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**ABSTRACT**

The seven papers in this document were presented at a symposium on the family and leisure: (1) "The Humane Human Experience" (Ron Mendell); (2) "Leisure Education: The Role of the Parent in Family Education" (David J. Staniford); (3) "Leisure and the Family: Toward Some Phenomenological Understanding" (Joseph Levy; Adrienne Gilbert; Christine Frank); (4) "The History of Commercial Recreation and its Role in the Provision of Family Recreation" (E. Taylor Ellis and Lynn Masterson); (5) "Family Recreation among the Ethnic Minority in the United States" (Rose Chew); (6) "Family Programs that Foster Family Cohesion" (Craig Kelsey; Robert Sorenson; Howard Gray); and (7) "Developing Leisure Sports for Total Family Participation" (Gene G. Lamke). (JD)

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1984 Anaheim AALR/AAHPERD Convention  
Proceedings of Pre-Convention Symposium  
March 29, 1984

Leisure Effects on the Family  
&  
Family Effects  
on Leisure Services

Sponsored by the  
American Association for  
Leisure and Recreation  
an association of  
The American Alliance for  
Health, Physical Education,  
Recreation and Dance

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# LEISURE EFFECTS ON THE FAMILY AND FAMILY EFFECTS ON LEISURE SERVICES

PROCEEDINGS FROM THE 1984 ANAHEIM AALR/AHPERD PRE-CONVENTION SYMPOSIUM

March 29, 1984



Sponsored by the American Association for Leisure and Recreation and  
Association of The American Alliance for Health, Physical Education,  
Recreation and Dance

SYMPOSIUM DIRECTOR: S. Harold Smith

PROCEEDINGS CO-EDITORS: S. Harold Smith and Howard R. Gray

**PURPOSES OF THE AMERICAN ALLIANCE  
FOR HEALTH, PHYSICAL EDUCATION  
RECREATION AND DANCE**

The American Alliance is an educational organization, structured for the purposes of supporting, encouraging, and providing assistance to member groups and their personnel throughout the nation as they seek to initiate, develop, and conduct programs in health, leisure, and movement-related activities for the enrichment of human life.

Alliance objectives include:

1. Professional growth and development -- to support, encourage, and provide guidance in the development and conduct of programs in health, leisure, and movement-related activities which are based on the needs, interests, and inherent capacities of the individual in today's society.
2. Communication -- to facilitate public and professional understanding and appreciation of the importance and value of health, leisure, and movement activities as they contribute toward human well-being.
3. Research -- to encourage and facilitate research which will enrich the depth and scope of health, leisure and movement-related activities; and to disseminate the findings to the profession and other interested and concerned publics.
4. Standards and guidelines -- to further the continuous development and evaluation of standards within the profession for personnel and programs in health, leisure, and movement-related activities.
5. Public affairs -- to coordinate and administer a planned Program of professional, public, and governmental relations that will improve education in areas of health, leisure, and movement-related activities.
6. To conduct such other activities as shall be approved by the Board of Governors and the Alliance Assembly, provided that the Alliance shall not engage in any activity which would be inconsistent with the status of an educational and charitable organization as defined in Section 501 (c) (3) of the Internal Revenue Code of 1954 or any successor provision thereto, and none of the said purposes shall at any time be deemed or construed to be purposes other than the public benefit purposes and objectives consistent with such educational and charitable status.

