

====MT====

(Greek)

Work is a means to something else

Leisure is the greatest of all pursuits

This was all possible due to slaves (80% of population)

Plato

True knowledge exists in a transcendental realm which is not in the physical

Aristotle work and leisure

We should not only be required to work, but to use leisure. Leisure is better than occupation

Rest and recreation are good, but they are not the end. They are required to give us time to refresh and get ready for work again.

Leisure in that time was for contemplation, performed for its own sake. (5 themes)***

Moving to Roman society

Otium-- word for leisure

Influenced by Greek ideal of leisure

Seneca is the Roman equivalent to Aristotle

Critique both views of 7 concepts in final project. Roman, Greek, shift to Christian, monk religion

Otium is holy leisure which is time to contemplate life and provide balance

St. Augustine bishop of Hippo. Made the distinction between active life and contemplation life. Active life can be manual work or studying, contemplation is reflection upon self God and life. Act of life (work and study) vs contemplation (reflecting on God.)

Also wrote about a mixed life, balancing action and contemplation.

Christian view:

Life of activity and contemplation used to be the life of the warrior and the mixed life of the laborer one person should not be seen as more important than another based on whether living the life of Leisure Life of worth for all and all for lasting reward

Aquinas 1225 to 1274 Common Era

Beatific vision of God of beatific vision of God Augustine pursuit of these Christian authors that the group has been very much associated with their vision of who God is. Distinction between the contemplative life which is the life of contemplation and the Vita Activa the life of work. **Contemplation was oriented to the internal that is what is beyond our death what is the on the death of humans and the next world and he said that the active life** 14 to The Saturdays of the present life do we have certain needs because we have a body you suggested be better if you didn't have to attend for the necessities of the body but we do have a body beautiful on life both live both live the life of contemplation in life of activity Truly free he wrote the life of contemplation was simply better than the life of action. Highest Christian calling was to be a priest, because you could always be contemplating.

Monastic leisure

Different terms to express leave for the one that we've already talked about which was the Latin word for leisure this word is very similar to quiet so the monastery provides a quiet place to engage in contemplation but **otium** and Sabaton which comes from the word Sabbath and so it is it has this idea of rest so often in medieval monasticism they work with more than one of these words together to reinforce each other like Odeon weird games or vacatio Sebastian so that these words reinforce each other and emphasize the quiet peaceful rest of the monastery which allowed for seizure but this type of leisure wasn't a pacifier so element (this not very important)

Leisure is the opening up of yourself to life that is not what you do but how you do what you do it will be the joy of watching The Children Noah amazing play in the company of good friends meditation

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Discussion: is the classical view of leisure still relevant?

Usually classes find it not relevant, today we found that it is still relevant because work is still a means to leisure.

7 Concepts of leisure

1. Classical View
2. Leisure as activity
3. Leisure as Time
4. Leisure as a function of Social Class
5. Leisure as a State of Mind
6. Feminist Perspectives on Leisure
7. Holistic view of Leisure

=====End first unit

2: Concept of leisure

Leisure as activity

- Non work behaviour in which people engage during their free time
- Not tied to economic rewards
- Carried out during free time not part of work, suggesting there is a rhythm going back and forth between work life and leisure life. The rhythm is usually based around work

Historical background:

- Roman authors: Otium began to be used for negotium's sake. Leisure began to be used for work sake. Time off work became a vessel to reshape yourself and regenerate for work.
- Reinforced by renaissance & Reformation
- Roman society, Renaissance, Reformation (3 Rs)

Renaissance:

- 14-16th C
- Outpouring of intellectual endeavor
- Person is the measure of all things
 - Human nature had unlimited potential
 - The focus is on the living life, not after life.
 - Greater value is then placed on work in terms of dignity
 - Greater value on work now ensures people have sound body and mind to perform work.**

Reformation:

- 16th C

- Reforming christian church
- Priest and Monk had the highest positions in which to contemplate the after life
- Now in christianity there is more dignity given to work
- Martin Luther: (not king) Rejected the dualistic view which priests and monks are more important than other types of work
 - Spiritual work has the same and no more value than secular. Carpenter, farmer, seamstress, etc.
 - All life is sacred, none more than any other
 - Rest is important, putting limits on work. Can't work all the time,
 - We worship God when we rest; indeed there is no greater worship of God than this***
- **John Calvin**
 - Commonly viewed as negative towards leisure, but in this course he opposes excesses. It's fine to engage in arts, games, social, but avoid excess.
 - Huge quote about ivory and gold
 - Idleness is not tolerated
- **The puritans**
 - Serious reformers, repeated throughout history to different degrees for different causes
 - Life must be lived in obedience to god
 - Secular work have profound spiritual significance
 - People should use their abilities in work. Be thrifty and industrious
 - Believed in an active life.
 - Leisure was conditioned by work
 - Negative side
 - Redeeming the time. All time needed to be used well and not waste
 - Like Calvin concerned with excess and over indulgence
- **Karl Johnson 2009**
 - **Puritan view:** middleground
 - Leisure as a means to an end
 - Leisure as an end itself
 - Use and enjoyment happily coexist
 - Interpretation of labour and leisure more common than today
 - Not too different than today
 - Benefits of recreation & leisure
 - Expressivist leisure
 - Puritans attempted to think critically about leisure
 - Opposite of blood sports (???)

Exercise

- What do you see as the functions of leisure (defined as an activity)

Modern Era; **Joffre Dumazedier**

- 1915-2002
- Leisure is activity-- apart from the obligations of work, family and society -- to which the individual turns at will, for **relaxation, diversion, or broadening his knowledge** and his spontaneous **social participation**, the free exercise of his creative capacity
- **3 functions**
 - Relaxation, recovery from fatigue
 - Entertainment, avoiding boredom.
 - Development of personality, personal advancement/betterment

Contemporary: **Serious Leisure**

- **Robert Stebbins**
 - **3 Types of Serious Leisure**
 - Amateurs, painting/sketching, science, athletes, etc.
 - Hobbyists, players of sports and games, liberal arts enthusiasts (history buffs),
 - Volunteers, people who dedicate a large portion of their life into giving to health, education, social services, leisure etc.

