Recreation and Leisure

Name

Course Title

Instructor

Date
Recreation and Leisure

Department of Health and Children. National Recreation Policy for Young People


The study, *Department of Health and Children* emphasized on the significance of including the recreation and leisure of young people in the National Recreation Policy in order to bring up a healthy population of future leaders in society. The study is advantageous, because it gives the effective steps that could be followed in order to incorporate young people in the recreation policy. It protects the interests of the young in society. It is a weak study, because it bases most of its arguments on the significance of recreation and leisure on young people, hence excluding the rest of the population. The study gives a myriad of conclusions that would effectively help in the inclusion of young people in the National Recreation Policy. One of the key conclusions is that the young people are the future leaders and should be brought up strongly with involvement in recreation and leisure. It also concludes that effective recreation and leisure facilitate mental development among the young population. The researcher asserts that a controllable level of recreation and leisure would also help build social relationships among the young people, hence promoting effective understanding. The study is relevant, because it encourages states to embrace recreation and leisure for the benefit of the young population that represents future leaders of society. It is relevant in the agitation for the leisure of young individuals who are dominant in society. The study is closely related to other effective studies that highlight the significance of leisure in the upbringing of young individuals in society.

This study highlights the events that led to the emergence of recreation and leisure in society. Researchers examine the chronology of events that led to the emergence of recreation and leisure and the early forms of recreation and leisure in society. They illustrate the ways in which earlier generations utilized the recreation and leisure facilities that were available at the moment. The strength of the study is that it gives individuals in depth understanding of how recreation and leisure came into existence and the early forms of recreation and leisure. These are observed in a chronological manner, hence boosting understanding. Another key strength of the study is that it provides the connectivity between the ancient forms of leisure and the current forms, hence facilitating easier relations. The study is weak, because it does not give the name of the individual who came up with the idea of recreation and leisure. The mention of the name would have helped individuals understand the history effectively by relating it to the individuals who introduced recreation and leisure. The study concludes that the emergence of recreation and leisure was chronological. Recreation and leisure have developed through various stages from the earlier days of discovery and practice. The research is relevant, because it enables individuals establish effective relationships between the current forms of recreation and leisure with the past forms. This is significant as it gives them a sense of belonging as they enjoy themselves in various ways. It is related to other sources that study the emergence of recreation and leisure and the manner in which they were gradually developed in society.


In the book, the author introduces individuals to recreation and leisure. The author highlights the significance of recreation and leisure in the lives of individuals. The author gives the different types of leisure and the manner in which individuals could maximize the recreation
and leisure sites in their areas. The strength of the book is that it gives an illustration of the different types of recreation and leisure in society. Thus, individuals are able to understand the various forms of leisure and recreation and fully utilize them. People are also able to identify the different forms of recreation that could suit their status in society. Its weakness is that it does not show disadvantages of leisure to individuals. The book emphasizes the advantages of recreation and leisure without pointing out that disadvantages that would be effective in the control of individuals’ enjoyment. It is also weak, because it does not give a plan that would enable individuals to effectively prepare for recreation and leisure events. The author concludes that it is effective for individuals to identify the different types of recreation and leisure for maximum enjoyment. The book is relevant, because it gives an overview of recreation in the contemporary world. It bases most of its explanations relating to recreation and leisure on the contemporary world, hence enabling individuals respond appropriately. The relevance of the book with the contemporary would provide room for adjustments in cases of any changing needs relating to leisure and recreation. It is related to other works that give an effective definition of recreation and leisure and the different types of leisure and recreation. This relationship is effective as it gives individuals a deeper understanding of leisure and recreation in the contemporary world.


The book gives a definition of recreation and leisure according to the modern understanding. It gives the different forms of leisure and recreation that exist in the modern society and the manner in which individuals utilize them in their daily operations. The author emphasizes on the significance of leisure and recreation in the modern society. He also outlines an effective plan that would enable individuals to effectively plan for leisure and recreation. The
strength of the book is that it offers individuals a plan that would boost proper budgeting for leisure and recreation events. Thus, individuals are able to incur minimal and planned amounts of money with maximum enjoyment and satisfaction of their leisure and recreation needs. The weakness of the book is that it does not give the origin of leisure. It only highlights how leisure exists in the modern society without giving an effective background of its origin. The book comes to a conclusion that recreation and leisure have immensely evolved, and they are at their best level in the modern world. The book is relevant because of its discussion relating to the modern world. This relevance enables individuals understand leisure and recreation effectively as they exist in the modern world. The book is related to other vital sources that illustrate the different forms of leisure and recreation that exist in society.


In this study, researchers examined the relationship between recreation, leisure, and social policy. The researchers examined the nexus between these events and the manner in which they affect each other. Furthermore, the researchers identified the manner in which the established social policy could influence the attitudes of individuals towards recreation and leisure. The strength of the research is its identification of the influence of social policy on leisure and recreation. This enables individuals understand how the social policies that are put in place affect recreation and leisure. Its weakness is that it does not give a clear explanation of the relationship between social policies and the attitudes of individuals towards recreation and leisure. The study concludes that any established social policy could bear a positive or negative effect on leisure and recreation among individuals. It is relevant, because it identifies the social policies that guide individuals in their recreation and leisure activities. The study is related to
other studies that investigate social relationships and their influence on the attitudes of individuals in relation to leisure and recreation.


