



PHYSICAL EDUCATION

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Introduction to Recreation

Lecture - 68

IMPORTANCE AND SCOPE OF RECREATION

INTRODUCTION

As opposed to the modern society individual, who is provided with the luxury of enjoying all kinds of technological advancements that has provided comforts even beyond our wildest imaginations, our ancestors in the primitive world had to labour their way vigorously even to fulfill the basic necessities such as food and shelter. Today we enjoy all comforts life has to offer with the push of a button. However on the other hand we have been faced with a lot of physical, mental, emotional and social disturbances. The revolutionary development of science and technology has reduced the level of efforts that was initially required in all walks of life, be it our home, work place, agricultural sector and even the industries. A decline in the rate of codependence among individuals, led to social problems; the technological developments reduced the level of work causing physical problems; working for long durations on mechanical devices and machines led to various mental problems. Work hours led families and friends spending less time with one another also leading to a number of emotional problems.

There is a perk through of all these technological advancements, which makes our work a lot more easier for us and also reducing the time required to carry them out, creating a lot of free or leisure time after the working hours, on the contrary 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 as well.

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.

IMPORTANCE OF RECREATION

No two individuals in this planet are alike, even identical twins who look similar in every aspect may have different personalities, interests that make them who they are. 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.

Without any further hold we would discuss the importance of recreation and also its need in connection with the modern society and how it is serving increasingly in the important functions in the life of individuals, the community and the nation.

1. Recreation – A Fundamental Human Need

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.

2. Recreation Contributes to Human Happiness

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. Happiness was recognized by our fore-fathers as a fundamental and worthy objective for every individual.

Whatever we do in life would be for nothing if we are not happy and the spirit of youth dies within. Among the needs for real living there should be beauty, knowledge and ideals; books, pictures and music; song, dance and games; travel, adventure and romance; friends, championships and the exchange of minds whichever appeals to an individual and brings happiness and satisfaction participating in it. Recreation holds a very important place in the modern era as in the hustles and bustles of day to day living an individual many a times forget focusing on oneself and recreation afforded and still continues to

afford opportunities for the attainment of the basic human needs that provide happiness.

3. Recreation and Health

Recreation that is vigorous in nature and involves physical movement and is carried out in the open air and also makes use of the fundamental muscles is the best known means of developing and maintaining a healthy lifestyle. Physiological and psychological balances lead to lessening of tensions and conflicts. The inner desires and outer desires need to be well balanced and recreation provides that.

Dr. William C. Menninger, who works with patients with mental and social difficulties said that, "Recreation has not only played an important part in the treatment program of any mental illness but it has been a considerable factor in enabling former patients to remain well. Therefore the psychiatrists believe that recreative activity can also be valuable preventive of mental and emotional ill health".

4. Recreation and Character Development

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.

5. Recreation and Crime Prevention

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.

6. Recreation and Community Solidarity

Modern day society tend to separate due to a lot of socio-economic factors which leaves the community divided, however recreation affords a common ground or platform where differences may be forgotten in the joy of participation and achievement. The child or individual be it a male or a female who excels in any walk of life such as sport, drama or art is recognized regardless of his caste, colour and creed by followers of these activities/group.

7. Recreation and democracy

Recreation and democracy being two very different words with different meaning and yet they share a common spirit as both promote a freedom of expression and opportunities to achieve abundant life. Recreation which represents activity freely chosen, offers the individual opportunity for genuine satisfaction, creative expression and the development of his powers which ultimately helps him in attaining the objectives of democracy.

8. Recreation and Education

Education aims at the all-round development of an individual, in many respects the objectives, methods and programs of education and recreation are similar yet not identical. Though both seek for the balanced and all-round development of individuals the only difference being recreation affords immediate satisfaction whereas education aims at a more distant goal. It is

however clear that both education and recreation works on developing the personality of the individual, it equips the mind, teaches skills and builds character.

9. Recreation and Economy

The management and leaders in business and the industry have already realized the importance of how leisure time spent by their employees has an impact on the performance of the company and influences effectiveness on the job. Huge sums of money and efforts are spent by the welfare states of the world to care for one delinquent, whereas if a small percentage of that sum is invested in developing the infrastructures to promote recreation for children, youth and adults, it would be an investment for the better and sustainable development of the country. The economy providing playgrounds is clear. In other words, investment made in developing and providing recreational facilities is an investment in the welfare of human being, that would pay dividends as well as intangible returns.

Thus, from all the above discussion it is clear that recreation is a very important aspect in the development of an individual, community and the Nation.

SCOPE OF RECREATION

Recreation, a natural expression of human interests mainly seeks satisfaction during leisure. It is not just the responsibility of the educational institutions but also of the public bodies to provide facilities for its citizens and has a direct impact on the economy of the nation as well.

Recreation has unlimited scope, and is in demand in today's fast paced society where an individual is under the constant pressure of performing and providing and each year the rise in the prices and increasing needs of self and family stresses one out. It would be fair to mention again that recreation is to recreate the lost vigour and to utilize leisure time in an effective and efficient manner to help an individual become an integrated individual. Following are the scope of recreation.

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.
3. **Creativeness:** This means that you learn to create and make things such as baskets, drawings, paintings, crafts and different arts. You produce them.
4. **Character Development:** Recreation helps to develop character traits such as initiative, self-reliance, courage, honesty, love of fair play and consideration for others.
5. **Medical Refreshment:** Many people are tired and sick mentally after work. If they have nothing to recreate them they might become psyche. Cinemas, dramas and other recreational activities can refresh their mind.
6. **Freedom:** Recreation is done during leisure and that too voluntarily. Therefore the individual is free to do what he likes.

7. **Physical Condition (Health):** The person feels well, improves body shape, increase strength and develops coordination.
8. **Social Adjustment:** 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.
9. **Provide Opportunities for Individuals:** Recreation gives wider scope of skills to learn, master and get recognition.
10. **Education:** It develops personality, equips the mind, teaches skills and builds character.

CONCLUSION

The activities that an individual got involved in have changed over time and so has the impact on individuals. The involvement in various work at home, school and office leaves little space for an individual for himself or herself, which in turn leads to various disturbances be it physical, mental, social, emotional, vocational. Recreation which occupied an important part of the lives of people in the yesteryears today has been pushed to the backdrop. However the importance and scope of this important discipline is something which we as humans cannot ignore. Thus involvement of an individual in recreation is essential for the creative usage of leisure or free time and also to bring about integral development of an individual.