

CHAPTER

2

©Halpoint/Shutterstock.

Leisure Motivation

Natalie Duran, Climber . . . What Climbing Means to Me

The first time was like, "This is really fun. It is awesome. Why didn't I think about this before?" The first day I did horrible but it was really fun. My muscles were really sore. . . . Climbing is a way that I can compete with myself and have fun with my peers. It's weird, because when you're climbing you get into this numb zone. There is a different state for everyone. Really it's like you are one with yourself and you're one with your surroundings.

It's a fun sport because even if it is competitive you are honestly only competitive with yourself. It is an individual sport. You climb to your most successful moments and you are at one with yourself and you are in a zen state and not when adrenaline is pumping. Adrenaline is what creates mistakes and mistakes aren't good.

I take fear as an opportunity to grow myself and gain experience. Every time I'm afraid that means I am experiencing something new or something is going wrong and I need to fix that in the future.

Climbing keeps me grounded from college. For some reason I love it. It has become my passion, my love, my lifestyle.

Source: Duran, N. [ndtitanlady]. (April 9, 2012).
What Rock Climbing Is, to Me – Natalie Duran [Video file].
Retrieved from www.youtube.com/watch?v=76yyNVmXpA4.

Learning Objectives

1. Define and provide examples of physical, social, and psychological motivators to leisure.
2. Discuss the utilization of motivators in recreation programming.
3. Explain serious leisure as a unique form of leisure.
4. Define taboo recreation and identify examples of activities that would be classified as taboo recreation.

INTRODUCTION

Having reviewed the foundations of leisure and recreation, we now examine them from personal and social perspectives. This chapter outlines the varied motivations that impel individuals to take part in a wide range of recreational activities. These motivations are examined from the perspective of positive leisure experience, recreation activities that involve extreme risks, and those activities that are considered to be taboo, such as illegal drug use and gambling.

MOTIVATION: WHAT IS IT?

Why do people choose to watch television for hours on end, play competitive sports, or conquer Mount Everest? The reasons are as varied as people are. Recreation enthusiasts derive different qualities from their activities, and these qualities are what drive them to participate. These driving factors are called *motivators*. Motivation can be defined as an internal or external element that moves people toward a behavior. A recreation-related motivator could be the desire to develop soccer skills or to learn about the visual arts.

When discussing motivation at the theoretical level, the names Edward L. Deci and Richard M. Ryan always emerge. They have studied motivation for many years and developed Self-Determination Theory (SDT). SDT is a general psychological theory that assumes that “humans are inherently motivated to grow and achieve and will fully commit to and engage in even uninteresting tasks when their meaning and value is understood.” SDT focuses on the intrinsic motivation of the activity and not the extrinsic (defined shortly).¹

Ryan and Deci outline six different types of motivation on a self-determination continuum that spans from no control over a situation to complete autonomy:

1. *Amotivation*: Performance done without any intention of doing so. For example, amotivation is present when a parent takes a child to see a baseball game when the child has no desire or interest in seeing it. The child goes along because he has no choice and it is beyond his control.
2. *Extrinsic motivation*: Performance of an activity because of an external force or reward. For example, a professional athlete receives compensation for playing for his or her team. This compensation is an external reward and is most likely one of the driving factors behind the athlete’s participation. Another example of an extrinsic motivator is that of the golfer who plays with a regular foursome and bets \$5 per hole with her friends. If she plays because of the money involved, this is an extrinsic motivator.
3. *Introjected motivation*: Performance of an activity to alleviate guilt and anxiety or to enhance ego. Participation occurs in an activity because others desire that participation and the individual would feel guilty or anxious about letting people down. In terms of enhancing the ego, some participate in activities simply because they can demonstrate their skills to others. A professional athlete may continue playing the sport because of the admiration from the fans when in reality the athlete does not really enjoy playing.
4. *Identified motivation*: Performance is done because the individual sees the value in the activity and gets something out of it. This could be building skills or increasing physical fitness. For example, if a person is running to enhance her fitness level and increase weight loss and not for the pure love of running, she is experiencing identified motivation.
5. *Integrated motivation*: Performance of an activity matches the individual’s values and desires, yet there are external reasons too. For example, the individual who runs for fitness and weight loss understands the need for physical health and has chosen running as an activity to achieve it.
6. *Intrinsic motivation*: Performance of an activity for the behavior itself and the feelings that result from the activity. For example, completing a half-marathon for the first time could lead to a sense of accomplishment and pride in the fact that a goal was reached. These feelings are intrinsic motivators. The half-marathon was done because of the benefits of the activity and not because an external reward was dictating or influencing the person’s behavior. The rewards are internal to the person, and the activity is done for its own sake.²

In leisure services, intrinsic motivation is most desired. Ryan and Deci summarize the importance of intrinsic motivation by saying, “Perhaps no single phenomenon reflects the positive potential of human nature as much as intrinsic motivation, the inherent tendency to seek out novelty and challenges, to extend and exercise one’s capacities, to explore, and to learn.”³ Intrinsic motivation is enhanced and more likely to occur when there is a sense of autonomy, competence, and relatedness. Autonomy is the freedom to determine your own behavior, to guide your own actions, and to be in control of the situation. Competence occurs when an individual feels

capable, skilled, and able to meet an acceptable level of challenge. Feelings of competence result from effective and positive feedback from performance. Last, relatedness is a sense of belonging, security, and connection with others. These three things enhance the likelihood of intrinsic motivation. The following sections look at motivation from a variety of perspectives.

Although there is a plethora of ways to look at motivation, including by activity type, age, and gender, it is important to look at broad motivating factors that relate to leisure preferences. In describing the major areas of human development, behavioral scientists use such terms as *cognitive* (referring to mental or intellectual development), *affective* (relating to emotional or feeling states), and *psychomotor* (meaning the broad area of motor learning and performance). Because these terms are somewhat narrow in their application, this chapter instead uses the following more familiar terms: (1) *physical*, (2) *social*, (3) *psychological*, and (4) *emotional*. Most, if not all, motivators of leisure participation can fit into one or more of these four categories.

PHYSICAL MOTIVATORS

Active recreational pursuits such as sport and games, dance, and even such moderate forms of exercise as walking or gardening have significant positive effects on physical development and health. The value of such activities obviously will vary according to the age and developmental needs of the participants. For children and youth, the major need is to promote healthy structural growth, fitness, endurance, and the acquisition of physical qualities and skills. It is essential that children learn the importance of fitness and develop habits of participation in physical recreation that will serve them in later life. This is particularly important in an era of electronic games, labor-saving devices, and readily available transportation, all of which save time and physical effort but encourage a sedentary way of life.

Physical motivators can best be summarized as control of obesity and preserving cardiovascular health. Although each is discussed separately, they are intertwined. Most of what drives people who are motivated by the physical aspects of leisure is achieving wellness. A means to wellness is cardiovascular health and reduced obesity. Society is changing and starting to realize how important an active lifestyle is, and parks and recreation play an active role in this.

Control of Obesity

The Centers for Disease Control and Prevention (CDC) defines overweight and obesity in terms of body mass index (BMI). BMI is a calculation of height and weight. **Table 2.1** demonstrates the level of BMI in an adult 5'9".

BMI for children is calculated a bit differently and takes into account age and sex-specific percentiles. Scientists agree that physical activity plays a major role in weight control. Obesity among American adults has grown steadily and is now a serious health problem in this country. Nearly 73% of the U.S. population is overweight, and of those 35% are considered obese. Children are not exempt from this weight problem because one in three children are considered overweight⁴ and 17% of these children are obese.⁵



Youth baseball serves as a physical motivator where health, wellness, and other physical qualities are gained.

© Creatas/Thinkstock/Getty.

TABLE 2.1 Sample Adult BMI Chart

Height	Weight Range (lbs)	BMI	Considered
5'9"	124 or less	Less than 18.5	Underweight
	125–168	18.5–24.9	Healthy weight
	169–202	25.0–29.9	Overweight
	203 or more	30 or higher	Obese

Reproduced from "Overweight and Obesity" by Centers for Disease Control and Prevention, www.cdc.gov/obesity/adult/defining.html.

