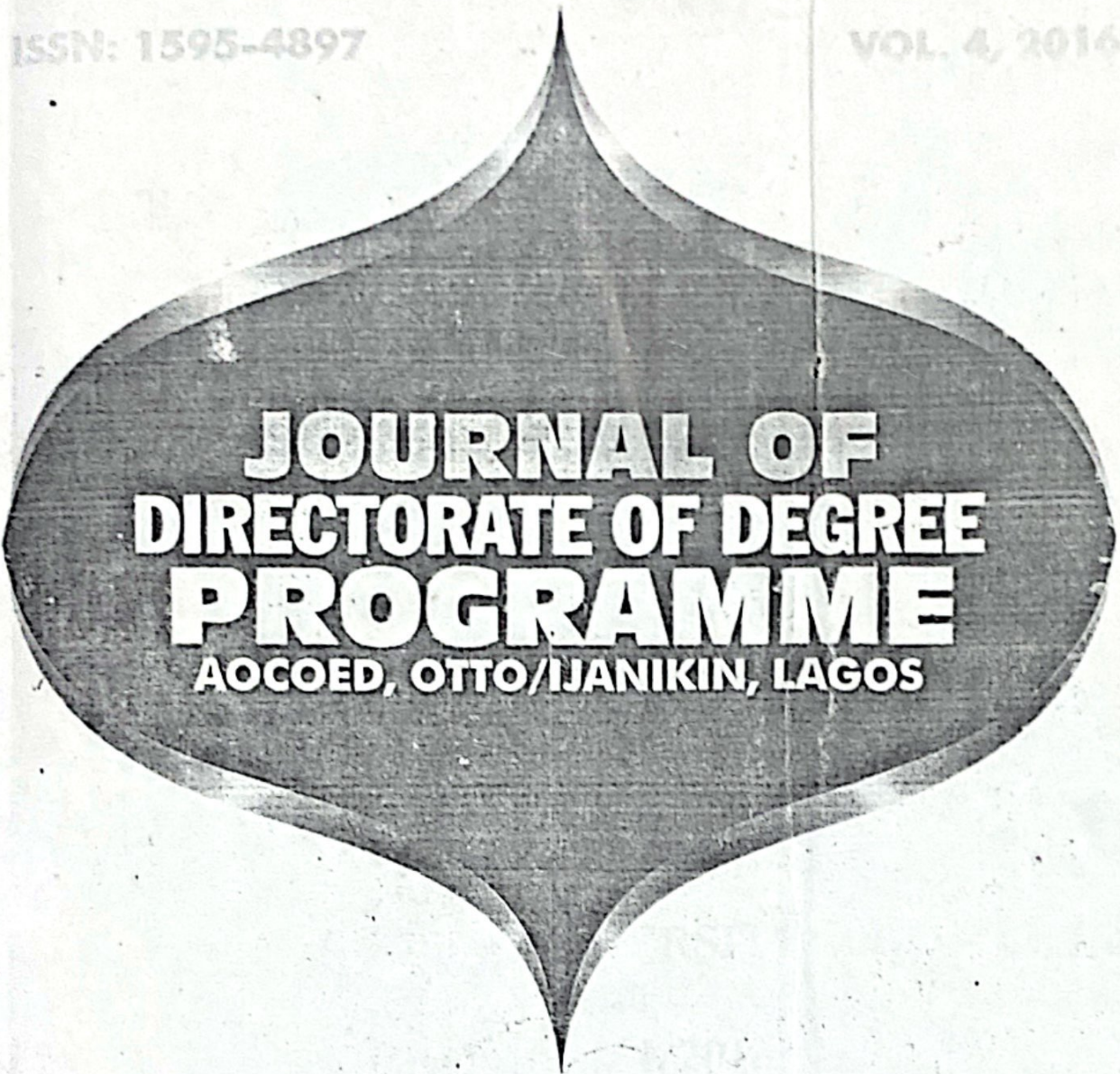


CONTINUING EDUCATION REVIEW (CER)

ISSN: 1595-4897

VOL. 4, 2016



**JOURNAL OF
DIRECTORATE OF DEGREE
PROGRAMME
AOCOED, OTTO/IJANIKIN, LAGOS**

Affiliated with
**EKITI STATE UNIVERSITY,
ADO EKITI**

CONTINUING EDUCATION REVIEW (CER)

Journal of Directorate of Degree Programmes
*Adeniran Ogunsanya College of Education,
Otto/Ijanikin, Lagos State.*

Affiliated with
EKITI STATE UNIVERSITY, ADO – EKITI

Vol. 4, 2016

CONTINUING EDUCATION REVIEW (CER)

© Directorate of Degree Programmes 2016

All rights reserved.

No part of this publication may be reproduced, stored in retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior permission of the publisher.

ISSN: 1595 - 4897

Published 2016

A Publication of

Directorate of Degree Programmes
AOCOED, Otto/Ijanikin, Lagos State.

