

# [In bonding because of strong emotional ties and](https://assignbuster.com/in-bonding-because-of-strong-emotional-ties-and/)

In a study of the benefits of the use of campus recreation, Henchy (2011) found that the campus recreation facilities and programsinfluenced both students’ decision to attend (28% of students) and to continueto attend the university (31% of students). In addition, in Miller’s (2011)study of the influence of campus recreation facilities on social belonging andstudent retention, he found that students reported that the campus recreationcenter provided place bonding because of strong emotional ties and helpedstudents to develop social bonds with others. The results indicated that ofstudents surveyed who had previously used any of the campus recreationfacilities or programs, 85% completed the survey, and of students surveyed whohad never used the campus recreation facilities and programs 94% completed thesurvey. The results showed that more graduate students responded that they hadnot used any of the campus recreation facilities or programs (18%) whencompared with undergraduate students.

The majority of students (65% of undergraduate and 64% ofgraduate students) responded that they currently participated in some type ofphysical extracurricular activities, and 90% of undergraduate and 82% ofgraduate students reported they had previously used the campus recreationfacilities and programs. The bulk of students responded that they enjoyedparticipating in campus recreation facilities and programs (97% ofundergraduate and 91% of graduate students strongly agreed or agreed). Themajority of respondents (99% of undergraduate students and 95% of graduatestudents) strongly agreed or agreed that campus recreation facilities andprograms improved the quality of student life at the university. Finally, 41%of undergraduate students and 30% of graduate students reported that theiracademic performance strongly or moderately improved from participating incampus recreation services and programs.

Furthermore, when students were askedhow they most often used the campus recreation facilities, 34% of undergraduateand 52% of graduate students used campus recreation facilities alone, 50% ofundergraduate and 39% of graduate students used campus recreation facilitieswith a partner, and 16% of undergraduate and 9% of graduate of students usedcampus recreation facilities with two or more people.  When examining who used the campus recreation facilities andprograms, the results demonstrated that there was a statistically significantdifference between undergraduate and graduate students’ participation in campusrecreation, with fewer undergraduate students reporting they had never used thecampus recreation facilities and programs. One potential reason for thedifference between undergraduate and graduate students in their level ofimprovement in respect is that involvement in campus recreation may haveallowed undergraduate students to interact with diverse groups of students (whothey may not have previously interacted with in their hometowns), thusincreasing their respect for others. Since both undergraduate and graduatestudents perceived benefits from participating in campus recreation, universities may want to consider ways to reach out to graduate students to getthem involved in campus recreation such as speaking at graduate schoolorientation.