Not only is there a difference in obesity rates based on age, race and geography also show differences. Non-Hispanic blacks were 51% more likely to be obese, and Hispanics showed a 21% greater prevalence of obesity when compared with non-Hispanic whites.⁶ The states with the highest percentage of population who are overweight or obese include Mississippi (35.1%), West Virginia (35.1%), Arkansas (34.6%), Tennessee (33.7%), and Kentucky (33.2%). The healthiest states are Colorado (21.3%), Hawaii (21.8%), Utah (24.1%), Massachusetts (23.6%), and the District of Columbia (22.9%). In general, the states in the south have a tendency to be fattest, while the states in the West and New England are the slimmest.⁷

The main reason for obesity is inactivity. In 2015, less than half (49%) of Americans aged 18 and older met the 2008 federal physical activity guidelines for aerobic activity, and only 20.9% of them met the guidelines for aerobic activity and muscle-strengthening activity. For both categories, the highest levels of inactivity for every age group were found among women, with 52.9% of men meeting aerobic activity guidelines compared to 46.7% of women. The numbers are similar when adding muscular strengthening exercise into the mix, with 25.1% of men meeting the guidelines, while only 17.9% of women did. Age is also a factor; while 59% of adults aged 18–24 meet aerobic guidelines, the number plummets to 27.1% for those aged 75 and older. The same is true for the combination of aerobic and muscle-strengthening activity, with a drop from 29.8% of those aged 18–24 to 8.7% of those aged 75 and older meeting guidelines. With respect to race, 43% of Hispanics met the guidelines for aerobic activity compared to 42.4% of non-Hispanic blacks and 52.9% of non-Hispanic whites. The trend is similar for a combination for aerobic and muscle-strengthening activity, with 16.4% of Hispanics meeting guidelines compared to 20.2% of non-Hispanic blacks and 23.3% of non-Hispanic whites who met the guidelines.⁸

Education is also an indicator of regular physical activity levels. As education increases, so does physical activity. People without a high school diploma (23.3%) are least likely to get regular physical activity and those with advanced degrees are the most likely to exercise (61.4%). The same is true for income levels.⁹ The benefits of getting regular physical activity are proven for both children and adults, with decreased obesity rates and decreased incidences of coronary disease, diabetes, high blood pressure, and stroke. Although many of these diseases do not occur in children, obese children are more likely to become obese adults.

Because of these statistics, public, nonprofit, and commercial agencies have come together to offer programs and education to help people become more active. For example, Healthy People 2020 is dedicated to helping people live longer and have a better quality of life. It includes 10 indicators as to what makes a person healthy, and physical activity is at the top of the list.¹⁰

Preserving Cardiovascular Health

Of all the fitness-related aspects of active recreation, maintaining cardiovascular health may represent the highest priority. Cardiovascular diseases include such things as high blood pressure, heart failure, stroke, and coronary

Case Study

Calculating Your BMI

BMI is an indicator of healthy body weight. Go to the National Heart, Lung, and Blood Institute website (<http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>) to calculate your BMI.

Questions to Consider

1. Were you surprised by your BMI? Do you have any risk factors as described by the National Heart, Lung, and Blood Institute?
2. What changes, if any, need to be made for you to maintain a healthy BMI?
3. If you are at a healthy weight, what do you do on a regular basis to maintain that healthy weight?
4. Think about your family, including grandparents, parents, aunts, and uncles. Is there a weight issue within the family as a whole? Explain.
5. What do you first think when you see an obese younger child?

Source

National Institutes of Health, National Heart, Lung, and Blood Institute, "Calculating Your Body Mass Index," <http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>.

heart disease. Johns Hopkins Medicine reported that approximately 84 million people in the United States have cardiovascular disease, causing about 2200 deaths per day or one every 40 seconds. Furthermore, about approximately one third of cardiovascular disease deaths occur before age 75.

Even with these known statistics, physical inactivity is the main culprit, with a sedentary lifestyle being every bit as bad for one's heart as smoking, high cholesterol, or high blood pressure. The American Heart Association suggests that adults need 150 minutes of moderate-intensity aerobic activity per week or 75 minutes per week of vigorous-intensity aerobic physical activity. Moderate-intensity aerobic activity increases a person's heart rate and can be accomplished by participating in activities that increase the heart rate in episodes of at least 10 minutes. As such, a person could walk briskly or ride a bike three times a day for 10 minutes each time to achieve the standard. Vigorous-intensity activity, such as running or riding a bicycle at an accelerated speed, causes rapid breathing and a substantial increase in heart rate. It is also recommended that adults select activities that will increase muscle strength and endurance at least twice per week.

Case Study

A Park Hop Case Study

Americans are not moving—physical activity levels continue to fall or remain stagnant, and obesity rates continue to be high. As part of a countywide initiative to improve health and wellness in Greenville County, South Carolina, LiveWell Greenville was founded in 2011. LiveWell Greenville is a network of organizations partnering to ensure access to healthy eating and active living for every Greenville County resident. Coalition partners include parks and recreation agencies, faith-based organizations, schools, and other entities committed to facilitating a healthier population in Greenville County. The coalition focuses on the four values of sustainable impact, collaboration, engagement, and empowerment.

As part of LiveWell Greenville's programming, a Park Hop program was developed. The Park Hop program is an incentivized passport-style program to increase awareness, visitation, and active use of parks among youth in Greenville County. Developed within a family recreation program planning framework that focuses on facilitating enjoyable family experiences, increasing awareness of recreational activities, and reducing common leisure constraints, this free, summer-long scavenger hunt was designed to encourage children and their families to visit 17 selected parks and recreation facilities. While at each park or facility, participants were asked to find the answer to a clue related to the park or facility. Examples of clues included asking participants to follow interpretive signs to gather information or to complete a fitness trail and ask which station challenged them the most.

There were four goals for the Park Hop program:

1. Increase parks usage and discovery.
2. Foster awareness and appreciation for the wealth of parks in Greenville County.
3. Increase the time spent in physical activity during park visits.
4. Establish an annual tradition for all to enjoy.

Passports were available as a downloadable file, as a hard copy at local facilities, or via the Park Hop mobile app. Participants who turned in partial or complete passports were eligible for prize drawings, with the more parks visited and clues answered, the larger the prizes they were eligible for. Evaluation found that parents and children enjoyed the program and that the program successfully influenced park awareness, discovery, and use of new parks.

Questions to Consider

1. Who can parks and recreation agencies work with to help increase physical activity among local citizens? What might that look like?
2. What are some other examples from your hometown of ways that local nonprofits or other groups are working to provide unique programs to encourage higher levels of physical activity for all ages?

Besenyi, G. M., Fair, M., Hughey, S. M., Kaczynski, A. T., Powers, A., Dunlap, E. (2015). Park Hop: Pilot evaluation of an inter-agency collaboration to promote park awareness, visitation, and physical activity in Greenville County, SC. *Journal of Parks and Recreation Administration*, 33(4), 69–89.

<http://www.livewellgreenville.org>



HEALTHY PEOPLE 2020

Healthy People is a governmental organization under the auspices of the U.S. Department of Health and Human Services that is dedicated to providing science-based national objectives to improve the health of Americans. This group has published three reports, or 10-year agendas, that give guidelines and strategies for building healthy people and communities—Healthy People 2000, Healthy People 2010, and Healthy People 2020. Healthy People 2020 strives to:

- ◆ Identify nationwide health improvement priorities.
- ◆ Increase public awareness and understanding of the determinants of health, disease, and disability, and the opportunities for progress.
- ◆ Provide measurable objectives and goals that are applicable at the national, state, and local levels.
- ◆ Engage multiple sectors to take actions to strengthen policies and improve practices that are driven by the best available evidence and knowledge.
- ◆ Identify critical research, evaluation, and data collection needs.

