

Recreational Tourism as a Mean of Reducing Stress in the Community - A Case Study of Alcef Riviera Amusement Park Mile 4 -Bonadikombo, Limbe Cameroon

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ABSTRACT

Some stress is normal and even useful, it can be helpful if you need to work hard or react quickly as it can help you win a race or finish an important job on time but if stress happens too often or lasts too long, it can have bad effects. Excessive job stress can be damaging to your mental health and stress can also be a trigger for someone with depression or anxiety and may cause an existing condition to worsen. With all of this it's not just your health that can suffer it can as well as affect your relationships and life outside work thus stress can increase your risk of injury, fatigue and be exhausted. It should also be noted that with busy schedules, it's easy to become overwhelmed with work and not find time for anything else thus the trick is trying to achieve a balance that promotes your overall health and the success of your career or business and this more often recreational activities could just do the magic. Employers should therefore try to provide a stress-free work environment and they should also try to recognise where stress is becoming a problem for staff and therefore take action to reduce stress. ALCEF Riviera amusement park, a private initiative is an ideal location to shake off work stress and share priceless moments with loved ones and as a recreational park its programs provide organized, structured and enjoyable activities for all ages. Swimming at the ALCEF Riviera Amusement Park in a hot town like Limbe, has always been a corrective fun activity.

Keywords: *amusement park, stress, recreation*

INTRODUCTION

Recreational programs provide organized, structured, enjoyable activities for all ages and the diverse range of recreational programs offered by public park and recreation agencies all over the world offers citizens of these countries the opportunity to develop the skills necessary to successfully and confidently engage in sports, dance, crafts and other social activities. Public recreation leagues and classes offer seniors, adults and children alike the opportunity to interact with coaches and teachers who often turn into mentors and role models. Quality recreational programs facilitate safety, good sportsmanship and community participation (www.metroparks.com).

People, who take part in park activities such as walking, hiking, or skiing, schedule fewer office visits, maintain lower body fat percentages, and have lower blood pressure and cholesterol levels. Mental wellness is critical to overall

physical health thus participating in recreational activities helps manage stress. It is therefore imperative to finding a way to balance the pressures of work and family with physical and mental wellbeing is important (Abam, 2018).

People who make recreation a priority are more likely to feel satisfied with their lives overall and It's clear that simply going outdoors and moving your body is a direct way to a happier, healthier you. Leisure activities in parks improve moods, reduce stress and enhance a sense of wellness and in this ever increasingly and complex world, more and more people are placing a high value on achieving the feelings of relaxation and peacefulness that contact with nature, recreation and exposure to natural open spaces bring (www.metroparks.com).

BACKGROUND OF ALCEF RIVIERA AMUSEMENT PARK

We all need a little fun and amusement away from home once in a while and ALCEF Riviera

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Amusement Park which is an amusement facility that has graced the Mile 4 - Bonadikombo neighborhood in the ocean city of Limbe is an ideal location to shake off the week's stress and share priceless moments with loved ones. This amusement park has prolific facilities that give room for a variety of pleasurable outdoor activities to be enjoyed by visitors of all age groups not leaving out its restaurant, an Olympic sized pool for swimming enthusiasts to flex their muscles. It also have a well equipped playground for kids, a fish pond for leisure fishing, a basket ball court, a football pitch for soccer lovers and other leisure and gaming activities in the likes of table tennis, billiards, ping-pong and many others. This amusement park also acts as a hosting ground for events and is renowned for its unique ability to blend its events with every social trend with a live entertainment is also something to look out for (www.wonderoon.com).

Swimming at the ALCEF Riviera Amusement Park in a hot town like Limbe, swimming has always been a remedial fun activity and this park therefore offers you an exciting swimming experience in their Olympic sized pool marked by its outstanding architectural magnificence. Located in a lovely environment surrounded by beautiful scenery which gives room for visitors to enjoy fun-filled moments with friends and family as well as all kids, just like Jack, need to spice up their work with a little play and a little swim. Children's fun here takes place at the fun sanctuary for various age groups as the park is well-equipped with a playground that this is lavished with fun equipments. These fun equipment range from seesaws to swing, the young low and high, play houses to climb, crawl and slide, a play castle, rocking horses which produce that exhilarating feeling only gotten from such hyper fun activity (**Abam, 2017 and www.wonderoon.com**).

