

Why do we participate in
Leisure?



Motivators

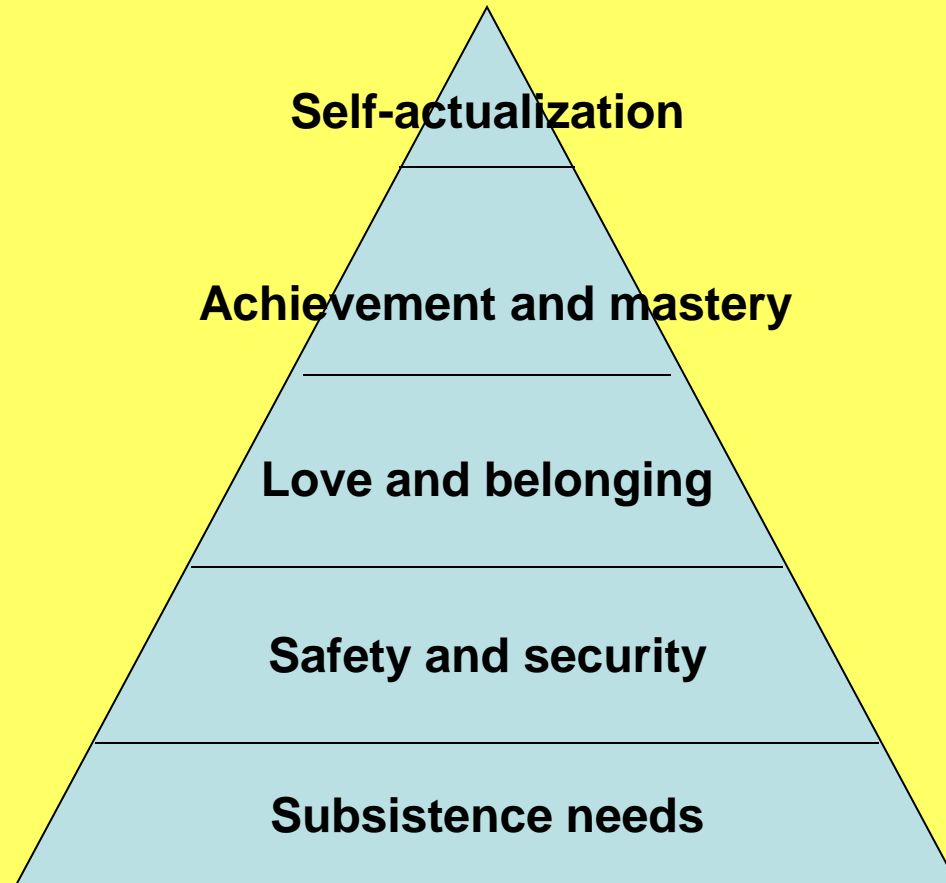
- Physical Motivators
- Social Motivators
- Psychological Motivators
- Intellectual
- Emotional, Spiritual Motivators

Motivation Disposition

- **Self Determination:** Internally motivated to have personal freedom and choices
- **Competence:** Seek leisure that provides feedback relating to skills, ability and effectiveness
- **Commitment:** Tendency towards deep involvement – dedication
- **Challenge:** Stretch limits to provide stimulation

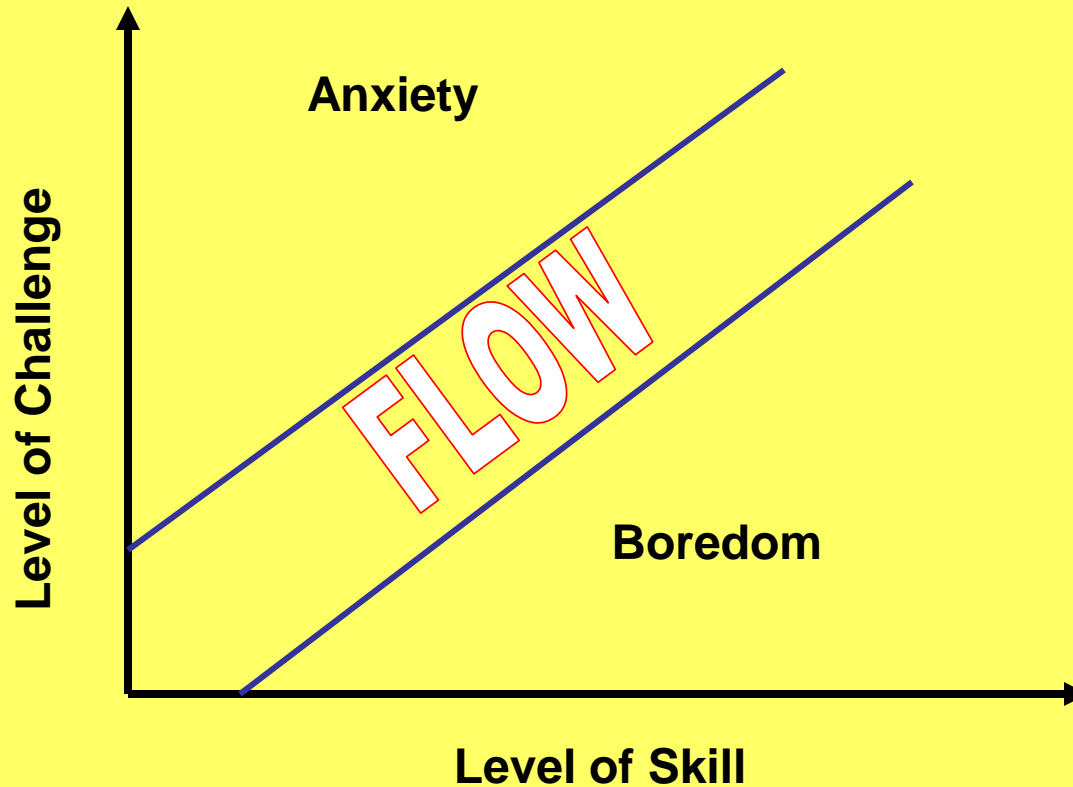
Why do we participate in leisure activities?

- Maslow's hierarchy of needs



Theory of Flow

- (Csikszentmihalyi, 1990)



How Flow Relates to Satisfaction

- A Challenging Task that Requires Skills
- The Merging of Action and Awareness
- Clear Goals and Feedback
- Concentration on the Task at Hand
- The Paradox of Control
- The Loss of Self-Consciousness
- The Transformation of Time