

SECOND EDITION

CORDES • IBRAHIM

APPLICATIONS IN
**Recreation
& Leisure**
FOR TODAY AND
THE FUTURE



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APPLICATIONS IN RECREATION & LEISURE: FOR TODAY AND THE FUTURE,
SECOND EDITION

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*To my good friends,
Jane Lammers and John Strey*

KAC

*To my wife, Cynthia,
with love*

HMI

Preface

It is becoming increasingly evident that leisure pursuits and recreational activities play a major role in the lifestyles of most individuals in most societies. Their phenomenal growth has attracted the attention of scholars from all walks of life who have devoted many hours to understanding the factors underlying such growth. It has been agreed that at the core of these desirable human experiences is play. Although even the simplest of playforms may appear to be undifferentiated from one society to another, social, economic, and geographic factors have resulted in differences along the evolutionary scale.

OUR APPROACH

As an introductory book in the field of leisure and recreation, it is likely that the student who uses *Applications in Recreation & Leisure: For Today and the Future* will graduate just after the turn of the century. Among the many realities of the new century is the fact that leisure pursuits are no longer the sole domain of wealthy individuals or of industrialized nations. Moreover, leisure careers are not limited to just the public sector or to any specific national boundaries.

The approach used in *Applications in Recreation & Leisure* is universal and multicultural for today's culturally diverse audience.

With enrollments in introductory recreation and leisure courses rising because of increasing enrollments among recreation majors as well as the popularity of these courses as electives, the second edition of *Applications in Recreation & Leisure* provides a contemporary examination of today's leisure issues from philosophical, psychological, and sociological perspectives. The text looks at the history of leisure; leisure through the life course; leisure issues pertaining to aging, the physically and developmentally disabled; multicultural and international issues; planning and management issues; and career opportunities. This is a text that looks at the past while pointing to the future. This timely examination of leisure and recreation as human rights for all individuals serves as a catalyst for critical thinking by students while providing a broad understanding of the different philosophies of the various providers of leisure services.

Prepared in a fresh and exciting full-color format, the second edition of *Applications in Recreation & Leisure* provides a very practical

look at recreation and leisure with numerous pedagogical elements to help reinforce the learning process.

AUDIENCE

Applications in Recreation & Leisure, second edition, is written with the student in mind, a student who is intrigued enough with the phenomena of leisure and recreation to have chosen to study these as part of his or her college education. The student will benefit from acquiring a meaningful understanding of these activities and how they impact many lives, including his or her own. The student will be able to appreciate (1) the important roles that leisure and recreation play in the lives of citizens from different parts of the world and (2) the complex organization needed to provide leisure services at all levels.

A second audience comprises students who are probing the field of leisure and recreation for a possible career. In today's global village, opportunities are available in almost every corner of the world. Understanding individual tendencies affected by age, gender, or educational background is important for a well-designed recreation program. The planning, organizing, and administering of leisure pursuits and recreational activities help facilitate the services provided for large numbers of people at all levels, whether local, regional, state, or national. For the student planning a career in leisure and recreation, *Applications in Recreation & Leisure* looks to the future while considering the rapid changes that have taken place and are still taking place in the field.

FEATURES

- ◆ A comprehensive and practical look at recreation and leisure from philosophical, psychological, and sociological perspectives is presented. This multidisciplinary approach provides a unifying perspective to the importance of recreation and leisure. It examines current issues and challenges affected by demographic trends, education, finances, public sentiment, laws, and legislation.
- ◆ In this updated edition, the discussion in Chapter 1 of leisure, recreation, and play has been reorganized. Leisure and recreation are now presented before play in order to strengthen the theoretical explanation of these important foundational concepts. Scholarly interpretations of the meaning of leisure, recreation, and play are examined in greater detail. Finally, additional theories related to these concepts, such as Nash's paradigm of free time, have been included.
- ◆ Cultural diversity is examined, such as the evolution of ritual and tradition in enhancing leisure experiences today. A global approach is used to study a variety of leisure and recreation activities, such as the popularity of Oktoberfest in Germany, bullfighting and soccer in Mexico, and the development of yoga in India.
- ◆ Violence in adolescence is explored and includes the value of well-structured recreation programs, such as outreach programs in urban environments and the Outward Bound program, in modifying inappropriate behavior among "youth at risk."
- ◆ Leisure issues pertaining to the elderly and the physically and developmentally disabled are explored. By structuring appropriate programs of leisure and recreational pursuits, the elderly can be helped to focus on exercise and social interaction, the physically challenged can improve their motor skills and coordination, and the mentally challenged can improve their skills and self-confidence.
- ◆ Leisure throughout the life course, from childhood through adolescence and into adulthood, is examined. Play at these different stages of life is explored, as are the physical, psychological, and social benefits of leisure.

