



Definitions

The World of Leisure, Recreation
and Play

Views of Leisure

- Which view best matches yours?
 1. Classical View – Greeks, contrasted with work
 2. Leisure as Symbol of Class – for the rich
 3. Leisure as Unobligated Time – discretionary time
 4. Leisure as an Activity – activity during free time
 5. Leisure as State of Being – a state of mind
 6. Leisure as a Spiritual Expression – uplifting and is not self-indulgent more reflective
 7. Leisure as Social Capital – individual success due to connection with others – leisure reinforces social connectedness

DEFINITION OF LEISURE

Leisure: a multidimensional construct in which one feels relatively free from constraints, has a feeling of positive affect, is motivated by internal forces, and allows the exercise of perceived competence.

Four important ingredients that create a leisure experience:

Freedom: Perceived freedom! Freedom of choice to engage.

Intrinsic Satisfaction: Internally motivated to participate. The experience is intrinsically satisfying.

Positive Affect: Control over the experience. The individual is able to process and organize which enables the participant to construct meaning. The participant has choices.

Perceived Competence: Skills that one possesses that lead to a satisfying experience.

Leisure

Leisure

Play

- *Self Expression
- *Nonserious
- *Spontaneity

Games

- *Rule-bounded
- *Coequal players
- *Control of skill
- *Control of chance
- *Problematic outcome

Recreation

- *Restoration
- *Social Purpose
- *Morality

Sport

- *Physical exertion
- *Standardized rules
- *Competition of physical skills

Leisure

Leisure