LITERATURE REVIEW

Tourism has seen the incessant growth and deepening diversification to become one of the fastest ever growing economic sectors in the world and tourism industry is closely correlated to development which has encompasses a growing number of new destinations and tourism sectors and these dynamics have turned tourism into a key driver for socio-economic progress (**Abam, 2017**). Tourism as an industry has seen the creation of recreational activities that give people a great way to socialize and meet others they would normally not have contact with in

their daily lives. Like any other park in tourism destinations of the world, the Alcef- Riviera amusement park is that park with features of various attractions, such as rides and games, as well as other events for entertainment purposes and like any tourism business it need to strongly market its activities to stand tall in the marketplace (**Abam, 2017**).

Nevertheless it should be noted that some forms of recreational activities do not need to be physical at all and some non-physical recreational activities include trivia nights, card games, board games and even video games and recreation is difficult to separate from the general concept of play, which is usually the term for children's recreational activity. Children may good-humouredly imitate activities that reflect the realities of adult life and it has been proposed that play or recreational activities are outlets of or the expression of excess energy thus channelling it into socially acceptable activities that fulfil individual as well as societal needs, without need for any compulsion and providing satisfaction and pleasure for the individual or participant.

RESEARCH METHODOLOGY

This research work uses only primary data collection with the primary data relying on information gotten through the uses of questionnaires from the respondents found at the tourism establishment. Nonetheless some researchers propose that that a single research technique may use both qualitative and quantitative techniques as well as it can also use both primary and secondary data with each of them having their own strength and weaknesses (**Veal, 2006**).

FINDINGS AND ANALYSIS

Table1: Showing Recreational Tourism as a Mean of Reducing Stress in the Community- A Case Study of Alcef Riviera Amusement Park Mile 4 – Bonadikombo, Limbe Cameroon

VARIABLE	Agree (%)	Disagree (%)	Not sure (%)
Spending time with someone special	85	10	5
Breaking away from everyday work pressure	80	15	5
Relaxing	75	20	10
Spending quality time with your family	90	5	5
Meeting people with similar interest	45	50	5

Source: fieldwork 2019

In order to evaluating recreational tourism as a mean of reducing stress in the community- a case study of Alcef Riviera amusement park mile 4 – Bonadikombo, Limbe Cameroon, the researcher gave two hundred (200) questionnaires to some indigenes and lovers of the amusement park.

Looking at Spending Time with Someone Special

From table 1 above, 85% of the respondents think that spending time with someone special will lead reducing stress in the community, 10% say that they do not believe that spending time with someone special will lead reducing stress in the community and finally 5% of the respondents say they are not sure that spending time with someone special will lead reducing stress in the community.

As Concern Breaking Away from Everyday Work Pressure

From table 1 above, 80% of the respondents agree that breaking away from everyday work pressure will lead to reducing stress in the community, 15% of the respondents disagree with the above statement finally 5% of the respondents reveal that breaking away from everyday work pressure will lead to reducing stress in the community.

With Regards to Relaxing

From table 1 above, 75% of the respondents are of the opinion that relaxing will lead to reducing stress in the community, 20% of the respondents disagree with the above statement and finally 5% of the respondents say relaxing will lead to reducing stress in the community.

Looking at Spending Quality Time with your Family

From table 1 above, 90% of the respondents suggest that meeting people with similar interest will lead to reducing stress in the community, while 20% of the respondents does not believe or disagree with the above statement and finally 5% of the respondents say that meeting people with similar interest will lead to reducing stress in the community.

As Concern Meeting People with Similar Interest

From table 1 above, 45% of the respondents think that meeting people with similar interest

will lead to reducing stress in the community, while 50% of the respondents disagree with the above statement and finally 5% of the respondents are not sure that meeting people with similar interest will lead to reducing stress in the community.

CONCLUSION

Recreation is an important process that helps refresh and give a boost to both the body and mind and although recreational activities take place in what is known as optional time or time that a person has when he/she does not have any responsibilities to attend to at the moment, these activities can help improve cognitive function and take stress off of a person who thinks about work all of the time. The customary view that work is supported by recreation and that recreation is useful to "recharge the battery" so that work performance is improved hold true.

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