- ◆ Career opportunities are discussed while exploring the profession itself. Career opportunities in leadership, management, and ethics are identified.
- ◆ Trends and future projections likely to affect leisure needs and activities are addressed. For example, projections for the 21st century include the restructuring of job responsibilities; the need for leisure education and leisure counselors; the benefits of technological and medical advancements; increased environmental concerns; improved services and accommodations for the elderly and the disabled; more single parents and working mothers; community outreach programs to assist the homeless; and appropriate counseling programs to help reduce criminal behavior and recidivism rates.
- ◆ Practical applications in every chapter include *A World of Difference* case studies, which correspond with *Your Turn* questions located at the end of each chapter that allow students to apply the chapter content to determine solutions. *Action Guides* in every chapter are self-evaluation exercises that also help the student apply chapter content.

PEDAGOGY

- ◆ **Full-color design:** The unique, completely full-color design format has not been seen before in an introductory textbook, and it offers a very practical means of enhancing the learning process for students.
- ◆ **Chapter opening quotes:** Related quotes begin each chapter to further enhance student interest in the chapter topic.
- ◆ **Chapter at a Glance:** Each chapter begins with a brief overview that sets the theme for the chapter.
- ◆ **Chapter Objectives:** The chapters open with identification of those concepts to be mastered in each chapter.
- ◆ **A World of Difference:** Case studies in every chapter provide practical applica-

tions of the content. These correspond with *Your Turn* questions at the end of the chapter and allow students to determine solutions for each case discussed.

- ◆ **Action Guide:** These self-evaluations enable students to apply chapter content to themselves.
- ◆ **Concept Checks:** These questions are integrated within the text to provide immediate review of chapter content to reinforce learning.
- ◆ **A Closer Look:** These boxes provide additional coverage of related topics to complement each chapter's content.
- ◆ **Definition boxes:** New terms that the student will learn in each chapter are identified here.
- ◆ **Summing Up:** The main concepts of the chapter are summarized for a quick review of chapter content and to help in test preparation.
- ◆ **Using What You've Learned:** These activities at the conclusion of each chapter provide related activities for student completion.
- ◆ **Your Turn:** Located at the end of each chapter, these questions correspond with *A World of Difference* case studies and allow students to apply chapter content to determine solutions.
- ◆ **References:** Concluding each chapter, the references provide thorough documentation of material and are a resource for students to obtain additional information.

ANCILLARY PACKAGE

The package includes an Instructor's Manual and Test Bank, Transparency Masters, and a Computerized Test Bank. The package is available to qualified adopters.

- ◆ **Instructor's Manual:** Includes helpful chapter overviews, objectives, outlines, and additional activities and resources.
- ◆ **Test Bank:** Provides more than 500 test items helpful in preparing examinations. Each chapter contains a variety of test items, including multiple choice, true-false,

matching, completion, definitions, and essay questions.

- ◆ **Transparency Masters:** Twenty-five of the illustrations, charts, and tables used in the text conclude the manual.
- ◆ **Computerized Test Bank:** Available to qualified adopters, this software (available for Windows and Macintosh) enables the instructor to select, edit, delete, or add questions, as well as construct and print tests and answer keys.

