</i>	51	3.1	11	2.5
Overall	1652 ^a	100.0		2.3

^aMultiple choice apply.

Table 3. Leisure motivation.

Motivation	Agree	Neutral	Disagree	<i>M</i> ^a	<i>SD</i> ^b	Cronbach <i>a</i>
Intellectual	79.8	6.20	14.0	3.09	.68	.80
Expand my interests	80.8	5.0	14.2	3.21	.66	.81
Learn about myself	79.0	7.0	14.0	3.08	.69	.78
Expand my knowledge base	81.3	6.5	12.2	3.33	.64	.79
Explore new ideas	78.2	5.5	16.3	2.88	.70	.83
Use my imagination	79.6	7.1	13.3	2.93	.72	.81
Competence mastery	81.8	6.1	12.1	3.20	.69	.79
Develop fitness	88.1	3.2	8.7	3.49	.65	.77
Challenge my abilities	82.3	5.4	12.3	3.36	.68	.79
Improve skills abilities	90.9	2.3	6.8	3.63	.62	.77
Be active	72.5	9.3	18.2	2.74	.77	.82
Feeling of achievement	75.0	10.4	14.6	2.76	.75	.80
Stimulus avoidance	80.5	6.7	12.8	3.04	.74	.80
Avoid hustle of life	86.8	5.6	7.6	3.41	.66	.81
Relieve stress	82.6	7.1	10.3	3.12	.69	.78
Be in a calm atmosphere	80.1	6.3	13.6	3.05	.73	.79
Do something simple and easy	76.3	7.2	16.5	2.80	.81	.79
Need to be alone	76.7	7.5	15.8	2.81	.79	.81
Social	83.4	5.6	11.0	3.24	.62	.82
Interact with others	87.4	4.3	8.3	3.41	.60	.83
Build friendship	86.6	4.2	9.2	3.40	.63	.81
Influence others	79.8	7.6	12.6	3.08	.58	.79
Gain others respect	79.0	5.7	15.3	2.99	.68	.81
Reveal my thoughts and feelings	82.0	7.4	10.6	3.13	.62	.84
Feeling of belonging	90.9	2.1	7.0	3.72	.55	.82
Satisfy my curiosity	78.2	7.7	14.1	2.92	.71	.82

Notes: Scale: .0–.49 = neutral, .50–1.49 = strongly disagree, 1.50–2.49 = disagree, 2.50–3.49 = agree, 3.50–4.0 = strongly agree.

^aMean.

^bStandard deviation.

radio (11.3%), sleeping (9.9%), visiting friends and relatives (VFR) (9.2%), meditation (8.9%), reading (4.7%), playing ludo (3.7%), playing 'aware' [local board game] (3.2%), and playing draft (3.1%).

Leisure motivation

A review of the descriptive scores shows that social motivation dominated amongst the respondents (mean = 3.24), followed by competence mastery (mean = 3.20), intellectual motivation (mean = 3.09), and stimulus avoidance (mean = 3.04) (Table 3).

Leisure motivation by socio-demographic characteristics

Statistical significant difference was noted between competence mastery and type of disability (visual/physical) ($t = 1.45$; $p < .050$) (Table 4). While the visually impaired were motivated by competence mastery (mean = 1.89), the physically disabled were not (mean = 1.09). Similarly, the t -test revealed that there was a significant difference between stimulus avoidance and type of disability ($t = 1.09$; $p < .010$).

Significant variation was also observed between intellectual motivation and sex ($t = 1.47$; $p < .010$). Whereas disabled females indicated they were motivated by intellectual desires (mean = 1.75), their male colleagues disagreed (mean = 1.19). In addition to this, the results showed that disabled males and females differed in their consideration for competence mastery ($t = 1.50$; $p < .050$). Whereas the males agreed (mean = 1.89) of being motivated by competence mastery, their female counterparts disagreed (mean = 1.12). Stimulus avoidance was also considered differently by male and female disabled people in this study ($t = 1.29$; $p < .050$). Further evidence suggested that disabled males were motivated by stimulus avoidance (mean = 1.72), whereas their female cohorts were not (mean = .86).

Table 4. Leisure motivation by socio-demographics.

