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Dr. Kusuma C Shamanur
Lecturer, S.T.J. College of
Physical Education,
Davanagere, Karnataka, India

Recreation for modern generation

Dr. Kusuma C Shamanur

Abstract

Recreation is an activity of body and mind which gives relief from tension and fatigue. When we Continue doing a work or performing an activity regularly and continuously for some hours, it gives us physical and mental fatigue and strain. Recreational activity relieves us of the feeling of fatigue, restores our energy and promotes a sense of joy. Without recreation, life would be dull and miserable. Leisure is that time which man has acquired for himself, in which he has the freedom to do as he pleases. One must be educated to use his leisure in worthy pursuits. Recreation means leisure activities chosen by an individual for the purpose of improving his life and living. These activities are of a constructive nature. They are not time-consuming but time-using. They are healthy-physically, mentally and socially.

Keywords: Physical, mental emotional, social disturbances

Introduction

Humans spend their time in activities of daily living, work, sleep, social duties, and leisure, the latter time being free from prior commitments to physiologic or social needs, a prerequisite of recreation. Leisure has increased with increased longevity and, for many, with decreased hours spent for physical and economic survival, yet others argue that time pressure has increased for modern people, as they are committed to too many tasks. Other factors that account for an increased role of recreation are affluence, population trends, and increased commercialization of recreational offerings. While one perception is that leisure is just "spare time", time not consumed by the necessities of living, another holds that leisure is a force that allows individuals to consider and reflect on the values and realities that are missed in the activities of daily life, thus being an essential element of personal development and civilization. This direction of thought has even been extended to the view that leisure is the purpose of work, and a reward in itself and "leisure life" reflects the values and character of a nation. Leisure is considered a human right under the Universal Declaration of Human Rights.

Classification of Recreational Activities

Physical activities

These include games, sports, physical exercises, drill, marching, gymnastics, acrobatics etc.

Mental and intellectual activities

These include discussion groups, study circles, debates, recitation, reading, writing, painting, modeling, chess, cards, etc.

Self-defense and self-discipline activities

These include NCC, NSS, Territorial Army, home guards, sewa smites, Girl Guide and scouting, etc.

Cultural and social activities

These include drama, music, variety programme, dancing, community service, first aid and celebration of religious, social and national festivals etc. For rural people of Haryana, Saangs (folk plays) Ragnis (folk songs), and rural games like kabaddi, volleyball and wrestling, etc. are best recreational activities, besides the T. V. & Radio programmes.

Correspondence
Dr. Kusuma C Shamanur
Lecturer, S.T.J. College of
Physical Education,
Davanagere, Karnataka, India

Art and craft activities

These include drawing, painting, carpentry, modeling, spinning and weaving, gardening tailoring, doll making, needle-work, embroidery, paper machine, leatherwork, etc.

Outdoor activities

These include outing, sight-seeing, visits, excursions, camping, hiking, mountaineering, etc.

Hobbies

These include stamp collecting, newspaper cutting, photography, picture collecting, album making, picnics, specimen collecting etc.

Essential characteristics of recreation

Education is advocating that the recreation must have the following characteristics to benefit the participant to his fullest,

Leisure Time

To have recreation the activity must be engaged during one's free time. From this point of view, one cannot leave during the working hours and engages in recreational activity.

Enjoyable

The activity engaged in, must be enjoyable not boring one.

Satisfaction

The activity engaged in must bring immediate and direct satisfaction to the individual.

Voluntary

The individual must have chosen recreation activity of his/her own choice. There must be no compulsion.

Constructive

The recreational activity is constructive. It is not harmful to the participant physically, mentally, emotionally, socially or in any other way. It helps one to become a better integrated individual.

Socially acceptable

The recreational activity is socially acceptable and individually beneficial to the participants.

Need and Importance of Recreation

No one would ever understand the importance of recreation till the time they experience the values and benefits of it on their own. It is more of a fun embodied in the form of activities to refresh one's body and mind. While type of recreation varies from individual to individual, spending time in something that rock your senses is an experience in itself. The forms of recreation include from simplest of listening to music to the likes of parachuting or bungee jumping. Excess of recreation is called escapism and is something that distract you from your main purpose and affects your time too. A well blended mixture of work and recreation is excellent recipe that keeps you going on the path to success.

There are certain fundamental human needs which are required to be satisfied there are objectives of education that need to be achieved; there are obligations of democratic society that need to be fulfilled; there is price of the technological advancement relished by the modern society that has to be paid; and there are factors/changes which have given rise to the wide spread recognition of the need and

importance of recreation in the modern life. In the explanation given below an attempt is made to point out why and how recreation is serving increasingly important functions in the life of the individuals, the community and the nation:

Recreation- A Fundamental Human Need

Among all the peoples and in all stages of history, man has found outlets for self-expression and personal development in forms of recreation which have a striking similarity. Recreation is a common heritage of all people, although its expression takes varied forms. In all lands, play is the chief occupation of young child during his active hours. Through play the child attains growth and experience. It is nature's way of affording outlets to the great biological urge for activity and the means of acquiring skills needed in later life. As he grows older, other forms of activity make increasing demands on his time, energy and attention. In adult life the duties and responsibilities of earning a living, earning for family and maintaining a place in human society tend to relegate recreation to a place of minor significance on the margin of life. Yet the urge for recreation is so fundamental and universal that it cannot be suppressed.