Reproduced from “About Healthy People,” HealthyPeople.gov, U.S. Department of Health and Human Services. <http://www.healthypeople.gov/2020/about/default.aspx>.

However, in 2014, less than half (49.2%) of Americans aged 18 and older met the guidelines for aerobic activity and 20.8% for both aerobic and muscle-strengthening activities.¹²

The Department of Health and Human Services recommends children aged 6 years and older should get at least 1 hour a day of moderate-intensity physical activity. The American Heart Association lowers this age to 2 years and older.¹³ Three days per week a child should do activities that are muscle strengthening, and another 3 days should include activities that are bone strengthening. Muscle-strengthening activities work the major muscle groups such as the legs, arms, and chest. These can include rope climbing, tree climbing, swinging, climbing walls, or cross-country skiing. Bone-strengthening activities put a force on the bones and help them grow and strengthen through impact with the ground. Bone-strengthening activities include such things as hopping, skipping, jumping, running, volleyball, and gymnastics.¹⁴

However, recent research involving thousands of men and women indicates that even moderate forms of exercise, including such activities as walking, stair climbing, gardening, and housework, have a beneficial long-term effect on one’s health. Although high-intensity, pulse-pounding workouts yield the most dramatic benefits, more modest forms of exercise do yield significant benefits. Beyond these findings, other research demonstrates that regular exercise reduces the incidence of other diseases such as diabetes, colon cancer among men and breast and uterine cancer among women, stress, osteoporosis, and other serious illnesses.

Although there is a plethora of reasons why people should be physically active and the implications of not being active are widely known, the obesity rate is still quite high. A line of research on the constraints to physical activities demonstrates some of the reasons why. Constraints are things that keep people from participating in leisure activities or participating as much as they would like, or that compromise the quality of participation. A few findings that researchers uncovered about physical activity suggest the following:

- ◆ The healthier a person is, the less likely that person will find reasons not to participate in physical activity.¹⁵
- ◆ The more people see the benefits of being physically active, the more likely they are to choose these types of activities.¹⁶
- ◆ Time, family obligations, and lack of energy are main reasons people give for not participating in physical activity.¹⁷
- ◆ Enjoyment of an activity is a major predictor of selecting an activity, including sedentary activities.¹⁸
- ◆ Cost, work obligations, time, and other priorities diminish the likelihood of participating in physical activity.¹⁹
- ◆ An increased preference for sedentary activities has been found among children who are overweight or obese.²⁰

Given all of this, the most effective forms of physical activity are those that are most enjoyable to different people. The challenge comes with those who prefer sedentary over physical activities.



NATIONAL PHYSICAL ACTIVITY RECOMMENDATIONS

The American College of Sports Medicine recommends 30 minutes of moderate physical activity five times per week as well as training each major muscle group 2 or 3 days each week through resistance training. However, it likely takes more than the minimum activity levels to facilitate weight loss or weight maintenance.

If people are motivated to participate in parks and recreation activities based on physical motivators, then there are plenty of opportunities to be found. More and more employers have fitness facilities, offer discounted memberships at local clubs, or give paid time off for employees to participate in fitness activities. Organizations such as the YMCA, YWCA, local parks and recreation agencies, and hospitals all provide activities to get people moving. Even the travel industry is trying to help. Seeing the value of health and fitness, the travel industry is taking action by making health easier for guests. Many hotels offer more healthy options on room service menus, but more importantly, they are catering to the health conscious and expanding beyond the typical fitness facility with a half dozen pieces of equipment. For example, Omni Hotels brings a workout kit to the guest's hotel room. The Get Fit Kit arrives in a canvas bag and includes a floor mat, dumbbells, exercise bands, and a workout booklet. The Hilton McLean Tysons Corner and the Hilton San Francisco Union Square have yoga and cardio rooms where guests can stay. These rooms have a king-sized bed and the equipment needed to work out. Other hotels are offering boot camp classes daily.²¹

SOCIAL MOTIVATORS

The need to be part of a social group and to have friends who provide companionship, support, and intimacy is at the heart of much recreational involvement. It helps to explain why people join sororities, fraternities, or other social clubs, sports leagues, tour groups, or other settings where new acquaintances and potential friends may be met. It is an underlying element in sport in terms of the friendships and bonds that are formed among team members. There are a number of specific social motivators that must be mentioned, including being with others, reducing loneliness, and developing social norms among people.

Being with Others and Reducing Loneliness

Many adults today find their primary social contacts and interpersonal relationships not in their work lives, but in voluntary group associations during leisure hours. Even in the relatively free environment of outdoor recreation, where people hike, camp, or explore the wilderness in ways of their own choosing, interaction among participants is a key element in the experience. Only 2% of all leisure activities are done alone. This indicates that people like to participate in activities with others.

Social contact, friendship, or intimacy with others is key to avoiding loneliness. Loneliness is a widespread phenomenon among all ages. Typically, as many as three-quarters of all college students report being lonely during their first term away from home. As adults age, they begin to experience increased loneliness as significant others and friends begin to pass away and children leave home. Loneliness can have unpleasant and even life-threatening consequences, and often is directly linked to depression, obesity, high blood pressure, and heart problems.²²

Involvement in recreation activities with others can alleviate feelings of loneliness. People can join the YMCA, YWCA, their local recreation center, or take classes at their local parks and recreation department where they can learn new skills or exercise while also meeting others who enjoy these same activities. Keep in mind, there is a difference between loneliness and solitude. Russell suggests that time spent alone is an important part of our lives and can be a much desired state. People participate in certain activities to reduce loneliness, but they also do things to escape or focus totally on themselves such as the case with solitude.²³



Building social relationships through leisure helps reduce loneliness.

© Rubberball Productions.



THE RELATIONSHIP BETWEEN HAPPINESS AND SOCIALIZING

In a survey of 140,000 Americans, it was found that people are happiest when they spend 6–7 hours per day socializing. People who are alone all day are least happy and experience higher levels of stress than those who are more social. Furthermore, there is a weekend effect where people experience more happiness and less stress than during the week.²⁴

Social Norms

Clearly, different types of recreation groups and programs impose different sets of social norms, roles, and relationships that participants must learn to accept and that contribute to their own social development. For children, play groups offer a realistic training ground for developing cooperative, competitive, and social skills. Through group participation, children learn to interact with others, to accept group rules and wishes, and, when necessary, to subordinate their own views or desires to those of the group. They learn to give and take, to assume leadership or follow the leadership of others, and to work effectively as part of a team.

As children age, their social groups increase in importance in their lives. Social peer groups for teens are a major sense of support and help them form their social identity. Into adulthood, social groups reflect our social status and position in society, whether it is playing golf at the country club or camping with family and friends. As people reach senior adulthood (65+), social connections increase in importance as the social group starts to decrease, and loneliness and isolation become more prevalent as our social networks diminish. Although social connections change throughout our lives, they always remain a significant part of our leisure lives.²⁵

Introverts and extroverts view social interaction differently. It was found that people were happier when they were interacting with others.²⁶ However, this does not mean that introverts are unhappy or should force themselves to go to parties, hang out with large groups of people, or engage in other social activities. The difference in the two types of personalities is our tolerance for social stimulation. Extroverts need more social interaction, and introverts need less. Each need to get their own desired level to achieve happiness through social interactions.²⁷

The social aspect of leisure is a significant motivator for many people. It may be a terrific opportunity to participate in activities with a friend or significant other or to participate in a setting to increase the possibility of meeting people for friendship or more.

PSYCHOLOGICAL MOTIVATORS

Often, recreational activities are seen as a means of providing excitement and challenge, as a means of relaxation and escape, as a way to relieve stress, or as a way to balance work and play. These are psychological motivators that contribute to our mental health.