Socio-demographics	N	Motivation			
		Intellectual	Competence	Stimulus	Social
Impairment category		$t = 1.40, p = .010^*$	$t = 1.45, p = .337$	$t = 1.09, p = .000^{**}$	$t = 1.65, p = .526$
Visual	330	1.81	1.36	.41	1.63
Physical	206	1.09	1.44	1.76	1.66
Sex		$t = 1.47, p = .007^{**}$	$t = 1.50, p = .011^*$	$t = 1.29, p = .027^*$	$t = 1.37, p = .602$
Male	262	1.19	1.89	1.72	1.32
Female	274	1.75	1.12	.86	1.41
Age		$F = .59, p = .672$	$F = .34, p = .851$	$F = 1.57, p = .182$	$F = .46, p = .766$
20–39	139	1.47	1.58	1.77	1.71
40–59	264	1.43	1.59	1.90	1.67
60+	133	1.44	1.64	1.78	1.62
Marital status		$F = 4.09, p = .118$	$F = 1.27, p = .280$	$F = .56, p = .816$	$F = 1.36, p = .008^{**}$
Never married	194	1.43	1.50	1.56	1.18
Married	131	1.49	1.55	1.54	1.76
Ever married	211	1.46	1.51	1.53	1.13
Educational attainment		$F = 6.49, p = .231$	$F = 8.28, p = .072$	$F = 3.20, p = .083$	$F = 2.65, p = .066$
No formal education	190	1.67	1.71	1.91	1.68
Basic	187	1.68	1.68	1.87	1.75
Secondary	72	1.64	1.62	1.81	1.62
Tertiary	87	1.71	1.73	1.69	1.59
Religious affiliation		$t = .06, p = .948$	$t = .69, p = .485$	$t = 1.56, p = .120$	$t = 1.66, p = .096$
Christianity	406	1.49	1.64	1.87	1.70
Islam	130	1.49	1.60	1.78	1.60
Employment status		$t = 1.60, p = .314$	$t = 2.38, p = .086$	$t = 1.36, p = .016^*$	$t = .80, p = .066$
Employed	276	1.57	1.23	1.89	.77
Unemployed	260	1.63	1.15	.88	.83
Income (GH¢)		$F = 1.33, p = .001^{**}$	$F = 1.42, p = .000^{**}$	$F = 3.05, p = .222$	$F = 1.00, p = .314$
<100	223	1.86	1.11	1.33	1.70
100–199	57	1.73	1.02	1.26	1.64
200–299	63	1.13	1.06	1.23	1.88
300–399	69	1.06	1.71	1.11	1.52
≥400	60	.89	1.61	1.31	1.66
Household size		$F = 2.06, p = .129$	$F = 9.99, p = .231$	$F = .12, p = .881$	$F = 1.26, p = .007^{**}$
1–5	309	1.46	1.64	1.84	1.73
6–10	141	1.50	1.76	1.87	1.01
10–15	104	1.57	1.74	1.83	1.03
Ethnic orientation		$F = 1.89, p = .251$	$F = 1.76, p = .087$	$F = 3.21, p = .111$	$F = 2.26, p = .061$
Akan	367	1.24	1.65	1.11	1.56
Mole-Dagbani	62	1.12	1.79	1.02	1.61
Ewe	67	1.10	1.83	1.18	1.59
Other northern tribes	40	1.29	1.75	1.10	1.55

Notes: .0–.49 = neutral, .50–1.49 = disagree, 1.50–2.0 = agree.

*Significant at $p < .050$; **Significant at $p < .010$.

Another statistically significant difference was observed between social motivation and marital status ($F = 1.36; p < .010$). Disabled people who were never married (mean = 1.18) as well as those who were separated or divorced (previously married) (mean = 1.13) were not concerned with social motivation while those who were married were concerned with social motivation. Additionally, a significant difference observed was related to employment status and stimulus avoidance ($t = 1.36; p < .050$). The employed indicated that they were motivated by stimulus avoidance (mean = 1.89) while their unemployed colleagues were not (mean = .88). The results further established that relatively lower income earners (GH¢299 or less) were motivated by intellectual desires, whereas those who earned GH¢300 or more were not. Also, those who earned below GH¢300 were not motivated by competence mastery while those who earned more than GH¢300 were motivated by competence mastery (Table 4). Additionally, there was a significant difference between competence mastery and income levels ($F = 1.42; p < .010$) and between social motivation and household size ($F = 1.26; p < .010$).

Discussion

Leisure is an important component of every society and amongst every sect of the population. As such, it is undertaken and enjoyed through a myriad of activities. As revealed in this study, the disabled people like their non-disabled counterparts enjoyed their leisure through a number of activities. However, many of the activities undertaken by the disabled people in this study are passive and similarly enjoyed by non-disabled people. Other studies in the Ghanaian context amongst non-disabled people (e.g. Abugbire, 2013; Adam, 2014; Adam, Hiamey, & Afenyo, 2014; Yankholmes & Lin, 2012) have established similar activities to those revealed in this study. To this end, it can be argued that the dependence of most disabled people in Ghana on their non-disabled family members and friends (Naami et al., 2012) could have accounted for this pattern. Thus, leisure of disabled people can be said to be modelled on that of their non-disabled peers. Given the fact that societal structures as well as structural power dynamics are defined by the powerful in society for marginalised groups, the non-disabled family members and friends of disabled people could have similarly defined and shaped the leisure of the disabled. This finding further raises a question regarding the level of 'freedom' of 'choice' for disabled people in their leisure spaces.

