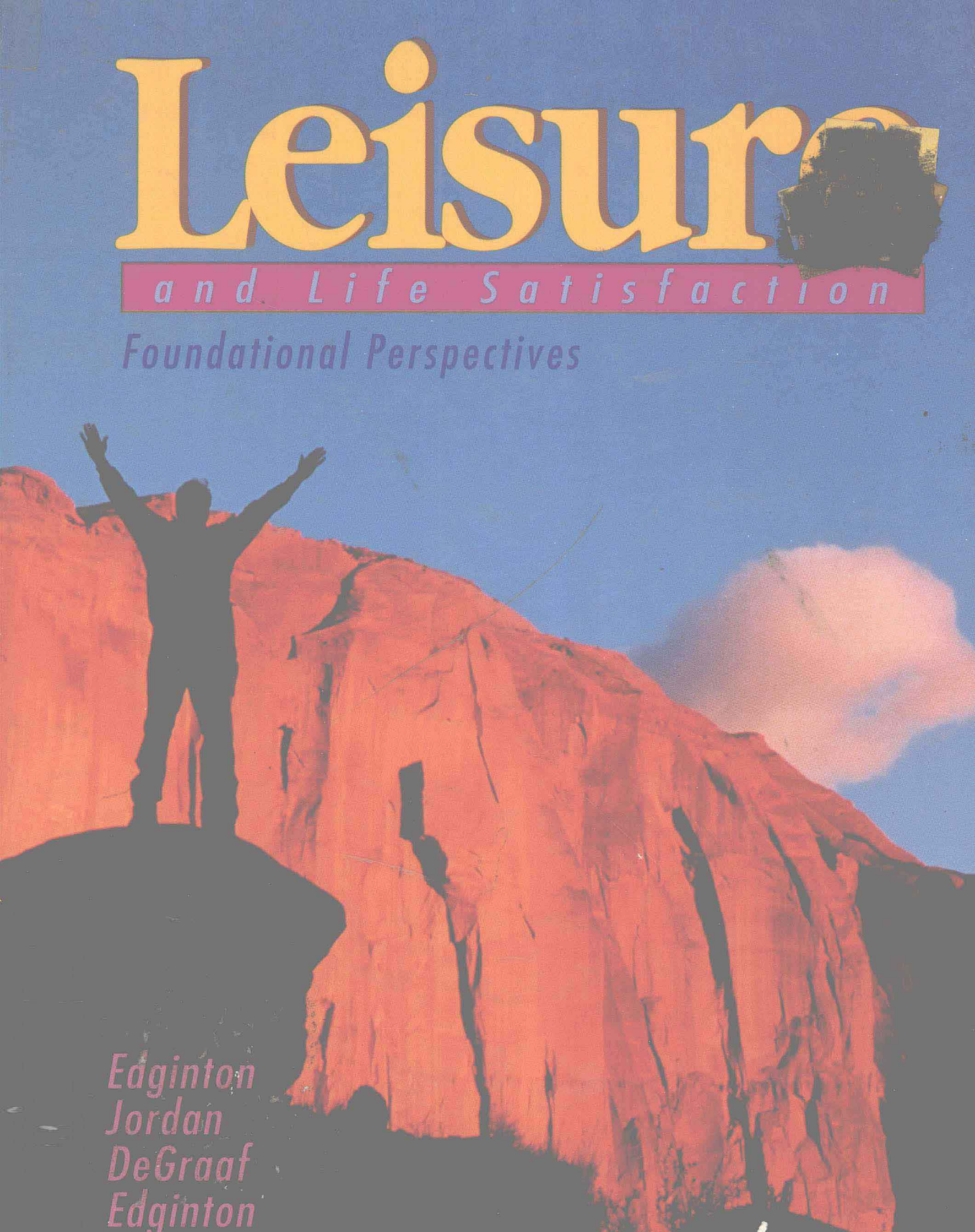


Leisure

A person stands on a dark rock in the foreground, arms raised in a 'V' shape. Behind them is a large, textured red rock wall. The sky is blue with a few white clouds. The overall mood is one of achievement and leisure.