Sense of Adventure, Excitement, and Challenge

A great deal of recreational involvement today is based on the need for excitement and challenge, particularly in such outdoor recreation activities as skiing, mountain climbing, or hang gliding, or in active, highly competitive individual or team sports. These activities are a part of adventure recreation, also called risk recreation. Adventure recreation is activity in the natural environment that has challenge, personal risk, uncertainty, and a reasonable chance for success.²⁸ People choose some of these leisure activities because they have an inherent risk associated with them. Participants thrive on the adrenalin rush, the challenges they are taking, and the thrill they get from completing the activity. As people participate in these types of activities, their perception of risk decreases and perception of skill increases.²⁹ In other words, people become less afraid while doing such things as backcountry backpacking or rock climbing, while they also feel their skills are increasing. Adventure recreation activities have also shown to enhance psychological well-being for people.

In addition to outdoor recreation, there has been tremendous growth in adventure sports because of the need for adventure, excitement, and challenge. For example, the 2015 X Games in Austin featured 21 sports such as



People often seek adventure and challenge in their leisure activities.

© Dudarev Mikhail/Shutterstock.

motocross speed and style, rally cross (car racing), skateboarding, and BMX. The 2013 Winter X Games held in Aspen, Colorado featured 18 sports in three categories including skiing, snowboarding, and snowmobiling.³⁰ For those who are less skilled but who still crave that rush from adventure recreation, tourism companies are capitalizing on this motivational aspect. Some companies specialize in white-water rafting, sea kayaking, off-road vehicle trips, snowmobiling, and mountain trekking.

For many people, the urge for adventure, excitement, and challenge is met through spectatorship—by watching action-oriented movies or television shows—or in the form of video games based on high-speed chase or conflict. For others, ballooning, skydiving, parasailing, amateur stock car racing, or scuba diving satisfy risk-related motivations. Although varied forms of deviant social behavior, such as gang fighting, vandalism, or other types of juvenile crime, are not commonly considered as leisure pursuits, the reality is that they often are prompted by the same need for thrills, excitement, and challenge that other, more respectable recreation pursuits satisfy. This is discussed later in the chapter.

Stress Management

A closely related value of recreation is its usefulness in stress reduction. A leading authority on stress, Dr. Hans Selye, defines stress as the overall response of the body to any extreme demand made upon it, which might include threats, physical illness, job pressures, and environmental extremes—or even such life changes as marriage, divorce, vacations, or taking a new job. Increasing amounts of stress in modern life have resulted in many individuals suffering from pain, heart disease, sleep deprivation, excessive tiredness, and depression.

Once it was thought that the best approach to stress was rest and avoidance of all pressures, but today, there is an awareness that some degree of stress is desirable and healthy. Today, researchers point out that physical activity can play a significant role in stress reduction. Typically, people work off anger, frustration, and indignation by taking long walks or engaging in some kind of physical activity such as exercise. All of the body's systems—the working muscles, heart, hormones, metabolic reactions, and the responsiveness of the central nervous system—are strengthened through stimulation. Following periods of extended exertion, the body systems slow, bringing on a feeling of deep relaxation. Attaining this relaxed state is essential to lessening the stress reaction.

Relaxation and Escape

When you consider the positive side of leisure and why people choose the activities they do, often relaxation and escape are mentioned as key benefits to leisure. Escaping from work, home, or the everyday pressures of life can be done by taking a bike ride, going for a hike, or becoming absorbed in a creative activity through art or drama.

Relaxation allows people to forget the stresses they face. They can temporarily forget about upcoming deadlines, the need to find a job, or pressure to select a good graduate school. Choosing relaxing activities allows individuals to forget about these issues and become absorbed in the activity itself. Relaxation and escape can come from activities or doing nothing at all. Sitting in the backyard, lying on the beach, and taking a nap in the middle of the day are means for relaxation and escape resulting from use of leisure time. Relaxation experts often suggest deep breathing, meditation, exercise, sex, music, and yoga as ways to relax from stress.³¹

Healthy Balance of Work and Play

The role of work and leisure in our lives has changed dramatically from the thinking of the Greeks and Romans to whom leisure was the root of happiness and something enjoyed by those who did not have to work. Today, society sees leisure as something for all, and for most people, emotional well-being is greatly strengthened if they are able to maintain a healthy balance of work and recreation in their lives. Today, we recognize that there can be too much commitment to work, resulting in the exclusion of other interests and personal involvements that help to maintain mental health.

The emphasis on work and leisure is shifting in the United States. Much has been said in the news about the different generations and how the baby boomers (born in 1940–1964) are affecting our lives. The baby boomers are today's upper management. They live to work and view themselves as having a strong work ethic. A strong work ethic is characterized by this group as working long hours and weekends to meet customer demands. This group likes recognition for a job well done and sees working long hours as a way of getting this reward. It was with the baby boomers group that the divorce rates and stress levels skyrocketed and the number of latchkey kids increased.³²

The tendency to place excessive emphasis on work, at the expense of other avenues of expression, has been popularly termed workaholism. For some people, work is an obsession, and they are unable to find other kinds of pleasurable release. For those who find their work a deep source of personal satisfaction and commitment, this may not be an altogether undesirable phenomenon.

The idea of workaholism will always be prevalent in society, but Generation X (born in 1965–1980) and the Millennial generation (born in 1981–1997) will most likely decrease this phenomenon. Generation Xers prefer

Case Study

Take Back Your Time

Take Back Your Time is a non-profit that seeks to challenge the epidemic of overwork, over-scheduling and time famine in the United States and Canada that threatens individuals' health, relationships, communities, and the environment. The organization's goal is to help others better appreciate the value of leisure time—particularly through vacation time—and the costs of time stress in our lives and workplaces.

While 9 out of 10 people report that their happiest memories are from vacation, 52% do not take all of their paid vacation time in a year. While 71% of vacationers are satisfied at work and 46% are not, 27% report taking less vacation time than 5 years ago, 54% do not take vacation time—saving it in case of an emergency that would require time off—and 34% never take vacation with family. In fact, 23% of people who get vacation time reported taking no vacation time in the past 12 months. Unfortunately, 25% of Americans get no paid vacation time at all.

Through events such as the annual “Take back your time day” and the “Vacation Commitment Summit,” Take Back Your Time works to share the benefits of vacation time, as well as other types of paid leave (e.g., paid parental leave, limits on compulsory overtime work) that allow for more balance in people's lives. According to a broad array of researchers, among other benefits, vacations can:

- ◆ Relieve stress.
- ◆ Help prevent heart diseases.
- ◆ Help maintain focus.
- ◆ Help prevent illness.
- ◆ Make you happier.
- ◆ Strengthen relationships.
- ◆ Make you more productive at work.

<http://www.takebackyourtime.org>

Questions to Consider

1. Should all employers be mandated to provide at least 1 week of paid leave to their full-time employees? What are reasons why they might not want to?
2. Should employers actually make employees take all of their paid vacation time? Why or why not?

a balance of work and play. They are today's middle and upper managers who were the latchkey kids coming home to find their parents still at work. They feel work productivity is important but not at the cost of what is most important to them—their leisure, family, and friends. The Millennial generation works to live. They have a job so that they can make money to do the things they really want to do. They have been involved in a number of leisure activities their whole lives, from soccer to piano lessons, and they enjoy these things. This group sees the value of leisure and plans to take advantage of it rather than work excessive hours.³³

Leading authorities on business management and personnel practices now stress the need for business executives to find outside pleasures that open up, diversify, and enrich their lives. The guilt that successful people too often have about play must be assuaged, and they must be helped to realize that, with a more balanced style of life, they are likely to be more productive in the long run—and much happier in the present. Generation X and the Millennial generation already know this and are probably better than their older supervisors and coworkers at taking advantage of the services offered by recreation professionals.³⁴

EMOTIONAL MOTIVATORS

Emotional health is typified by positive self-esteem, a positive self-concept, ability to deal with stress, and a person's ability to control emotions and behaviors. Emotionally healthy people handle the daily stresses of life, build healthy relationships, and lead productive lives. Leisure is a major contributor to emotional well-being.