Affiliated with

EKITI STATE UNIVERSITY, ADO – EKITI

Printed By:
JOYTAL PRINTING PRESS
08034237746

EDITOR - IN-CHIEF

Barr. I. A. Olawale

*Director, Directorate of Degree Programmes
Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos State.*

EDITOR

Dr. Daodu, M. Adedayo

ASSOCIATE EDITORS

Dr (Mrs) B. O. Olaleye

Mrs. S. A. Ayegunle

EDITORIAL ADVISORY BOARD

Dr(Mrs) Aina Oladele

Provost, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos State.

Prof I. A. Ajayi

*Dean, Faculty of Education
Ekiti State University, Ado-Ekiti.*

Prof. G. O. Oyinloye

*Director, Continuing Education Programme (CEP)
Ekiti State University, Ado-Ekiti.*

Prof. D. A. Adeyemo

*Department of Guidance & Counselling
University of Ibadan.*

Prof. Y. A. Akinkuotu

*Dept. of Educational Foundations and Counselling Psychology,
Lagos State University.*

CONTINUING EDUCATION REVIEW (CER)

EDITORIAL COMMENT

Educational advancement and progress cannot be realised without research and publication. It is the published research work that brings into limelight the observed and identified problems and at the same time provides solution on how the problems could be effectively managed. It also sets agenda for the way forward by introducing new concepts, theories, ideas and pedagogical approaches that would add value and relevance to education. This is the philosophy behind the current edition of Continuing Education Review (CER) Volume 4 of 2016. This volume contains thirty three (33) articles both empirical and position papers on crucial issues in education.

We salute the dedication and commitment of every contributor for the rigorous academic effort towards the production of this journal. However, we wish to state categorically that opinions and views raised in the various articles were of the authors not of the editors.

Finally, the editorial board is expressing their appreciation to the current Director of DDP, Barr I. A. Olawale, Immediate Past Director, Dr. O. M. Ogunjimi, Board Members and most especially the College Provost Dr. (Mrs) Aina Oladele for the opportunity, encouragement and motivation given to the editorial crew towards the successful production of this journal.

We are quite optimistic that the content of this journal would be useful to students(undergraduates and postgraduates), teachers/lecturers for further research activities. It will also be of immense use for school/educational administrators and other stakeholders especially in the teaching profession.

Editorial Board

Continuing Education Review (CER)

CONTINUING EDUCATION REVIEW (CER)

EDITORIAL COMMENT

Educational advancement and progress cannot be realised without research and publication. It is the published research work that brings into limelight the observed and identified problems and at the same time provides solution on how the problems could be effectively managed. It also sets agenda for the way forward by introducing new concepts, theories, ideas and pedagogical approaches that would add value and relevance to education. This is the philosophy behind the current edition of Continuing Education Review (CER) Volume 4 of 2016. This volume contains thirty three (33) articles both empirical and position papers on crucial issues in education.

We salute the dedication and commitment of every contributor for the rigorous academic effort towards the production of this journal. However, we wish to state categorically that opinions and views raised in the various articles were of the authors not of the editors.

Finally, the editorial board is expressing their appreciation to the current Director of DDP, Barr I. A. Olawale, Immediate Past Director, Dr. O. M. Ogunjimi, Board Members and most especially the College Provost Dr. (Mrs) Aina Oladele for the opportunity, encouragement and motivation given to the editorial crew towards the successful production of this journal.

We are quite optimistic that the content of this journal would be useful to students(undergraduates and postgraduates), teachers/lecturers for further research activities. It will also be of immense use for school/educational administrators and other stakeholders especially in the teaching profession.

Editorial Board

Continuing Education Review (CER)

LIST OF CONTRIBUTORS

- | | |
|--|---|
| Daodu, M. Adedayo Ph.D | Department of Educational Psychology/Guidance & Counselling, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos. |
| Dawodu, Rasheed. A. Ph.D | Department of Metalwork Technology, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos State. |
| Salau, Jamiu Adewale | Department of Political Science, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos. |
| Adibema M. Funmilayo | Department of Educational Psychology/Guidance & Counselling, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos. |
| Adikuru, Ikechukwu Azunna | Department of Early Childhood and Primary Education, Adeniran Ogunsanya College of Education, Otto-Ijanikin Lagos State |
| Okoronkwo, Nkechinyere M. | Department of Early Childhood and Primary Education, Adeniran Ogunsanya College of Education, Otto-Ijanikin Lagos State |
| Nojimu-Yusuf, Adinebari Roslyne, Ph.D | Department of Foundations & Administration, Adeniran Ogunsanya College of Education, Otto/Ijanikin. |
| Ajani, A. Lateef, Ph.D | Department of French, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos Nigeria. |
| Cole, Olusegun Gabriel | Department of English, Houdegbe North American University, Republic of Benin |
| Mafikuyomi, Johnson Adewole | Department of General Studies, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos Nigeria. |
| Williams, Anthony Vinayon | Department of English, Adeniran Ogunsanya College of Education, Otto/Ijanikin. |
| Aiyegunle, Sarah Aina | Department of Library Studies, Adeniran Ogunsanya College of Education, Otto-Ijanikin Lagos State |