6 Qualities of Distinctive Leisure

1. Need to persevere
 - a. Don't just go out and do it once in a while, but they do it for decades over their life to consistently regardless of conditions
2. Finding a career in the endeavour
3. Make a significant personal effort
 - a. Time devoted from personal life into your leisure
4. Durable benefit or rewards, fitness/good health, trophies/medals
5. Identify strongly with chosen pursuits
6. Unique ethos (social world)

Casual Leisure (stebbins, 1997)

- Immediately, intrinsically rewards, in relatively short lived pleasurable activity requiring little or no special training to enjoy it. Just do it. Several types.
 - **7 types of casual leisure*******
 - *Play*. With your kids, cards, etc.
 - *Relaxation*. Napping, walk at night.
 - *Passive entertainment*. Tv, reading
 - *Active entertainment*. Games of chance, partying
 - *Sociable conversation*
 - *Sensory stimulation*. Sight seeing, going to a pub
 - *Casual*, non-career volunteering
 - Central property: *Hedonic* (pleasurable)

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Cohen-Gewerc & stebbins: Optimal leisure

Focus on 1 or 2 serious leisure styles, and sprinkle in casual leisure beyond that
Reading p 36-42

Political/social purposes of leisure activities

- Leisure as a form of political practice (Sue Shaw)
- Leisure as life politics (Chris Rojek)
 - People have grown tired of traditional politics, but people still have interest in political things which they have direct interest/relationships to
 - Examples are lifestyle issues and, citizenship politics, globalism
 - Combination of leisure and political involvement
- Civil leisure (Heather Mair)
 - Observed that people who go to large events to demonstrate (activists) have leisure aspects in their protest
 - Combines social and political leisure elements

Islam: Activity view of Leisure

- Hinduism reflects the classic view
- Islam sees leisure as activity
 - Mohammed: Recreate your hearts hour after hour, for the tired hearts go blind
 - Teach your children swimming, shooting, and horseback riding (leisure activities)
 - Within Islam leisure fulfills 3 desires:
 - Amusement/Relaxation/Laughter
 - Rhythmic tunes/ Experiencing objects through the senses
 - Desire to wonder/ learn/ gain knowledge
 - P43-52 Martin & Maso

Activity View of Leisure: Lifestyle implications

- Usually utilitarian
- Subservient to work
 - You're able to engage in leisure activities when not working
 - You fit your activities around your work
 - Associated to the rhythm of life

3. Free Time concept of leisure

- Portion of time when time for work and basic requirements for existence have been satisfied
- Quantitative measurement of life: Minutes of how your time is split
 - Broken down into:
 - Existence (biological)
 - Subsistence (Work)
 - Leisure (Discretionary non-obligated)

Kinds of Time:

- **Cyclical**
 - Sun rise/set
 - Tide
 - Vegetation changing with the seasons
 - Moon
- **Mechanical Time**
 - Clock etc.
- **Psychological Time**
 - Inner sense of space and movement which dictate or determine behaviour for time
 - Going to bed when tired vs going to bed 11pm
 - Eating lunch hungry vs lung noon every day

Measurement of Time

1. **Heavenly bodies**
 - a. Sunrise= new day
 - b. Sunset= day and night start
 - c. Moonrise/Moonset if you want too
 - d. Days from when no moon to full moon
2. **Tasks**
 - a. How long to fill water buckets
3. **Natural processes**
 - a. Time for corn plant>Harvest
 - b. Time from cow preg to calf

- Bells on town halls and churches which ring every so often
- Clocks (13th century)
- Unreliable until 1658- pendulum, 1674 balance spring
- 1880s: Mass produces reliable clocks
- Machine “clock on” clock off” work
- Digital watch “mechanical time” replaced the flow of nature

Peasants worked less than we do today.

Historical background implies that 1. capitalism influenced time management to maximize wealth. Being more efficient



2. The enlightenment

Life after death. Switch from internal to finite (here and now) time is more important during your time.

- England, Ten Hour Bill (1847)
 - Created a 10 hour work day
 - Free time was after your 10 hours work
- With puritans working on their farms, work and free time were much more integrated. Not split by a set work shift.
- Benjamin Franklin “Time is money”
 - Since our time is reduced to a standard, the industrious know how to apply every piece of time for production. Use your money to maximize wealth, and use time well otherwise you’re squandering your money



Most leisure responses are in apathy range State of mind view of leisure Cont. (missing first portion)

Flow vs Peak Experiences

In positive psychology, flow, also known as the zone, **is the mental state of operation in which a person performing an activity is fully immersed** in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.

A **peak experience** is a moment accompanied by a euphoric mental state often achieved by self-actualizing individuals.

- Flow: degree of flow can vary
- Leisure only exists when you have an intense flow experience where you match challenge and skill

Csikszentmihalyi (1991) Writes on Flow: The psychology of optimal experience 158-159

- Leisure activities: Reading, watching tv, having friends over, or going to a restaurant

(paste graph)

- 18% in flow
- Most people in the apathy range
- Csik relate flow to leisure in this chapter? Do you think leisure can be equated with flow? Explain your answer --
LEISURE IS THE SAME AS FLOW

Research (from Mannell, 1999) - Can be compared to Newlinger

3 Attributes that lead people to view an activity, setting or experience as leisure

1. Freedom or lack of constraint
 - a. You feel free
 - b. No role constraints related to family/work for engaging in participation
 - c. Freedom to do something
 - d. Self-determination
 - e. Goal orientation
2. Intrinsically motivated
 - a. Competence
 - b. Knowledgeable or skilled in the activity
 - c. Self Expression
 - d. Self Development
3. Nature and Quality of Experiences
 - a. Enjoyable, fun, pleasurable. The perception of the activity must be positive
 - b. Relaxation
 - c. Intense involvement (how focused you are on the activity itself)
 - d. Separation or escape from everyday world
 - e. Sense of adventure
 - f. Spontaneity
 - g. Loss of sense of times
 - h. Fantasy and creative imagination

5 Multi-Phase nature of experience

1. Anticipation
 - a. You are planning or imagining a trip or event
2. Travel to
 - a. Bus to the movie
3. On-site
 - a. Movie itself
4. Travel back
 - a. Bus back
5. Recollection
 - a. Recalling the experience and telling others about it

Level of experience Trip to movies vs Trip to Bahamas. Each step is longer/ bigger/ more important the more important the activity is

Touristic States (think emu)

- Ultimate travel experience
- Quest for
 - a. Authenticity
 - b. Center
 - c. Meaning
 - d. Values
- Profound Mods of experiencing

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Experience of Activities Exercise

5 concepts of leisure

1. Free time,
2. Leisure as activity
3. Social class
4. Classical leisure
5. State of mind (current) – state of experience

Boredom proneness exercise

Boredom is the opposite of the optimal leisure experience,

function of 5 factors

1. A person's need for external stimulation (generally males have higher need for sensation seeking)
2. Capacity for internal stimulation (your capacity to keep yourself from boredom within, opposed to looking for external stimulation)
3. Affective Response (Emotional response to boredom)
 - a. Some may react by getting restless
 - b. Others Calm and patient
4. Perception of time
 - a. How a person perceives time passing
5. Constraint

101-116** Cszhmathjth ewkjcncnewkcnewkjcnekn name

??