Leisure activity can provide strong feelings of pleasure and satisfaction, and can serve as an outlet for discharging certain emotional drives that, if repressed, might produce emotional distress or even mental illness. The role of pleasure is increasingly recognized as a vital factor in emotional well-being. Some researchers have



THE BENEFITS OF LAUGHTER

Laughter provides physical, mental, and social benefits.³⁶

Physical Health Benefits	Mental Health Benefits	Social Benefits
◆ Boosts immunity	◆ Adds joy and zest to life	◆ Strengthens social relationships
◆ Lowers stress hormones	◆ Eases anxiety and fear	◆ Attracts others to us
◆ Decreases pain	◆ Relieves stress	◆ Enhances teamwork
◆ Relaxes muscles	◆ Improves mood	◆ Helps diffuse conflict
◆ Prevents heart disease	◆ Enhances resilience	◆ Promotes group bonding

begun to analyze the simple concept of fun, defined as intense pleasure and enjoyment and an important dimension of social interactional leisure.

In leisure, people predominantly seek fun in their free time. Why do a leisure activity if it is not fun? Fun is the reason we play, enjoy the outdoors, and socialize with others. Associated with fun is laughter. There are a number of benefits of laughter, including binding people together, enhancing intimacy, providing stress relief, and because it simply feels good. Fun and laughter can enhance emotional well-being and can be experienced through such activities as going to a comedy show, trying a brand-new activity with friends, or having a game night with family.³⁵

In addition to fun and laughter, self-actualization has been linked to emotional well-being. Self-actualization is a term that became popular in the 1970s chiefly through the writings of Abraham Maslow, who stressed the need for individuals to achieve their fullest degree of creative potential. Maslow developed a convincing theory of human motivation in which he identified a number of important human needs, arranging them in a hierarchy. As each of the basic needs is met in turn, a person is able to move ahead to meet more advanced needs and drives. Maslow's theory includes the following ascending levels of need:

- ◆ *Physiological needs:* Needed for human survival, physiological needs include food, rest, shelter, sleep, and other basic survival needs.
- ◆ *Safety needs:* Safety needs encompass self-protection needs such as health and well-being and physical safety from danger and threats.
- ◆ *Social needs:* Sometimes labeled as love/belonging, these needs include association with others, friendship, intimacy, and connection with family.
- ◆ *Esteem needs:* People have a need for self-esteem, confidence, recognition, achievement, attention, and the respect of and for others.
- ◆ *Self-actualization:* The highest level of the hierarchy is the need for being creative and for realizing one's maximum potential in a variety of life spheres, and the need for spontaneity.

The lower-level needs—physiological, safety, social, and esteem needs—are considered deficiency needs and come from a lack of something in our lives. Unless something in these three areas is missing, these needs are considered met and are rarely acknowledged. When they do not exist, people experience unpleasant feelings. The higher-level need, self-actualization, is a growth need and results in a drive to grow and develop as individuals, to master something and to reach our full potential.



A group of backpackers seek to achieve social, ego, and self-actualization needs through a backpacking trip on the Appalachian Trail.

Courtesy of the Appalachian Trail Conservancy.

Obviously, play and recreation can be important elements in satisfying at least the last three levels of need in Maslow's hierarchy. Much discussion has already been attributed to social needs. Esteem needs can be met from participating in team sports, enhancing fitness levels, or building skills in an activity such as skiing, soccer, or diving. Self-actualization can be realized in both work and leisure. In leisure, creativity can come from art, theater, or drama. Continued participation can continually build self-esteem to the point of self-actualization, or continued participation and drive can help people become self-actualized by reaching a self-imposed goal of completing a marathon or climbing Mount McKinley.

A discussion of the emotional and psychological implications of leisure must also include the work of Mihaly Csikszentmihalyi, who developed flow theory. Csikszentmihalyi posited that people are most happy and content when they reach a state of flow. Flow is a state of mind that occurs when the challenge and skill in an activity are in synch with each other.³⁷ In other words, the person has the skill to meet the challenges presented in participating in the activity. When these two are out of balance, a range of emotions occurs. For example, when there is a low skill and low challenge required, a person will experience apathy and boredom, whereas low skill and high challenge can result in worry and anxiety because the individual is anxious about his or her ability to meet the challenge ahead. Activities that trigger flow in a person vary. It may be a night kayak, creating an oil painting, or playing the guitar that leads a person to experience flow. Notice that flow encompasses several motivational issues already discussed, including intrinsic motivation. However, one of the major benefits is escape because of the total absorption in the activity itself.

Happiness and Well-Being

In general, people want to be happy. Happiness is "frequent positive affect, high life satisfaction, and infrequent negative affect."³⁸ Lyubomirsky and colleagues analyzed many studies on the subject and learned that happiness generates many positive rewards including obtaining a positive state of mind, higher marriage success rates, having more friends and social connections, superior work outcomes, increased mental health, more activity and energy, and experiencing flow more often. They also found that happiness is determined from three sources. First, 50% of happiness is established by our genetics and is set with little chance of changing it. Another 10% is established by the circumstances we find ourselves in. This could be the part of the world we live in, our personal demographics, life events that we experience, and circumstantial factors such as marital status, job, and income levels. The last piece of happiness, which makes up 40%, is determined by intentional activity. Based on this model, 40% of happiness is determined by the actions we purposefully do. Recreation can play a major role in these intentional activities. The activities in which we participate in general are likely to contribute to happiness.

In addition to happiness, well-being is a major motivator in leisure. Well-being is "a state of successful, satisfying, and productive engagement with one's life and the realization of one's full physical, cognitive, and social-emotional potential."³⁹ In essence, happiness is central to well-being. When people experience well-being, they also experience happiness and are satisfied with most aspects of their lives.⁴⁰ Carruthers suggests that leisure plays several roles in well-being and happiness including the following:

- ◆ Positive emotion can result from leisure.
- ◆ Leisure serves as a mechanism for individuals to cultivate their personal strengths, and personal strengths enhance happiness.
- ◆ Leisure can help individuals attain their full potential by building their competence, sense of purpose, and ability to take risks.⁴¹

This insight into happiness and well-being demonstrates that leisure plays a major role in people's ability to be happy and feel good emotionally. Because intentional activities influence 40% of individuals' happiness and happiness enhances well-being, choosing leisure activities that fit well for individuals is an important motivator.

Intellectual Outcomes

Of all the personal benefits of play and recreation, probably the least widely recognized are those involving intellectual or cognitive development. Play is typically considered physical activity rather than mental, and has by definition been considered a nonserious form of involvement. How then could it contribute to intellectual growth? Researchers have come to realize that physical recreation tends to improve personal motivation and make mental and cognitive performance more effective. Numerous studies, for example, have documented the effects of specific types of physical exercise or play on the development of young children. Other research studies show a strong relationship between physical fitness and academic performance. Although a number of these

studies focus on formal instructional programs, others use less structured experimental elements. Several studies show that playfulness as a personal quality is closely linked to creative and inventive thinking among children.

Children learn so much through play such as colors and shapes, how to build using blocks, and how to connect with other children and build social relationships. As they grow, they learn such things as how to follow rules, make up their own rules, build consensus, and solve problems.⁴²

In the early age of games in North America, the sole purpose of playing was for intellectual stimulation. Although the focus has moved away from learning to that of a means of having fun, many games still have an intellectual aspect. For example, Monopoly was first developed so that people could begin to understand economic principles, and Snakes and Ladders (later renamed Chutes and Ladders) taught about morality and ethical behavior. Today, games also have been used to help children learn simple scientific, mathematical, and linguistic concepts. Games like Payday and Head Full of Numbers focus on math. Children and adults learn about geography from games such as Sequence—States & Capitals; logic and strategy from Clue, Sudoku, and Battleship; vocabulary from Scrabble and Boggle; and general knowledge from games such as Cranium or the vast array of Trivial Pursuit games on the market.

