

SUMMARY:

There are variety of activities that occupy the leisure time of people which are known as recreation. Some of these activities can be physical, while others are characterized by mental or social skills and interests. Recreation leaders must organized and conduct activities in a manner that will accomplish major objective. In planning a successful program, the agency or individual must understand the essential elements in providing wholesome and satisfying recreation experiences.

Recreation activities can be grouped in a number of ways, example according to broad areas or types of recreation interests. However, one thing is certain, all types of recreation have one characteristic in common, and they provide an important outlet for some basic urge or need. An active game fosters socialization, as physical exercise promotes relaxation and social ease. Games can be divided into categories of 'low-organization' and 'high-organization.' In games of low organization, the rules are simple with minimum of social interaction and cooperation required of the players.

A number of special factors or ingredients are essential to a dynamic recreation program: Creative thinking can be great asset to any recreation staff. Charles L. Nunnally firmly believes that "Everybody is creative. The problem is how to get it out. The whole concept of creativity is bringing things together that never existed before". There is just one ingredient for a successful program that no formula can provide - imagination. The creative leader has the imagination, vision, and ingenuity to think or dream up all types of imaginative happenings and fun situation. Success and failure in leadership is often determined by how well leaders communicate with their followers. Program plan should be flexible enough so they may be revised to cope with changing conditions and unexpected needs. The alert leader anticipates difficulties and prepares for them. People respond quickly and affirmatively to praise. The ability to persuade people to participate is one of most important qualities of leadership. Leadership involves the ability to motivate and persuade people to take some kind of action. Lastly, there is no substitute for dedication. The dedicated leader is never satisfied with "an adequate performance," merely getting the job done. He is continuously striving for excellence, giving 100 per cent. He is ready to give extra effort at all times.