

Trend of Recreational Activities among the Lawyers

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Abstract

The present study was an effort to know the trend of recreational activities among the lawyers. All the lawyers of district Dera Ismail Khan were taken as the population of the study. For the collection of data, a closed form of the questionnaire which was personally distributed by the researcher among the respondents and collects it back after getting it filed by the respondents. The collected data were tabulated and analyzed by using percentage (%) as a statistical tool. After data analysis, it was concluded that there are many recreational trends among the lawyers in District Dera Ismail Khan.

Keywords: trend, recreational activities, lawyers, District Dera Ismail Khan

Introduction

Physical activity, recreation, and sport are not only necessary resources to encourage optimal mental health and well-being, but they are also playing a vital role in the prevention of physical and mental illness. It can also develop Positive emotion, enjoyment, relaxation, and success. People of all ages and abilities can experience these elements of well-being from participation in personally meaningful and pleasant physical activity, recreation, leisure, and sport (Henderson and Karla, 2006). Making this opportunity more available to other peoples often has the possibility to make an important difference to the mental health and well-being of citizens, families, and communities (Heintzman, 2008).

According to Halpenny (2010), regular visiting public parks are the best sources and play a significant role in social development and also contribute towards the social contact. Playgrounds and parks are the best means for the people of society to use their free time in a positive manner and avoiding the tense environment and also very important for society by putting optimistic impact upon their physiological, mental and sociological aspect of life (Kaźmierczak, 2013).

In the current technological age, we do each and every task of our routine life to the machines and computers which tend to make the man not only idle, lazy and unfit but also develop various types of diseases such as obesity, diabetes and also various types of heart problems. Games and sport are the only helpful means for getting recreation, happiness and proper use of the abundance of leisure time but also play a significant role in solving the important social issue (Ginsburg, 2007).

The best use of leisure in terms of engaging us in different types of sport activities of our own choice and interest (Shannon, 2006) and Place, 2004). A well-known saying “Free mind is the shop of the devil” it means when we do not keep ourselves busy in routine work or in any sort of recreational activity then different abnormal activities like aggressive, violence and drugs abuse behaviour occur in our daily life.

Physical activity and recreation are well documented for reducing the risk of physical health problems and improving mental functions in children and youth. Leisure, recreation, sport and physical activity can develop good physical health and psychological well-being and decrease risks of internalizing problems that may put youth further at risk for addiction and problem behaviour. Leisure or recreation participation can also be a resource for adolescents to cope with stress in their lives (Riner and Sellhorst, 2013).

Participation in recreational activity has been associated with decreased anxiety and mental depression, improved confidence, decrease mental stress and reduced drug use (Meyer et al., 2014; Ngô, 2013). Conversely, lack of physical activity has been associated with worried and depressed symptom, social separation, community problems, pressure and nervousness (Eimeetal, 2013).

Statement of the problem

Lawyers are the persons who are deal all legal problems in societies. Due to work stress and lack of physical and recreational activities they fall in many kinds of diseases, like obesity, Blood pressure as Hastrup (2011) keenly observed the incessant hospital attendance of lawyers through hospital records for treatment of cardiovascular and cardio respiratory-related health problems as a result of obesity and overweight; a product of inactivity. In the light of the above statements, the researchers intend to determine the recreational trends among lawyers in District Dera Ismail Khan. The questionnaire will be used for the purpose of data collection.

Objectives of the study

- Following were the objectives of the study;
- To find out the recreational trends among lawyers in District Dera Ismail Khan.
- To determine the interest and motivation of lawyers towards recreational activities
- To determine the causes behind the inactivity of lawyers regarding recreation
- To suggest some recreational activities which will be suitable for lawyers

The significance of the study

The study will be significant for the lawyers because through findings of the present study the lawyers will know their attitude, interest, and motivation towards recreational activities. Then they work on their negatives and promote and develop their positives. This study will give new life to the lawyer's enjoyment of work. This study will prove to be significant for the policymakers to know ground situation and work on negatives and promote recreation trends among lawyers through new policies and to decrease the aggressiveness of lawyers.

Research Questions

- Whether there are any recreational trends among lawyers in District Dera Ismail Khan.
- Whether there are any interest and motivation of lawyers towards recreational activities
- Whether there are any causes behind the inactivity of lawyers regarding recreation.