On another level, a reporter for Forbes magazine points out that business executives frequently enjoy high-level competitive play in games such as contract bridge, chess, or backgammon, and that they value competence in these pastimes in the people they employ. Investment advisors in particular recognize the risk-taking elements involved in such games and the need for strategic flair in taking calculated risks. Whether the game is poker, gin rummy, bridge, backgammon, or chess, the skills involved are all equally important in business.⁴³

Spiritual Values and Outcomes

A final area in which recreation and leisure make a vital contribution to the healthy growth and well-being of human beings is within the spiritual realm. The term spiritual is commonly taken to be synonymous with religion, but here it means a capacity for exhibiting humanity's higher nature—a sense of moral values, compassion, and respect for other humans and for the earth itself. It is linked to the development of one's inner feelings, a sense of order and purpose in life, and a commitment to care for others and to behave responsibly in all aspects of one's existence.

How does recreation contribute in this respect? Josef Pieper, in his 1963 book *Leisure: The Basis of Culture*, and others suggest that in their leisure hours, humans are able to express their fullest and best selves. Leisure can be a time for contemplation, for consideration of ultimate values, for disinterested activity. This means that people can come together simply as people, sharing interests and exploring pleasure, commitment, personal growth, beauty, nature, and other such aspects of life.

Outdoor recreation is often linked to the spiritual side of leisure. The peace and serenity of the outdoors allows people to escape and experience a sense of freedom. Jensen and Guthrie suggest that nature-based recreation is a spiritual source, and "spiritual sources can help people navigate through life . . . spirituality often represents a person's higher nature—moral values and a respect for humanity, the environment, and the earth itself."⁴⁴

So far, this chapter has examined the important personal values of recreation and leisure involvement from three different perspectives: physical, social, and psychological. It is essential to recognize that these are not distinctly separate components of motivation, but are instead closely interrelated from a holistic perspective. Furthermore, it must be understood that leisure means different things to different people. The motivators behind one person bicycling may be completely different from what another gets out of it. The same is true for the outcomes from participation. The first individual may feel great after biking because of the exercise element, whereas the second person may not think about the exercise portion but the feeling of joy he or she gets from contributing to a healthy environment by biking to work rather than driving. Leisure motivators are as unique as the participants themselves.

SERIOUS LEISURE

Much of the discussion so far on leisure motivation focuses on the average person who enjoys leisure time for a multitude of reasons, from physical and social to intellectual and spiritual. A different perspective on leisure is serious leisure. Serious leisure is "the systematic pursuit of an amateur, hobbyist, or volunteer activity sufficiently substantial and interesting for the participant to find a career there in the acquisition and expression of a combination of its special skills, knowledge, and experience."⁴⁵ People who undertake a leisure activity to the point it extensively extends into their everyday lives could consider that activity to be serious leisure. On the

other hand, most people participate in what is labeled as casual leisure. Casual leisure is an “immediately, intrinsically rewarding, relatively short-lived pleasurable activity requiring little or no special training to enjoy it.”⁴⁶ The difference for most between casual and serious leisure is time, money, and effort dedicated to the activity. For example, a musician who plays with friends a couple of times a month in someone’s garage would be a casual participant. If that same person practiced every night, arranged for gigs every weekend, and invested many hours in music each week, that could be considered serious leisure.

Serious leisure has six defining qualities:

- ◆ *Perseverance*: Serious leisure is defined by the need to persistently persevere through adverse conditions over time. This may mean a runner must work through pain, fatigue, or poor weather conditions. A performer must deal with stage fright or embarrassment. People are willing to overcome what some would see as negative situations because of the positive feelings they ultimately get from the activity.
- ◆ *Leisure career*: Although the individual is most likely not paid for participation, serious leisure emulates a career in that it has stages of achievement. Individuals exhibit a career-like commitment to the leisure activity, where they work to improve and achieve set goals.
- ◆ *Significant effort*: Serious leisure is characterized by people developing special knowledge, skills, or abilities. This requires considerable effort that is beyond the ordinary skill development of casual leisure.
- ◆ *Durable outcomes*: Serious leisure pursuits are steeped in outcomes including enrichment, self-actualization, self-expression, enhanced self-image, self-gratification, recreation, and sometimes financial returns. Although these attributes can be found in casual leisure, it is the depth that distinguishes serious leisure. These activities may not be fun at times, but the skills people are developing are used and these durable outcomes emerge and make the activity more positive for the individual.
- ◆ *Unique ethos*: A unique ethos is a subculture among those who participate in serious leisure. These people share similar ideals, values, norms, and beliefs that pertain to the activity. Social relationships and networks emerge that focus on the leisure pursuit.
- ◆ *Identification with the pursuit*: The individual strongly identifies with the leisure activity. These people talk excitedly about their activity, are proud of the activity, and are quite committed to it.⁴⁷

Given these six distinguishable characteristics, you can see that the commitment and motivation for serious leisure are far more intense than for casual leisure.

TABOO RECREATION

So far, this chapter has examined leisure motivation from the physical, social, psychological, and emotional perspectives. All of these motives have been positive, yet there is a negative side of leisure that requires some discussion. Russell suggests that leisure is not always done for the person’s well-being, and these types of activities are considered taboo recreation.⁴⁸ Taboo recreation is leisure behavior that is restricted by law or society’s norms. Because societal norms are subjective and change from group to group, it is difficult to decide what falls under taboo recreation and what are simply fringe activities. For example, some sects of the Catholic Church and some Scottish politicians have claimed that the Hokey Pokey was written to mock the actions and language of priests leading the Latin mass.⁴⁹ Other religious groups denounce dancing as evil. Because of the disagreement on a clear delineation of what constitutes taboo recreation, three common pursuits are discussed as examples.

Sexual Activity

Sexual activity by some can be classified as taboo recreation. Engaging in recreational sexual activity with a casual acquaintance, one night stands, having “friends with benefits,” or engaging in sexual activity outside of a marriage may be deemed inappropriate by some in society. Taboo sex can also encompass such things as viewing pornography, visiting sex clubs, same-sex sexual activity, or engaging in swinging or partner swapping. While these recreational activities are not illegal, some sectors of society may view them as negative recreational activities. These judgments are often driven more by religious-based moral ideologies than legal ones. Like other taboo activities that will be discussed, sex is one that is classified as positive or negative based on the beliefs of the individual.

Motivation for these sexual activities is as varied as those engaging in them. Taboo sexual activity can be motivated by a sense of power, to learn more about oneself, to escape one’s inhibitions, or to provide a sense of freedom.⁵⁰

Gambling

Gambling is wagering money or something of value on a preselected outcome. Examples of gambling include betting on horse races, buying lottery tickets, and entering a National Collegiate Athletic Association (NCAA) Final Four Tournament pool. Gambling has a storied past and actually began during colonial times when lotteries were implemented to generate revenues. Lotteries were also used to fund some of the most prestigious universities in the United States, including Harvard, Yale, and Princeton.⁵¹ It did not take long for gambling to become illegal and an underground activity. Gambling made a resurgence during the Great Depression because it was seen as a way to stimulate the economy.⁵¹ Also at this time, Nevada legalized most forms of gambling. In these early years, gambling was infiltrated with organized crime. In the 1950s, the federal government cleaned up gambling and organized crime got out of the business. The variety of opportunities to gamble has increased across the United States. What started out as a few casinos has expanded to include parimutuel betting, Internet gambling, and riverboat casinos.

Because the focus of this chapter is not on gambling, per se, but motivation, the question arises as to why people gamble. Research shows a wide variety of reasons including fun, risk, excitement, challenge, adrenalin rush, and relaxation—all motivators that were previously discussed. If it stops at this, there would be no reason to discuss gambling separately from any other activity. However, gambling is taboo when it becomes a problem. Gamblers Anonymous defines someone with a gambling addiction as a compulsive gambler (**Table 2.2**).



GAMBLING STATISTICS

- ◆ The largest percentage of visitors to Las Vegas were in the age group of 65 and older (22%).
- ◆ 48 states have some form of legal gambling. Only Hawaii and Utah do not.
- ◆ Gambling generates more revenue than movies, spectator sports, theme parks, cruise ships, and recorded music combined.
- ◆ Gambling has become a \$40 billion dollar a year industry in the United States.⁵²
- ◆ 80 million Americans visit casinos annually.