Chinese Taoist Leisure

For every concept of leisure (5) here is a few non western examples

- In general chinese society is more work oriented
- Quiet passive activities
- Home
- Solitary
- Spectators

Jing Jie:

- Highest pursuit of chinese taoist leisure
- The essence that underlies all of organic life
- Benefit of classical arts (martial/ normal arts)

- Cannot be pursued directly or engaged in but it is a byproduct
- EX: Flow is a byproduct of rock climbing or going skiing
- Jing Jie is the same but for chinese culture
- Highest goal in life
- Brings happiness and joyfulness

Wang & Stringer (117-121)

Can Daoist Leisure be viewed....

Walker & Deng (2003-2004) study

- Exploratory study
- If in chinese culture there is a phenomenon comparable to the western idea of subjective leisure.
 - (Leisure as a state of mind or psychological experience)
- Examined experience of rumi, ru-mi, ru mi
 - Ru -- Literally means to enter
 - Mi -- To be lost
 - Together -- TO be fascinated, enchanted, and completely absorbed
 - Same as flow
- 40 participants
- Questionnaires
 - ID experience of rmu
 - Describe experience
 - What was main thing you were doing during the experience>
 - Additional comments
- Top 3 emotions: Interest, enthusiasm, enjoyment
- Focused attention, high level of involvement in activity, low level of involvement in one's self
- Change perceptions of time, competence
- Findings: related to effort, challenge, intrinsic motivation
- Conclusion: Similar to leisure as psychological experience
- Differences:
 - Carry-over aspect:
 - In wester it's all about the current moment
 - Rumi Continues beyond the actual activity
 - Uncontrollability and guilt
 - ??

Group Exercise

- Critique the state of mind concept of leisure
 - In what ways is this a good conceptualization of leisure?
 - What are the problems/weakness of this conceptualization of leisure?
 - <http://www.humankinetics.com/excerpts/excerpts/definitions-of-leisure-play-and-recreation>

Good:

- For different people different activities can lead to psych examples
- Individual needs to be self motivated to experience these unique experiences
- Focus on the memorable experience, Rather than just the activity which may not necessarily be memorable
- Intrinsically motivated means you're doing the activity for yourself
- Takes into account quality of experience

Bad:

- Results in rare occurrence to difficulty of intrinsic motivation

- (limits possibility that the person will experience leisure due to the self motivation)
- Hard to quantify exactly how much leisure somebody is experiencing
- Pure leisure and Pure flow and Pure work are very rare and we will rarely ever have it
 - We define these concepts by their pure definitions but cannot experience them often *****

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Historical background

- 1960s feminist movement began
- 1980s increased visibility for women's leisure
 - Textbook at the time (profit as student)
 - 6 different concepts of leisure. Did not over the fem view of leisure
 - New perspective

Feminist views of Leisure:

- **Liberal feminists:** demand equality (same access for women as men)
- **Marxist and socialist:** a repressive society
- **Radical feminist:**
 - end to dichotomization (gender roles), radically altered perception of leisure for women
 - Current leisure doesn't work for women, we need entirely new ways to look at leisure
- **Postmodern:** need to listen to women's voices
 - Not all women are the same
 - Single with no children vs. married with children
 - Understand leisure based on their specific context
- Most feminists would say: women are exploited, devalued & oppressed.
- Yet, recognize diversity:
 - Variations & commonalities between women
 - There are very real **differences between women** and their power and **disadvantagement**
 - Class (middle/upper/lower)
 - Race
 - Ethnicity
 - Mother or not\
 - Historically there is conflict between culturally defined roles of women:
 - Caregivers
 - Homemakers
 - (conflict between leisure role and women)
 - Sex typing
 - cooking/cleaning
 - Certain leisure activity expectations for women
 - Ice hockey for men, figure skating women
 - Leisure is a gendered construct, socially constructed etc.
- Leisure: subordination of women, but also resistant.
 - Womens leisure comes after that of men.
 - Women can resist these traditional patterns of leisure
 - Some women began to be involved in ice hockey to break the patterns

- Feminists would say that women service men's leisure. Men's leisure is only possible while mother takes care of the kids
 - Ethic of care may oppress: (women care for kids for men)
 - Within leisure, E.C. may constrain women and empower men

Green, Hebron, & Woodward (1990) Study

- Women had less leisure time than men
- More limited possibility for women in leisure activities
- "On call"
- Leisure outside home problematic
- Women had less finances than men
- Household budget gave women low priority for leisure
- More acceptable for men to spend money on recreation than women
- Pg 122-135 book of readings on this study

Parallels between feminism and leisure (henderson et al. , 1996)

1. **Freedom** is central to both feminism and leisure
2. Goal of both fem/leis is to encourage **choices**
 - a. Women have not had the same opportunities as men due to oppression
 - b. Women have less discretionary income than men, limiting choices
3. Both focus on a revolt against domination
 - a. Leisure devalued by those in power
 - b. University context: Leisure studies not valued highly
 - c. Offers transformational process
4. Both are engaged in acts of resistance that lead to empowerment
 - a. Goal of leisure is to empower the people
 - b. Goal of feminism is that women be empowered to have leisure choices

Feminist critique of the **Time** definition of leisure

- Many women: feel they do not deserve or have time for leisure
 - No paid job = no earned time off
- View based on duality of paid work/leisure, not applicable to women
 - The duality was paid work then leisure
 - This compartmentalization was not applicable to women who worked at home
- Dichotomy not evident as most of women's work was at home
- Therefore, limited applicability
- Research: Most studies are done with regards to men's leisure
 - Paul's PHD, in the past activity lists for studies were mainly only applicable to men's activities
 - Women often have obligations associated with their leisure activities
 - High degree of fragmentation
 - No set time for work makes for smaller instances of leisure. Man works 9-5 leisure rest
 - Leisure often simultaneously experienced for women @ home
 - Home: Work and leisure activities often intertwined & indistinguishable
 - Contextual considerations: Going swimming with children. Mother caring for kids but also swimming at the same time herself
 - Often engaged in more than one activity at the same time. Ironing & watching tv
 - Constraints on women's participation:
 - Intrapersonal