Literature Review

Recreation is defined as the practice that outcome from freely chosen involvement in physical, social, mental, intellectual, creative and spiritual pursuit that develop individual and the public well-being (Corazon et al., 2010). Recreation activities that take place in parks include comforting, social meeting, reading, observing wildlife, walking, photography, or simply just enjoying the surroundings. Taking time to slow down mental tension and relax alleviates stress, especially when a freely selected leisure activity is being participated (Moore, et al., 2012).

Recreation generally classified physical activities in which the activities, the nature of involvement, and the time are freely chosen and do not require inventory for a program or a league. This consists of walking, running, children playing, skateboarding, shiny and other pick-up sports games, and numerous other activities (Gallegos-Carrillo, Katia et al. 2012). Some of the benefits of regular participating in impulsive recreation activities include improved life expectancy, reduced rates of sadness and the development of a strong sense of society. Proper and regular recreation program policy to promote an active lifestyle and without the convenience of urban parks systems. The chance for impulsive recreation would be greatly limited in most cities (Henderson and Karla, 2006). The Trends recommend that recreation interests are developing in such a way that favors spontaneous involve over planned as well as individual activities over team sports.

According to Alberta Park and Recreation Association (2002), Many informal detections can be done alone or in small groups, at elastic times, for less cost, and are accessible closer to home. Parks must remain accessible to everyone for enjoying their leisure time and inclusive to afford all inhabitants the opportunity to take part in their desired activities and to formulate a positive common sense of place and belonging the benefits of customs and tradition and

also recreation experiences contribute to community progress (Wellness Alberta, 2015). Socializing, volunteering, friendships, civic pride, preserving history, and appreciate one another difference are just in the way of activities in parks relay into community growth. Take part in recreation through urban parks and open spaces creates leadership development chance that constructs strong community, social assets, and consistency (Payne and Laura, 2002).

According to Borges et al. (2015) incentive to take on in free time activities include socializing with friends and to meet new people as leisure activities instill a sense of belonging. Parks are placed for facilitating the amount of activities to take place in which a sense of belonging is searched. If an individual get that sense of belonging the environment in which it was achieved is internally developed into having a strong and positive sense of place. Presently only one percent of the total healthcare budget is devoted to the primary avoidance of chronic diseases, illness, and injuries.

Government's arrangement to address this issue, parks should be located to play a leading role. Recreation departments are too commonly viewed as tangential rather than core community services but a major problem such as inactive lifestyles and fatness are becoming a financial trouble on society; therefore, it has been argued that parks and recreation should be repositioned as health care providers (Meyer et al., 2014). The amount of funding that is invested in preventing health issues is underinvested. Parks need to be placed as preventive health care facilitators or enablers, which needs to be understood better by the public through improved infrastructure and encouragement initiatives.

The physical fitness, wellness and health benefits of parks are an easier sell as active living chance are generally seen as a way to improve physical health, which has been well proven through widely accepted research (Liu and Walker, 2015; Pye et al., 2015). Mental health is not as easy to understand as physical health however mental health benefits and physical activity have been proven to absolutely correlate. Recreation parks are a platform for learning different skill and education. Continuing on the topic of the natural environment, urban parks are a great place for hands-on learning good habits and experiences. Targeting children and youth for nature education is critical in influencing the next generation of leaders to take care of their environment.

Methods and Materials

To reach certain findings and conclusion the researcher adopted following research methodology.

Population; All the Lawyers of District Dera Ismail Khan was the population of the study

Sample and Selection of Sample; There are total 450 lawyers working in District Dera Ismail Khan, being a student's researcher it is a very large population to investigate to overcome this difficulty the researcher adopt Dr. Khan and L. R. Gay formula and takes 20% of total population. The researcher takes 90 lawyers using simple random sampling technique.

Tool for Data Collection; A closed form of Questionnaire was used for the purpose of data collection.

Mode of Data Collection; Questionnaire was developed under the supervision of research supervisor and related literature used. The final version of the questionnaire distributed by the researcher upon the respondents and collected I back personally after the completion of course of work. The collected data put in the form of the data matrix in SPSS.

Data Analysis; The collected data tabulated and analyzed using percentage on the basis of data analysis the researcher will draw findings and conclusions.

Findings

Research Question: Whether there are any recreational trends among lawyers in District Dera Ismail Khan?