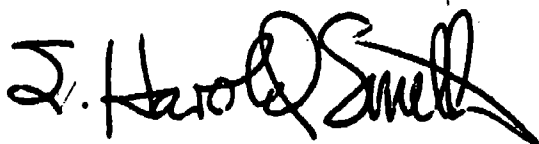
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## PREFACE

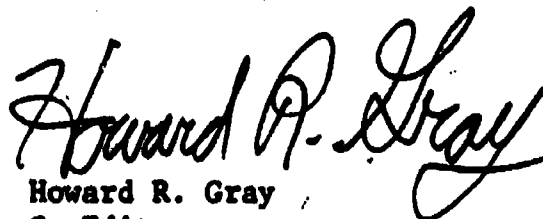
We are pleased to be able to provide these proceedings from the 1984 Anaheim, American Alliance of Health, Physical Education, Recreation, and Dance Pre-Convention Symposium "Leisure Effects on the Family and Family Effects on Leisure Services." To our knowledge this is the first time that The Alliance has provided an in-depth symposium on the Leisure and Family theme. We are indebted to AALR President-Elect Dr. Ronald Mendell for his interest and drive in the initial stages of symposium development. We are also grateful to the AALR/AAHPERD staff and board for supporting this unique venture.

The symposium was sponsored by The Alliance through the American Association of Leisure and Recreation. The proceedings were printed and distributed through the assistance of the Department of Recreation Management and Youth Leadership, Brigham Young University. The papers presented were solicited from a large cross-section of individuals with varied training and background. It is hoped that the breadth of the presentations will more than make up for the possible lack of depth that this approach may foster. Everyone involved has given of their time and information at no monetary remuneration but hopefully with great professional pride.

It is hoped by all involved that the content of the symposium proceedings will provide lasting and relevant information that will strengthen the family through the Leisure and Family theme.



S. Harold Smith  
Symposium Director  
and Co-Editor



Howard R. Gray  
Co-Editor

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## THE HUMANE HUMAN EXPERIENCE

Ron Mendell, Middle Tennessee State University

### Abstract

As the keynote speaker and the 1984-85 American Association for Leisure and Recreation (AALR) president responsible for the development of the AALR Commission for the Advancement of Family Cohesiveness Through Leisure and Recreation, the speaker identifies the charge that has been directed to the Commission. The charge is followed by a discussion of the ever changing family structure and the constructs of the holistic family. The introductory comments conclude with the idea that leisure should be perceived as more than just recreation, activity or a frame of free time and questions "if we control circumstances or do they control us?"

### Keynote Address

A year ago last March 15 I was informed that I had been elected as the President-elect of the American Association for Leisure and Recreation (AALR). My immediate responsibility was to chair the Anaheim AALR/AAHPERD convention programming committee and was informed that the tentative initial program was due in Reston in one month.

Given the needed promptness of the assignment I immediately began to "brainstorm," which was no easy task given the facilities I had available to me. At any rate four immediate thoughts came to mind. The first was an awareness of how much time the assignment was going to take during the next two years in light of dwindling family togetherness due in part to my three teenage childrens outside of family interest. Second was a statement that had just been made by President-elect Wayne Owness of AAHPERD that "we need to touch the lives of all our members." The third thought that came to mind was that our AALR Board has just been discussing the point that AALR's number one goal ought to be "Educating for Leisure," and finally a discussion that I had with AALR past-president Arlin Epperson about the importance of "Family Leisure."

My "user friendly processor" (my early model brain), after reviewing its stored literature decided that a family theme would not only deal with the four concerns already expressed, but that the theme could and should be important to all of our associations' commitments, it should also be important to the other six associations in the Alliance, as well as significant other national groups and persons. As a result of that nights work, and now with the help of significant others we have a number of meaningful programming ideas in place and others we are working on,

One of the most meaningful happenings is this In-Depth Pre-Convention Conference dealing with "Leisure Effects on the Family and Family Affects on Leisure Services." My thanks go out to Dr. Harold Smith for doing an excellent job of developing this conference, and a special thanks to Dr. Howard Gray and Brigham Young University for the superb proceedings publication from this conference. There are also a good number of convention

programs dealing with the family that will be offered during the next four days here in Anaheim that may be of interest to you.

The Association has a lot of ongoing business and new business that keep the president busy, so I have asked Dr. Craig Kelsey of Utah State University to chair the Commission for the Advancement of Family Cohesiveness Through Leisure and Recreation. The two primary charges offered to Dr. Kelsey were: to impact upon the public, and to share the associations interests so that the professional and personal impact is ongoing and not just a short loud yell with no real enduring meaningfulness.

