

LEISURE

AND LIFE SATISFACTION

FOUNDATIONAL PERSPECTIVES

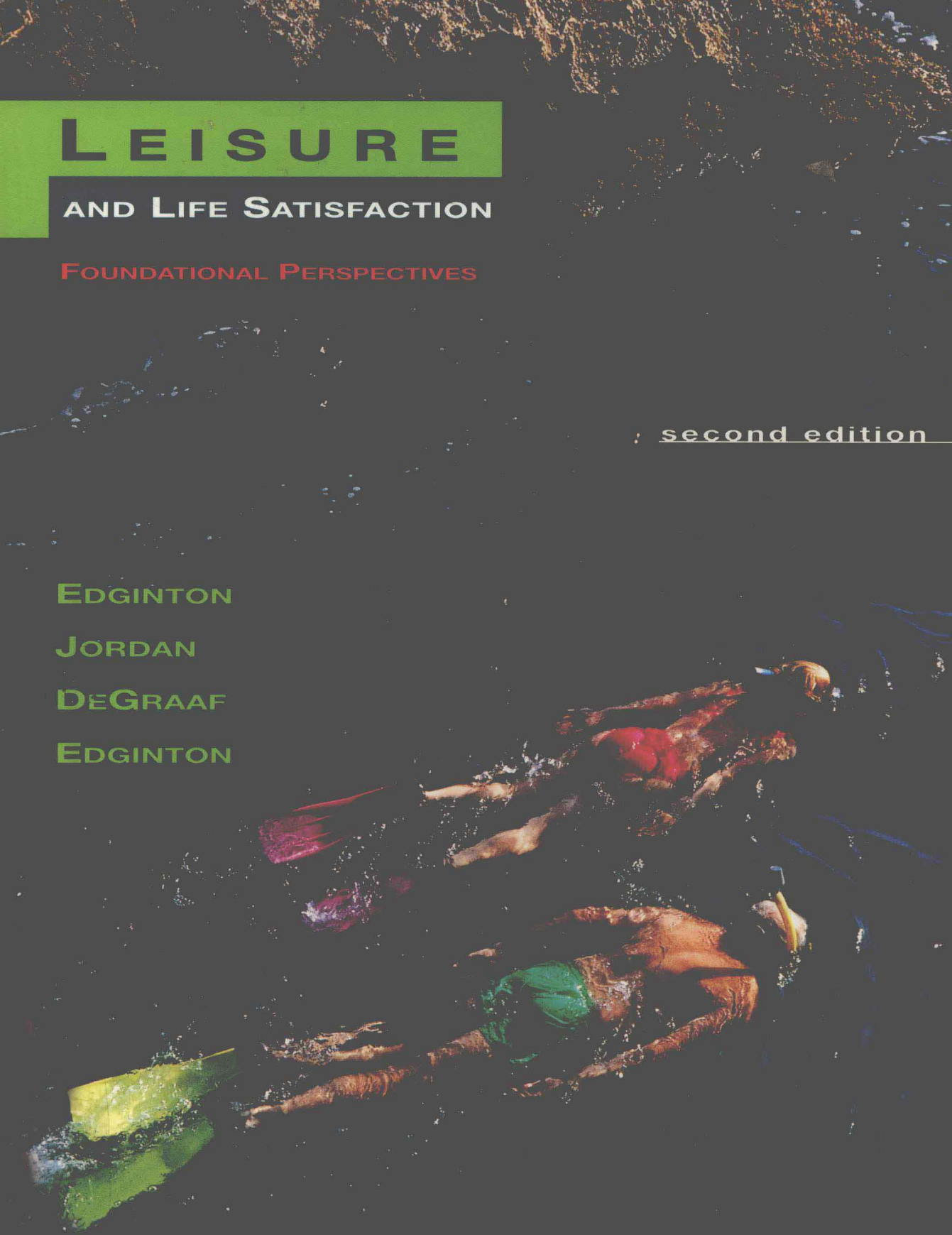
second edition

EDGINTON

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AND LIFE SATISFACTION

FOUNDATIONAL PERSPECTIVES

second edition

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LEISURE AND LIFE SATISFACTION: FOUNDATIONAL PERSPECTIVES

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P R E F A C E

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Often, we measure the quality of our life by the satisfaction we derive from our leisure experiences. Leisure is a powerful medium that not only enables freedom, creativity, and self-expression but also promotes self-actualization. It provides opportunities for joy, happiness, reflection, learning, and growth. Additional benefits include a unity of mind, body, and spirit found in few other life endeavors.

In addition to impacting individuals, leisure also is an important medium for learning about society and human relationships. As a force shaping culture, leisure helps define our society, influencing our day-to-day habits and behaviors. Today, we are beginning to value leisure more, spend more of our discretionary funds on leisure, and find that leisure is one of the strongest influences contributing to life satisfaction. Thus, this is an important book to begin the study of leisure.

