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## Recreation and benefits in the life of people

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### Abstract

Recreation provision is something of a paradox. Participating in recreational activities offers many physical, mental and social benefits. Youth is highest in population and stressed and suicide case also more in youth for that reason youth has to take part in recreational activity like, Sports, Music, and Drawing etc. Youth who participate in recreational activities may experience reduced obesity, reduced depression and stress as well as increased stewardship and volunteerism. Recreation promotes a spirit of fun and personal growth, health and fitness, achievement in school and colleges, social development, and community involvement. Recreation is about activities and experiences which produce feeling of enjoyment and satisfaction. They give all of us opportunities to express creativity, achieve and master new skills. Recreational activities through on may develop social skills, physical aptitude and increase motivation as these activities can provide the basis for increased self-confidence in youth. Participation in recreation and leisure activities also allow individuals with autism to learn different skills specific to a particular sport or any other activity. Therefore, recreational activities are very important in life of youth.

**Keywords:** Physical, Mental, Social, Stressed, Growth, Health, and Fitness

### 1. Introduction

#### 1.1 Recreation or leisure

Leisure is free time available to the individual when the disciplines of work, sleep and other basic needs have been met. It is time which can be used in ways determined by the individual's own discretion. Basic needs include essential cooking, shopping, housework, childcare and hygiene.

Tribe (2005) adds that recreational pursuits include home-based activities such as reading and Watching television, and those outside the home including sports, theatre, cinema and tourism.

- Freedom or spare time provided by the cessation of activities;
- Free time as a result of temporary exemption from work or duties;
- A time at one's own command that is free of engagements or responsibilities

In the 1950s and 1960s, activities such as horseback trail riding, skiing, and taking a day hike were among some of the popular choices among outdoor enthusiasts. While these are still enjoyed, people have been leaning toward less vigorous physical activities since that time, Yet incorporating physical activity into your leisure and recreation activities is an ideal way to fit more exercise into your schedule -- as well as address your mental wellness.

#### 1.2 Youth

Youth is best understood as a period of transition from the dependence of childhood to adulthood's independence. That's why, as a category, youth is more fluid than other fixed age-groups. Yet, age is the easiest way to define this group, particularly in relation to education and employment, because 'youth' is often referred to a person between the ages of leaving compulsory education, and finding their first job

Youngsters in the 15-29 years age group accounted for the highest rate of suicide per 100,000 population in India during 2012, according to a World Health Organization (WHO) report published recently. The report also found India registering the highest estimated number of suicides in the world in 2012.

According to the report, 258,075 people committed suicide in India in 2012. Out of this, 99,977 were women and 158,098 were men. In the age group of 15-29 years, the suicide rate was 35.5 per 100,000 during the year, whereas people between 30-49 years 28 persons out of

100,000 committed suicide.

“Adolescents today face new challenges, including rising levels of obesity, mental health disorders and high unemployment,” Dr Vikram Patel, professor of International Mental Health at London School of Hygiene

The lifetime prevalence of depression, anxiety, and stress among adolescents and young adults around the world is currently estimated to range from 5% to 70%, with an Indian study reporting no depression among college going adolescents. Cross-sectional study was conducted to determine prevalence of current depressive, anxiety, and stress-related symptoms on a Dimensional and Categorical basis among young adults. Detecting depressive, anxiety, and stress-related symptoms in the college population is a critical preventive strategy, which can help in preventing disruption to the learning process. Health policies must integrate young adults' depression, stress, and anxiety as a disorder of public health significance.

Today, the youth in India form one of the most vulnerable groups, who on the one hand are expected to be the leaders, the backbone of tomorrow's India, while on the other hand, are a browbeaten and baffled cluster. There is an imbalance between the youth population and the limited opportunities for admission in schools and colleges, and specifically in professional courses. This puts the youth under great pressure. As well as unemployment create a lots of trouble in their life. Thus, Youth require some recreational activities for their mental and physical well beings.

### **1.3 Physical Benefits of Recreation**

Taking part in recreational activities, particularly outdoors, can improve your physical wellness. In fact, people who frequently take advantage of park activities. outdoor recreation provides an excellent opportunity to increase exercise and get physical benefits of such recreation.

### **1.3 Leisure Lowers Stress and Depression**

Mental wellness is an important part of your overall health and can impact your physical well-being. Participating in leisure and recreation activities can help you better manage stress and reduce depression. Leisure provides you the chance to find balance in your life; it also puts you in control of how you're spending your time, which is an important consideration because you may feel overwhelmed by obligations. Taking part in leisure activities as a family is also beneficial for your kids because youth are modeling healthy ways to handle stress and emotions. Participating in leisure activities regularly reduces depression; in fact, just thinking about past outdoor recreation experiences can improve mood and thus help in lowering stress and depression.

### **1.4 Improve Your Quality of Life**

Finding balance is also a reason why leisure and recreation can enhance your quality of life. Physical recreation, in particular, is associated with improved self-esteem. In addition, you're more likely to feel satisfied about your life when you regularly take part in recreation activities. This has significant implications for your mental health and, in turn, your physical health thus help in contributing in improving the quality of life.

### **1.5 Strong Communities**

Parks, trails, recreation facilities, programs and community cultural and sporting events are the key factors in strengthening communities through social interaction,

volunteerism, civic pride and aesthetics. Where people in the comities take part in group and develop strong communities.