and Life Satisfaction

Foundational Perspectives

Edginton
Jordan
DeGraaf
Edginton

Leisure

a n d L i f e S a t i s f a c t i o n

Foundational Perspectives

Christopher R. Edginton

Debra J. Jordan

Donald G. DeGraaf

Susan R. Edginton

University of Northern Iowa

Brown & Benchmark
PUBLISHERS

Madison Dubuque, IA Guilford, CT Chicago Toronto London
Caracas Mexico City Buenos Aires Madrid Bogota Sydney

Book Team

Executive Editor *Edward Bartell*
Editor *Scott Spoolman*
Production Editor *Patricia A. Schissel*
Art Editor *Jodi Banowetz*
Photo Editor *Rose Deluhery*
Permissions Coordinator *LouAnn Wilson*
Visuals/Design Developmental Specialist *Janice M. Roerig-Blong*
Production Manager *Beth Kundert*
Visuals/Design Freelance Specialist *Mary L. Christianson*
Marketing Manager *Pamela S. Cooper*
Promotions Manager *M. J. Kelly*



A Division of Wm. C. Brown Communications, Inc.

Executive Vice President/General Manager *Thomas E. Doran*
Vice President/Editor in Chief *Edgar J. Laube*
Vice President/Production *Vickie Putman*
National Sales Manager *Bob McLaughlin*



Wm. C. Brown Communications, Inc.

President and Chief Executive Officer *G. Franklin Lewis*
Senior Vice President, Operations *James H. Higby*
Corporate Senior Vice President and President of Manufacturing *Roger Meyer*
Corporate Senior Vice President and Chief Financial Officer *Robert Chesterman*

Consulting Editor

Physical Education
Aileene Lockhart
Texas Women's University

The credits section for this book begins on page 423 and is considered an extension of the copyright page.

Cover design: David C. Lansdon

Interior design: Eric Engelby

Cover image: © C. Campbell/Westlight

Copyedited by Pam Humbert

Copyright © 1995 by Wm. C. Brown Communications, Inc.
All rights reserved

A Times Mirror Company

Library of Congress Catalog Card Number: 94-71286

ISBN 0-697-13232-3

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

Printed in the United States of America by Wm. C. Brown Communications, Inc.,
2460 Kerper Boulevard, Dubuque, IA 52001

10 9 8 7 6 5 4 3 2 1

Leisure

and Life Satisfaction

Leisure is one of life's greatest gifts—an important dimension influencing the quality of an individual's life. Finding satisfaction within one's leisure experiences promotes a greater sense of well-being and increases one's sense of self-worth. Similarly, leisure enhances the quality of life available to a society or culture. It provides opportunities for individuals to sustain, enhance and enrich their well-being. For a society, as a whole, leisure provides an ideal medium for the transmission of historical, social, and cultural values that promote desired norms, social orientations, and customs.

This book presents a foundation for the study of leisure and organizations delivering leisure services in the United States and Canada. Intended to serve both undergraduate and graduate students, it provides an overview of the philosophical, historical, social, cultural, and political factors influencing leisure. Furthermore, the book helps students understand ways in which government, private nonprofit, and commercial enterprises organize and deliver leisure services. It emphasizes the role of the professional in delivering leisure services, and directs special attention toward contemporary issues, concepts, and professional practices.

Leisure and Life Satisfaction is organized into three parts. Part 1 provides an overview of leisure in today's society and includes basic concepts, historical and philosophical perspectives, and information concerning how Americans and Canadians use their leisure. Part 2 discusses the organization and delivery of leisure services. It presents the goals, resources, personnel, and programs of a variety of government, private nonprofit, and commercial leisure enterprises. Part 3 features an analysis of issues, trends, and

strategies influencing practices among leisure service professionals. Topics such as promoting quality services, cultural diversity, ethics and future trends are presented. In addition, it offers strategies for professional career development.

