

Lesson 2: MOTIVATORS, BENEFITS AND BARRIERS TO LEISURE AND RECREATION

Introduction

Individuals' needs, goals, wants, or urges are referred to as motivation. Each person may have diverse reasons for pursuing leisure and recreational activities. Individual preferences are usually the established motivators for choosing leisure and recreational activities influenced by the people around them or other external causes. This lesson will go through some of the established motivators for choosing leisure and recreational activities.

PHYSICAL MOTIVATORS

Physical motivators are those that are tied to one's physical well-being. Individuals' physical health is improved by engaging in active recreational hobbies such as sports and games, exercise and fitness dances, or moderate kinds of exercise such as gardening and strolling.

The following are some physical motivators for leisure and recreation:

1. **It promotes physical health** –physical activities and recreational activities provide a holistic approach to the health of a person.
2. **Body Image** –for fitness enthusiasts, participating in active recreational activities such as sports and outdoor adventure improves their body image and confidence as well as physical strength.
3. **A means to avoid or manage diseases** – According to the Department of Health, the leading cause of morbidity in the Philippines are heart and lung related diseases such as pneumonia. Physical activity and recreation have been shown to aid in the management of such conditions and increase person's overall well-being.
4. **Weight Management** –Obesity affects more than one-third of adults in the United States. According to White (2016) beaches can considerably reduce obesity among adults simple recreational activities in natural environments such as woodlands, green parks and beaches can considerably reduce obesity among adults.

SOCIAL MOTIVATORS

relatives, coworkers, or classmates. People have a natural desire to belong to a social group, whether it is with their friends, family, relatives, coworkers, or classmates. People join social clubs, tour groups sororities and fraternities and gym Classes for this purpose, where they can meet others who share their interests and objectives. The following are some social motivators for leisure and recreation:

1. **Being with others and Reducing Loneliness**

- Many persons nowadays find their primary social connections and interpersonal relationships outside of work hours, in voluntary group associations.
- Even in a largely unrestricted situation such as outdoor recreation, where people trek camp, or explore the wilderness in their own way, interaction among participants is

an important aspect of the experience.

- Participating in recreational activities with others has been shown to reduce feelings of loneliness.

2. Social Norms

- Participants must learn to accept and contribute to their own social growth in various sorts of recreation groups and programs, which impose distinct sets of social norms, roles, and connections
- Introverts and extroverts have different perspectives on social interaction.
- Introverts require less social connection than extroverts, hence these two groups may pursue different leisure and recreation activities

3. Social Status

- Going back in time, older societies based their leisure and recreation activities on their social rank. Adult social groups, too, reflect on their social status, especially in modern times
- Safari excursions and membership in yacht clubs are only two examples of how affluent individuals spend their spare time.

PSYCHOLOGICAL MOTIVATORS

Recreational activities are frequently viewed as a source of excitement and challenge, as well as a means of relaxation and getaway, stress relief, and balancing work and play. These psychological motivators help a person's mental well-being.

1. Sense of Adventure, Excitement and Challenge

- Today, a lot of recreational participation is driven by a desire for thrills and challenges, especially in outdoor activities like skiing, mountain climbing, and hang gliding, as well as vigorous and highly competitive team sports.

2. Stress Management

- Recreation's utility in stress reduction is a closely connected value. Dr. Hans Selye described stress as the body's general reaction to any excessive demand placed on it, such as threats, physical disease, employment pressures, or harsh environmental conditions. Many people are suffering from pain, heart disease, sleep deprivation, extreme weariness, and depression as a result of the increasing amount of stress in modern life.
- Visiting spas, participating in company outings and traveling are some recreational activities that help manage stress

3. Relaxation and Escape

- Taking a bike ride, going for a hike, or immersing oneself in a creative activity such as art or drama might help you escape from work, home, or the stresses of everyday life. People can forget about their worries when they relax. It allows them to temporarily forget about looming deadlines, the necessity to find work, or academic pressure.

4. Healthy Balance of Work and Play

- The importance of work and leisure in people's life has shifted considerably since the Greeks and Romans believed that leisure was the source of happiness and something only those who did not have to work could enjoy.
- In comparison to the baby-boomers (today's top management personnel), who are known for working longer hours and even on weekends to meet client demands, millennial employees emphasize the need of a healthy work-life balance. These distinctions can have a significant impact on how these two groups spend their free time.

EMOTIONAL MOTIVATORS

Positive self-esteem, self-concept, stress management skills, and emotional control are all indicators of emotional health. People who are emotionally healthy can cope with life's stresses, have healthy relationships, and lead productive lives. Leisure activities can bring intense emotions of pleasure and fulfillment, as well as an outlet for releasing certain emotional urges that, if suppressed, can result in emotional pain or even mental disease.