- Interpersonal: Between you and other people. Lack of leisure companions. Mom at home may not make friends during her leisure time as she's stuck at home. Man makes friends @ soccer
 - Structural: Something within structure of society itself
 - You have to change society
 - Lack of time/Money
- **(State of Mind)**
 - Meaningful experience most useful
 - Difficult to determine quality
 - Leisure experience often low quality. Talking to neighbor but really watching the kids
 - Much leisure may be demanding, obligatory, work-related
 - Mother preparing food and packing things for family camping trip so on.
 - Christmas celebrations, cooking/set up
 - Leisure meanings may be found in various aspects of lives
- **Leisure as Positive Experience**
 - Conceptualized as enjoyment
 - Time for:
 1. Self:
 2. Connections (Affiliative Leisure)
 3. Autonomy (self determined leisure, agentic)
 - You decide what you want to do and when
 - Womens Leisure Containers
 - The container is the activity or the social setting or the physical location
 - Leisure Enablers (opposite of constraint)
 - Education: greater opportunity for employment
 - Employment:
 - Finances:
 - Right to leisure

Link between work life conflict and demand on canada's health care system
 Women more likely to seek help on work life conflict issues
 Women have more pressure to care for children and elderly parents

Leisure Practices of Taiwanese Women (Tsai, 2006, 2008, 2010)

- Series of studies
- Confucian teaching support a patriarchal society
- Women's leisure is constrained by perceptions of women as:
 - Passive submissive
 - Responsible for child rearing & domestic labour
 - Inherently & biologically inferior to men
- Detailed regulations exist for womens leisure:
 - Discouraged from going out alone during leisure time
- Gender inequality
 - Due to pre modern patriarchy & gender relations
 - Not lack of opportunity & individual obstacles
- Experience social pressure to conform to traditional leisure participation roles

In class discussion: Women are leisure for men and make leisure possible for men

- **Good and bad**

Reading

Kelly Freysinger 148-149

DO you agree with the yes or the no side?

Gives points for either side

Video: Running on Empty CTV

- Questions segment by segment
- What do you learn about the leisure of others from this video?
 - .
- What concepts from the feminist perspective on leisure do you see portrayed in this video?
 - Women are more multitaskers than men, and they have to find time between their activities for any possible leisure. This shows **Traditional free time view of leisure** does not apply as well (if at all) to women compared to men.
 - Intrapersonal lack of development. Prioritizing kids>husband>home>herself
 - **Ethic of Care** *** Women are socialized to care for others. Even though feel sick she cared for her children and husband/home
 - Intrapersonal constraints: mind set and ethic of care from within you that compel you to care for others before yourself. She takes her medical care days to care for her children, not herself
 - She also feels compelled to do all this because women of past have fought for her rights to do so (interpersonal constraint)
 - Hurried woman syndrome can latch onto the husband too, hurried couple syndrome. Both partners are emotionally drained and therefore minimizes the leisure time they possibly have together

Hurried woman syndrome

- Man sex drive up woman down “this is not what we’re looking for”
- Woman previously 8 work 8 sleep 8 free
 - Now
- Some women love having many spinning plates on hand
 - In fact they need a plate to drop to ask for help
 - Fatigue/moodiness/weight gain/ low sex drive/ Lack of sleep
 - ¾ mothers feel tired all the time
- Women start full pace working out of the gate and are expected to keep the pace while having children
- Not just the woman who is buried
 - Men come home just as tired but primarily women who want more out of the home life
 - Women usually take care of everything else before themselves

PT.2

- Jen and friends getting together talking about children and family etc.
- Cliche video of Jen and husband throwing frisbee and skipping stones
- Mother coming off 2nd mat leave contemplating full time/part time/ stay at home mom
- Narrator: Free time goes out the window when you have children***
 - Free time becomes precious and little time
 - Leisure as free time is not applicable to women
 - Leisure needs to be understood i ways that are not just free time
- Women have adopted the male version of success and not defined their own
 - Patriarchal society, women need to base their success of their own not based off men
- Society is killing us: (woman)

Cont. Video Monday

- **4 four aim of holistic leisure is to**
 - 1. maximize leisure instead leisure to be regulated to specific types of leisure activities, aim is to maximize in all life
 - 2. fuse leisure with satisfying work
 - 3. work time distributed according to rhythm of life
 - 4. leisure is seen as being continuous not chopped up
- Holistic concept
 - fuses traditions of : leisure as an end (classical view) and leisure as a means of recreation (activity view)
- activity view had functions to it
- holistic concept combines focus on “being” and “doing” (behaviour or activity)
- holistic view reflect a return to more traditional ways of life

Natives

- Integrated lifestyles
 - work/leisure (cooking, hunting, taking care of kids)
 - Group oriented, 5 women taking care of children while working or relaxing)
- Inuit: Sporting events have to do with skills they need to survive
 - High jump/archery
- Monks
 - Spiritually based job, not profitable. It is done for higher spiritual gain
- Millenials in western culture
 - Balance of work/family life/ fitness (mind/body integration)
- Artists/ Musicians
 - Work is often leisure
 - Spiritual attachment to their craft
 - Work at their own pace
- Some women’s lives as holistic
 - Homemaker women have holistic life, their life revolves around the home.
 - Work, leisure, life all coexist/integrate into their setting.

Pre-Industrial lifestyles

(Aboriginal, Agrarian society)

- Annual rhythms/cycles of nature
- Present vs future
- Activity & non activity governed by rhythms of nature
- No value distinction between 2
- Everything has a natural time and place
- Live in one social space
- Strict time coordination not needed
- Regular daily tribal contracts
- Tradition Kinship (do what your parents did for trade/work)

North American Aboriginals (Reid & Welke, 1998)

- Association with land
- Land based culture
- Cyclical & holistic world view (all is integrated)
- Leisure not a separate segment of life (Inuit sport is similar to their work)
- Leisure is inseparable from other concerns & interests (McDonald & McAvoy, 2001)
- Reflected in cultural events, leisure and culture are very much integrated

Slide pic of Monasticism as holistic leisure

Nuns and convents were all their work and leisure are in the same place.