We believe that several features in the design and presentation of *Leisure and Life Satisfaction* make it particularly valuable for students. The book presents a comprehensive treatment of the topic of leisure. Fully illustrated, *Leisure and Life Satisfaction* incorporates contemporary concepts supported by numerous examples from professional practice. A special feature of the book, the inclusion of *Leisure Lines*, brings into focus key issues, examples, and concepts throughout each chapter. *Leisure and Life Satisfaction* will be an important addition to the library of professionals and students seeking professional careers in the area of leisure services.

Initially, Tony A. Mobley, Dean, College of Health, Physical Education, and Recreation at Indiana University, provided support for this endeavor, and encouraged its development. As the process has been lengthy, we wish to thank Dean Mobley for his continuous belief in the project. More recently, Scott Spoolman, our editor at Brown & Benchmark, has supplied great patience and nurturing. We value Scott greatly and appreciate his contribution. Scott's editorial assistant, Kim Olson, has also been an excellent resource, supporting us in this endeavor. She has been thorough in helping us organize our effort and helped with the final organization of the book. We would also like to thank copy editor Pam Humbert. She has commendable editing skills and made an enormous contribution to the effort. We enjoyed working with Pam and she made invaluable recommendations for

changes in the document. We would also like to acknowledge the contributions of Eric Engelby, LouAnn Wilson, Rose Deluhery, Jodi Banowetz, and Pat Schissel.

A number of our professional colleagues served as prepublication reviewers. We would like to extend our appreciation to them for their critical insight to this endeavor. In particular, we would like to thank:

Carlton Yoshioka
Arizona State University

Sandra L. Little
Illinois State University

Michael J. Leitner
California State University, Chico

Carolyn S. Love
North Carolina State University

We would also like to thank the many people who have been instrumental in shaping our thinking throughout our professional careers. In particular, we value the contributions of Al Sabora, Joe Bannon, John Schultz, H. Doug Sessoms, Mike Ellis, Larry Neal, Dan Plaza, Dennis Howard, Glen Van Andel, Mark Havitz, John Williams, Phyllis Ford, Ardith Frost, Paul Brown, Thomas Rillo, Dave Austin, Mary Faeth Chenery, Jim Murphy, Gaye Carpenter, Joe Levy, J. Robert Rossman, Karla Henderson, Chris Cashel, Linda King, Rita Yerkes and Frank Lupton.

We would also like to acknowledge the contributions of a number of scholars whose works have enormously influenced the shape of our professional ideas, concepts, and values. Some of these individuals within the leisure services profession include Richard Kraus, Karla Henderson, John Kelly, Dan Dustin, Geoffrey Godbey, Roderick Nash, Tom Goodale, John Crompton, Mark Searle, Joe Curtis, Janet McClain,

Hilmi Ibrahim, Bev Driver, Bill Niepoth, Jack Foley, Regina Glover and Michal Anne Lord.

Our colleagues and friends at the University of Northern Iowa have given us their support. We value that support and thank them for providing an environment that encourages, promotes, and stimulates creative thinking. Tom Switzer, Dean, College of Education at Northern Iowa has been particularly instrumental in crafting an environment that supports intellectual curiosity, creative endeavor, and hard work. We thank him for his continuous encouragement. Jane Mertesdorf, Coordinator of the Leisure Services Division, has enthusiastically provided a steady hand in the cultivation of a positive work environment. We have drawn great energy from several of our colleagues, including Sharon Huddleston, Sue Koch, Roger Kueter, Walt Heinecke, Iradge Ahrabi-Fard, Forrest Dolgener, Bill Callahan, Tom Davis, Carole Hanson, Glen Henry, and Jeanette Marsh.

