

California State University, Sacramento
Department of Recreation, Parks, Tourism Administration

Leisure Activity & Recreation

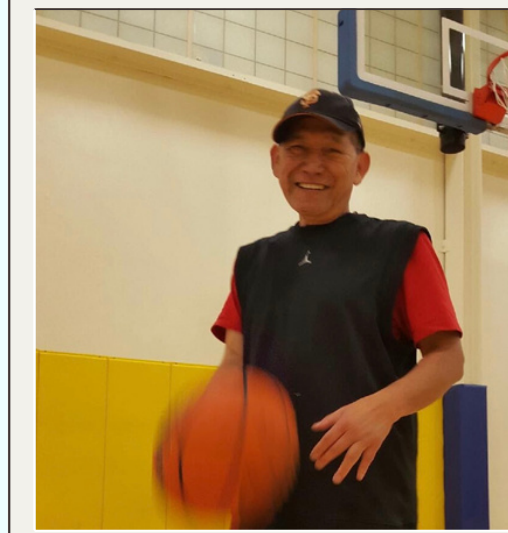
MayaSunshine Custodio



Background



- Mom!
- She was diagnosed with Stage 3 Breast Cancer in October 2021.
- Due to her chronic stress, her physician noted that stress can speed up the spread of cancer cells throughout the body.
- "Psychological stress may cause cancer to get worse (progress) and spread (metastasize)," (Nature Reviews Cancer 2021; 21(12):767–785))
- We prioritized leisure and recreation as her care team
 - Found her leisure in immersing with nature



- Dad!
- Has been playing basketball for over 50 years
- Showed me the relationship between leisure and health

What is leisure?

- Leisure is individually and culturally defined, but most common are the themes of free time, recreational activity, and a special spirit
- It is for all ages!
- Helps shape us as human beings—our growth, health, motives, feelings, and actions
- Leisure is a complex concept with different meanings depending on the people, the place, and the time
 - Examples are: playing sports, singing, gardening, walking, painting, shopping, etc.

"We work for the sake of leisure."
-Aristotle

Leisure and Health

- Acquire skills for meaningful social interaction
- Maintain cognitive abilities
- Associated with lower levels of anxiety, depression, and stress
- Have resources to be resilient to changes



Leisure Activity in Older Adults

- Building blocks of well-being for Optimal Aging
 - Self-integrity in later life is an ultimate goal
- The biological aging process results in bodily organ and system function decline, diminished mobility, and higher rates of disease
- Older people may struggle with feelings of depression, isolation and a crisis of integrity
- Rates of anxiety and depression have increased during the COVID-19 pandemic in older adults (National Institutes of Health)
- Leisure has effects such as increasing happiness, satisfaction, creativity, learning, and personal growth for elderly individuals (Lin & Lee, 2008)
- Leisure participation helps older persons take advantage of having spare time, learn new things, reaffirm their own values, and obtain opportunities for spiritual growth



Leisure Activity Demand of Older Adults: Case Study

Hsiao-Mei Hu, 2021

Why do older adults participate or not participate in leisure activities?

Explore the motivations, barriers, and needs in regard to leisure activity in a small sample of older adults in Tainan, Taiwan through interviews and questionnaire.

Hierarchy of Needs Theory:



Maslow's hierarchy of needs

Methods:

Biographical Information

- Age (min. 65 y/o)
- Living arrangement
- Source of Income
- Self-Rated Health Status
- Activities of Daily Living Assistance

Interview Questions

What are your current leisure activities?

What are the top three reasons you would like to engage in leisure activities?

What are your barriers to participating in leisure activities?

Key Findings

- Most participants live alone or with spouse
- Over 70% of the participants self-rated health status were fair/good
- There were more women than men who needed assistance with ADLs
- Most popular leisure activities: walking outside, tv, chat
- Health promotion and filling empty time were the most important motivations for their participation in leisure activities
- All participants have at least one activity to do at home
- Physical function problems are a major barrier
- Most people would like to participate in tourist activities but are afraid of accessibility and safety
- Purpose of participating in leisure activities: Maintain happy mood and establish social network

Conclusions

- Population aging is a blessing for the advancement of human civilization
- Positive social development not only includes medical care and social welfare, but also recreation and activity.

Strategies for Leisure

- Planning leisure activities to prioritize promoting mental and physical health
- Include diverse options, including static and dynamic projects and flexible time
- Encourage intergenerational engagement
- Consider accessibility needs when designing travel projects



Leisure Resources

- Hiking Club - Mission Oaks Rec. & Park District
- Arts & Enrichment - Cordova Rec & Park District
- Music/Art/Language - ACC Senior Services
 - Online Classes available
 - Upcoming event: Day of Community (4/22)
- Trips/Tours - Hart Senior Center



Question: What is your leisure? How can you promote this in your daily life?



Thank you!

