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Recreational Facilities in Schools: A Panacea for Youths' Restiveness

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ABSTRACT This paper focused on the palliative effect of available and well applied recreational facilities in schools. The conceptual definition of 'recreation' was given as a guide to the analytical review of when, how and why some recreational materials possess restorative constituents capable of mitigating work-induced stress in the school environment. The searchlight of the analysis highlighted such salient constructs as; youth restiveness being a manifestation of anxiety, the dysfunctional effects of anxiety on the human body, the description of the physiological activities of the body that give vent to anxiety, the facilities and the recreational goals for which they are adapted to achieve. Recommendations as to how to optimize the use of recreational facilities to create useful pastimes for students was given.