No endeavor is accomplished without support from our personal loved ones. Carole and David Edginton have lived through a number of these endeavors and have grown with us in terms of their wisdom, character, and professional demeanor. We extend our appreciation to Clifford and Ruth Edginton and Charles and Jean Clark, who imparted values that provided a foundation for service to others. Sherril York used her invaluable research and computer skills to put together this book and unfailingly provided an environment of support, encouragement, creativity, and growth. Thanks to Theodore and Dorothy DeGraaf, who first made learning fun; to Kathy DeGraaf, who has been a constant source of love, help, and encouragement, and to Isaac DeGraaf a special thank you—for he has helped us all remember the true meaning of play.

Preface xi

Part 1 Leisure in Today's Society

Chapter 1 Leisure and Life Satisfaction 3

Introduction 4

Leisure in the Twentieth Century 4

Life Satisfaction 7

Leisure and Its Relationship to Life Satisfaction 10

Leisure and Life Satisfaction as Related to Age 10

Work, Leisure, and Life Satisfaction 11

Leisure, Satisfaction, and Community Well-being 11

Lifestyle and Leisure 12

Lifestyle Management 13

Leisure, Organizations, and Life Satisfaction 15

What Motivates People To Pursue Leisure? 17

Leisure Motives 19

Constraints to Leisure 22

Summary 27

Discussion Questions 28

References 28

Chapter 2 The World of Leisure, Recreation, and Play 31

Introduction 32

What Is Leisure? 32

Factors Related to a Satisfying Leisure Experience 33

Ways of Viewing Leisure 35

Work and Leisure 39

What Is Recreation? 40

Recreation as a Social Instrument 42

What Is Play? 43

Dimensions of Play 44

Summary 47

Discussion Questions 48

References 48

Chapter 3 Leisure: A Historical Perspective 51

Introduction 52

Why Do We Study History? 52

Knowledge of Leisure Concepts 53

Appreciation for the Foundations of the Profession 53

Understanding People in History 54

Knowledge of Significant Historical Events and Places 54

Knowledge That Can Be Useful—Present and Future 54

Understanding Our Place in History 55

The History of Leisure 55

Leisure in Preliterary Societies 56

Leisure in the Agricultural Era 58

Leisure in the Industrial Era 66

The Technological or Information Era 77

Summary 81

Discussion Questions 81

References 81

Chapter 4

Philosophical and Conceptual Themes 83

Introduction	84
What Is Philosophy?	84
Philosophy and Circumstances	85
The Language of Philosophy	85
Searching for a Philosophical Attitude	86
Values of Philosophy	88
Why Build a Philosophy of Leisure?	89
To Know Yourself as Well as Your Organization	90
Clarifies Relationship with Consumer/Clients	92
Clarifying Relationships within the Organization	93
Clarifying Relationships with Other Institutions	93
The Process of Building a Philosophy	93
Major Philosophies	94
Considerations in Building a Philosophy	98
The Meaning of a Philosophy in a Leisure Service	
Organization	100
Summary	102
Discussion Questions	103
References	103

Chapter 5

Mass Leisure 105

Introduction	106
Mass Leisure: Is There Time?	106
Mass Leisure: Common Elements	108
Increase in Discretionary Income	109
Change in Values	109
Improved Infrastructure Related to Physical and Natural	
Resources	110
Improved Technology	110
Mass Leisure: What Do People Do?	111
Social Activities as Mass Leisure	112
Sport as Mass Leisure	115
Cultural Activities as Mass Leisure	116

The Environment and Mass Leisure	117
Tourism as Mass Leisure	121
Mass Media and Leisure	123
Television Viewing as Mass Leisure	123
Movies and Mass Leisure	127
Other Forms of Media and Mass Leisure	127
Summary	128
Discussion Questions	129
References	130

Chapter 6

Leisure and the Life Cycle 131

Introduction	132
Leisure throughout the Life Cycle	132
Lifestyles	132
The Life Cycle	133
Stages of Human Development	134
Childhood and Leisure	134
Adolescence and Leisure	142
Adulthood and Leisure	147
Older Adults and Leisure	151
Summary	154
Discussion Questions	155
References	155