Chakwalobe Iyora Evelyn	Department of Mathematics/Statistics, Federal College of Education (Technical), Akoka.
Elegbede, C.B, Ph.D	Department of Educational Psychology/ Guidance and Counselling, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Ganthonu Joel. O	Department of Electrical / Electronics, Adeniran Ogunsanya college of Education, Otto/Ijanikin, Lagos State.
Ajala, Oluwale Samuel	Department of Agricultural Science, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos State
Ndaeyo, Gift E.	Federal College of Education, Asaba, Delta State.
Sanni, Mukaila Olamiku	Department of political Science, Adeniran Ogunsanya College of Education, Otto/Ijanikin Lagos.
Abegunrin E. Oyenike, Ph.D	Department of Primary Education Studies School of Education, Adeniran Ogunsanya College of Education
Hashim, Olanrewaju Shuarau	Otto/Ijanikin, Lagos.
Ugorji, Perpetua N.	Department of Islamic Studies Adeniran Ogunsanya College of Education, Oto/Ijanikin, Lagos
Olaleye Bolanle Omotoke, Ph.D	Department of Early Childhood and Primary Education Adeniran Ogunsanya College of Education Otto-Ijanikin, Lagos State.
Ishola Adelodun Akeem	Department of Chemistry, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Hunge, Semako Tomisin	Department of Primary Education, School of Early Childhood Care and Primary Education, Adeniran Ogunsanya College of Education Otto – Ijanikin, Lagos.
Josu, Abel Yiseyon	Department of Economics, Adeniran Ogunsanya College of Education Otto-ijanikin
Beyioku, Bankole Joseph	Department of Economics, Adeniran Ogunsanya College of Education, Otto-Ijanikin
Babarinde O. Taiwo	Department of Curriculum & Instruction, Adeniran Ogunsanya College of Education Otto/Ijanikin, Lagos

Adedotun, O. Kikelomo, Ph.D	Department of Educational Psychology/Guidance & Counselling, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Ajayi Rachael Adejoke, Ph.D	Department of Educational Foundations and Administration Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Akudo O. Kennedy	Science and Technology Education Research Group (STERG), Faculty of Education Lagos State University Ojo, Lagos
Mamudu, Ganni Kashetu	Department of Social Studies, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos State.
Azeez Rasak	Department of Fine and Applied Arts, Adeniran Ogunsanya College of Education, Otto/Ijanikin.
Oridola Ibrahim	Department of Fine and Applied Arts, Adeniran Ogunsanya College of Education, Otto/Ijanikin.
Bodunrin Abiodun	Department of Fine and Applied Arts, Adeniran Ogunsanya College of Education, Otto/Ijanikin.
Kafaru Abiodun, Ph.D	Department of Fine and Applied Arts, Adeniran Ogunsanya College of Education, Otto/Ijanikin.
Melekcawei, P.Dele	Department of Educational Psychology/ Guidance and Counselling, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Benedict Amamize	Department of General Studies, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos, Nigeria.
Ojutiku Oluwatoyin Ajibola	Department of General Studies, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos, Nigeria.
Lapite, Akolade O.	Department Of Educational Psychology, Guidance and Counselling, Adeniran Ogunsanya College Of Education Otto/Ijanikin Lagos State
Olajide, Lemuel Ekundayo	Department of Educational Psychology, Guidance and Counselling, Adeniran Ogunsanya College of Education Otto/Ijanikin Lagos State
Pelumi Olowofoyeku	Department of English, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos State.

Adeleke, Sunday Joseph	Department of Early Childhood Education and Foundational Education Studies, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos State.
Saula Ayinla Shamsudeen	Department of Foundation and Administration, Adeniran Ogunsanya College of Education Otto/Ijanikin, Lagos State
Adeniyi, M. A, Ph.D	Department of Psychology and Guidance & Counselling, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos
Ayerinde, I. E	Department of Psychology and Guidance & Counselling, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Akinkuotu, F.A, Ph.D	Department of Curriculum & Instruction, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Omolayo Yusuf	Department of General Studies, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Hunjinbo, Anthony	Department of General Studies, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Asa, Kolawole	Department of Business Education, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Rótimí Adébambó	Department of Yoruba, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Dàyo Àkànmú (Ph.D)	Department of Yoruba, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Keshinro, O.Tola,	Department of Technical Education, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Ogunbote, Shesu	Department of Technical Education, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.
Oduwole, A. Abiodun.	Department of Technical Education, Adeniran Ogunsanya College of Education, Otto/Ijanikin, Lagos.