New Features of this Edition

New Chapter

A new chapter focusing on the topic of therapeutic recreation has been added. This newly-developed chapter includes a full discussion of the evolution of therapeutic recreation services, professional organizations, characteristics of individuals with disabling conditions, and future challenges.

Updated Content

Philosophical issues and the topic of ethics has been merged into one integrated chapter. We have also added important new information assisting individuals in defining leisure, happiness, and well-being.

These elements will help people to better understand the factors that motivate individuals to participate in leisure. New concepts and ideas are presented regarding the delivery of services in nonprofit organizations. Information has been added on ways to define the work of nonprofits more succinctly including a full discussion of the range of personnel found in such organizations. Another new feature has been the revision of the commercial leisure services chapter where more contemporary facts and figures have been included. A complete discussion of contemporary management strategies used in organizing and delivering leisure programs and services is found in this edition. In addition to the new chapter on therapeutic recreation, we believe these changes have substantially enhanced the content of the second edition of *Leisure and Life Satisfaction*.

Full Overview

The second edition of *Leisure and Life Satisfaction* provides a full overview of all aspects of leisure including basic concepts, definitions, fundamentals, and terms; the organization and delivery of leisure services; and critical professional trends, issues, and future perspectives. The purpose of this book is to assist in the preparation of individuals seeking professional careers in the leisure service field. Further, the second edition of *Leisure and Life Satisfaction* provides contemporary and up-to-date facts, statistics, and supporting documentation concerning leisure in the United States and Canada. Informative and complementary features, called *Leisure Lines*, are located in each chapter and section. This feature brings into focus key ideas, trends, and illustrations of professional practice.

Successful Features

Like its predecessor, the second edition of *Leisure and Life Satisfaction* is divided into three parts. Part 1 provides an overview of basic terms, concepts, and ideas related to leisure, recreation, and play. In addition, historical, philosophical, and ethical elements are presented. Further, part 1 provides an overview of leisure and the life cycle and mass leisure. Part 2 provides a basic overview of organizations involved in the delivery of leisure services from a public, commercial, or nonprofit perspective. Part 3 focuses on providing information dealing with issues, trends, and elements affecting future professional practice.

Ancillaries

Instructor's Manual and Test Bank

To enhance the teaching-learning process, an instructor's manual and test bank is available to adopters. The instructor's manual includes learning objectives, key terms, chapter outlines, teaching strategies, and test questions for each chapter.

The Experiential Exercises section provides an alternative learning method for students to facilitate acquisition of knowledge related to concepts, trends, and historical foundations of the leisure service profession.

Acknowledgments

We would like to thank several individuals for their contributions to the second edition of *Leisure and Life Satisfaction*. In particular we appreciate the support provided to us by Theresa Grutz. Theresa is a great cheerleader for this project and encouraged its development and the continuation of the book. We also value greatly the work of several individuals associated with the project from WCB/McGraw-Hill. In particular, Sarah Greer Bush applied her excellent editing skills to the effort and polished our writing very effectively. Also, we would like to thank Vicki Krug who handled the production of the book and assisted us by providing support throughout the project.

Pam Cooper in marketing also provided insights that helped us to focus strategies to introduce the book to our intended audience.

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As is the case with any writing project, our ideas, concepts, and thinking have been shaped by a number of our professional colleagues. In particular, we value the writing and scholarly contributions to this effort of such individuals as John Kelly, Edgar Jackson, John Crossley, Karla Henderson, Mihalyi Csikszentmihalyi, Geoffrey Godbey, Tom Goodale, Richard Kraus, Bev Driver, Ruth Russell, Joe Curtis, Dan Dustin, Hilmi Ibrahim, Charlie Sylvester, Glen VanAndel, and Marcia Carter. We relied heavily on the works of these individuals in the preparation of our manuscript. Further, a number of individuals have shaped our careers over the years, and we would like to provide acknowledgment to their mentoring of our development. These include Joe Bannon, John Williams, Larry Neal, Ardith Frost, Paul Brown, Chris Cashel, Rita Yerkes, Mary Faeth Chenery, Thomas Rillo, Dave Austin, Gaye Carpenter, Michal Anne Lord, Mark Havitz, Dennis Howard, and Frank Lupton.

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PART

1

LEISURE IN TODAY'S SOCIETY



Leisure provides opportunities for dynamic, challenging, and fulfilling life experiences.

1

Leisure experiences provide a powerful medium for enhancing life satisfaction. It offers action and challenge, while at the same time providing opportunities for reflection and relaxation.