Monasteries had farm work to do in the same place as their contemplation. They also had book copying to do.

This was made possible for all by their regimented life.

Recent factors influencing developmental of holistic integration of work & leisure

- Most have to do with changing nature of work
- 1. The search for the authentic (existential philosophy)
- 2. The humanization of work
 - a. Make sure all work aspects are safe.
 - b. Safety and health regulations
 - c. With a shift from manufacturing to service
 - d. Shift to professionalism jobs
- 3. Broadening Participation in Labour Force
 - a. More students
 - b. More part time workers
 - c. Retired people
- 4. Removing of Work from the Workplace
 - a. Industrialisation moved work from the home to the factory, now the process is reversing that information jobs can be done from anywhere

Seamless Living: It's not about Time! Joe Pavelka

- 1950s, 1960s narrow range of roles
 - Woman housewife
 - Man workforce
- 1970s Expanding range of roles
- 1980s multiple roles
- 1990s stress due to too many roles

- Numerous roles
- Weave together activities of all our roles
- Work integrated with rest of life
 - Flex time, telecommute
 - Education leav (prof research)
 - Workplace child care
 - Workplace recreation

Holistic View of leisure:Summary

- e.e
- Ele
- Eel

Video: Neoleisure

- Why is neo-leisure emerging?
- Is there a difference between neo-leisure and goofing off?
- Billable hours: Bored associates at a busy law firm
 - 2 dummies in a bathroom
 - Pregnant woman looking for baby names in admissions
 - Pretending to work but just doing nothing
 - Spending more time at work than anywhere else
 - Most people commit to a job and then get their timelines done and managers don't mind this
 - Some people spend too much time doing nothing and then run into problems meeting their commitments
 - Entertaining yourself at work instead of being bored at work and home (you have no time at home)
 - Lots of this runs back onto the managers
 - Managers need to manage proactively and keep their workers engaged to avoid this
 - If they don't and their workers meet their commitments, is there a problem?
 - Pressure of needing to be at your desk but also take a walk and feel better
 - Give a little take a little to let it all work out. I'm going to chill at my desk for 5 min bc you know I'll be checking my emails tonight too

Discussion:

- Helps people become more productive by taking breaks
- More distractions (computers)
- Managers not keeping people engaged

Group of 4:

Do you think it is possible to practice the holistic concept of leisure in contemporary North American society?

- Yes it's becoming more common
 - Shopify, goog, amazon
- Humanization of work
 - Employers care more about employees mental health

Readings

- Goodale and Godbey, Book of Readings 159-168,
- Humanization of work
- Joblin, 169-194

7 concepts of leisure in order of historical develop

- Classical (state of being)
- Activity
- Time
- Leisure as function of social class
- Holistic
- State of mind (Psychological)
- Feminist

Another conceptualization

- A 6th way of conceptualizing leisure today sees it in terms of its contribution to spiritual expression or religious values

Spirituality linked to different views

- Classical view:
 - Spiritual overtones talking about contemplative life
 - Contemplative
- Free time (any free time is leisure)
 - Time which can be used to spiritual growth and development
 - This one he likes
- Activity (any activity outside of work is leisure)
 - Spiritual activities outside of work
- State of mind
 - Peak experiences, optimal experiences, flow may describe spiritual experiences

Rec Vs. Leisure

- Leisure is not always activity based
- Recreation helps with personal growth for the person before returning to work

Recreation

- Derived from latin: recreation
- Recreation = restoration, recovery
- Implies the re-creation of energy or the restoration of ability to function (Same idea as Stuart / Stewart)
- Presupposes some other activity that depletes

*Time work and leisure video from start of semester

- Man trying to revive classic view of leisure
- Recreation is activity that rests men from work, often giving them a change (Distraction, diversion), and restores them for work

- Recreation has purpose
- Not just for its own sake
- Often organize for social ends
- Recreation is defined as voluntary non work activity that is organized for the attainment of personal and social benefits including restoration and social cohesion (Kelly, Sociologist)*
 - Benefits to social aspects

1. My Current thoughts on the conceptualization of Leisure (Paul)

- Give a fairly balanced perspective slight biases
- Some will say leisure is whatever a person thinks it is
 - Leisure is murder? Hate? Chair?
 - Objective definitions are important for sake of measure
- Free time view is objective
- Activity view is objective (measure participation in activities)
- Subjective definitions
 - .

- Without shared meanings communication is not possible
- If you think leisure is murder and I think it's reading a book how are we to discuss
- Difficulties in practice: Leisure services for parks, or YMCA need to have good definitions to define leisure for their people. Services are based on some common understanding

2.The relationship between ideas and world

- Paul draws baseballer at bat with back catcher and umpire
 - Different ways to look @ relationships between ideas and the world
 - Catcher & umpire:
 - Naive/ Classical realism: ideas are photographs of reality
 - The umpire calls if the ball hits the strike zone or not and he's always right
 - Critical realism: Ideas are not a photograph of reality, but a map of reality: Map is the best we can do to portray reality but gets us there
 - In this case umpire says it's pretty close and says he admits he could be wrong.
 - Critical idealism:
 - person's mind determines the world
 - We're agnostic about the world out there
 - Umpire: My calling makes it a strike. My mind determines the reality. I only see you in front of me because my mind makes it so. Reality is in my mind.
 - Critical realism:
 - We'll never know everything perfectly in this world but we need to make better and better maps through ideas to get the best understanding we can
 - Maps could be wrong/imperfect and there could be better ideas. Don't presume to be naive realist.