Some of the specifics that the Commission has and is already addressing as of this February writing are: (1) An October 1984 "Family Leisure" issue of Leisure Today; (2) This convention programming; (3) Potential co-sponsor of the Intermountain Symposium on Family Recreation; (4) A "Family Leisure" book has been proposed for an early 85 release. The AALR Executive Committee and Publications Committee have approved, it is now up to the AAHPERD staff.

Some happenings we hope to see during the coming year or years are: (1) The development of a national logo used on support pins; (2) Have President Reagan (Mondale) declare 1985 as the "Year of the Family" just as 1983 was declared the Year of the Bible; (3) Make available some research seed monies to support and encourage a data base on Family Recreation Programming; (4) Possibly a series of "how to" articles in a publication like Psychology Today; (5) Use AALR liaisons to other groups to encourage support and co-sponsorship; (6) A "Family Leisure Symposium" for the public; (7) Have Reagan (Mondale) and/or Jack Nicklaus (a strong family supporter) as a general session speaker at the Atlanta convention; (8) Use the Cable Health Network for Family/Leisure/Health programs; (9) Publish in some form, "What Research Says to the Recreator About Family Cohesiveness Through Leisure and Recreation; and (10) Maybe a joint conference of NEA, NCEA, NRPA, AALR, and other associations concerned with family, on a topic like "The 'High Touch' Family."

If your interested in any or all of the possibilities listed or have other ideas you can suggest, get in touch with Dr. Kelsey or myself and lets get things happening.

In the most recent AALReporter I stated the following in support of the family leisure part of my presidential platform. "We must continue our effort at fostering a public recognition of the importance of leisure and recreation in their lives. Wellness is a lifestyle format, as is leisure, and is best programmed early in life. While I believe the "better schools," 3 R's, and "back to basics" concerns circulating around the country are valid, they tend to be based on the same old work ethic, 'you don't get into trouble when your busy,' and are highly based on further developing our competitive nature. The intent of the family theme is to educate for leisure through the family since it seems the schools may not be able to. The time and action is exciting, the water is deep but we have plenty of support structures."

I remember my freshman year at the University of Cincinnati. In an English class I was asked to develop a term paper on the difference between a house and a home. Initially I had a lot of trouble with the assignment. Then I started understanding how society seemed to use the word house. Being from Newport I was aware of houses of ill repute, and I had a dog and a dog house. My family lived in a house, but the love, understanding, and security associated with my family made our house a home. I identify the family in a similar manner. There are lots of people around but when there is trust, belonging, security, a feeling of responsibility, and love at all cost, where there is more between the individuals than just a shelter, then a family might be declared. The bottom line is love with responsibility, and when used in a holistic since I believe there does not have to be a blood line association. I believe that Love is to Family, as Family is to Home.

I challenge us, on behalf of a humane human experience to think of and yet beyond the traditional nuclear family, of and beyond the ever prevalent single parent family, of and beyond the step parent family, of and beyond the working parent family, of and beyond the extended family. In a humane humanitarian way we must also be cognizant that the family is going to continue to change, and the new family structures are going to need caring, understanding, and support. Their needs will be different and we cannot allow our potential biases and prejudices to interfere with our services. I believe that we will see single men and women being granted adoption rights. I believe we will see gay couples adopting children, a wider use of surrogate mothers, and any number of other variations. While the structure and needs may be different, the love with responsibility for family will have a required presence.

I challenge us to think of leisure as more than just recreation and activity, or a frame of free time, although all three are essential to human existence. We have more to offer to families than just a way to pass time, even if in a together way. We must be concerned with the leisure environment, of our making or a result of our helping teach the family to create a leisure atmosphere. We must help family members feel free to experiment, free to love, free to touch, free to talk, to feel responsibility free to and for each other in a playful self-actualizing way.