Balogh, Eusebius Fawole	Department of Theatre Arts, Adeniran Ogunsanya College of Education, Otu/Ijanikin, Lagos.
Akinnifé Olanibisi	Department of Cultural and Creative Arts, Adeniran Ogunsanya College of Education, Otu/Ijanikin, Lagos.
Oyatehin Hafie Adedunuga	Department of Theatre Arts, Adeniran Ogunsanya College of Education, Otu/Ijanikin, Lagos.
Adedina Nkanndirion Olatunmbi	Department of Theatre Arts, Adeniran Ogunsanya College of Education, Otu/Ijanikin, Lagos.
Aremu, Victoria I.	Department of Curriculum and Instruction, Adeniran Ogunsanya College of Education Otu- Ijanikin, Lagos State.
Okuntade, Japhet O.	Department of Curriculum and Instruction, Adeniran Ogunsanya College of Education Otu-Ijanikin, Lagos State.
Lasisi, Sunday O.	Department of Curriculum and Instruction, Micheal Otedola College of Primary Education Epe, Lagos State.

TABLE OF CONTENTS

Impact of Social Media On Adolescents Behavioural Adjustments in Ojo Local Government Area: Implication For Counselling . <i>Dasidu, M. Adedayo (Ph.D)</i> ,	1 - 3
<i>Adedotun, O. Kikelomo (Ph.D) & Adibema M. Funmilayo</i>	
Application Of ICTS Equipment in Teaching Metal Work in Urban and Rural Technical Colleges in Ogun State. <i>Dawodu, Rasheed. A. Ph.D</i>	8 - 16
Self Efficacy and Students' Academic Activities; Implication for Counselling. <i>Adeniyi, M. A. and Ayorinde, I. E</i>	17 - 24
Assessment of the Relevance of Reference Service to the Users of Academic Library. <i>Aiyegunle, Sarah Aina</i>	25 - 33
Empirical Investigation on the Effects of Positive Stress On Mathematics Teachers. <i>Chukwulobe Iyore Evelyn</i>	34 - 38
Utilization of Information / Electronic Technology in the Instructional Delivery of Technical and Vocational Education and Training in Tertiary Institutions in Lagos State. <i>Ganthonu Joel. O, Ajala, Oluwale Samuel & Ndaeyo, Gift E</i>	39 - 48
Corruption and Transparency in Nigerian Civil Service: Diagnosis and Prescription. <i>Sanni, Mukaila Olamiku</i>	49 - 60
Curbing Beggary and Idleness among Nigerian Muslims through <i>muḍārabah</i> . A discourse. <i>Hashim, Olanrewaju Shuarau</i>	61 - 67
Democracy, Corruption and Security in Nigeria: Top National Agenda. <i>Salau, Jamiu Adewale</i>	68 - 77
Enhancing Teachers' Knowledge for Constructing Multiple Representation of Concepts in Chemistry. <i>Dr. Olaleye Bolanle Omotoke</i>	78 - 89
Engendering Teachers' Professional Development through Instructional Supervision in Nigeria Public Primary Schools Innovative Strategies. <i>Nojimu-Yusuf, Adinebari Rosylyne (Ph.D)</i>	90 - 97
Characteristics of Adult Learners: Implications For Teaching and Learning <i>Ajayi Rachael Adejoke (Ph.D)</i>	98 - 103

A Speech Acts Analysis Of "O Come All Ye Faithful-MHB 118 (Methodist Hymn Book) Cole, Olusegun Gabriel, Mafikuyomi, Johnson Adewole & Williams, Anthony Vinayon.....	104-111
Motivation as A Correlate to Enhance Students' Achievement in Indigenous Languages in Some Selected Secondary Schools in Lagos State. Akinkuotu, F.A. (Ph.D)...	112-117
Evaluation of Use of Improvised Laboratory Apparatus and Instructional Materials for Teaching and Learning of Science And Technology for the Early Years in Selected Tertiary Institutions in Lagos State. Adikuru, Ikechukwu Azunna, Okoronkwo, Nkechinyere M & Ugorji, Perpetua N.	118-126
Enhancing Numeracy Lesson Delivery in Basic Classes, Using Teachers' variables. Ishola Adelodun Akeem	127-132
Economic Implications of Treasury Single Account on the Security and Stability of Nigeria's Economy: an Insight into Lagos State the Largest Commercial City of Nigeria Hunge, Semako Tomisin, Josu, Abel Yiseyon & Beyioku, Bankole Joseph.....	133-144
Rebranding Teacher Education Curriculum Implementation Using Remise' Model. Babarinde O. Taiwo, Abegunrin E. Oyenike(Ph.D) & Akudo O. Kennedy.....	145-154
Social Studies Discipline as a Tool for Awakening Nigerian Conscience Towards Solving Prevailing Socio-Economic and Political Problems in Nigeria. Mamudu, Ganni Kashetu.....	155-159
Modernist Painting Approach in Coastal Yoruba Art Forms: A Discourse. Kafaru Abiodun(Ph.D), Azeez Rasak, Oridola Ibrahim and Bodunrin Abiodun...	160-167
Teacher Utilization of Motivational Techniques as a Paradigm for Increasing Learning Outcome Among Students in Secondary Schools. Melekeowei, P. Dele and Elegbede, C.B. (Ph.D)	168-173
Scaffolding Instruction as Strategy for Teaching English as Second Language (ESL) in Nigerian Classrooms. Benedict Amamize & Ojutiku Oluwatoyin Ajibola.....	174-181
Exploring the Parental Attachment of Adolescents in Secondary Schools: Implication For Counselling. Lapite, Akolade O. & Olajide, Lemuel Ekundayo.....	182-186
Word-Game and Puzzle Strategies in Developing Learners' Vocabulary in Nigeria. Pelumi Olowofoyeku.....	187-199
« Quelques Problemes D'interferences Linguistiques Dans L'apprentissage Du Français Langue Etrangere En Milieu Yoruba Du Nigeria: Cas Des Sons Consonantiques /z/ et /v/ ». Presentee Par : Ajani, A. Lateef (Ph.D)	200-207