Part 2

Delivering Leisure Services

Chapter 7

Delivery of Leisure Services: Local Government 159

Introduction	160
Characteristics of Local Leisure Service Agencies	160
Goals and Functions	160
Resource Base	161
Characteristics of Professionals	164
Orientation to Customers	165

Types of Local Governments Providing Park and

Recreation Services 165

Types of Legislation 166

Municipal Government 167

County Government 169

Special Districts 171

Recreation Services as a Part of a School District 174

Types of Services 175

Recreation Activities 175

Areas and Facilities 175

Information 178

Leadership 178

Professional Roles and Opportunities 178

Career Opportunities in Public Parks and Recreation 180

Challenges for the Future 181

Summary 184

Discussion Questions 184

References 185

Chapter 8

Delivery of Leisure Services: State Government 187

Introduction 188

Characteristics of State Leisure Services 188

Goals and Functions of State Government 188

Coordination with Federal and Local Governments 190

Resource Base 191

Characteristics of Professionals 192

Types of Direct Recreation Resources and Services

Provided by States 193

Outdoor Recreation and Resources 194

Tourism Promotion 200

The Arts 201

Other State Services 202

Challenges for the Future 207

Summary 209

Discussion Questions 209

References 210

Chapter 9

Delivery of Leisure Services: Federal Government 211

Introduction 212

Characteristics of Federal Leisure Service Agencies 212

Goals and Functions 212

Resource Base 216

Characteristics of Professionals 216

Customer Orientation 217

Types of Federal Agencies: United States 219

Forest Service 220

The Bureau of Land Management 222

National Park Service 224

U.S. Fish and Wildlife Service 227

Bureau of Indian Affairs 228

U.S. Corps of Engineers 228

Tennessee Valley Authority 229

Bureau of Reclamation 230

Veterans' Administration 231

Morale, Welfare, and Recreation Services, U.S. Armed
Forces 232

National Endowment for the Arts 233

National Endowment for the Humanities 234

Types of Federal Agencies: Canada 234

Fitness and Amateur Sport 234

Parks Canada 235

National Capital Commission 236

Challenges for the Future 236

Summary 238

Discussion Questions 239

References 239

Chapter 10

Delivery of Leisure Services: Nonprofit 241

Introduction 242

Characteristics of Private, Nonprofit Leisure Service
Organizations 242

Goals and Functions	243
Resource Base	247
Characteristics of Professionals	250
Types of Youth and Voluntary Nonprofit Leisure Service	
Organizations	250
Youth-Serving Organizations	250
Religious Organizations	259
Organizations Serving Special Populations	260
Relief Organizations	262
Social Service Organizations	263
Conservation Organizations	264
Service Clubs	265
Challenges for the Future	265
Summary	266
Discussion Questions	267
References	267

Chapter 11 **Delivery of Leisure Services:** **Commercial 269**

Introduction	270
Characteristics of Commercial Leisure Services	270
Goals and Functions	270
Resource Base	271
Characteristics of Professionals/Owners	272
Orientation to Customers	272
Types of Business Ownership	274
Sole Proprietorship	274
Partnerships	275
Corporations	276
Types of Commercial Leisure Services	277
Travel and Tourism	277
Hospitality and Food Services	279
Leisure Products (Manufacturing)	281
Entertainment Services	281
Retail Outlets	283
Leisure Services in the Natural Environment	284

Entrepreneurship, Opportunities, and Challenges	285
What is Entrepreneurship?	285
Opportunities in the Commercial Leisure Service	
Sector	287
Challenges to the Entrepreneur	289
Summary	292
Discussion Questions	292
References	293

Part 3 **Issues, Trends, and** **Professional Practice**

Chapter 12 **Leisure Programming:** **Promoting Quality** **Services 297**

Introduction	298
Promoting Quality and Value	298
Building a Commitment to Quality	299
Developing a Service Orientation	301
What Is a Service? A Product?	302
Organizing a Strategy to Provide Services	303
Value-Added Services	303
Positive Customer Relations	305
Organizational Policies and Procedures	308
Programs: The Services of Leisure Service	
Organizations	308
Types of Programs	309
Factors Influencing Leisure Program Planning	311
The Process of Program Planning	313
Roles of Leisure Programmers	317
Direct-Service Roles	317
Types of Direct-Service Leadership	318
Summary	321
Discussion Questions	322
References	322