3.Importance of using precise language

- Purpose of grammar is to communicate effectively
- Inuit have many diff words for snow (diff types of snow)
 - It's important to describe conditions of snow based on how you need to handle the snow
- Fuzzy options lead to fuzzy communication
- It is true that snow is a concrete concept d leisure is an abstract one
 - But so is love/peace/joy and we describe them as well

4. Semantic Faithfulness

- Can trace the word leisure back to the greek word "Schole"
- Language changes gradually over time, but can we totally change a concept into something else? (e.g. Sylvester's critique of the state of mind view)
- Important to consider the original meaning of the word
 - Words change over time but the origin has some meaning

Based on the above points: Guess Paul's view on leisure (*=his)

- Classical*
- Activity
- Free-time
- Social class
- State of mind
- Feminist
- Holistic

Primarily holds classical

- A spiritual mental attitude, a state of inward calm, contemplation, serenity and openness” Kraus, 1971, p42
- Describes “leisure as activity” view as recreation
 - Assists in the enhancement of leisure as a state of being
 - Intensive leisure
 - If you worked all the time it would be hard not have necessary resources to live your life
- Holistic lifestyle is still important
 - Unity of life
 - Leisure underlies all of life
 - Within this holistic life there is work and recreation
- Leisure as activity: escalation
- Leisure as free time: Discretionary time, free time, not “leisure”
- Leisure as function of social class:
 - A useful theory but not “Leisure:
- Leisure as state of mind: a psychological experience, flow, peak experience; use these terms not “leisure”
 - So these terms can be seen as leisure but when leisure itself is not spoken of much
- Feminist view: helpful critique and offers good terms to help us understand more
- Holistic: perhaps describes a better lifestyle than leisure itself

Readings

- Heintzman p 195-204 *** Summary of whole course
- Henderson p 205-212

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New slide set

Play

Exercise on same paper

Huizinga's definition of play

- A free activity standing quite consciously outside ‘ordinary’ life as being not ‘serious’ but at the same time absorbing play intensively...
- Characteristics of play
 - Outcome of play is always in doubt
 - Always some tension: something risked
 - Luck or fate has a role in play
 - Skill can't dominate play
 - Play is not real life
 - Evident in organized game & informal play (above applies to...)
- Play is limited outside ordinary life
- Limited in space & time
- Non-rational (not preoccupied with thinking and reasoning)
- Transcends the ordinary

Play is present in culture & civilization

- Play or remnants of play are have built society
- In law there is drama & contest to convey a point
- Prose & poetry: play with words, development of poetry
- Religion: poetry, people sing, music dance, leaders were special garbs

Theorizing about player: older theories

- Surplus energy
 - When a person has more energy than they can store this theory says that they expend that energy in play
- Instinct
 - Pretend combat has been genetically passed down to humans to make them play
- Preparation
 - Trying out of actions and responses that the player knows will be useful in a future stage of life
- Recapitulation
 - Evolutionary understanding for species, activities themselves are irrelevant but they relate to what species would have done in earlier stages of development
- Relaxation
 - When people are tired from work they play

More recent theories

- Generalization
 - In play you do similar things to that you do at work (reading at and outside of work)
- Compensation
 - Play contrasts with experiences that are unpleasant at work
- Catharsis
 - Play is a harmless expression of aggression
 - If you feel angry at somebody (work/home/any context) you release your aggression in a play context
- Psychoanalysis
 - You gain control over your experiences in play because it is not real.
- Developmental theory of play
 - Play is governed by intellectual development and is an expression of the current stage of mental abilities
- Learning
 - Play is simply a learning event through pleasant events and learning consequences
 - Play for pleasure and learn from it (simple)

Competence Effectiveness Theory*

- People have a need to produce effects
 - People need to be the cause of things taking place
- People drive positive feelings from producing

Theory of Arousal*

- Physiology, chemistry of brain
- Play occurs because we need to stimulate activities in our brains
- Achieve a level of neural activity to lead to the best functioning of the individual
 - Optimally aroused you have optimal performance
- Eg. Writing a paper
 - Can't find enough info (results are suboptimal)
 - Find too much info (Hard to put the right things in to get good paper)
 - Therefore we need a middle ground of stimulus

Classical theories of play:

Video: The promise of Play - The power of play

- **How is play defined?**
 - Play is a state of mind
 - Anything that is fun leads to play
 - The specific activities are not important
- **What is the role of play in life?**
 - It connects us to other people
 - Enhances learning and promotes creativity
 - Makes you more productive
 - Makes you feel more alive
 - Evolutionary tool

What are the benefits of play?

- Play does not take place because it is functional
 - Benefits are byproducts
 - People are motivated for the activities itself
- Emotionally positive
- Physical activity
- Dexterity, coordination, skills
- Social Development
 - Enhance communication
 - Consensus and cooperation skills
- Intellectual Development
- Problem solving skills
 - Cause and effect relationships
- Creativity

How can you positively influence play?

- Environment: rich environment of their interests
 - Changes over time
- Adult directions; should be moderate to low
 - Too much or little stifles children's creativity
- Emphasize participation not outcomes
- Emphasize intrinsically rewarding play
- Emphasize participation, not outcomes
- Avoid rewards and punishments

What limits adults play?

- Free time
- Responsibilities
- More Socially acceptable for children than adults
- Overload environments
- Emphasis on competence
- Imperative to consume
 - All the time that goes into taking care of things we consume
- Familiar environments
 - Rich environments for kids promotes play
 - If we know our environment all too well we are less inclined to explore it
- Curiosity blunted

We are all of us compelled to read for profit, party for contracts, lunch for contracts, bowl for unity, drive for mileage, gamble for charity, go out for the evening for the greater glory of the municipality, and stay home for the weekend to rebuild the house (Kerr, the decline of pleasure)

Homo Faber or Homo Ludens?

Huizinga's book

- Humans as workers (Faber)
- Humans as players (Ludus -- Latin)
 - Von Schiller: A human only plays when in the full meaning of the word one is human, and one is only completely a human when one plays
 - Do you agree? Yes

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Leisure values

- **What are values?**
 - Patterns of beliefs and patterns of behaviour that are important to our way of life therefore, part of our value structures
 - Leisure activities are part of our behaviours and reflect and result from our value structure
- **What values do you associate with leisure**
 - Freedom
 - Relaxing
 - Well-being
 - Gratitude
 - Exploration
 - Fun
 - Happiness
 - Awareness
 - Friendship

In class exercise

- Is leisure always positive?
 - No, some degenerate behaviour (too much leisure)

Benefits of leisure

- Activity/experience (Driver)
- Back in Trudeau no.1
 - Lots of programs but also lots of debt
 - Prop 13 California, govts cut spending

The below chain together to lead to the next Personal makes Psycho better which both make economic development better (think winterlude making everybody happier healthier and then more productive) ---**** **WHAT IS THE CONCEPT THIS IS CALLED***** _____

- **Personal**
 - **Psychological**
 - Mental Health
 - Better manage stress
 - Reduced anxiety

- Reduced depression
 - Reduced anger
 - Greater positive mood and emotions
 - Personal growth and development
 - Self confident
 - Reliant
 - Assured
 - Creativity
 - Problem solving
 - Spiritual growth
 - Personal appreciation & satisfaction
 - Freedom
- **Psychophysiological**
 - Cardiovascular
 - Muscle wellness
 - Immune system
- **Social and cultural benefits**
 - Community satisfaction (Happy with neighbors/ community members)
 - Social bonding/ cohesion
 - Social cooperation
- **Economic benefits**
 - Reduced healthcare costs
 - Increased productivity
- **Environmental benefits**
 - Relationships with animals,
 - Protecting environment
 - Caring for environment and being a steward
 - Recognizing that people are dependant on the natural world

Negative outcomes of leisure activities?

