

FAQs:

Q1. What did Thomas Mann quote on recreation?

Ans. Thomas Mann, a German novelist, short story writer, social critic, philanthropist, essayist and 1929 Nobel Prize Laureate brilliantly quoted, "Recreation which is to say: a refreshing exercise of the organism, because it was in immediate danger of overindulging itself in the uninterrupted monotony of daily life and growing indifferent".

Q2. Mention the perks of technological advancements.

Ans. The perk of technological advancements is that it makes our work a lot more easier for us and also reduces the time required to carry them out, creating a lot of free or leisure time after the working hours.

Q3. What are the disadvantages of the development of technological recreation gadgets?

Ans. The development of technological recreational gadgets such as television, video games, computers and these days the addiction to the social media sites has glued an entire generation of adults, youth and children to their smart phones and other gadgets again resulting in inactivity and also a lot of physical, mental, social and emotional problems.

Q4. How does AAHPER define recreation?

Ans. The American Association of Health, Physical Education and Recreation (AAHPER) states that Recreation is a special field that contributes to the satisfaction of basic human needs for creative self-expression; helps to promote total health - physical, mental, emotional and social; provides an antidote to the strains and tensions of life; provides an avenue to abundant personal and family living; and develops effective citizenship and vitalizes democracy.

Q5. Give any two definitions of recreation?

Ans. Following are the definitions of recreation:

G.D. Butler has defined recreation as, "Any form of leisure-time experience or activity in which an individual engages from choice because of the enjoyment and satisfaction which it brings directly to him".

Meyer and Brightbill defined recreation as, "An activity voluntarily engaged in during leisure time and primarily motivated by the satisfaction of pleasure derived from it".

Q6. What are the characteristics of recreation?

Ans. The characteristics of recreation are:

- Leisure Time
- Enjoyable
- Self-satisfaction
- Voluntary Participation
- Constructive
- Socially Accepted
- Non-survival

Q7. Explain any two characteristics of recreation.

Ans. Following are explanation of two characteristics of recreation:

- Leisure time: It is very important that the recreational activities are planned in the free time only. Keeping in mind this point of view one should not leave during the working hours to engage in any form of recreational activity or activities.
- Enjoyable: As mentioned earlier that recreation is meant to recreate lost vigor, hence the program scheduling needs to be interesting and enjoyable and not a boring one.

Q8. What is the meaning of recreation?

Ans. Recreation is an activity of leisure, leisure being discretionary time. However recreation carries different meaning to different people and can be applied to a variety of activities irrespective of the age or profession of the individual or child. Recreation is for everyone, it is not limited to a particular group of people or age or activity.

Q9. What did Dr. John H Finley point out about the term recreation?

Ans. Dr. John H. Finely has pointed out, that the word 'recreation' is broad enough to include 'play' in its every expression and also many activities that are usually not thought of as play – music, drama, craft, every free or leisure time activity and especially creative activity for the enrichment of life.

Q10. Why is recreation important for the modern day individual?

Ans. As recreation is life in itself devised to regain lost vigor and to get a sense of joy, refreshment, satisfaction and achievement. In the modern era the pressure of performing is prominently visible among all age groups be it children in schools, youth in colleges, adults in the work place, everyone wants to be the one to shine out and be a step ahead of the peers. This constant need among individuals to survive in this demanding environment leaves them exhausted and socially incompetent to actually have healthy inter-personal relationships, thus in order to break the monotony and also to remove the exhaustion caused by their stressful daily lives recreation is very important.