TABLE 2.2 Problem Gambling Quiz

Gamblers Anonymous developed a 20-question quiz to ascertain if gambling is a problem for an individual.

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry, trouble, boredom, or loneliness?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments, or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?

Most compulsive gamblers will answer "yes" to at least seven of these questions.

Courtesy of Gamblers Anonymous. Available at: <http://www.gamblersanonymous.org/ga/content/20-questions>. Accessed March 8, 2013.

Case Study

Nude Recreation . . . Is It Taboo?

The American Association for Nude Recreation (AANR) has over 38,000 members who enjoy “living and experiencing nature in the most natural way possible.” Nudists feel that they are comfortable in their own skin and see the human body as a vessel that carries it through life.

AANR focuses on protecting places for nude recreation to happen, including sanctioned nude beaches, public lands set aside for nude recreation, resorts, and campgrounds, among others. Nude recreation is legal in these designated areas.

The AANR stresses that nude recreation is about the family and is not considered an “adults only” activity. They promote body acceptance regardless of age or other factors and strongly oppose sexual exploitation of any kind.

Traditionally thought of as an activity for older generations, nude recreation organizations have recently emerged that target 18- to 35-year olds. The Florida Young Naturists and Young Naturists America have emerged to bring together a younger generation of adults interested in nude recreation. Both groups plan gatherings, trips, and other adventures to enjoy a clothes-free experience.

Questions to Consider

1. Is nude recreation considered taboo recreation? Why or why not?
2. Should children be allowed to participate in nude recreation with their parents and other adults?
3. A local nude recreation organization wants to rent out the indoor pool at the recreation center after hours. What are the pros and cons of allowing this?
4. Should public land be designated specifically as clothing optional? Why or why not?
5. A hotel several blocks from a popular Florida beach is declaring bankruptcy. The AANR wants to buy it and convert it to a clothing-optional resort. What are the pros and cons of doing this?
6. The Florida Young Naturists and Young Naturists America are coming to your campus to promote their upcoming spring break trip. How would this be received on campus by the students? Would students be more accepting because it is a group targeting 18- to 35-year-olds rather than the general population?

Sources

- a. American Association for Nude Recreation: www.aanr.com/.
- b. Florida Young Naturists: www.floridayoungnaturists.com/.
- c. Young Naturists America: nudistnaturistamerica.org/.
- d. R. Neale “Surviving the Economy, Clothing Optional,” *USA Today*, (July 13, 2012): B1.

Compulsive gambling is an illness that progressively worsens, can never be cured, but that can be stopped.⁵³ The motivation to gamble at this point in a person’s life is where it becomes taboo recreation.

Substance Abuse

Substance abuse is a pattern of using substances that alter mood and behavior beyond what they were originally intended. These substances include such things as legal and illegal drugs, inhalants, solvents, and alcohol.

For those using illegal drugs, binge drinking, or consuming alcohol underage, the taboo recreation label fits this behavior. Social drinking, on the other hand, is not considered taboo recreation until it becomes a problem. Just like sex and gambling, alcohol and drug use have signs that indicate when this activity becomes problematic. Also like sexual activity and gambling, there are motives for engaging in this activity. It could be for escape, relaxation, to fit in with a group, to socialize, to take risks, or to be more outgoing.

Social drinking is a major subculture in North America and not considered taboo recreation by most. A few examples are as follows:

- ◆ Young adults go to clubs and drink socially around their friends and to meet people.
- ◆ Wine tasting and beer making are leisure activities and social events.
- ◆ Tourism capitalizes on trips to wineries.
- ◆ Beer makers and restaurants are partnering to present beer and dinner events.
- ◆ Wine glass making is an art form.

There are far more examples of potentially taboo recreation pursuits that could be discussed here. For example, viewing pornography, adult entertainment and erotica, vandalism, dog fighting, or excessive Internet use can be deemed taboo by some portions of our society. To many people some sexual activities, gambling, the use of legal drugs and limited use of alcohol are no different than any other leisure activity. For those who see these activities as morally wrong or abuse any of them, the taboo recreation label emerges. Regardless of whether an individual sees these activities as acceptable and at what level they are acceptable, the motivation to participate varies for each person but focuses strongly on the social and psychological motivations for leisure.

Summary

Beyond the familiar motivations of seeking fun, pleasure, or relaxation, people engage in leisure pursuits for a host of different reasons. Recreational motivations include personal goals such as the need for companionship, escape from stress or the boredom of daily routines, and the search for challenge.

The outcomes of recreational involvement may be classified under four major headings: physical, social, psychological, and emotional.

Physical motivators have never been as important as they are in today's society. The obesity rates of both children and adults continue to grow. Recreational activities help people control weight, fight against obesity, and improve cardiovascular health. The social motivation for leisure results in reduced loneliness, strengthens relationships, and promotes social bonding. The psychological motivations for leisure are quite extensive. People seek adventure, relaxation, escape, stress reduction, and overall well-being and happiness. The emotional motivators involve fun, happiness, intellectual outcomes, and spiritual values. Leisure can bring all of these rewards to a person.

Serious leisure requires a person to be highly motivated to participate in their chosen activity. Those engaged in serious leisure have their leisure activities consume a major part of their lives and are quite committed to participation.

Although all of these motives are viewed as having positive outcomes, there is a part of leisure that not everyone sees as positive. Taboo recreation, or leisure that is seen as negative based on societal standards, can include such activities as some sexual activities, gambling, illegal drug use, and excessive use of alcohol. Society's views vary and some see any involvement in these activities as taboo while others base judgment on the frequency and extent to which participation occurs.

This chapter focused on why people choose the activities that they do and what outcomes they receive from participation. These motives are subjective and vary from person to person. No one activity provides the same outcomes for everyone. Because of this, people must assess their own needs and choose activities that meet these needs.

Questions for Class Discussion or Essay Examination

1. Define obesity. Give an overview of childhood and adult obesity. What is the role of parks and recreation in the fight against obesity? What things in society contribute to the obesity epidemic?

2. The chapter describes some of the specific contributions of recreation to emotional or mental health. What are they? On the basis of your own experience, can you describe some of the positive emotional outcomes resulting from recreational involvement?

3. Recreation centers are increasingly adding fitness equipment designed for children. This equipment includes such tools as smaller treadmills and stationary bicycles. Do you think this is a good use of money and will stimulate physical activity in children? Why or why not? What other activities could recreation centers implement to help fight childhood obesity? What role do parents play in this problem?

4. Define taboo recreation. What motives do people have for participating in these types of activities? Give examples of other taboo activities that were not discussed in this text.

5. A number of psychological motivators were discussed. What are they? How do they relate to your choices for leisure activities?

6. Think of an activity that you could see yourself engaging in to the point of it being serious leisure. Describe your participation level and what would make that activity serious leisure.

7. Select your five favorite recreational activities and then answer the following question: Why do you participate in these activities (motives)? Predict how this list will change in the next 10, 20, 30, and 50 years.

Endnotes

1. D. Stone, E. L. Deci, and R. M. Ryan, "Beyond Talk: Creating Autonomous Motivation Through Self-Determination Theory," *Journal of General Management* (Vol. 34, 2009): 75–91.
2. R. M. Ryan and E. L. Deci, "Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, and Well-Being," *American Psychologist* (Vol. 55, No. 1, 2000): 68–78.
3. *Ibid.*, 70.
4. American Heart Association, "Overweight in Children." www.heart.org/HEARTORG/GettingHealthy/Overweight-in-Children_UCM_304054_Article.jsp. Accessed March 8, 2013.
5. Centers for Disease Control and Prevention, "Prevalence of Obesity in the United States 2011–2014" (December 2016): www.cdc.gov/obesity/data/childhood.html.
6. Centers for Disease Control and Prevention, "Adult Obesity Facts" (September 2016): www.cdc.gov/obesity/data/adult.html.
7. Centers for Disease Control and Prevention, "Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory" (BRFSS 2013): www.cdc.gov/obesity/data/table-adults.html.