Chapter 13

Professional Career Development 323

- Introduction 324
- Common Elements of a Profession 324
 - An Organized Body of Knowledge 324
 - Organizations and Institutions that Exist to Transmit Professional Knowledge 325
 - Creation of Professional Authority as a Result of Public Sanction 325
 - Code of Ethics 326
- Professional Associations 326
 - Types of Professional Organizations 329
- Pursuing a Professional Career: Key Elements 335
 - Career Assessment and Exploration 335
 - Education 338
 - Professional Experience 339
 - Networking 340
 - Certifications 340
 - Lifelong Education and Professional Development 341
- Summary 341
- Discussion Questions 342
- References 342

Chapter 14

Leisure and Cultural Diversity 343

- Introduction 344
- Future Trends: A Dramatic Increase in Diversity 344
- Diversity: Foundational Perspectives 346
 - Culture 346
 - Prejudice 347
 - Discrimination 348
- Dimensions of Diversity 350
 - Primary Characteristics 351
 - Secondary Characteristics 353
 - Interaction of Primary/Secondary Characteristics 355

- Cultural Sensitivity: Valuing Differences 355
 - A Process for Valuing Differences 355
- Implications of Diversity for Leisure Service Professionals 356
 - Administrative Practices 357
 - Diversity and Leadership 362
 - Diversity Programming: Building Self-Esteem 365
 - Program Design for Individuals with Disabilities 366
 - Marketing Practices 367
 - Other Considerations 367
- Summary 368
- Discussion Questions 368
- References 368

Chapter 15

Leisure Ethics 371

- Introduction 372
- Values and Ethics 372
- Sources of Morality 374
 - Ethical Subjectivism 375
 - Ethical Objectivism 376
 - Consequentialist Theories of Ethics 377
 - Nonconsequentialist Theories of Ethics 377
 - An Ethic of Care 378
- Ethical Decision Making 378
- Ethics of the Individual 381
 - Personal Integrity 381
 - Accepting Responsibility for Self 382
 - Consumptive Leisure 383
 - Wise Use of Leisure 384
- Ethics and the Leisure Service Profession 385
 - Professional Competence 386
 - Commitment to Professional Ideals 390
 - Relationships with Customers 391
 - Responsibilities to the Environment 392
- Summary 392
- Discussion Questions 393
- References 394

