

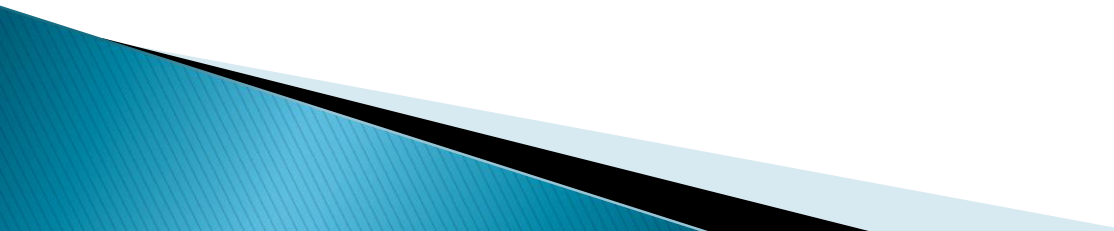
Chapter 2

Philosophical analysis of Play, Recreation,
and Leisure

The Meaning of Play

- ▶ A form of human activity or behavior that is self-motivated rather than external.
- ▶ Is pleasurable.
- ▶ Often marked by elements of competition, creative exploration and problem solving.
- ▶ Mimicry or role play
 - Children engage in mimicry through pretend play.
Playing make believe.

Play in Personality Development

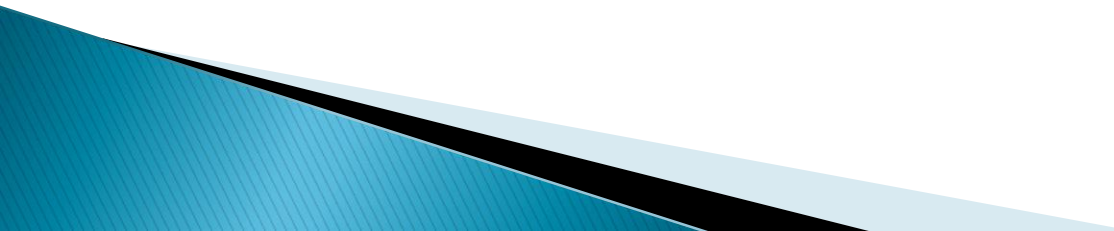
- ▶ Personality is shaped by play
 - ▶ Play prompts enjoyment, freedom, and fun.
 - ▶ Play prompts self-expression, creativity, imagination, and self-confidence.
 - ▶ Play allows children to learn to interact with others.
 - ▶ All these things affect an individual's personality and contribute to the type of person they will become.
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Sigmund Freud

Father of modern psychoanalysis

- ▶ Freud saw play as a medium through which children are able to gain control and competence and to resolve conflicts.
- ▶ Freud thought that play represented the child's way of dealing with reality.


The meaning of Leisure

- ▶ Leisure represented an ideal state of freedom and the opportunity for spiritual and intellectual enlightenment.
 - ▶ Occurring mostly in time that is not devoted to work.
 - ▶ Unobligated Time
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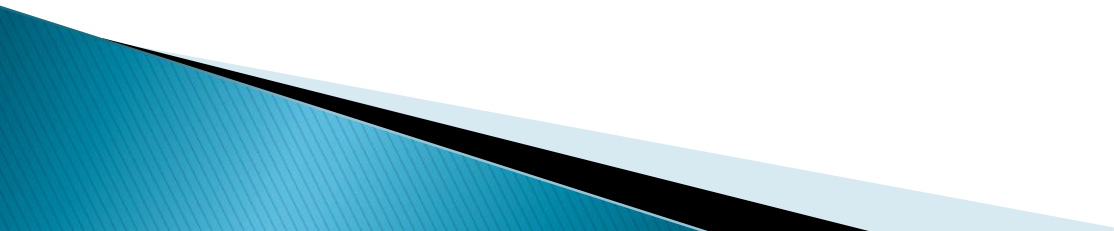
Leisure as Activity

- ▶ Activity in which people engage during their free time.
- ▶ Concerned with the outcomes of a particular activity rather than the activity itself.
- ▶ Yielding a sense of total freedom.

In many situations individuals are pressured to participate . The activity's structure diminishes the sense of freedom.