Table 1. Recreational trends among lawyers

Respondent	N	No	Statement	Yes%	No%
Lawyers of District Dera Ismail Khan	90	1.	Recreation is the joy of mind	98%	02%
		2.	Recreational activities includes all those activities which we played in our free time	90%	10%
		3.	Recreational activities include Watching TV Playing small area, Games, Picnic, Travelling and Dancing.	91%	09%
		4.	Chances of Recreational activities is given to you	69%	31%
		5.	Recreational activities refresh your modes and reduce tension after doing any activity for a longer period of time	97%	03%
		Total			89%

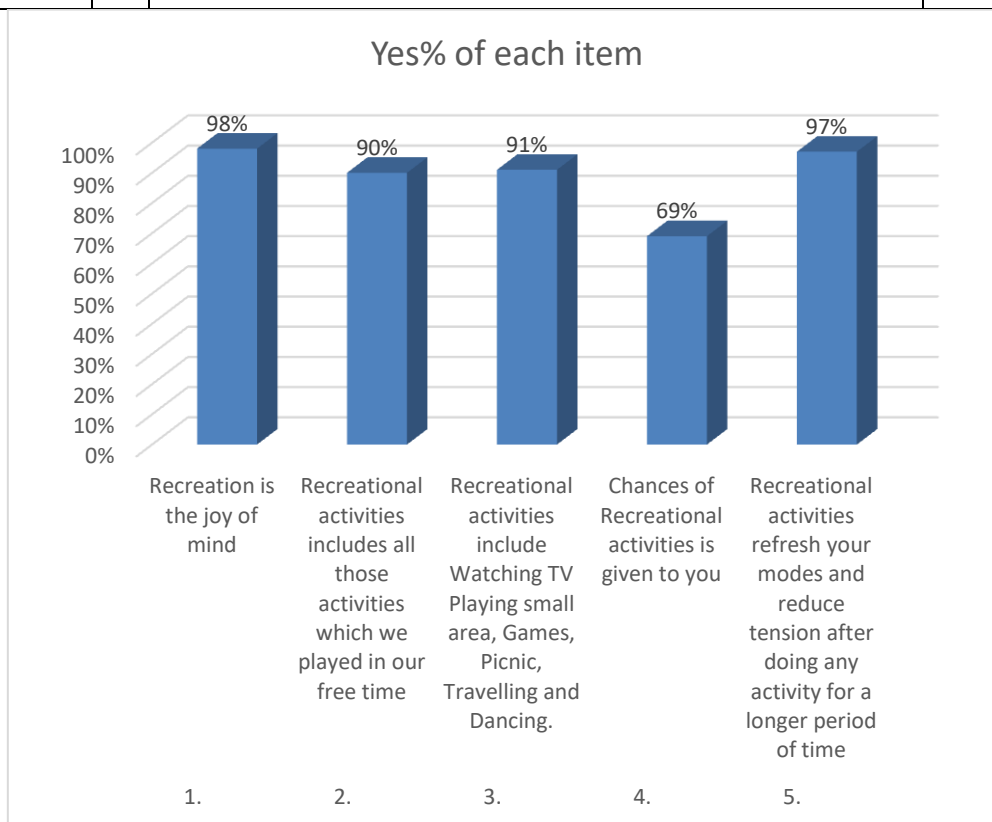


Figure 1. Recreational trends among lawyers

The above table and figure showing the responses about the trend of recreational activities. In response to the first item, table depicts that 97% of population opined that Recreation is the joy of mind while 2% not agree with this statement of the total population. Which indicate that majority of the respondents agree with the statement (98% >02%). At the same time, In response of the second statement in table 1 and figure 1 showing that 90% of population opined that recreational activities are all those activities which we played in our free time while 10% does not agree with this statement of the total population. Which indicate that majority of the respondents agree with the statement (90% >10%). In the same way, All the lawyers were asked about the kinds of different recreational activities and researcher found that 91% of population opined that Recreational activities include Watching TV, Playing small area games, Picnic, Travelling, and Dancing etc while 9% does not agree with this statement of the total population. The percentages of the third item indicate that majority of respondents agree with the statement and shows their trends positive towards recreational activities (91% >09%).

