

## Role of Recreation in the Field of Physical Education

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### ABSTRACT

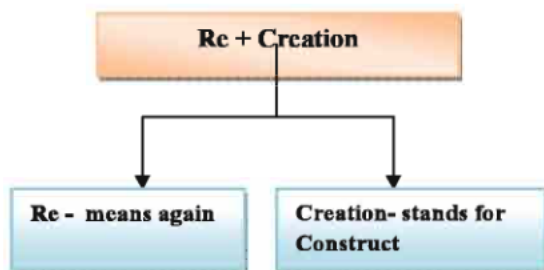
Recreation plays an important role in physical education because all events of physical education is depend upon recreation, in recreation a sports person recreate himself to a particular event before starting any event. In recreation people learn an event by recreational way. Recreation is an essential part of human life and finds many different forms which are shaped naturally by individual interests but also by the surrounding social construction. Recreational activities can be communal or solitary, active or passive, outdoors or indoors, healthy or harmful, and useful for society or detrimental. A significant section of recreational activities are designated as hobbies which are activities done for pleasure on a regular basis.

**Keywords:** Recreation, naturally, interest, communal, detrimental, pleasure.

### I INTRODUCTION

Normally, in our daily life we heard a sound of recreation.....recreation.....recreation.

But no one can know the perfect meaning of recreation. The word recreation is derived from the combination of two words.



Recreation is an activity of leisure, leisure being discretionary time. The "need to do something for recreation" is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun". Recreation is an activity that people engage in during their free time, that people enjoy, and that people recognize as having socially redeeming values. Unlike leisure, recreation has a connotation of being morally acceptable not just to the individual but also to society as a whole, and thus we program for those activities within that context. While recreation activities can take many forms, they must contribute to society in a way that society deems acceptable. This means that activities deemed socially acceptable for recreation can change over time.

Recreation should be seen as a vehicle for improving quality of life, community cohesion, personal health and collective well-being. It can bring joy, challenge and excitement to our lives. When people participate in the creation and implementation of recreation in their own communities, the investment and ownership can bring with it a sense of community pride and belonging. As recreation leaders, enabling and empowering community-based recreation is a critical role. Recreation encourages an active, healthy lifestyle. Active lifestyles result when people value and integrate physical activity into their daily routines.

### II LITERATURE REVIEW

The main purpose of research is that, when a person fed up from his daily routine work he needs something to energize himself, so recreation plays an important role. It brings individual to recreate and refreshes so learner can divert his mind towards learning a particular event.

The Physical Education and Recreational Sport programs provide students, faculty, and staff the opportunity to experience a variety of activities and, in turn, to appreciate the importance of the balance of a healthy mind and body.

Recreation is an essential part of human life and finds many different forms which are shaped naturally by individual interests but also by the surrounding social construction.

- Brings people together, providing opportunities for social interaction.
- Contributes to higher levels of self-esteem and self-worth.
- Creates opportunities for, and promotes, volunteering.
- Creates positive alternatives to youth offending, antisocial behavior and crime.
- Improves mental health.
- Kids who participate learn better and are more likely to enjoy school.
- Develops life skills and leadership abilities.

Recreation contributes to vibrant and engaged individuals and communities, fostering personal, social, economic and environmental well-being. It touches on many aspects of our lives nourishing people and building strong families and communities.

### III MEANING OF THE WORD "RECREATION"

Readiness	: Promptness.
Entertainment:	Amusement.
Charming	: Delightful.
Relaxation	: The art of relaxing/Rest.
Experience	: To feel.
Attractive	: Pleasing/ Enticing.
Tendency	: Inclination.
Inherent	: Inseparable/Innate.
Off time	: Portion of time with no

Work  
Natural : Illegitimate.

#### IV OBJECTIVES

The areas of recreation are very vast and there is a need of recreation in every area by proper use of recreation people proceed towards progress in every area. The main objective of research is that, all-round development of players.

- (a) Mental development.
- (b) Physical development.
- (c) Healthy citizen.
- (d) Balanced personality.
- (e) Development of leadership.
- (f) Development of Sports Spirit.
- (g) Development of Self discipline.
- (h) Development of efficiency.
- (i) Development of bravery.
- (j) Development of endurance
- (k) Development of emotions of co- operation.
- (l) To heal mental pressure.
- (m) To solve problems.
- (n) Development of social capacity.
- (o) Development of additional energy.
- (p) Development of new ideas/experiences.