- In both a quantitative and qualitative study leisure detracted from spiritual wellbeing
- Attention given to positive outcomes (?)

Leisure with negative outcomes

- Deviant leisure (Illegal fun, crime, killing ppl)
- Amoral leisure (goes against what people think is morally acceptable in each culture by case)
- "Other side"
 - Fighting in hockey is fine, but not in the street
- Gambling

Goodale & Godbey ** Values associated with leisure (Prob exam questions)

- Are some activities better than others
 - Are all leisure activities the same? (think physical activity vs tv)
- Is any activity Acceptable?
- As long as it does not hurt someone? (extension of previous question)
- As long s it does not hurt animals? (extension... Hunting)
- Acts harmful to oneself?
- Should some people be allowed to participate and others prohibited? Gambling self limitation
- OF acceptable activities are some better than others? If so how do we judge: benefits, functions?

- Judging by function
- Are some functions better than others?
 - Improvement
 - Pleasure
 - Socialization
 - Identification
 - Creativity
 - Recovery & catharsis
 - Consumption
 - Spiritual
- Must leisure have a function?

Debate:

- It is okay for people to do what they want in their leisure
- It is not okay for people to do what they want in their leisure

Arguments of both sides

- The essence of leisure is freedom
 - No group can impose their beliefs on your leisure and understanding of leisure
- There are countless tastes
 - No way of enforcing one single standard, so let people be
- Anything goes unless directly destructive
- Standards are relative

Against

- Society will eventually be destroyed
- Actions have consequences (Can be harmful)
- Human weakness may be destructive
 - Some cannot self moderate (gamble/substance)
- Important collective wisdom
 - Instead of allowing individuals to do whatever, we use societies wisdom which knows better than the individual

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Delivery of recreation services

- Traditional (parks and rec for each city)
 - Moves towards wanting better individuals as citizens. Focusing on building character development and ethics
 - Traditional deliver is not based on what an individual might want but the promotion of the good of the individual and the good of society
- Response to user's wants
 - Over time parks and rec facilities have shifted to fill what individuals want
 - Instead of being guided by ideal programming promoting "ideas" to promote character development,
 - Decisions are now an aggregate of the individual preferences
 - Try to allocate resources efficiently according to individual preferences
 - Meet the greatest number of individual wants and needs within a community

Dustin et al.

- "Recreational pastimes which preserve life, promote life, and help life achieve its highest destiny are morally superior"

- Critique of delivery of recreation services
- Rec professionals should be making decisions based on moral considerations instead of just what people want
- Serve popular tastes (is bad)
 - By doing this rec services are deteriorating people. It is a reactive approach instead of proactive ****
 - You can't be neutral
- Elevating popular tastes
 - You preserve and promote life and help people to be morally superior by promoting what people should want/need.

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Play ethic of Bill Mason:

- Films (he's in lots)
- Writings on him
- (this guy is Paul's personal hero)

- An analysis of Masonic writings and films
- Inductive content analysis (Henderson & Bialeschki, 1995)
 - Grouped phrases about play from
- Results: **Play was a central life interest in his life**
 - Play was not second to anything
 - He was also very creative, he was not happy unless creating or doing something active (ski/hockey/rafting)

Play as a central life interest (1)

- Fascinated by the canoe
- The happiest time of his childhood was when his father rented a canoe for a week
- Video:
 - He would quit his job every spring and canoe all summer
 - Sketch paint and explore. He would eventually work, but otherwise would just love canoeing
 - This guy only only thinks about canoes
 - (he thinks the flag should have a canoe and not a leaf)
- Canoeing as an addiction
 - Goes through withdrawals as lakes freeze over, snowshoeing helps
- Died 1989.
- Always got distracted from painting because his friends would ask him to go canoe
- He's happiest when he's creating something. He pulls away from creating to go canoeing
- a) Canoeing
- b) Hockey
 - Fanatical about hockey
 - When visiting buckingham palace he thought it would be a great spot for hockey
 - Approaching death he remarked what a tragic death, I got more goals than gretzky this year
- c) skiing

Play characterized by Primitive travel (2)

- Parable in path of the paddle. 4 days hiking the perimeter of the lake to enjoy it. As they walk around, somebody offers a ride in a canoe (4 hrs) to canoe around the lake. Motorbike comes along to say it will be only about an hour.
 - You can travel by mechanized means but you won't see things as close

On his own Bill loves to enjoy the rapids thoroughly, his friends love to just run rapid after rapid and skip through. If you become a white water fanatic you see nothing and the land does not speak to you. You need to take your time.

(4) Joy

- Play and life characterized by Joy
- Canoeing
 - Big quote
- Wilderness
 - Out there is is possible to rediscover the joy to be derived from looking listening and thinking
- Daily life
 - We live and cherish each day at a time as always
- Mason's Cartoons
 - Expressed joy happiness and being alive
 - SHowed Mason himself jumping up and down with joy, This was Bill.
- Mason on Joy
 - Life. It is merely a sentimental delusion, a "pathetic fallacy", to think that one sees in the nimals a capacity for joy which man himself is tending to lose?... Long quote

1.Mason: Play survived Growing up

- Playing can survive growing up, and sometimes does. But it does not often flourish (Goodale and Godbey, p176)
 - Kerr, 39-40

Limitations of play in adulthood

- Overload environments
- Emphasis on competence
- Imperative..
- .
- ..
- ..