Recreation contributes to Human Happiness

Happiness was recognized by our forefathers as a fundamental and worthy objective for every individual. In fact life would be incomplete and drab without recreation, the great leader of recreation Dr. Austin Fox Riggs has rightly expressed that "The function of play is to balance life in relation to work, to afford a refreshing contrast to responsibility and routine, to keep alive the spirit of adventure and that sense of proportion which prevents taking oneself and one's job too seriously and thus to prevent the death of youth, and not infrequently the premature death of the man himself." Among the needs for real living there should be a beauty, knowledge and ideals; books, pictures and music; song, dance and games; travel, adventure and romance, friends, championships, and the exchange of minds. Recreation holds its place of importance in modern life because it has afforded and continues to afford opportunities for the attainment of these basic human needs which provide happiness.

Recreation and Health

Recreation is vigor's, and is carried in the open air, which makes use of the fundamental muscles and is the best known means of developing and maintaining healthy organs. Certain forms of recreation cause increased circulation, greater respiratory activity, better elimination of wastes and improved digestion. It contributes to emotional stability by affording rest, relaxation and creative activity. Also give tone to the body by a healthful stimulation of the nerve centers.

The Value of recreation has been characterized as an insurance policy against nervous disorders, which when collected in middle age, will reimburse hundred fold. Its contribution lies in its value in preventing illness by contributing to healthful, happy living. Recreation is also used increasingly in the mental rehabilitation of the individuals. People suffering from mental disorders have been found to react quickly to the stimulus of play, music in particular.

Recreation and Community Solidarity

Many forces in modern society tend to separate people into distinct and often hostile groups, based on differences in their economic status, social position, race, creed, nationality,

education or cultural background. Consequently, it grows suspicion, distrust, and dislike of our fellowmen and a lack of neighborliness and unity of interest. Recreation affords a common ground/common platform where differences may be forgotten in the joy of participation or achievement. Recreation is essentially democratic; interest and skill in sports, drama, or art are shared by all groups and classes. The young boy/girl/man/woman that excels in sports or any other activity is recognized regardless of his cast, color and creed by followers of these activities/ group people.

Recreation and Safety

Adequate provision for recreation, especially in the form of play grounds/swimming pools under the supervision of efficient leadership contributes definitely to the reduction of accidents. Recreation areas that are properly designed and carefully operated are remarkably safe. Recreation departments also contribute public safety by providing and supervising recreation areas by teaching skills that are essential to safe participation in injury prone recreation activities, and by enforcing safety regulations on public recreation areas. In the absence of safe recreation areas there is no safety in street recreation at a crowded place which may cause injuries.

Recreation and Democracy

Democracy and recreation are alike in spirit and each tends to promote and strengthen the other. Democracy is committed to giving each individual the opportunity to grow fully, express himself freely and achieve an abundant life. Recreation which represents activity freely chosen, offers the individual opportunity for genuine satisfaction, creative expression, and the development of his powers, helps him in attaining the objectives of democracy. It contributes to his effectiveness as a citizen in the modern democratic state.

Recreation and Education

In many respects the objectives, methods, and programmes of education and recreation are similar but they are not identical. The fullest development of the individual is sought by both; but recreation affords immediate satisfactions, whereas education aims at a more distant goal. The element of compulsion is present in some aspects of education which is lacking in recreation experiences. Many activities such as sports, music, drama, or arts are common to both programmes, but in education they represent areas in which skills, understanding and appreciation are to be acquired. In the recreation programme however, the activities serve primarily as a means of using and enjoying skills and interests that have already been acquired. Yet educational growth is a part of every satisfying recreation experience. The training for worthy use of leisure was one of the seven objectives of education. To achieve this objective recreation provides opportunities to impart training and activities to use leisure time intelligently in a constructive manner. The early and continuous development of leisure attitude, habits, skills and knowledge, leads towards developing and educated judgment about recreation. The authorized educational institutions have realized that recreational programme affords an excellent medium for carrying on the learning process and for achieving objectives of education. Recreation therefore plays an increasing role in the curriculum of formal education and in the extra-curricular programme of an Institution.

Recreation and Economy

Leaders in business and industry have long realized that the way in which their employees spend their leisure hours influences effectiveness on the job. In the welfare states of the world hundred of dollars are being spent per year to care for one delinquent whereas a playground, which may prevent children from becoming delinquents, can be operated at an annual cost of only a few dollars per child served. In other words investment made in developing and providing recreational facilities is an investment in the welfare of human being, that pays dividends in dollars/rupees as well as intangible returns.

Conclusion

From the concluding point of view, recreational activities are very important means of utilizing the spare time in fruitful activities which enliven mind and body and direct their superfluous energies into channels of constructive and national building work. However, as too much of everything is bad, people must not be over-strained while engaged in such activities otherwise their sense of joy would be adversely affected. Thus recreational facilities should be available for all classes of men and women, both in the urban and rural areas and is closely related to such aspects of national life as education, health and social welfare. It is clear that recreation has gained a place of importance in modern life and has pointed out several ways in which it contributes to an individual, community and nation's welfare.

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