LEISURE AND LIFE SATISFACTION

Introduction

Leisure is an important social, cultural, and economic force that has great influence upon the happiness, well-being, and life satisfaction of all individuals. The idea that leisure promotes greater life satisfaction, however, is not a new one. A number of ancient civilizations, including the Greeks, realized the importance and value of leisure and its role in life satisfaction. The Greek historian Herodotus notes, “. . . man [*sic*] is most nearly himself when he achieves the seriousness of a child at play.” In the last 150 years, the growth of leisure in the public, private nonprofit, and commercial sectors reflects the ever increasing value that both Americans and Canadians place upon leisure.

This book, with leisure and its relationship to life satisfaction as its theme, presents historical and contemporary concepts of leisure, recreation, and play. It describes what people in the United States and Canada do in terms of their leisure pursuits, what motivates them, and what they value. The types of agencies and institutions providing leisure services are also discussed. The book has been written to assist students preparing for professional careers in the leisure service industry.

As leisure professionals, we are in the *life satisfaction* business. Our role in society helps to improve the quality of life of individuals through the provision of quality leisure opportunities, thus enhancing intellectual, social, physical, spiritual, and psychological well-being. This chapter focuses on defining and understanding the terms “leisure” and “life satisfaction.” In addition, the chapter discusses why leisure is important in people’s lives and presents the benefits derived from participation in leisure. Further, a discussion of constraints to participation in leisure and strategies to enhance life satisfaction are included.

Leisure: Toward the Twenty-First Century

As we move toward the twenty-first century, there will be tremendous changes in the way people live, the material bounty available, and the opportunities for leisure pursuits. In a 150-year period in Canada and the United States, society has been transformed from rural, agrarian cultures to urban, highly technical societies. Millions of inventions have dramatically changed the way we live our lives. One of the greatest gifts we have been given as a culture has been the gift of increased leisure.

The twenty-first century will see a staggering rate of change. Changes will impact work, play, family structures, and mental and physical well-being. We have witnessed in the past century dramatic increases in the amount of leisure available to Canadian and United States citizens, resulting in changed attitudes toward seeking leisure experiences. We have moved from a society harnessed by a work ethic that demanded toil fourteen to sixteen hours per day, six days a week, to one in which the average industrial worker works a five-day, less-than-forty-hour work week. Meanwhile, attitudes toward play and leisure—once seen as frivolous, nonessential activities or, at best, amusements or diversions—have changed so that leisure is viewed as a central focus in life that helps individuals define their self-concept.

Godbey writes that although we think of society “. . . as being composed of individuals who have shared common experiences, in reality our society is made up of . . . distinct generational groupings” (Godbey, 1986, p. 1). Each of these generational groupings has been influenced by a host of historical and cultural values that have shaped and molded their perspective of leisure. This, in turn, has greatly influenced the extent to which these groupings have derived satisfaction from their leisure experiences. From a personal family perspective, we all have seen dramatic changes in terms of the way various family members perceived work and leisure. One of the authors reflects on leisure in the lives of his forebears:

My Grandparents' View of Leisure. My grandparents viewed leisure and play *as being frivolous*. As gender roles of the era dictated, my grandfather worked hard to survive in order to achieve the “American Dream” for his family. He worked as a coal miner and for the railroads, and often toiled sixty to seventy hours per week to clothe, feed, and shelter the family. My grandmother fulfilled her expected roles as well. She worked in the home, cooking, cleaning, raising the family, and serving as a helpmate for my grandfather. All of these tasks were accomplished, of course, without the modern conveniences of today. My grandfather loved the out-of-doors and enjoyed tent camping with friends when he could pursue it—which was not very often. My grandmother engaged in quilting and canning. Leisure activities during my grandparents' era often were justified as being *in support of subsistence* or were *utilitarian in nature*. When my grandfather died at age ninety-seven, he had been retired for more than thirty years.

My Parents' View of Leisure. My parents were born in the early 1900s and were raised during the Great Depression. That event shaped their entire lives. Always concerned about pursuing financial security, they often would forgo the pleasures of everyday leisure opportunities to ensure their financial well-being. Interestingly, during his leisure time, my father enjoyed playing the stock market and engaging in real estate investments—both activities related to acquiring financial security. My mother primarily worked in the home, focusing on raising the family. My father served in World War II and subsequently worked as an engineer for an electronics firm in the Silicon Valley, California. Like my grandparents, both my mother and father worked extremely hard, but they placed emphasis on using their leisure time *to restore or refresh themselves to work harder* on the job. Every summer, my father initiated family vacations to Oregon. We camped and fished and toured, enjoying the scenery. On these trips, my parents engaged in activities sufficiently different from daily tasks so as to be restorative.