Similarly, in the response of the fourth statement, the above table and figure depict that 69% of population opined that they are given Chances of participation in recreational activities while 31% does not agree with this statement of the total population. Which indicate that majority of respondents shows agreement with the statement (69% >31%). At the same time, the lawyers were asked about the refreshing their moods and reducing tension remedy, the above table depicts that, 97% of population opined that recreational activities help in refreshing your modes and reduce tension after doing any activity for a longer period of time while 3% does not agree with this statement of the total population. Which indicate that majority of respondents agree with the statement (97% > 03%). The lawyers were asked about their recreational trends in five different states the researcher found that total 89% respondents respond that there is a recreational trend among lawyers while only 11% were against the recreational trend. The total percentage of above table shows that there is a recreational trend among lawyers (89% >11%).

Research Question: Whether there are any interest and motivation of lawyers towards recreational activities

Table 2. Interest and motivation of lawyers towards recreational activities.

Respondent	N	S.No	Statement	Yes%	No%		
		Interest of lawyers towards recreational activities					
Lawyers of District Dera Ismail Khan	90	1.	I love to participate in recreational activities	87%	13%		
		2.	I participate in recreational activities on regular basis	88%	12%		
		3.	I have purchased some equipment for my recreational activities and keep it in my office	73%	27%		
		4.	I have set special time for my recreational time in my daily schedule	76%	24%		
		5.	I prefer to participate in recreational activities in my leisure time.	89%	11%		
		Total			83%	17%	
		Motivation of lawyers towards recreational activities					
		6.	I participate in recreational activities to refresh mode	91%	09%		
		7.	Best way to reduce tension is recreational activities	70%	30%		
		8.	I'm feeling pleasure when me active in recreational activities.	81%	19%		
		9.	I'm involving my clients to take part in recreational activities with me to reduce his worry.	72%	28%		
		10.	I motivate my other friends to take part with me	68%	32%		
		Total			76%	24%	
Grand Total			79%	21%			