8. Centers for Disease Control and Prevention, “Early Release of Selected Estimates Based Data from the 2014 Data National Health Interview Study. National Center for Health Statistics.”: <https://www.cdc.gov/nchs/data/nhis/earlyrelease/earlyrelease201605.pdf> - Retrieved May 30, 2017.
9. Nutrition, physical activity, and obesity: Data, trends and maps. <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>.
10. Center for Disease Control and Prevention, “Facts about physical activity” (May 2014): cdc.gov/physicalactivity/data/facts.htm.
11. Johns Hopkins Medicine, “Cardiovascular Disease Statistics.” www.hopkinsmedicine.org/healthlibrary/conditions/cardiovascular_diseases/cardiovascular_disease_statistics_85,P00243/.
12. Centers for Disease Control and Prevention, “Early Release of Selected Estimates Based Data from the 2014 Data National Health Interview Study. National Center for Health Statistics.” <https://www.cdc.gov/nchs/data/nhis/earlyrelease/earlyrelease201506.pdf>.
13. The AHA’s Recommendations for Physical Activity in Children (2013): www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity-and-Children_UCM_304053_Article.jsp.
14. Centers for Disease Control and Prevention, 2008 Physical Activity Guidelines for Americans: Fact Sheet for Health Professionals on Physical Activity Guidelines for Children and Adolescents. Department of Health and Human Services, Center for Disease Control and Prevention, www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Fact_Sheet_Children.pdf.
15. J. S. Son, D. L. Kerstetter, and A. J. Mowen, “Illuminating Identity and Health in the Constraint Negotiation of Leisure-Time Physical Activity in Mid to Late Life,” *Journal of Parks and Recreation Administration* (Vol. 27, No. 3, 2009): 96–115.
16. Ibid.
17. S. A. Wilhelm Stanis, I. E. Schneider, D. J. Chavez, and K. J. Shinew, “Visitor Constraints to Physical Activity in Parks and Recreation Areas: Differences by Race and Ethnicity,” *Journal of Parks and Recreation Administration* (Vol. 27, No. 3, 2009): 78–95.
18. J. Salmon, N. Owen, D. Crawford, A. Bauman, and J. F. Sallis, “Physical Activity and Sedentary Behavior: A Population-Based Study of Barriers, Enjoyment, and Preference,” *Health Psychology* (Vol. 22, No. 2, 2003): 178–188.
19. Ibid.
20. J. Wardle, C. Guthrie, S. Sanderson, L. Birch, and R. Plomin, “Food and Activity Preferences in Children of Lean and Obese Parents,” *International Journal of Obesity and Related Metabolic Disorders* (Vol. 25, 2001): 971–977.
21. N. Trejos, “Hotels make it easier to stay fit on the road,” *USA Today* (October 10, 2012): <https://www.usatoday.com/story/travel/hotels/2012/10/10/hotel-gyms-workouts/1622289/>
22. E. Scott, “Top 10 Stress Relievers: The Best Ways to Feel Better.” <http://stress.about.com/od/generaltechniques/tp/toptensionacts.htm>.
23. R. Russell, *Pastimes: The Context of Contemporary Leisure*, 4th ed. (Champaign, IL: Sagamore Publishing, 2009).
24. J. Harter and R. Arora, “Social Time Crucial to Daily Emotional Well-Being in U.S.” www.gallup.com/poll/107692/social-time-crucial-daily-emotional-wellbeing.aspx.
25. D. J. Jordan, *Leadership in Leisure Services: Making a Difference*, 3rd ed. (State College, PA: Venture Publishing, 2007).
26. W. Fleeson, A. B. Malanos, N. M. Achille, “An Intra-Individual Process Approach to the Relationship Between Extraversion and Positive Affect: Is Acting Extraverted as ‘Good’ as Being Extraverted?” *Journal of Personality and Social Psychology* (Vol. 83, No. 6, December 2002): 1409–1422.
27. S. Cain, “When Does Socializing Make You Happier,” *The Power of Introverts to Quiet Revolution*: <http://www.quietrev.com/when-does-socializing-make-you-happier/>

28. C. R. Jensen and S. P. Guthrie, *Outdoor Recreation in America* (Champaign, IL: Human Kinetics, 2006).
29. S. Priest and G. Carpenter, "Changes in Perceived Risk and Competence During Adventurous Leisure Experiences," *Journal of Applied Recreation Research* (Vol. 18, No. 1, 1993): 51–71.
30. ESPN X Games (May 24, 2017): <http://xgames.espn.com/xgames/events/2015/austin/results/>
31. WebMD, "Stress Management: Ways to Relieve Stress." (May 24, 2017). www.webmd.com/balance/stress-management/stress-management-relieving-stress.
32. C. Raines, *Connecting Generations* (Menlo, CA: Crisp Publications, 2003).
33. Ibid.
34. Ibid.
35. Helpguide.org, "Laughter Is the Best Medicine: The Health Benefits of Humor and Laughter." (May 24, 2017). <https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>
36. Ibid.
37. M. Csikszentmihalyi, *Finding Flow: The Psychology of Engagement With Everyday Life* (New York: Basic Books, 1997).
38. S. Lyubomirsky, K. M. Sheldon, and D. Schkade, "Pursuing Happiness: The Architecture of Sustainable Change," *Review of General Psychology* (Vol. 9, 2005): 111–131.
39. C. Carruthers and C. D. Hood, "Building a Life of Meaning Through Therapeutic Recreation: The Leisure and Well-Being Model, Part I," *Therapeutic Recreation Journal* (Vol. 41, No. 4, 2007): 276–298.
40. C. Carruthers and C. Hood, Beyond Coping: Adversity as a Catalyst for Personal Transformation. Educational session presented at the American Therapeutic Recreation Association Annual Conference, Kansas City, MO, 2004.
41. C. Carruthers, The Power of the Positive: Leisure and the Good Life. Educational session presented at the Nevada Recreation and Park Society Annual Conference, 2009.
42. D. Elkind, "Cognitive and Emotional Development Through Play," *Greater Good Magazine* (June 9, 2008): www.sharpbrains.com/blog/2008/06/09/cognitive-and-emotional-development-through-play/.
43. A. Hurd, "Board Games," in G. Cross, ed., *Encyclopedia of Recreation and Leisure in America* (New York: Charles Scribner's Sons, 2004).
44. C. R. Jensen and S. P. Guthrie, *Outdoor Recreation in America*, 6th ed. (Champaign, IL: Human Kinetics, 2006): 41.
45. R. A. Stebbins, *Amateurs, Professionals, and Serious Leisure* (Montreal: McGill-Queen's University Press, 1992).
46. R. A. Stebbins, "Casual Leisure: A Conceptual Statement," *Leisure Studies* (Vol. 16, 1997): 17–25.
47. J. Gould, D. Moore, F. McGuire, and R. Stebbins, "Development of the Serious Leisure Inventory and Measure," *Journal of Leisure Research* (Vol. 40, No. 1, 2008): 47–69.
48. R. V. Russell, *Pastimes: The Context of Contemporary Leisure*, 5th ed. (Champaign, IL: Sagamore Publishing, 2013): 165.
49. A. Cramb, "Doing the Hokey Cokey 'Could Be Hate Crime.'" www.telegraph.co.uk/news/newsttopics/howaboutthat/3883838/Doing-the-Hokey-Cokey-could-be-hate-crime.html.
50. M. Shores, "6 Reasons to Have Casual Sex" (August 20, 2010). AlterNet. Accessed March 8, 2013: www.alternet.org/story/147884/6_reasons_to_have_casual_sex.
51. History of Gambling in the United States, <http://www.worldcasinodirectory.com/united-states/history>
52. WGBH Educational Foundation (n. d.), "Gambling Facts & Stats." www.pbs.org/wgbh/pages/frontline/shows/gamble/etc/facts.html.
53. Gamblers Anonymous, "Questions & Answers about Gamblers Anonymous." (May 24, 2017): www.gamblersanonymous.org/ga/content/questions-answers-about-gamblers-anonymous.