If asked about their free time, many Americans will talk and (often) complain that they are busier than ever before. They talk about the long hours spent at work, the time required for child raising and household chores, and of not getting enough sleep each day. In fact, many Americans can be heard bemoaning the fact that a day is *only* 24 hours long. In survey after survey of asking people about their free time, this holds true. People report that they are very busy doing lots of things. In fact, people are becoming “time stackers”—they do multiple tasks, stacking them one atop of the other.

New information is being published, however, that makes us wonder about the amount of time we *think* we have and the time we *really* have. In a recent issue of Newsweek (May 12, 1997) it was reported that people have more aggregate free time than they think they do (Peyser, 1997). In fact, Peyser talked about a new book titled *Time for Life*, in which leisure and time experts John Robinson and Geoffrey Godbey note that Americans have more free time now than they have had in the past 30 years—an average of 40 hours per week. This is due, in part, to many people retiring earlier in life and having fewer children later. Robinson and Godbey note that the increase in

free time holds true even for working parents. Two of the few groups that do not have additional time each week are those with more than four children under 18 years old and parents of very young children.

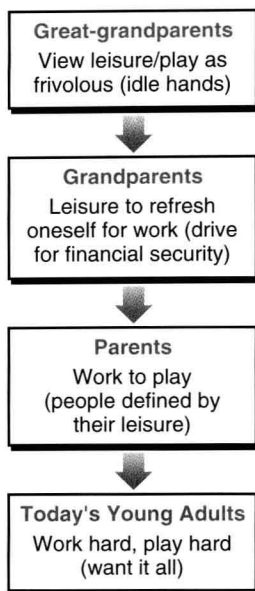
One reason for this new and somewhat controversial finding is that the research was conducted, not by asking people how busy they are, but by having 10,000 people keep detailed time diaries. They kept minute-by-minute track of what they were doing, when, and for how long. In this way, the researchers did not get inflated perceptions of busyness—they got the truth. Where does all the extra free time go? Some people spend more time watching television, while others spend more time with their children. Men are helping women more with household chores than they were thirty years ago—in 1965 women were doing five times as much housework as men; that gap has narrowed to twice as much.

Now what? If time is of the essence for you, perhaps keeping a detailed time diary of weekly activities would help to see where all that time goes. Are you really that busy or do you just think you are? When time flies, does it contribute to the quality of your life satisfaction? Are you really having fun?

My Generation's View of Leisure. I graduated from high school three decades ago, about the time of the United States' heightened involvement in Vietnam. My generation's values differed vastly from those of my parents and grandparents. We did not pursue financial security or stability; we had it. I grew up, when compared with my parents, in an affluent era. It was also an era of immediacy—instant leisure entertainment in the form of television and electronic home entertainment. Educational opportunity and the pursuit of college degrees were readily available. I rode the crest of the baby boom generation. During this period of time, work was not necessarily the focus of life or one's time—leisure became a predominant shaper of culture. Many of my generation “*worked to play*.” We did not seek financial security; we sought greater enjoyment in life via leisure pursuits. As Kelly and Godbey (1992) note, the emphasis of this generation changed from “we” to “me.”

The Generation of Today's View of Leisure. My son and daughter have attended college. They both are somewhere between the end of their college experience and the beginning of their

Figure 1.1
Generational
views of
leisure



professional work lives and early adult leisure lifestyles. They have a different set of values toward work and leisure than my grandparents, my parents, or I have had. Today's generation views leisure as a right, rather than as a luxury, although members are not as economically affluent (Kelly and Godbey, 1992). Further, leisure to this group appears to be more status-oriented. That is, the outward symbols of leisure participation are often used as measures of personal success and achievement. This generation could be referred to as a "*work hard, play hard*" group. These individuals want to have meaningful, creative, fulfilling lifestyles both on and off the job. Fitness activities are common leisure pursuits of this age group. This generation seeks opportunities for continuous growth, personal and physical development, and increased spiritual awareness.

In review, each of these generations has different expectations, values, and attitudes that shape and mold its leisure interests and pursuits (see figure 1.1). One generation more strongly values economic stability, whereas another views leisure as a status symbol. Current status symbols associated with leisure include involvement in fitness, the ownership of clothing endorsed by professional sports teams, and participation in activities such as sky diving. Each of these generations approaches leisure in different ways in order to enhance its life satisfaction. For one generation, actual participation in leisure serves as an important yardstick in measuring life satisfaction and well-being; for another generation, leisure is an ideal that is to be pursued.

Although in the last 100 years society has developed in a way that contributes to individual material and spiritual well-being, we have also witnessed tragic wars and tumultuous devastation. In that time, more people have been killed in wars than in the entire history of humankind. On the other hand, conditions have given rise to opportunities for creative endeavors, intellectual developments, and opportunities for greater self-actualization. Today, people can use leisure to build life satisfaction and to enhance the well-being of individuals; it can serve as a positive force to enhance society and culture as a whole.