An Assessment of the Implementation of Early Childhood Education Curriculum in Lagos State. Adeleke, Sunday Joseph.....	208-211
Factors Responsible for Improving Academic Performance of Adult Enrollees in Selected Literacy Centres in Ajeromi Ifeiodun Local Government Area of Lagos State. Saula Ayinla Shamsideen.....	214-220
Effective Technological Transformation of Teachers' Preparation Using English Language. Omolayo Yusuf(Mrs), Huayinbo, Anthony & Asa, Kolawole....	221-223
Èdèwò Gégé bíi Adámọ̀lẹ̀kún Ìwà Ìdálúrú. Rófilmi Adébambò Àtí Dàyo Àkánmú (Ph.D).....	226-230
Ensuring Quality Assurance in Technical, Vocational Education and Training (TVET) for National Security in Nigeria. Keshinro, O.Tola, Ogunbote, Shafiu & Oduwole, A. Abiodun.	231-237
Songs in Nigerian Drama: A Study of Osofisan's Midnight Hotel. Bolaji, Ezekiel Tunde & Akinuli Olumide.....	238-248
* Entertainment: Succour to Healthcare. Oyetoro Hafiz Adebimpe & Adedina Nkemdirim Olubunmi.....	249-255
Dynamics in teachers' use of ICT and students achievement in art related subjects in senior secondary school in Ojo Local Government Area, Lagos State. Aremu, Victoria I, Okuntade, Japhet O. & Lasisi, Sunday O.....	256-267

ENTERTAINMENT: SUCCOUR TO HEALTHCARE

OYETORO HAFIZ ADEBIMPE

Email: adabopata4@gmail.com

Phone no: 08033124329

And

ADEDINA NKEMDIRIM OLUBUNMI

Email: adedina-ol@gmail.com

Phone No: 08032506578

Abstract,

In recent years, physicians, psychologists and economists have embarked on a journey to illuminate the connection between joy and wellness. Fascinating research exists, and there is value in understanding the effect of happiness on our lives. Happiness has been correlated with better health, both in individuals and communities. Some studies have even suggested that states of happiness may be associated with lower stress-related hormones and better immune function. Various Data collated from different researches have shown that positive mood, optimism and humor are linked to better health and well-being. One key factor that brings about happiness however is Entertainment because of its ability to provoke laughter through the humour it creates. Entertainment is a way of teaching or passing information in a more relaxed atmosphere. It consists of sports and physical exercises, music, dance and drama. This paper therefore is a sojourn into the various ways entertainment can contribute to the physical well being of those who participate in it. It presents an individual analysis of the various tools of entertainment (sports and physical exercises, music, dance and drama) and the roles they play in healthcare.

Key words: Entertainment, healthcare, health, wellbeing, relaxation

Introduction

Human lives are full of hectic activities. We all live in a fast paced world which is too demanding and difficult to stay calm, cool and friendly all the time while dealing with family, friends and many other people whom we meet on daily basis. Consequently, the twenty four hour day seems too short to complete our everyday hectic routine and this makes it very difficult to have time for relaxation. This is an unfortunate situation that makes an average man forget that he is a man and not a machine. It is therefore not

surprising to see homes filled with tension; streets full of medical crisis; hospitals full of patients suffering from all sorts of ailments, especially hypertension; and mortuaries full of dead bodies. These tensions can be reduced in homes, crises can be curtailed on the streets, hospitals can be decongested and mortuaries depopulated. If these very difficult and hectic routines could be balanced with some pleasurable spices of life such as joy, happiness, laughter and relaxation, then human beings will live a better life.

Various studies by physicians, psychologists and econocentists and other scholars have shown that there is a connection between joy, happiness and wellness. Interestingly, happiness has been correlated with better health, both in individuals and communities. State of happiness according to them, may be associated with lower stress-related hormones better immune function and well being. One key factor that brings about happiness however is Entertainment because of its ability to provoke laughter through the humour it creates. It reduces tension, relieves and rid the mind of pent up emotions, which according to Aristotle is a major function of drama. (Butcher, 1898).