The field of recreation has many worth-while objectives. The American Association of Health, Physical Education and Recreation (AAHPER) states that this special field contributes to the satisfaction of basic human needs for creative self-expression; helps to promote total health—physical, mental, emotional and social.

One of the best statements of objective was offered by the Commission on Goals for American Recreation. The objectives are as follows:

- (a) Personal fulfillment.
- (b) Democratic Human relation.
- (c) Leisure skills and interest.
- (d) Creative, Expression and Aesthetic appreciation.
- (e) Health and Fitness.
- (f) Environment for living in a leisure Society.

#### V HYPOTHESIS

A hypothesis may be applied in the field of physical education to improve the standard of training and coaching.

Following are the points enlisted below which shows that there is a great importance of recreation.

##### (a) Change in work

When a player learns a particular event or skills of a game, while repetitive of exercise a player got bored so change of work helps to recreate a player. This helps to refreshes the player psychologically and again diverted to learn event or skills.



E.g. suppose a player learning the skill of game Basketball, throwing the ball in the basket and this event goes smoothly for a long time, but it automatically brings the player towards physically fatigue because this event continued for a long time.

Now, when a player leaves the skill or event for a short interval of time and chooses another event like playing cricket, it automatically recreate the player and also helps the player to again learn the skill of basket ball.

- (b) **Listen music:** Music in one of the main source of entertainment which helps to relieve stress of a player.
- (c) Discussion with Coach/ Colleague also helps to improve the performance.

#### VI PURPOSE OF RESEARCH/ STUDY

- (a) Motivate the sports person towards the attainment of good result.
- (b) It energizes the sports person throughout the event.
- (c) A player becomes self confident to their desire event/skills which he performs in the ground.
- (d) Learning new skills of particular games.

#### VII RESEARCH COMPONENTS

- (a) **Principles of Recreation-**In research, Principles of recreation are divided into two parts.
- (b) **Direct Principle-** Recreation which can be seen in front of us and all are feel this and while taking part in that activity do not have any struggle with others. This type of entertainment is known as direct principles.
  - (i) **Principle of Joy:** When a person performs any recreational activity and feels the joy and thinks that he uses his leisure time.
  - (ii) **Satisfy:** While performing/doing any game he must be satisfy and again ready for another game.
  - (iii) **Remove fatigue:** While performing any work for whole day a person gets fatigue earlier. But this helps in remove of fatigue.
  - (iv) **Reconstructive power for doing work:** After fatigue, people do some recreational activity and remove his fatigue and ready to do his skill which he wants to learn.

#### VIII INDIRECT PRINCIPLES

It is the basic principles of recreation. These principles can be made from man, due to indirect principle there is softness in human nature. It diverts human life towards growth.

- (a) **Effect on health:** Health of a person depends upon the healthy climate of an individual.
- (b) **Development of an Individual:** It also responsible for the development of an individual by removing its physical mental tension
- (c) Personality.
- (d) Character develops.

- (e) Development of body
- (f) Create interest to a particular event.
- (g) Good leadership qualities develop.
- (h) Progress in work for the attainment of desire result or achieving the motto.

### IX DISCUSSION

In discussion, we can say that it is very important to perform recreational event while in leisure time or after training period because recreation energizes the whole team/ sports person who are easily get bored in training period because of laws of learning.. It helps the coach to recreate the players to other event/skills and later on motivated them on their main skills and helps the player for attainment of specified goal or objective.

### X CONCLUSION

It is conclude that recreation plays a great role towards the growth of an individual as well as sports person, because in our daily routine work we can easily fed up from a routine work. Recreation helps to relieve psychological stress, physical fatigue which is caused during the training period/ performance.

Due to change in work or work done in another field /skills by de-railing the routine work, recreation energizes the sports person throughout the day.

In the end we can say that recreation moves the player in a particular direction by change in work for the attainment of good result. And it also guides a player to improve its learning skills. In recreation transfer of training also helps because in this- things

Learns in one situation and applied in another situation is known as transfer of training.

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