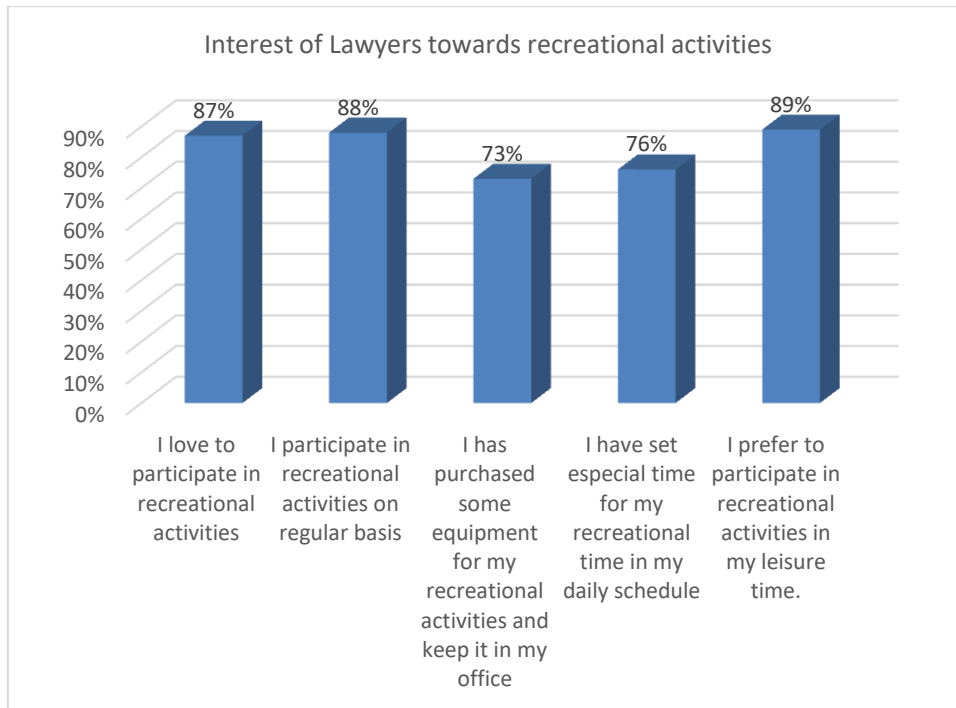


Figure 2. Interest of lawyers towards recreational activities

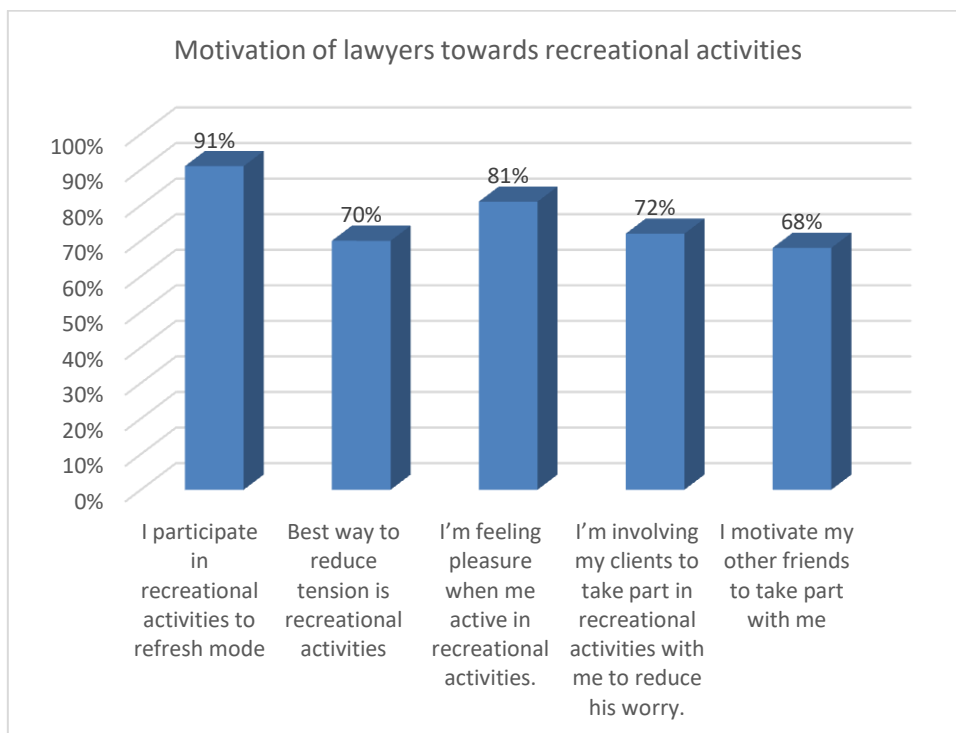


Figure 3. Motivation of lawyers towards recreational activities

In the above table 2 has two different parts the first consisted of 5 items which were asked to measure interest of lawyers in recreational activities and in the second part the researcher try to motivation of lawyers towards recreational activities the statement of motivation portion is also five. The total number of respondents is 90 who are all the lawyers of District Dera

Ismail Khan Bar council. The researchers have used a nominal scale with two options yes and no.

In response of first item in table 2 and figure 2 about interest, the table depicts that 87% lawyers agree with the statement that they love to participate in recreational activities while only 13% shows disagreement with the statement which indicates that majority of the respondents agree with the statement that “I love to participate in recreational activities (87% > 13%). At the same time lawyers were asked about participation frequency in recreational activities the researcher found that 88% lawyers take part in recreational activities on a regular basis while 12% are not which indicates that majority of lawyers take part in recreational activities on regular basis (88% > 12%).

In the same way, 73% respondents agree with the statement that “I have purchased some equipment for my recreational activities and keep it in my office while 27% shows disagreement with the statement (73% > 27%). Similarly, 76% respondents agree with the statement that “I have set special time for recreational activities in my daily schedule while 24% are against the statement. Which indicates that majority of the lawyers shows agreement with the statement (76% > 24%). Subsequently, in response of the last statement of interest portion, the researcher found that 89% lawyers prefer to participate in recreational activities in their leisure time while only 11% avoid participating in recreational activities in their leisure time. Which indicate that majority of lawyers prefer to take part in recreational activities in their leisure time (89% > 11%).

So it is concluded according to the above table that, 83% lawyers take interest in recreational activities while only 17% shows disagreement with 5 statement of interest towards recreational activities. Which indicates that majority of the lawyers take interest in recreational activities (83% > 17%)

At the same time, in table 2 and figure 3 the lawyers were asked about their motivation towards recreational activities in 5 statements. The 91% lawyers respond that “I participate in recreational activities to referees mode” while only 09% are against the statement (91% > 09%). In the same way, 70% respondent’s shows agreement with the statement that, “the best way to reduce tension is recreational activities” while only 30% are against the statement (70% > 30%). Subsequently, 81% lawyers respond that I’m feeling pleasure when me active in recreational activities while only 19% are against the statement (81% > 19%). In the same way, the lawyers were asked about the statement “I’m involving my clients to take part in recreational activities with me to reduce his worry” the total 72% lawyers agree with the statement and only 28% are lawyers against the statement so it is concluded that the majority of the lawyers involve their clients to take part in recreational activities with them to reduce their worry (72% > 28%).