1. Happiness and well-being

- Happiness is a state of successful, satisfying, and productive engagement with one's life and the realization of one's full physical, cognitive, and social-emotional potential, whereas well-being is a state of successful, satisfying, and productive engagement with one's life and the realization of one's full physical, cognitive, and social-emotional potential.
- Leisure plays several roles in well-being and happiness including the following:
 - ✓ Positive emotion can result from leisure.
 - ✓ Leisure serves as a mechanism for individuals to cultivate their personal strengths and personal strengths enhance happiness
 - ✓ Leisure can help individuals attain their full potential by building their competence, sense of purpose and ability to take risks.

2. Intellectual Outcomes

- Of all the personal benefits of leisure and recreation, those involving intellectual or cognitive growth are the least well-known. Play is often thought of as a physical activity rather than a mental one, and it is regarded as a non-serious kind of involvement by definition
- Several studies have established the benefits of various types of physical activity on early children's development, while others have found a clear link between recreational activities and academic success.

3. Spiritual Values and Outcomes

- A final area in which recreation and leisure make a vital contribution to the healthy growth and well-being of human beings is within the spiritual realm.
- Humans are able to exhibit their fullest and finest selves in their leisure hours according to Josef Pieper (1963). Leisure time can be used to reflect on and evaluate ultimate values.
- Outdoor recreation is frequently associated with spiritual pursuits. People can escape to the outdoors and experience a sense of freedom because of its peace and serenity.

BENEFITS OF RECREATION

Aside from the physical benefits that partaking in leisure and recreation activities can provide, there are various other benefits that can be obtained, including personal, social, economic, and environmental benefits.

A. PERSONAL BENEFITS

Individuals who engage in leisure activities can gain a variety of personal benefits, including the following:

1. Promotes physical fitness
2. Develops fine and gross motor skills.
3. Improves self-confidence
4. Gives a more positive outlook on life
5. Decrease stress
6. Creates a more positive self-image
7. Provides the opportunity to learn new skills
8. Improves problem solving, tolerance of others and leadership
9. Promotes spiritual growth

10. Gives opportunity to take calculated risks
11. Allows to set short term and long-term goals

B. SOCIAL BENEFITS

People can join and share similar interests and passions through leisure and recreation. The following are some of the most important societal advantages:

1. Provides opportunities to develop friendships
2. Improve social skills
3. Reduces feelings of alienation
4. Introduces new learning environments
5. Promotes sharing, nurturing and understanding of others
6. Build strong family ties
7. Promotes ethnic and cultural harmony
8. Improves group development

C. ECONOMIC BENEFITS

Recreational activities can also provide economic benefits to people in the following ways:

1. Lowers medical costs
2. Lowers job absenteeism
3. Increases job stability and productivity
4. Spurs economic growth
5. Build a sense of community
6. Decreases crime and vandalism
7. Boosts tourism

D. ENVIRONMENTAL BENEFITS

Another advantage of leisure and recreation is that it helps to safeguard and conserve the environment. Furthermore, certain recreational activities are advantageous for the following reasons:

1. Protects and preserves environmentally sensitive areas
2. Results in cleaner and well maintained facilities
3. Preserves cultural and historical sites
4. Increase awareness in environmental issues
5. Improves community image

BARRIERS TO LEISURE AND RECREATION PURSUITS

Although there are numerous acknowledged benefits to participating in leisure and recreation, and recreational facilities are increasingly accessible to everyone regardless of demographics, some people still face barriers to enjoying the benefits of these activities. The following are some of the impediments to leisure and recreation engagement:

1. **Economic Factors** - Not everyone has the same amount of disposable income for leisure and recreation. Some activities and destinations are pricey and only accessible to those with a larger budget
2. **Perceived Lack of Necessary Physical and Social Skills** - Some people are hesitant about trying new things, such as sports, because they believe they lack the necessary physical abilities. Additionally, some people who are classified as introverts may find it difficult to participate in any recreational activity with others.
3. **Time Constraints** - Lack of time is a common reason why people do not engage in leisure and recreational activities. Some people are unable to integrate leisure activities into their schedules due to work stress and deadlines. Time conflicts may be a difficulty for families with

working parents Furthermore, some people believe that committing to a specific hobby will take too much time and will be a waste of time.

4. **Work and Family Commitments** - Due to their commitment to both their families and their jobs, married people may find it more difficult to find leisure time, which may prevent or limit them from participating in recreational activities.

5. Other Constraints includes:

- Lack of motivation and poor self-image
- Age and gender
- Lack of facilities
- Lack of participants
- Lack of available resources
- Physical or mental challenges
- User fees (such as membership fees)
- Time of occurrence
- Overcrowding
- Location