2. Mason's play; significant factor in environmental message

- Buck: Few people of any nation have been so influential in creating a sense of responsibility for the environment p 12

Platy was a significant factor in masons ability

3. Play and conversation

- **Leopold**: recreation is the first reason for wilderness p 269
- Increasingly parks and wilderness focus on the ecological integrity and less on recreation
- Mason illustrates the importance of looking at play and conversation as a unity

Video summary: all notes above are just to say there are a few adults who manage to play

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**Continuation of Previous notes

Email Prof saying you don't have the reading in your book***

18 Class discussion questions on slide*

*My answer to a question from class exercise:

Can We rely on the market to regulate leisure investments or will some businesses provide anything for money?

Business will provide anything for money, however to the degree which leisure investments should be promoted is a different question. Business will fill glaring needs for leisure, but to fully promote to all of society there must be a greater motivation than an obvious view to profit.

Readings

Dustin MacAvoy & Schulz, 225-233

Heintzman, 234-244

FreySinger & Kelly, 45-47 ?

anomic leisure - term used to describe a situation of negative freedom or freedom that lacks a positive dimension

3 Three important aspects of the positive leisure experience are:

- leisure as time for self;
- as affiliation or connection(affiliative leisure) with others and
- as self-determination or autonomy (self determined leisure)

Leisure container

- Refers to the activity, social settings, and physical locations within which leisure may be experienced

A leisure enabler

- The opposite of a constraint and functions to allow and facilitate leisure experiences

Future shock refers to how the relationships of things no longer make sense. The rate of social and cultural change is so swift that our nervous systems have not had enough time to established identifiable patterns or relationships and this has disrupted our equilibrium

Segmentation assumes that it is often necessary for us to be occupied and to be occupied in ways which do not allows us to do as we please or act as we would in other situations

The golden rule: do to others as you would have them do to you (Paul)

Leisure & Spirituality: The Re-Emergence of a historical relationship - Paul Heintzman (Acadia Univ.)

The word "Spirituality" comes from the latin, "spiritus" meaning "breath of life" and can be traced to the greek word "Pneuma" used to describe a person's spirit guided by god's spirit

Today, spirituality is defined as "A way of being and experiencing that comes about through awareness of a transcendent dimension and that is characterized by certain identifiable values in regard to self, others, nature, life and whatever one considers to be ultimate" (Elkins, Hughes, Saunders, Leaf & Hedstrom, 1988 p.10)

Research suggest that lesure can provide time and space for spiritual development, balance in life and leisure, an attitude of openness and receptivity in leisure, nature settings and settings related to personal and human history, solitude and quiet settings, and "true to self activities" all tend to enhance spiritual well being

Busyness in life and leisure, artificial leisure settings, noisy activities and settings, and activities incongruent with an individual's personality usually detract from spiritual well being

The Dilemma - Aldo Leopold

Dilemma facing today's parks and recreation professional: we feel obliged to serve popular tastes for recreation but by doing so we are contributing to the deterioration of recreation opportunities and environments themselves.

By serving popular tastes by assuming a reactive posture, park and rec professionals are helping shape the quality of life, in that sense we cannot help but impose our values on others. At the same time, by elevating popular tastes by promoting recreational conduct, that is in concert with environmental quality, park and rec professionals can assume a pro active posture - a sin of commission, perhaps but at least one that is justifiable in the broader context of environmental integrity

In the short run, contrary to conventional wisdom, coercion may be preferable in deference to the environment

Respect as a birthright - Albert Schweitzer (1)

“Through respect for life we enter into a spiritual relationship with the world”

Embracing respect as a birthright as a sacred sanction for the park and rec profession is an act that should not be engaged in lightly. It brings about serious ramifications regarding the positions park and rec professional should take on various issues related to the interaction of people with each other and with the environment which supports them

Self respect:

Harry Stack Sullivan reasons that self respect is a prerequisite for adequate respect for others.

Problem with work ethics rests in its utilitarian emphasis - it fails to acknowledge that there is more to the human condition than simply serving as a means to someone else's ends

“Worth Ethic” - gives much broader definition to the value of the a human being.

Alfred North Whitehead - **“We are above all else intrinsically valuable. We live not only for others but also for ourselves. We warrant respect, therefore by virtue of our existence. And we exist because of the occasion of birth.”**

We should be freed from the need to prove ourselves to others or to prove ourselves at the expense of others

We should be able to seek out life experiences which permit us to uncover and demonstrate to our own satisfaction a remarkable capacity for living with and among others (Sullivan)

Respect for others:

(2) Albert Schweitzer **“The essence of Goodness is: Preserve life, promote life, help life achieve its highest destiny. The essence of Evil is: Destroy life, harm life, hamper the development of life.”**

The essence of goodness does not mean as “doing good” to others. This is a point of confusion to people who are bent on doing good to others “less fortunate” People harboring these feelings are not expressing adequate respect for others to begin with. They do not realize that their “do good” philosophy suggests that public's inability to determine what's good for itself. Rather than doing good, they do a fundamental disservice to those they serve

(3) Albert **says that the essence of goodness is “all the goodness one displays toward a living organism is, at bottom, helping preserve and further its existence”**

Just as we live for our own purposes, so do others. We are obliged to respect that.

It means designing park and recreation programs that are conducive to the expression of that value.

Respect for all living things:

We are not mere bundles of preferences but human beings capable of more than desire; we are not merely self interest consumers bent on achieving the lowest common denominator of satisfaction (Eric Katz)

We are giving up some psychic investment in a sense of separateness and specializes in the universe, by doing so we are freeing ourselves to reach for a higher awareness of what it means to be human

The evolution of leisure

Wolfenstein: play tends to be premated with behaviour formerly confined to after work hours, tends to be measured by standards of achievement previously only applicable to work

Riesman expressed the hope that individuals could find self directed autonomy in play and that play could be rescued if we could overcome obstacles to becoming autonomous in play

Josef Pieper - leisure is condition of the soul, not result of spare time, holiday or vacation, it is attitude of mind, condition and soul. Leisure cannot be achieved at all when it is sought as a means to an end

Huizinga - play is outside ordinary life, limited in space and time, voluntarily entered into, served as its own end, non rational, created its own morality, an illusion of fun. Play must remain separate from rest of life

Clayre - argues that we have always been aware of the separation between work and leisure, we have always be able to tell when we are working and when we are not

Gary cross - says people accepted the strict segregation of work and leisure as a way of making work more predictable and contained (8 hour work day)

Hall - said leisure in rich and poor are different, in poor it's called idleness which he says is the cause of all mischief