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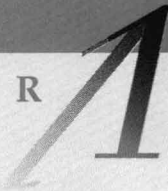
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The Nature of Leisure, Recreation, and Play

CHAPTER



THE CHAPTER AT A GLANCE

In this chapter we define three terms that will be used throughout the text: leisure, recreation, and play. We present various theories of why people play and offer some comments on each. Finally, we present some ideas on the motivation for, and benefits from, engaging in leisure, recreation, and play.

Chapter Objectives

After completing this chapter, you should be able to

- ◆ Define leisure, recreation, and play.
- ◆ Explain the three essential elements of a leisure experience.
- ◆ Discuss leisure in terms of (1) free or residual time, (2) activities, and (3) a state of mind.
- ◆ Explain the difference between leisure and recreation.
- ◆ Briefly explain the different interpretations of play.
- ◆ Describe factors that may motivate individuals to engage in leisure, recreation, and play.

THE NATURE OF LEISURE

Leisure is difficult to define because it means something different to each person, yet scholars have always been interested in the study of leisure. The first attempt to

understand leisure probably took place about 300 B.C. The ancient Greeks were intrigued by leisure, and the philosopher Aristotle suggested a paradigm, or model, by which leisure could be categorized. In this paradigm, depicted in Figure 1.1, Aristotle proposed that leisure

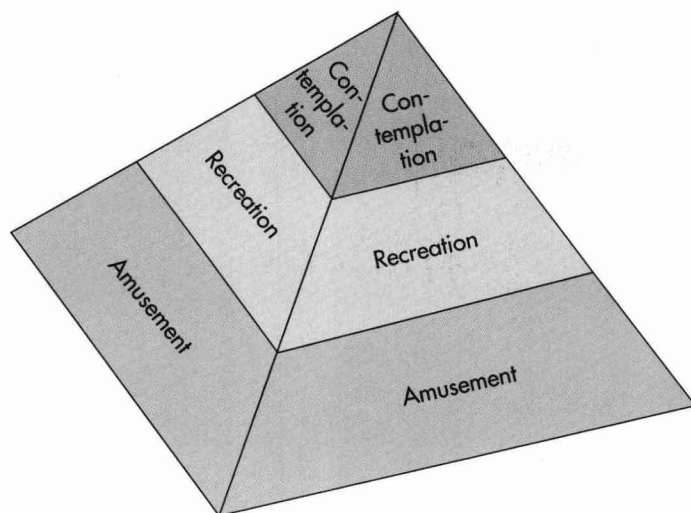


FIGURE 1.1 Three levels of leisure.

occurs at three levels: amusement, recreation, and contemplation.

Almost six hundred years ago, a scholar in another part of the world suggested that the desire for leisure is one of five basic human desires. This scholar, Ibn Khaldun, was a historian who is also considered to be the father of sociology. Khaldun ranked these five desires in ascending order, with leisure at the pinnacle of the pyramid.¹ More recently, American psychologist Abraham Maslow emphasized the importance of certain activities in human life. Figure 1.2 shows his paradigm, which is similar to Khaldun's. Maslow's hierarchy of human needs begins with basic physiological needs, which appear at the bottom of the pyramid, and culminates with self-actualization, which comprises the highest level of the pyramid. Maslow believed that the human need for aesthetics (appreciation of beauty and order) and cognition (knowledge and understanding) precedes the need for self-actualization.²

DEFINING LEISURE

The term *leisure* came into use only rather recently in the United States. In contrast, the term *recreation* has been used by professionals since the early 20th century. For example, in a pioneering book on recreation in America, published in 1940, the term *leisure* appeared only five times.³ The author suggested that recreation is a leisure-time activity and that, for most people, recreational opportunities are largely confined to their leisure hours. He noted that an increase in leisure took place in the early 1900s, when working hours became shorter. When people worked 12 to 14 hours a day, six days a week, he pointed out, the problem of recreational use of leisure was nonexistent. In a sense, then, the author equated leisure with free time.

However, having free time does not necessarily mean that one is at leisure. For example, a prisoner or a sick person who is confined to bed has plenty of free time but is not at leisure.