

In bonding because  
of strong emotional  
ties and



**ASSIGN  
BUSTER**

In a study of the benefits of the use of campus recreation, Henchy (2011) found that the campus recreation facilities and programs influenced both students' decision to attend (28% of students) and to continue to attend the university (31% of students). In addition, in Miller's (2011) study of the influence of campus recreation facilities on social belonging and student retention, he found that students reported that the campus recreation center provided place bonding because of strong emotional ties and helped students to develop social bonds with others. The results indicated that of students surveyed who had previously used any of the campus recreation facilities or programs, 85% completed the survey, and of students surveyed who had never used the campus recreation facilities and programs 94% completed the survey. The results showed that more graduate students responded that they had not used any of the campus recreation facilities or programs (18%) when compared with undergraduate students.

The majority of students (65% of undergraduate and 64% of graduate students) responded that they currently participated in some type of physical extracurricular activities, and 90% of undergraduate and 82% of graduate students reported they had previously used the campus recreation facilities and programs. The bulk of students responded that they enjoyed participating in campus recreation facilities and programs (97% of undergraduate and 91% of graduate students strongly agreed or agreed). The majority of respondents (99% of undergraduate students and 95% of graduate students) strongly agreed or agreed that campus recreation facilities and programs improved the quality of student life at the university. Finally, 41% of undergraduate students and 30% of graduate students

reported that their academic performance strongly or moderately improved from participating in campus recreation services and programs.

Furthermore, when students were asked how they most often used the campus recreation facilities, 34% of undergraduate and 52% of graduate students used campus recreation facilities alone, 50% of undergraduate and 39% of graduate students used campus recreation facilities with a partner, and 16% of undergraduate and 9% of graduate of students used campus recreation facilities with two or more people. When examining who used the campus recreation facilities and programs, the results demonstrated that there was a statistically significant difference between undergraduate and graduate students' participation in campus recreation, with fewer undergraduate students reporting they had never used the campus recreation facilities and programs. One potential reason for the difference between undergraduate and graduate students in their level of improvement in respect is that involvement in campus recreation may have allowed undergraduate students to interact with diverse groups of students (who they may not have previously interacted with in their hometowns), thus increasing their respect for others. Since both undergraduate and graduate students perceived benefits from participating in campus recreation, universities may want to consider ways to reach out to graduate students to get them involved in campus recreation such as speaking at graduate school orientation.