Stebbins (2005) argues that people, especially the marginalised, lack significant choice in their leisure since much of what they come to regard as leisure is defined and shaped by social structures. In view of this, not only does the issue of 'leisure freedom' and 'choice' matter when defining and studying leisure motivation amongst disabled people, but there is the need to relate the leisure lifestyles of disabled people to their specific context. In specific terms, the revelation in this study is an indication that the disabled people are limited in terms of their leisure freedom and resources in undertaking a variety of outdoor and active activities. Contextually, another constraining factor to the leisure opportunities of the disabled is the inaccessibility of the physical environment. Despite the passage of the Persons with Disability Law (Act 715), much of the physical environment in Ghana remains inaccessible to disabled people (GSS, 2014).

With regard to leisure motivation, it has become apparent that disabled people's motivation goes beyond the two-dimensional needs-based theories. The study's findings suggest that all four dimensions of motivation (social, stimulus avoidance, competence mastery, and intellectual) mattered. This implies that the LMS is useful in measuring the leisure motivations of disabled people. More importantly, this study has shown that leisure motivation of disabled people needs to be studied from their perspective rather than that of service providers' as has been the case with the needs-based theory. Disabled people's reality is far from what is experienced by non-disabled people. These life experiences have a bearing on individual constraints and desires and impact on motivation in leisure. Ultimately, disabled people experience enormous societal barriers in their lives, and for that matter to understand their leisure motivation, there is the need to resort to more personalised motivational theory. Again the findings of this study suggest that leisure motivations are not as universal as they are assumed to be. In other words, leisure motivations pertain to the broader social context and each population has a different social context or what structuralist describes as 'structure'. Consequently, leisure motivations need to be personalised to the group studied since their specific characteristics can predispose them to a unique set of motivations.

The findings of this study indicate that there is no homogeneity in terms of leisure motivation even amongst the same population group. This finding is imperative in the sense that previous studies (Beard & Ragheb, 1983; Brown & Lehto, 2005; Iso-Ahola, 1980; John & Donald, 2011; Neulinger, 1981; Park & Yoon, 2009; Pearce & Lee, 2005; Sangpikul, 2008), and motivational theories tend to suggest that motivational constructs and theories can be applied regardless of the group of people. However, in the course of this study, it has come to the fore that amongst disabled people, leisure motivations tend to vary across socio-demographic. For instance, perceptible difference was observed in stimulus avoidance as a motive and sex.

One subtle but notable undertone of these findings points to the circumstantial nature of leisure motivation amongst disabled people. Some of the background characteristics that appeared to be

related to the differing motivations amongst the disabled people are indicators of specific social-cultural and economic circumstances that they find themselves. For instance, income relates to both the social and economic status of individuals in society. Consequently, one's income level tends to predispose the individual to certain socio-economic conditions that draw him or her to a certain type of motivation. The reason for the differences could be that disabled people who earned higher income had more exposure to communal matters than those who earned less. Ultimately, the less exposed the individual is, the higher the tendency of that the person being motivated by intellectual desires. Again, household size is also an indicator of the level of social support or otherwise that a disabled person may receive and thus has implications for a specific leisure desire. The opportunities presented by social members, particularly family members, are very crucial in the development of leisure preferences (Naami et al., 2012). For disabled people, in particular, members of the extended family do not only provide leisure alternatives and serve as co-participants, but they also stimulate interests and participation in leisure. Also, the variation of social motivation amongst disabled people of different marital statuses connotes the responsibilities and expectations of marriage institutions in Ghana and their implications for leisure. In most Ghanaian societies, when one marries the relations of the individual extends to include that of the partner. Consequently, the family size of the married individual increases and so does his or her social obligations. Married couples are expected to use their 'free time' in satisfying social obligations including VFR, attendance of funerals, naming ceremonies, and weddings.

Conclusions

Based on the findings of this study, the following conclusions are drawn. First, disabled people in Ghana participate in leisure activities that reflect a spectrum of pastime activities that are popular amongst mainstream Ghanaians. A comparison of the activities undertaken by the disabled people reveals that they are similar to that of non-disabled people. This may be an indication that disabled people lack 'significant choice' in their leisure and thus have to settle for what has been constructed by the non-disabled people in society. Further, disabled people's leisure motivations are defined and shaped by their background characteristics. Leisure motivation can be said to be contingent on individual circumstances since personality traits define the kind of motivation that drives an individual to engage in leisure. These personal circumstances can be viewed in relation to the sociocultural, economic, political, and technological contexts of the individual. In relation to the above, leisure motivation of the disabled can be said to be heterogeneous since their personal circumstances varied. This suggests that leisure researchers should not generalise leisure motivation amongst the same segment but rather seek out variations. Lastly, the use of the questionnaire (interview schedule) has afforded this study the opportunity to use the LMS. In other words, the use of the questionnaire has enabled the capturing of the general patterns as pertaining to the leisure motivation of disabled people. Nevertheless, in order to establish a more personalised and in-depth perspectives behind the general patterns as has been observed in this study, future studies can employ in-depth interviews to this effect.

Disclosure statement

No potential conflict of interest was reported by the authors.

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