### **1.6 Safe Communities**

Through collaborative planning, recreational facilities, programs and services are designed to reduce criminal activity.

### **1.7 Community Leadership**

Recreation is the largest volunteer. Volunteers and professionals work together to sustain services and facilities, thereby solving community problems.

Building leaders for the future.

Recreation increases cultural unity through experiences that promote cultural understanding and celebrate diversity. Equitable access to recreation for all citizens also fosters inclusive and vibrant communities.

### **1.8 Economic Development**

Parks, recreation programs and facilities, community sporting events and cultural activities attract and retain businesses and families, as well as attract tourists, and increase property values. Recreation creates jobs and generates income for the community and for local businesses. Recreation also provides youth with opportunities for engagement, employment and skill development. Investment in recreation infrastructure offsets reactive investments in health and social justice infrastructure. Recreation facilities generate construction and operations job opportunities and support tourism, providing venues for everything from high-performance sporting events to recreational attractions.

### **1.9 Environmental Sustainability**

By acquiring, protecting and managing valuable open spaces, trails, natural features and culturally important assets, recreation supports environmental sustainability. Parks, trails and natural areas contribute to the reduction of greenhouse gases, improve air quality. In addition, research has shown that access to natural, undeveloped, spaces has a dramatic and positive impact on our physical and mental well-being.

### **1.10 For Healthy Active People**

Participation in physical activity and recreation is a key determinant of health status and is known to: reduce risk of heart disease and stroke, help prevent certain types of cancers, reduce occurrence of youth and adult obesity and help reduce incidence of fall-related injuries and chronic conditions in older adults. Activity can also foster social opportunities and contribute to mental health by reducing stress, combatting depression and building emotional well-being.

### **1.11 For Social Engagement**

Recreation builds stronger individuals and families by reducing negative, self-destructive behaviours such as smoking, substance abuse and juvenile delinquency. This positive approach helps reduce social service and justice costs. Recreation has the ability to break down cultural, class and identity barriers, improving the quality of life for all.

### **1.12 For Community Spirit**

Recreation engages people and builds social cohesion, generating healthy, inclusive communities. People feel an emotional connection to the places that bring them enjoyment, making our recreation nodes truly a heart within our communities.

### 1.13 For Environmental Responsibility

Recreation goes hand in hand with environmental protection. Parks and natural areas protect habitat, improve air quality and clean water resources. Active people seek opportunities to incorporate exercise and recreation into their daily lives, often choosing to walk and cycle rather than drive. It is time to ensure our recreation infrastructure supports our environmental commitment by providing energy-efficient, green places for us to play.

Torkildsen (1999) has discussed the similarities between play, recreation and leisure. These similarities emphasize that play, recreation and leisure are integrated and they appear, collectively, to have an inner core. Several words, ideas or themes are used frequently in describing each concept of play, recreation and leisure, including the following:

- **Freedom:** This is the free expression of play; the free choice of recreation; the freedom of choice in leisure.
- **Self-expression:** Each emphasizes individual self-expression.
- **Satisfaction:** Play is characterized by satisfaction in the doing, manifest joy; recreation and leisure are both satisfying to various degrees.
- **Quality:** The quality of experiencing is important to all.
- **Self-initiated:** Play is usually self-initiated, and leisure and recreation also appear to be so in large measure; recreation, however, can also be directed by others.
- **Absence of necessity:** Play cannot be forced and remain play; leisure has the same connotations; in recreation too there is an absence of necessity, but a level of obligation may be attached to it in its institutional setting.
- **Playfulness:** Play, though often serious, is abundant in playfulness, in fun; recreation is often playful but many elements are so competitive that they appear to be more akin to work; leisure is freer and “looser” and therefore exhibits more playfulness.
- **Any activity:** In its purest terms almost any activity can function as a play, recreation or leisure for someone; recreation, however, is more socially constrained in its institutional setting.
- **Experiencing:** Again, in its purest terms, each has an inner dimension; play is totally absorbing in the doing (“lost in play”); re-creation can be an inner consuming experience of oneness; leisure can be the perception of freedom for the sake of doing or experiencing.
- **Timelessness:** In totally absorbing situations in play and recreation, time can stand still. While leisure has a time frame, leisure behavior should not be time conscious.

### 2. Conclusion

Recreation contributes to vibrant and engaged individuals and communities, fostering personal, social, economic and environmental well-being. It touches on many aspects of our lives nourishing people and building strong families and communities. Recreation is an essential community service as it provides opportunities for all citizens to participate, protects our environment, stimulates local economies and adds to the quality of life in our communities. The experience that results from freely chosen participation in physical, social, intellectual, creative, and spiritual pursuits that enhance individual and community wellbeing.”

Recreation facilities are the places that people go to get healthy and stay fit. To improve water quality, protect groundwater, prevent flooding, improve the quality of the air we breathe, provide vegetative buffers to development, produce habitat for wildlife, and provide a place for children and families to connect with nature and recreate outdoors

together.

Youth are the future of India today’s world has become increasingly complex, technical, and multicultural, placing new and challenging demands on young people in terms of education, training, and the social and emotional skills needed in a highly competitive environment and for mentally, physically and economically well beings. Many youth are entering the labor market with inadequate knowledge and such skills as the ability to communicate effectively, resolve conflicts, and prepare for and succeed in a job. Recreation through reduce stress, depression, and suicides in India. Thus, it is important for their life.

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