A Look At Entertainment

Entertainment is the principal medium of expressing a certain mood, feeling, opinion or communicating and passing a particular message in a pleasant way. It is an informal method of teaching, disseminating information, or carrying out our activities in a more relaxed atmosphere. Entertainment is any activity that gives pleasure and enjoyment. Entertainment does not necessarily have to involve money. It is any activity aimed at relieving the mind of mental stress. Stress is very dangerous to health and one effective way of overcoming it is to get involved in any form of entertainment. It could consist of sports, physical exercises, music, film, dance and drama. Entertainment is an action, event or activity that aims to entertain, amuse and interest an audience of one or more people. The audience may have a passive role, as in the case of persons watching a play, opera, television show or movie, or an active role, as in the case of games. Entertainment can be public or private, involving formal, scripted performance, as in the case of theatre or concerts; or unscripted and spontaneous, as in the case of children's games. While many forms of entertainment have persisted over

centuries, such as Roman games (Ludi Romani) in the early Roman Theatre; others in modern times, like, films and video games, have come about as a result of technological developments. Some activities that were once considered entertaining, particularly public punishments, have been removed from the public arena. Other activities, such as fencing or archery, once necessary skills for some, have become serious sports and even professions for the participants, at the same time developing into entertainments for their audiences.

The Entertainment Factor In Health

Entertainment has great tendencies to affect the wellbeing and state of health of a person. Here it performs a psychological function that starts with the mind and ends with the body. In Nigeria, where little or no attention is given to vacation, recreation and entertainment, the hazardous state of health of the citizens attest to this. Work and more work, money and more money, is the order of the day. Even when some go on annual leave, they only continue to work harder at making more money. Subsequently at resumption such an individual is tired, drained and exhausted and consequently cannot give the best. The succeeding paragraphs shall discuss features of entertainment and their benefits to health.

Laughter

Laughter is the best medicine for many people. Doctors recommend it for patients healing from surgery or going through depression. Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Laughter is also a powerful

from stress, pain, and conflict. Nothing is more dependably to bring your mind and body back into balance than a good laugh. Laughter lightens your burdens, inspires you, connects you to others, and keeps you healthy, focused, and alert. Laughter has so much power to heal and renew the ability to smile and frequently is a tremendous asset for surmounting problems, easing relationships and supporting both mental and emotional health. The following are a few benefits of laughter to health:

Laughter reduces the level of stress hormones like cortisol, epinephrine (adrenaline), dopamine and growth hormone

Laughter provides a physical and emotional release

Laughter leaves the muscles more relaxed afterwards and provides a good workout for the heart

Laughter brings the focus away from anger, guilt, stress and negative emotions in a more beneficial way

Laughter can give a more lighthearted perspective and help to view events as 'challenges', thereby making them less threatening and more positive

Music

Human beings respond to music in a variety of ways. Responses can be physiological, cognitive, intellectual, aesthetic, emotional, or related to changes in mood or arousal. Numerous patterns have emerged relating to physiological measures, responses to specific elements of background music, and perceived musical experience. Children who take music lessons could be doing their brains a favour. In many elitists' homes, music lessons have become a common phenomenon. It has also been linked with improved academic performances in learners because of its ability to enhance concentration and focus. The more a child is trained in music during childhood, the better the verbal memory of a child. More

so, music has been applied as therapeutic measures for some illness and this has yielded positive results. (Ogunboma, Oyeniyi and Fakeye, 2013). There are two dimensions to music namely, singing and listening to music. There is a reason why singing talent shows are so popular on Television in recent times. Both have immeasurable benefits to health as will be highlighted below.

- Singing delivers a host of physical and emotional benefits including increased heart rate and improved breathing, lung capacity, posture and mood.
- While singing alone is good, singing with others can be even better because it builds community. Group singing is a powerful personal and social health promotion activity, with benefits such as increased self-confidence, empowerment, wellbeing and interpersonal skills, and lowered feelings of isolation, depression and anxiety.
- Singing promotes mental and physical fitness; it creates endorphins and gives a feeling of being uplifted and energized.
- Singing is a physical activity involving the lungs and respiratory muscles. It is beneficial for everyone, like expectant mothers, asthma, lung disease and respiratory disorders.
- The breathing techniques promoted by singing are also useful for counteracting stress. It is difficult to sing and be stressed at the same time.
- Listening to music reduces stress. In studying emotional responses to music, it is important to note that all people do not respond in the same exact way to a piece of music.
- Listening to music eases anxiety. People who participate in music somehow not

only has decreased anxiety, but also better blood pressure levels and improved mood.

- Listening to music while lying on the operating table could help to lower stress during surgery or major sessions.
- Listening to music protects ears' sound-processing
- It boosts heart health. There is a link between listening to music and heart health. Listening to joyful music is linked with dilation of blood vessels' inner lining, meaning more flow of blood through the blood vessels
- It also soothes pain. Listening to music is effective as a distraction for anxiety-prone people from feeling pain and as a result, could help people feel less pain.