In this book, recreation and leisure form part of the valued issues in the modern society. As people work and take responsibilities in their families, they always have time set aside for their leisure. It makes one relax his mind in preparation for the next duty at work. Most people spend their leisure making themselves physically fit at the gym. Some play vital roles in society such as participation in community development programs and church activities. Whereas leisure is an important part of our lives, most people misuse it through engaging in drug abuse such as the youths, most of whom are unemployed. This study majorly focuses on the modern society but not the ancient periods where people could learn of a variety of recreation activities that benefit the entire community. It highlights the effects of some recreational activities and advises on the best ways of utilizing leisure time. It also considers different calibers of people in society.

In conclusion, recreation and leisure reflect a real nature of a person as it refers to the activities one does without supervision. They also dictate the character of an individual. This book is relevant in molding people’s character and social responsibility. It also helps in giving the youths a sense of direction for a better future in the modern society. This relates to the health standards of people as the activities engaged in during leisure time have an influence on one’s health. For instance, those who engage in drug abuse during leisure ruin their health, while those who attend the gym boost their health.

In this book, leisure refers to the time one has out of the regular duties such as work and family duties. Leisure and recreational activities should be used to improve the ethical standards of an individual. During leisure time, one should avoid company that will negatively influence his behavior. Leisure should also be used to develop one spiritually and mentally. It is during one's free time that they think of the vices such as stealing, cheating and drug abuse. Through the recreation activities, one should strive to influence other people towards the right decision making. Reading could positively influence one’s ethical standards, hence most of the youth should spend their leisure time reading to acquire more knowledge and skills. This book only focuses on the activities that boost one’s ethics and does not focus on the vices in the community. It also focuses on the extreme ethical standards and does not educate on how one can cope with the negative peer influence. It educates on the vital issues in society and focuses on the youth who are majorly affected by the issue of decision making on how to utilize their leisure time. In conclusion, the youth are the leaders of tomorrow and they need to be guided on how to develop high ethical standards to ensure peaceful coexistence in the community. This book is relevant to all generations of the human existence as it focuses on the peaceful existence among people through generation of the proper ethical standards. It also helps to inculcate the spirit of independence among people as everyone is guided on decision making. This book relates to the spiritual empowerment of people as they interact with each other and with their God. Ethics forms one of the major determinants of character and peaceful co-existence among people.


In this journal, it is shown how our carriers influence the time we have to spend with our families and to develop ourselves outside work. A good carrier should divide time so that one is
able to relax and engage in other development activities apart from their official duties at work. It should also enable one to take part in seminars and exhibitions to enhance their skills and knowledge at work. Some carriers demand a lot of time, than one has less time to relax. This has led to the break of many families and also leads to low quality and quantity of output as people get fatigued and are affected by boredom, since they do the same things without rest. As much as we concentrate on our carriers, we should also take some time out of the regular duties to engage in leisure activities as this boosts the brain activities and improves our social life. A carrier will have no meaning, if one is not given time to improve his skills and interact with people from the same field of work. This book focuses on the different types of carriers that give people a meaning in life; however, it focuses more on the good carriers and neglects the carriers that do not give time for leisure and recreation. It also talks about how one can use his leisure to develop his carrier. In conclusion, our carriers give us a meaning in life through building us economically, socially and spiritually. This journal is relevant in helping one choose a career that enables him grow as an all-round individual. It relates to proper decision making in the human life and helps individuals to make decisions they may not regret in the future.


In this book, the author observes how one manages his leisure time affects him either positively or negatively. Our peers play a major role in determining how we manage our recreation and leisure time. Since most people emulate the activities of their peers and are not able to make rational decisions, they end up wasting their time and resources in activities that ruin their health, morale and careers. We could manage our leisure by first realizing who we are and what we want. After we discover ourselves, we then concentrate on how best to achieve our desires without affecting other people’s affairs or ruining our careers. We should ensure that we
do the right things at the right time and at the right place. Work should never be mixed with leisure. We should be guided by a timetable that stipulates our activities to ensure maximum utilization of time and resources. This book educates people on the ways of managing free time and targets all the people regardless of age and economic status. It does not consider the human weakness that we are bound to make mistakes and need guidance. In conclusion, if leisure is not managed properly, we could end up losing our jobs and our families. It is relevant to both the youth and the old to manage their leisure properly.


In this book, it is shown that life can be improved by balancing time so that one has adequate time for work and leisure. Our social, economic and health life is influenced by the joy we have in life. In order to have peace, we should consider all aspects of life. Through utilizing our leisure time in the gym, we boost our health, if we engage in community development we boost our social life. We are then able to live peacefully with our neighbors as we appreciate all aspects of life. This book educates us on the ways of improving our lives morally, spiritually and physically. In this way, we are able to be content with which we are. In conclusion, the quality of life we live is dictated by how well we utilize our time. Giving our jobs, families and friends the time they need, makes us happy. It is relevant since most people commit murder out of discontentment with their lives. They are never at peace with themselves and others, because they do not manage their time properly. This book relates to the human wellbeing where money alone cannot make one happy. We need our families and friends to improve the quality of life we live.