Recreation

- ▶ From the Latin word *recreatio*, meaning that which refreshes or restores.
 - ▶ Represents a fusion between play and leisure.
 - ▶ Recreation is pleasant, rewarding, and creative.
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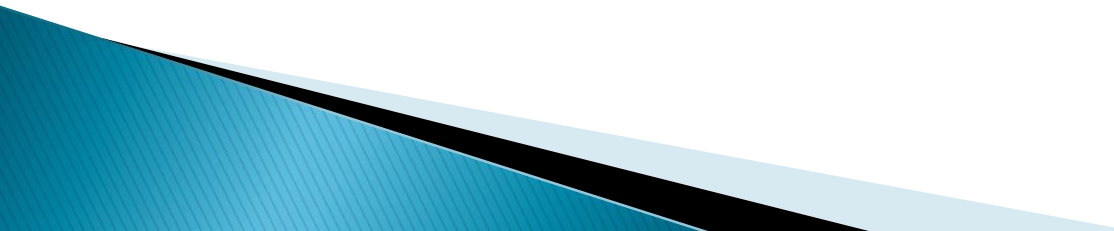
Recreation ...

- ▶ Activity (including physical, mental, social, or emotional involvement) as contrasted with complete rest.
- ▶ May include an extremely wide range of activities.
 - Sports, games, crafts, performing arts, fine arts, music, drama, travel hobbies, and social activities.

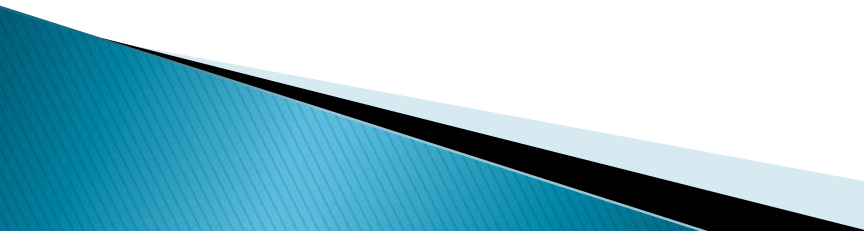
The choice of activity is voluntary, free of obligation.



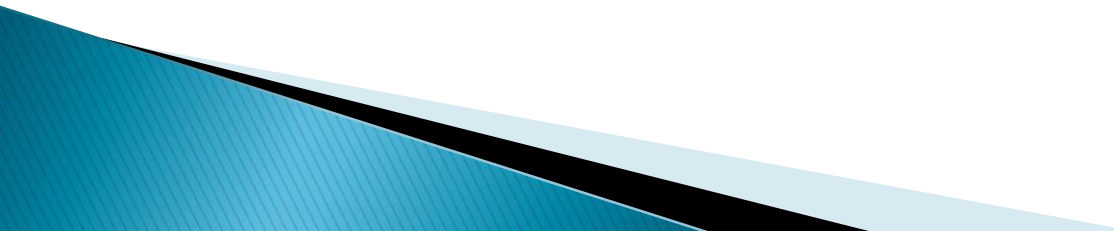
Recreation cont...

- ▶ Is prompted by internal motivation rather than extrinsic goals.
 - ▶ Although the primary motivation of taking part in recreation is usually pleasure seeking, it may also be meeting intellectual, physical, or social needs.
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Motives for Participation

- ▶ Socializing behaviors – people relate to one another in informal and unsteretyped ways.
 - ▶ Associative behaviors – Activities in which people group together because of common interests.
 - ▶ Competitive behaviors –
 - ▶ Risk-taking behaviors –
 - ▶ Exploratory behaviors – such as travel and sightseeing, hiking, scuba diving, etc.
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Recreation Defined

- ▶ Recreation consists of human activities or experiences that occur in leisure time.
 - ▶ Voluntarily chosen
 - ▶ Intrinsic
 - ▶ Pleasurable
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Discuss – Leisure, Recreation/ both

- ▶ Mom spending the day watching her daughter's soccer matches.
 - ▶ Sleeping
 - ▶ Relaxing in a lawn chair under a tree.
 - ▶ Reading a book for fun.
 - ▶ Planting a vegetable garden.
 - ▶ Going to a mandatory softball practice prior to the start of league play.
 - ▶ Reading a book related to your job.
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