Chapter 16

Future Trends 395

Introduction 396

Social Trends and Leisure 396

Population Shifts 396

Changes in Social Roles 400

Greater Equality in Sports and Athletics for Women 402

Blurring of Public/Private Involvement in Leisure 403

Increase in Diversity 404

Health Trends and Issues 405

Changes in Physical Health 406

Changes in Social Health 407

Environmental Concerns 408

Development versus Ecosystems 409

Resource Depletion 410

Environmental Degradation 410

Educational Issues 411

Desegregation and Open Enrollment 412

Decreased Support for Extracurricular Programs 412

Movement to Lifelong Education/Development 412

Increased Emphasis on Higher Education 413

Technological Influences 413

Changes in Time Use 414

Systems and Innovations/Services and Equipment 415

Transportation 417

Economic Trends 418

Changing Nature of Work 418

Continued Growth of the Service Sector of

Employment 419

Summary 420

Discussion Questions 421

References 421

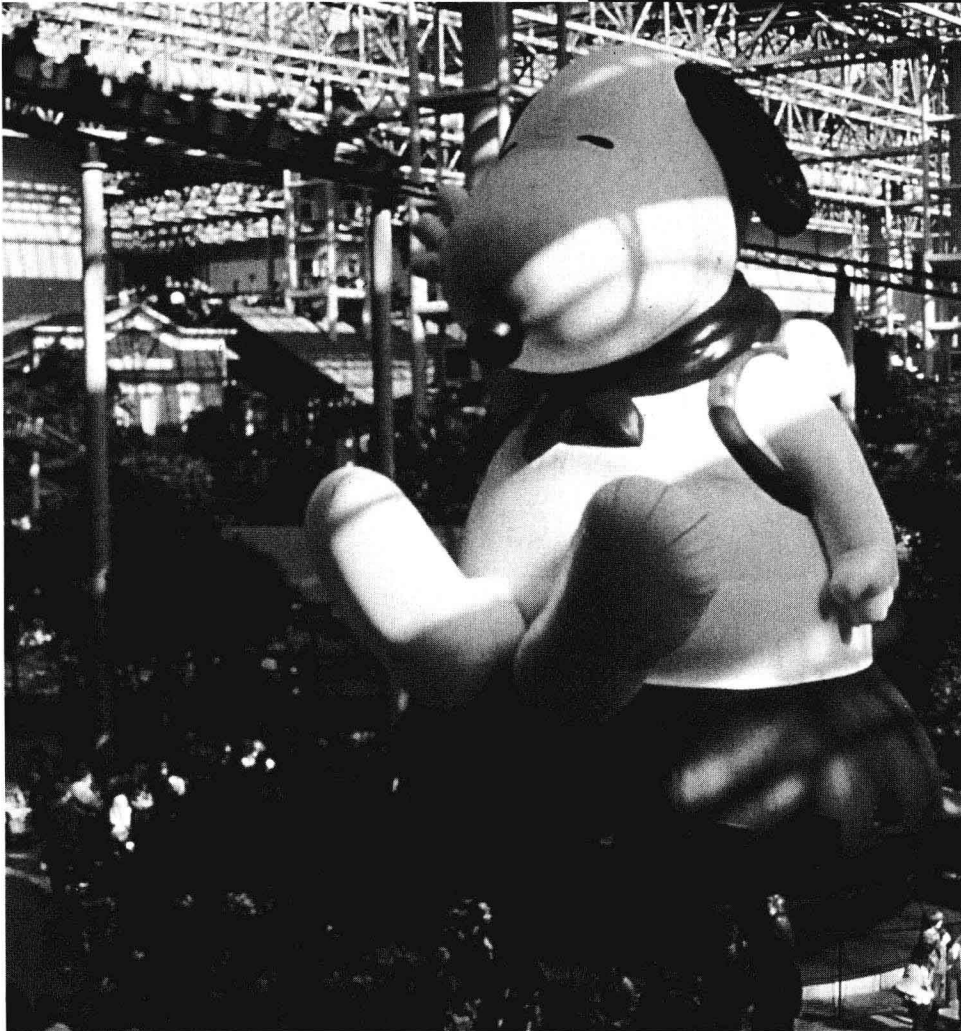
Credits 423

Name Index 425

Subject Index 429

Part 1

Leisure in Today's Society



Commercial leisure services represent a large portion of today's leisure industry. The Mall of America in Bloomington, Minnesota is a contemporary facility that uses leisure as a theme to attract individuals to its more than 400 shops, restaurants, and attractions.

Chapter 1

Leisure and Life Satisfaction



Active and passive leisure activities, the environment, and social intimacy contribute to life satisfaction.

Introduction

The notion that leisure promotes greater life satisfaction is not new. A number of ancient civilizations, including the Greeks, realized the importance and value of leisure and its role in life satisfaction. The Greek philosopher Herodotus noted, “. . . 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 today 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 in the Twentieth Century

Reflections on the twentieth century reveal 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 20th century has seen a staggering rate of change. These changes have impacted work, play, family structures, and mental and physical well-being. The dramatic increases in the amount of leisure available to Canadian and United States citizens has resulted 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, non-essential 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). 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 97, 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.

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 that 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 was 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 are now in college. They have a different set of values toward work and leisure than either my grandparents, my parents or I have had. Today's generation views leisure as a right,