Dance

Dance is one of the oldest forms of self-expression and entertainment on earth, existing since antiquity. According to Olomu (2007:27-28) dance is

an activity very intimately connected with the human condition, it reveals aspects of human development...therefore, when the human body moves in space, forming shapes, within a given time sequence, maintaining a given rhythm in an organized pattern, the resultant effect is what one may call dance...dance is life expressed in dramatic terms.

Dance is a physical activity and it has all of the same physical health benefits as walking, bicycling, or swimming. Dance is a great way to strengthen bones and muscles; maintain a healthy weight, improve balance and stay healthy in general. Dancing can be magical and transforming. It can breathe new life into a tired soul; make a spirit soar; unleash locked-away creativity; unite generations and

cultures; inspire new romances or rekindle old ones; trigger long-forgotten memories; and turn sadness into joy. On a more physical level, dance can give a great mind-body workout. Dancing that requires remembrance of dance steps and sequences boosts brain power by improving memory skills. Dance is great for helping people of all ages and physical abilities get and stay in shape. Aside from just being an enjoyable way to express and entertain one's self, great health benefits to dance are listed below.

- Dance is an activity that is appropriate for nearly everyone because it is so easy to vary the intensity based on fitness level and ability. Simply by increasing the dance tempo or adding a turn or dip, dancers can increase the intensity and get more of a physical benefit.
- One of the best ways to increase bone density and reverse the bone loss of osteoporosis is low impact, weight bearing exercise, such as dancing. Dance increases muscular strength as well, something that is lost as people age. The loss of strength and bone density adds up to a loss of mobility and quality of life as people get older.
- Dance is a great way to maintain a healthy weight as well. A healthy weight is essential to everyone, no matter the age. However, as people get older, metabolism slows. In addition, more and more people have sedentary lifestyles, with more people working in offices instead of in physical jobs, such as construction. By spending a little time dancing, people can rev up their metabolism and have some fun doing it.
- In addition to better health, dancing can make people feel better in other ways as well. Dance has been shown to help prevent mild depression and improves confidence among dancers.

Dance is a social activity; it helps with the feelings of isolation that people who suffer from depression, or older people living alone, often feel.

Dance also helps improve confidence. Each time a new dance step is mastered, dancers experience an increase in confidence in addition to an elevated mood.

Dance increase mental acuity for people of all ages.

Dance also wards off illnesses like diabetes, high blood pressure, heart disease, osteoporosis, and depression.

Sports and Physical Activities

Though research interest on physical activity and health dates back to the 1950s, the breakthrough in the scientific evidence on the benefits of physical activity largely took place during the 1980s and 1990s. There is an overwhelming amount of scientific evidence on the positive effects of sport and physical activity as part of a healthy lifestyle. The positive, direct effects of engaging in regular physical activity are particularly apparent in the prevention of several chronic diseases, including: cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis. Physical activity contributes to developing healthy bones, efficient heart and lung function as well as improved motor skills and cognitive function. Physical activity can help to prevent hip fractures among women and reduce the effects of osteoporosis. Remaining physically active can enhance functional capacity among older people, and can help to maintain quality of life and independence.

The evidence relating to health benefits of physical activity predominantly focuses on intra-personal factors such as physiological, cognitive and affective benefits, however, that does not exclude the social and inter-personal benefits of sport and physical activity which

can also produce positive health effects in individuals and communities.

- Sports and physical activity can make a substantial contribution to the well-being of people in developing countries.
- Exercise, physical activity and sports have long been used in the treatment and rehabilitation of communicable and non-communicable diseases.
- Physical activity for individuals is a strong means for the prevention of diseases and for nations is a cost-effective method to improve public health across populations.

Theatre

Theatre enables drama to come to life. The history of theatre dates back to the early man's performances of religious rituals, festivals, storytelling, re-enactment and traditional occupations. It is re-lived and relevant to the audience especially when all the paraphernalia of theatre is incorporated during a performance. Elements such as, costume, lights, scenic design, makeup, songs, props and others enhance a theatrical production. The origin of theatre can be traced to the early man's performances of religious rituals, festivals, storytelling, re-enactment and traditional occupations. Theatre as a social, interactive arts process, creates experience that enables the development of cognitive, emotional, social, cultural and creative understanding and skills in an individual (Bowell, 2013).

The use of entertainment industry as a platform for advocating health information and education is a communication strategy that has become increasingly popular in recent times. The most appealing strategy now, is for health communication professionals to create partnerships with creative writers so that public health information can be incorporated into stories within the production. In health sector, theatre has since been identified as an

agent to promote public health. This is strongly supported by the view of World Health Organisation (WHO).