To total percentage of motivational portion indicates that majority of respondents motivated towards recreational activities. The total yes % is 76% and total No % is 24% (76% > 24%). The cumulative percentage of aforementioned two portion of interest and motivation of lawyers towards recreational activities in table 4.2 and figures 4.2, 4.3 shows that majority of the respondents take interest and fully motivated towards recreational activities because total yes % is 79% and no is 21% which indicate that the lawyers of District Dera Ismail Khan take interest in recreational activities and also they are fully motivated towards recreational activities.(79% > 21%).

Research Question: Whether there are any causes behind the inactivity of lawyers regarding recreation

Table 3. Causes behind the inactivity of lawyers in recreational activities.

Respondent	N	S.No	Statement	Yes%	No%
Lawyers of District Dera Ismail Khan	90	1.	Work load	93%	07%
		2.	Availability of leisure time	91%	09%
		3.	Spaces for recreational activities	64%	36%
		4.	Strict rules and regulation of organization	50%	50%
		5.	Obesity	93%	07%
		6.	Health problems	62%	38%
		7.	Take care about status	72%	28%
		8.	Availability of equipment and facilities	65%	35%
		9.	Interest of lawyers	10%	90%
		10.	Feeling shame in front of their clients	92%	08%
		Total			

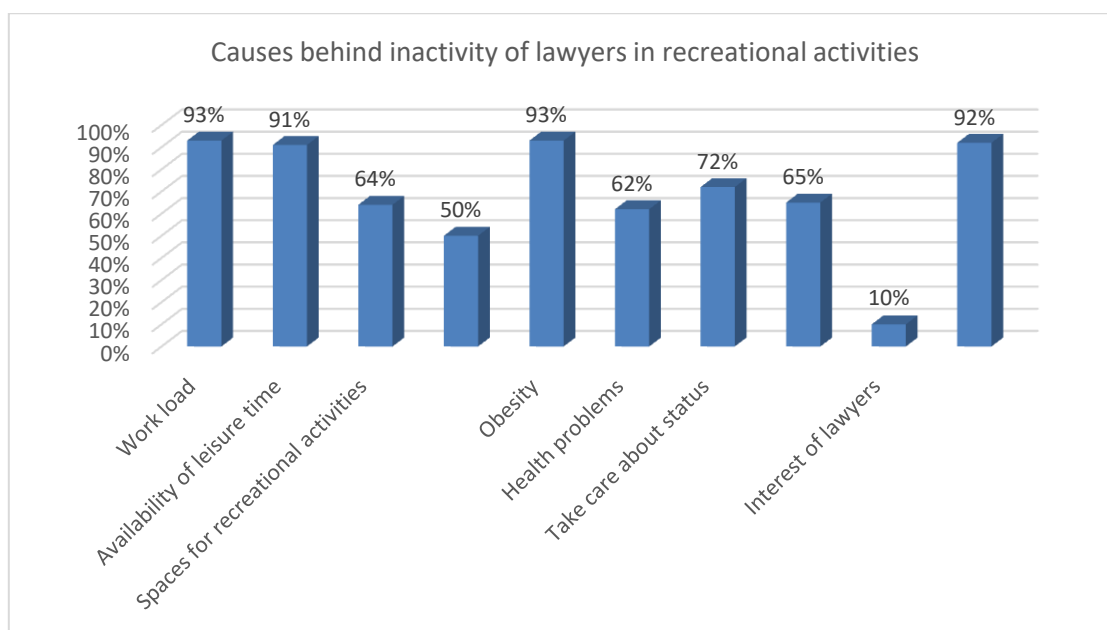


Figure 4. Causes behind the inactivity of lawyers in recreational activities

The above table depicts that, the 93% lawyers shows inactivity due to workload while only 7% shows disagreement with this statement which indicates that majority of respondents agree that workload is a cause behind their inactivity in recreational activities (93% > 07%). In the same way, 91% lawyers agree with the statement that causes behind the inactivity in recreational activities is un-availability of leisure time while only 9% disagrees with the statement, the percentage shows that majority of respondents agree with the statement (91% > 09%).

