

## **FAQs:**

### **Q1. How is active recreation more important than passive recreation for the modern day individual?**

**Ans.** In order to counteract both the aspects i.e. the utilization of free or leisure time in a constructive manner and to make an individual irrespective of the age group more physically, mentally, socially and emotionally active so that the growth and development takes place proportionately active recreation rather than the passive ones are a must of the modern era and the modern society individual.

### **Q2. Explain in brief why recreation is essential for humans?**

**Ans.** Every individual is unique, they have their distinct personality. There are certain fundamental human needs which are required to be satisfied when a recreation program is formulated; there are objectives of education that needs to be achieved; there are obligations of the democratic society that needs to be fulfilled; there is a 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. Recreation has a direct influence upon the factors of an individual which ultimately creates a well-balanced personality.

### **Q3. List the importance of recreation in the life of human beings.**

**Ans.** The importance of recreation in the life of the human beings can be listed as follows:

- Recreation is a fundamental human need
- It contributes to happiness
- It helps in the development of health
- It assists in character development
- It helps in crime prevention
- It helps in community solidarity
- It is important in promoting the principles of democracy
- Recreation helps in the attainment of the goals of education
- Recreation helps in the development of the economy.

### **Q4. What is the scope of recreation?**

**Ans.** The scope of recreation is listed below:

- Recreation provides happiness and satisfaction
- Leads to balanced growth
- Provides opportunities for creativeness

- Assists in character development
- Proves beneficial for medical refreshment
- Gives freedom to the participant
- Improves health
- Promotes social adjustment
- Provides opportunities to individuals
- It is in line with education thus helping in the education process as well

**Q5. Elaborate how is Recreation – A fundamental human need?**

**Ans.** Recreation has been a part of man ever since the ancient times as in all stages of history man has found outlets for self-expression and personal development in forms which have always had a striking similarity in all its forms at all times. Recreation has been heritage to people of all ages; it emerges as early as the childhood days when a child engages in play. Play is nature's way of providing an outlet for self-expression and also to equip the child with skills that would be needed later in life.

It is seen that, with the increasing demands on an individual to sustain himself and to provide for the loved ones leaves him with little time to engage in recreation, however recreation is a fundamental need of an individual hence it gets relegated to a place of minor significance in adult life but its need and importance can never be suppressed.

**Q6. What did our fore fathers recognize as a fundamental and worthy objective for every individual?**

**Ans.** Happiness was recognized by our fore-fathers as a fundamental and worthy objective for every individual. A feeling of exhilaration and joy that one gets engaging in certain activities is happiness. Happiness is the core value of life, whatever we do or intend to do aims at making oneself or the people surrounding us happy.

**Q7. How does recreation help in character development?**

**Ans.** Character development is not an objective specifically sought by persons engaging in recreational activities, it is however a natural by-product of participation in team games, drama and music or a variety of other activities as well that requires cooperation.

**Q8. Explain how recreation can help in crime prevention?**

**Ans.** Most crimes are a result of dissatisfaction in the life of an individual and or to attain their desires, recreation provides a means to fulfill the desires and bring about satisfaction in an individual in the leisure time of the individual as it is during free time that an individual diverges and at time resorts to unhealthy ways of going through the day. When there is an abundance of activities to engage in it leaves the individual satisfied and little

time to indulge in unlawful activities. The police officials and prison authorities have testified from their experiences that much delinquency and crime result from inadequate recreation opportunities.

**Q9. Explain any two scope of recreation.**

**Ans.** The explanation of the two scopes of recreation is given below:

- 1. Happiness and Satisfaction:** You feel happy when you feel good about having expressed yourself in a certain way. It refers to the kind of feeling you get inside when you feel that an experience has been enriching and abundant.
- 2. Balanced Growth:** Recreation does not involve the action of a particular movement, but it includes a wide variety of activities and thus there is development of all the parts of the body.

**Q10. How does recreation fulfill the scope of social adjustment?**

**Ans.** Since recreation usually involves groups – large and small, it is the best opportunity for social relations, friendship and to develop respect and understanding for others. Personal faults may be overcome and a person will be able to gain control over his emotions and perform fully when required.