The Centre for Disease Control and Prevention has formed a strong partnership with Hollywood, Health, and Society, at the University of Southern California Norman Lear Centre to continue to produce new storylines on television and in film studios that will help to promote public health information. Some of the resources provided with this partnership include comprehensive "tip sheets" to provide writers with easy to access and trustworthy information on health issues, and meetings and panels to discuss new information and resources. Writers and storyline developers have an increased motivation to continue to incorporate public health information into their scripts with the creation of the Sentinel for Health Awards in 2000, which honours storylines that effectively promote health topics and audience awareness of public health issues. (WHO, 1995:135).

Theatre has the ability to perform the following

- Theatre does no harm. Theatre is one of those human activities that do not really hurt anyone or anything. While we're engaged in making or attending theatre, or any of the arts for that matter, we are not engaged in war, persecution, crime, wife-beating, drinking, pornography, or any of the social or personal vices we could be engaged in instead.
- Theatre is a sophisticated expression of a basic human need : one might call it an instinct to mimic, to project stories onto ourselves and others, and to create meaning through narrative and metaphor.
- Theatre brings people together. For a performance to happen, anywhere from a

hundred to a thousand or more people need to gather in one place for a couple of hours to constitute an audience, and share together in witnessing and contemplating an event that may be beautiful, funny, moving, thought-provoking, motivating and interesting

- Theatre models a kind of public discourse that lies at the heart of democratic life, and builds skills for listening to different sides of a conversation or argument. It empathises with the struggles of fellow human beings irrespective of their views
- Both the making of theatre and attending of theatre contribute to education and literacy. Watching the characters talk back and forth in the theatre is tricky; it requires rapt attention, quick mental shifts, and nimble language skills. It teaches about human motivation and psychology
- Theatre as an industry contributes to national economy and plays a special role in the revitalization of neglected neighbourhoods
- It influences the thought pattern and feelings about life and encourages a critical outlook on values and behaviour

Conclusion

Constant sitting at office all day working on a computer or dealing with hundreds of clients and files leaves a person tired and exhausted. This scene continues the next day, as well as days, weeks, months and years, but the hectic work remains same. And with the passage of time there is the tendency to look older than ones ages due to the pressures of the routine work which is habitual. This hectic life routine force one to ask, besides all the activities performed daily, is there any special moment which is only dedicated to self rest and relaxation? Are we enjoying our lives? Are we giving enough time to ourselves? These are a few questions which one must ask

fundamental for a basic living a sound though, it is a reality that we are all under great pressure for time but, being that we need certain activities other than to refresh our body and mind in order to do other important tasks. Entertainment is that activity in so many different ways. It is vital to take out some time for relax in order to be refreshed. Some traditional forms of entertainment are books, theaters, going out with friends and family and so on, but in today's world, entertainment has become even easier as little resources are available because of the modern developments in the field of information technology. Now, movies, CDs, games and many others are readily available and affordable as good options for entertainment. It is a popular saying that "a sound mind in a sound body is the wealth". Therefore to keep body and mind sound, it is expedient to take time out for entertainment on regularly. Activities other than work are good for health and mind.

References

- Adese, et al, (1996). "Responses to music". In D.A. Hodges (ed) Handbook of Music Psychology. pp (San Antonio: IMR Press)
- Adman, S. (2000). "Media and entertainment 2010. Report, IBM Business Consulting Services. writing task". Paper presented at the annual conference of the British Educational Research Association, University of Wales, Cardiff, 7-9 September, 2000.
- Bowell, P. and Heap, B. (2013). (2nd ed). Planning Process Drama: Enriching Teaching and Learning. London: Routledge.
- Butcher, S.H. (1898). The Poetics of Aristotle with Critical Notes and a Translation. (2nd ed.) London: Macmillan and co Ltd.
- National Institute of Mental Health. (1982). Television and behavior: Ten years of scientific progress and implications for the 1980s. Washington, DC: U.S. Government Printing Office.
- Olomu, Jane. (2007). "Dance as expression and communication". In Ugolo, C. (Ed) Perspectives in Nigerian dance studies. Ibadan: Catop Publications pp.26-38.
- Ogunbona, S.O., Oyeniyi, G.O., and Fakeye, A.A. (2013). "Music as a healing balm in Religion. In Religion and national development (Festschrift in honour of L. O. Jimoh). Vol. 1. Pp 161-168.
- WHO. Exercise for health. WHO/FIMS Committee on Physical Activity for Health. Bulletin of the World Health Organisation 1995; 73(2): 135-136.



DDP: A CENTRE OF EDUCATIONAL EXCELLENCE

The Directorate of Degree Programme of Adeniran Ogunsanya College of Education, Otto/Ijanikin in Affiliation with Ekiti State University, Nigeria offers Qualitative University Education in Disciplines such as:

- Languages
- Pure Sciences
- Arts and Social Sciences
- Applied Sciences e.g., Computer Science
- Vocational and Technical Education
- Guidance & Counseling
- Educational Management
- Nursery and Primary Education
- Adult Education

For further Enquiries

Contact Director

Directorate of Degree Programme (DDP)

Adeniran Ogunsanya College of Education,

Otto/Ijanikin, Lagos.