Subsequently, 64% respondents agree with the statement that spaces for recreational activities are a cause for inactivity in recreational activity while only 36% disagrees with the statement, which indicates that majority of the respondents agree with the statement ($64\% > 36\%$). In the same way, 50% lawyers agree with the statement that strict rules and regulation of the organization is a cause behind the inactivity of lawyers in recreational activities while 50% are disagreed ($50\% = 50\%$). Similarly, 93% lawyers show agreement that obesity is the main cause behind the inactivity in recreational activities among lawyers while only 7% disagrees with that, mean majority lawyers agree with the statement ($93\% > 07\%$).

Consequently, 62% lawyers reported health problem as a cause of inactivity while 38% are against the statement ($62\% > 38\%$). 72% lawyers take care of their status and avoid to take part in recreational activities while 28% lawyers do not take care of their status when taking part ($72\% > 28\%$). In the same way, 65% lawyers show agreement with the statement that unavailability of equipment and facilities is the main cause behind the inactivity of lawyers in recreational activities while 35% are against the statement ($65\% > 35\%$). 92% lawyers feeling shame in front of their clients to participate in recreational activities while 08% respond that it doesn't matter ($92\% > 08\%$).

Cumulative percentage of table 3 is 69% which indicate that total 69% lawyers agree that there are some causes which make hurdles to take part in recreational activities while only 31% lawyers disagree with that. So, it is concluded that many causes behind the inactivity of lawyers regarding recreation ($69\% > 31\%$).

Discussion

The lawyers were asked about their recreational trends in five different statements the researcher found that total 89% respondents respond that there is a recreational trend among lawyers while only 11% were against the recreational trend. The total percentage of above table shows that there is a recreational trend among lawyers ($89\% > 11\%$) (See Table 1).

The researcher found that 83% lawyers take interest in recreational activities while only 17% shows disagreement with 5 statement of interest towards recreational activities. Which indicates that majority of the lawyers take interest in recreational activities ($83\% > 17\%$) to the total percentage of motivational portion indicates that majority of respondents motivated towards recreational activities. The total yes is 76% and total no is 24% ($76\% > 24\%$). The cumulative percentage of aforementioned two portion of interest and motivation of lawyers towards recreational activities indicates that majority of the respondents take interest and fully motivated towards recreational activities because total yes is 79% and no is 21% which indicate that the lawyers of District Dera Ismail Khan take interest in recreational activities and also they are fully motivated towards recreational activities ($79\% > 21\%$) (See Table 2).

The researcher found that total 69% lawyers agree that there are some causes which make hurdles to take part in recreational activities while only 31% lawyers disagree with that. So, it is concluded that there are many causes behind the inactivity of lawyers regarding recreation ($69\% > 31\%$) (See Table 3).

Conclusion

In this research, it is concluded that there are many recreational trends among lawyers in District Dera Ismail Khan it also concluded that the lawyers take full interest and fully motivation of lawyers towards recreational activities. It is also concluded that there are many

causes behind the inactivity of lawyers regarding recreation the researcher concluded that, most of the lawyers love to participate in recreational activities, and they purchased equipment for recreational activities and kept it in their offices. This study also conveyed that they have set a special time for their recreational activities in their daily schedule. Besides, they take part in recreational activities to refresh their mood. On the other hand, there are many causes which are responsible for inactivity of lawyers, such as workload, obesity, and feeling shame in front of their clients.

Suggestions

On the basis of findings of the study the researcher suggests some following valuable suggestions;

- The lawyers should take care of their obesity and do regular exercises.
- The lawyers should take part in recreational activities to refresh their mood and reduce the tension and worry.
- The organization should organize recreational games tournament to motivate the lawyers towards recreational activities
- Lawyers should develop their interest in recreational activities and should keep light equipment in their offices to utilize leisure time in positive manners.
- Lawyers should motivate their colleagues to take part in recreational activities.
- Lawyers should define special time to the recreational activities in their daily schedule.
- The organization should design grounds, courts, and places where light recreational activities could be possible.

Conflict of Interest

The authors have not declared any conflicts of interest.

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