



PHYSICAL EDUCATION

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Introduction to Recreation

Lecture - 69

MISCONCEPTIONS ABOUT 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 though of all these technological advancements, which is it 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 that is 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.

Recreation is a natural expression of human interests and seeks satisfaction during leisure. It is a basic human need primarily related to the growth and development of the individual, a part of living related to other life activities, part of living in which certain human needs find satisfaction. It is characterized by freedom of choice (i.e. lack of compulsion), occurring in free time (i.e. leisure) and in which the satisfaction is in the doing (which means that awards are unnecessary). Recreation seeks for the freedom of choice based on self-discipline. It connotes freedom, encourages self-expression, initiative and self-leadership.

An individual's choice of recreation is conditioned by numerous factors, in combination or by themselves. These include stages of growth, early home environment, talent, ability, friends, parents, brothers and sisters, experimentation, the availability of opportunity and popularity of certain recreation. Because the pattern of playing with all the differences is a personal one for each individual and recreation can mean different things to different people. To some it is an escape from boredom, to some a diversion from daily toil, to some relaxation, to some it is an exercise and to others it is a recreative experience all of which make their contribution to enjoyable living.

This very diverse nature and characteristics of recreation sometimes leads to formation of certain views or opinions that are incorrect based on faulty thinking or a flawed understanding. The word recreation is synonymous with one of the most popular word in the English language: 'FUN'. Wherever there's fun, there are bound to be happy people living life to the fullest. Recreation being a universal pursuit spans all classes and cultures. Just as vocations and careers are vital to the productivity and prosperity of a society, recreation enriches the hearts, minds and souls of families and individuals. Whether it's a relaxing reprieve from the workaday grind or the avid exploration of new experiences, recreation is as integral to human existence as food, shelter and family.

We all are aware of what recreation is however there are certain ideas that may be flawed and hence be a misconception. The misconceptions of recreation are discussed under the following heads:

- 1. Recreation can only be done as an organized event and have a physical component.**

Recreation activities can be enjoyed alone, with a group of friends or amidst massive crowds of spectators or participants. Those interested in individual activities may enjoy watching a sport, reading a book, browsing the internet, playing video games and many other entertaining and enlightening pursuits. Likewise, there are plenty of group activities that can keep a large number of people entertained for hours. Taking a rafting trip with a team of people or vacationing with good friends are some of the group activities that many people around the world get engaged in and enjoy. However it is not necessary to have a recreational leader or a company to organize them they can be spontaneous and may not require any professional help in doing so.

2. Recreation is an expensive affair

Even though in the modern time recreation often gives rise to commercial industries, recreational activities and hobbies do not necessarily have to be costly, nor do they have to be particularly bold or outgoing. Whether you want to spend huge amount of money on an Auli skiing trip or enjoy bingo night for free at a local church, the only requirement of recreation is that those involved in it are in it for the pure sake of enjoyment.

3. Recreation is limited to fun and games

Recreational activities extend beyond fun and games. Some individuals choose more creative ventures as their recreational outlet. Arts and crafts, musical instruments, amateur filmmaking and other creative activities easily fall into the category of recreation

4. Recreation is distracting and reduces productivity

The notion that relaxing and enjoying one-self is purely indulgent and unproductive is one of the misconceptions of recreation which certainly needs to be reconciled and avoided. Relieving stress and stepping outside the routine of everyday life is essential to remaining a healthy, happy and productive individual. In fact, those who spend significant time pursuing hobbies and recreation often perform better at their jobs or in their capacities as homemakers and parents. Simply taking the time to find out what kind of things you enjoy doing and setting aside time to do them will help an individual unwind and savour life's little things. Whether you decide to hit the gym in order to work off pent up tension and frustration or whether you decide to watch a favorite television show regularly, recreational activities can obliquely benefit the other facets of your life by allowing you to return to them refreshed and relaxed with a renewed outlook and vigor.

5. Recreation disrupts the education process

As mentioned earlier there is a misconception that recreation leads to disruption at work and decreases productivity, which otherwise works the exact opposite and instead it assists an individual. Similarly some parents feel that engagement in recreational activities means less time for the child to focus on studies, however it is clear from earlier discussions that the goal of recreation and education is the same which is 'the development of one's personality to the optimum' so that one may participate effectively in the privileges and responsibilities of the community, state and the nation.

6. Recreation and Play are same

It may not even considered as a misconception as such as play is usually the term for children's recreational activity in which a child may playfully imitate activities that reflect the realities of adult life. However keeping recreation and play in the same platform would mean that recreation is also age specific which is not the case when it comes to recreation, as it is for all irrespective of the age, color, caste or other socio economic factors and even illnesses. The only similarity between the two is that recreation and play are outlets of or expression of excess energy, channeling it into socially acceptable activities that fulfill individual as well as

societal needs, without need for compulsion, and providing satisfaction and pleasure for the participant.

Another important factor that distinguishes recreation from play is that recreation is a leisure time activity where an individual is free from other commitments (like activities of daily living, work, sleep, social duties, etc.) which is one of the most important prerequisites of recreation.

7. Recreation do not affect health

Recreation comprises a wide range of activities some of which may be:

- Games and sports
- Social activities
- Musical activities
- Arts and crafts activities
- Drama activities
- Dance activities
- Nature and outdoor activities
- Literacy and language activities
- Collection activities
- Social service activities and a lot more

As the definition of health suggests, 'Health of an individual comprises the physical, mental, social and emotional components' and if we take a look at the list of the activities mentioned above it can be established beyond doubt that each and every activity is directly or indirectly related to one or more of the components of health. Where activities involved in games and sports and dance have a direct relation to the aspect of physical development it also leads to the social, intellectual or mental and emotional development of an individual while art and craft, literacy and language activities or activities of similar nature may lead to the intellectual as well as social development of an individual. Hence recreation is not just an activity to use leisure time but to use it in a constructive manner fulfilling the individuals need for satisfaction.

8. Recreation does not have economic significance

Though recreation can be indulged in even without any expenditure of physical capital, however there has been a change in the mindset and people who want to utilize their leisure time properly do not mind spending some cash if it is required to get them the desired recreational activity, hence recreation has now become a social force in all countries. Opportunities in a community for wholesome and rewarding recreation are therefore as essential as opportunities for health, education and religion. The universal urge for recreation, relaxation and release from the daily routine has been capitalized by commercial agencies. The rapid and unprecedented rise in national income resulting in a higher standard of living has materially affected the recreation scenario. Even an average income group family makes it possible to spend large amount of their income for amusements, travel, hobbies and sports.

CONCLUSION

As any busy professional knows, having fun isn't always as easy as it sounds. A lot of planning needs to go into the organization of any recreational activity at any level. When it comes to arranging activities for different age groups and communities a lot of factors need to be considered as mentioned under the head characteristics of recreation as well. Planning vacations, outings and other recreational activities can oftentimes feel more like work rather than entertainment. However all these are minor problems as these day there are agencies that provide recreational packages.