It seems we are in a time where too many people are concerned with self and personal desires at the expense of other family members. The family is and must be more than a passive commitment to human continuance. Least I forget my holistic family approach, let me say that I think we can intervene into child abuse, and the high divorce rate and separations, with skillful and creative leisure environments and innovative recreation programming.

Can we control circumstances or do they control us? Let us move on in our quest to determine what effects leisure has on the family and what effects the family will have on leisure services.





## LEISURE EDUCATION: THE ROLE OF THE PARENT IN FAMILY RECREATION

David J. Staniford, Brock University

### Abstract

This practical presentation features an overview of the importance of leisure education and the role of the parent in family recreation. Using a lecture, slide and videotaped presentation, the author will provide many practical suggestions for encouraging family cohesiveness and interaction through meaningful leisure experiences. Suggestions for future educational and research programs will be presented.

### Introduction

Leisure experiences are important to families. Most families today spend more of their time potentially at leisure than they do at anything else. However, very little has been done in North America to educate people on the importance, diversity, value, resources or activity selection for wholesome leisure encompassing lifestyle adaptation and change for families.

Witt and Goodale<sup>1</sup> in their article, "Stress, Leisure & the Family", make a good case for resourcefulness of the individual within a family setting and for adequate stress relieving leisure experiences. They maintain that "Leisure experiences are important to families as a means of communication and interaction and as a contributor to individual growth and family stability. They can also serve as an important deterrent to the negative physiological and psychological consequences of stress."

Families now have more time potentially for leisure, more discretionary income and more choices for recreational pursuits, both within and out of the home, than ever before. However, the decisions as to what leisure experiences, when, where and with whom these experiences are carried out, may be either a source of pleasure or just another means of family stress and frustration. It is very clear from my research and interest in family recreation that the essential cornerstone for effective leisure for families is leisure education for all members of the family, regardless of their stage in the life cycle, their environment, income, interests or background.

### The Family

"Today, the idea of family is more critical than ever. The word family means not only kin - but kinship. Not just distant cousins but also close friends, neighbors and the special people in your life. In fact, everyone you feel a good connection with. Everyone who feels like family."<sup>2</sup> The Canadian Parks and Recreation program called, "Together", focuses on the importance of families and of quality time together celebrating, playing, recreating, relaxing and enjoying. It is essentially based on the assumption that through being, playing and doing together, our individual lives are enriched.

In terms of this presentation and when viewing the slides and video presentation of examples of family programs and family education, I wish to define the family in its broadest sense. Essentially the family becomes - "a familial social grouping with some

common interest or concern." The family in this concept is not just "mom, dad and the (statistical) 1.7 children". It may also include grandparents or extended family and in terms of recreation may include recreational experiences not limited by age, sex, time, space or economics.

The family has been called "one of the greatest privileges of mankind."<sup>3</sup> Aside from what we may hear about the disintegrating family, about high divorce rates, about changing life patterns, and about the changing role of women, the family is still certainly one of our primary institutions. The family unit, whether traditional or untraditional is still a key enterprise of reproduction, adjustment, compromise, belonging, co-operation and unity through kinship. It aids in blending authority, modelling, sound guidance and example with respect for differences of human traits, abilities, limitations, ideas and personality.<sup>4</sup>

In the past, much of the function of the family as a unit was related to tasks, chores and duties necessary to warm, feed, shelter and protect its members. The home was the first church, school and playground. It had great potential in shaping early values, interests and skills of the young. It also provided needed refuge, companionship, privacy and security. Recreation outlets once were carried on and created wholly within the family and its environment. However, today, we see much of recreation being provided from sources outside the home - many of which are purchased instead of being essentially homegrown.

Today, we live in a leisure society. Most of us spend more time at leisure than we do at work. Nowadays, in North America, there are better leisure opportunities potentially available to most people. There is more discretionary income and time, and more of the kinds of occupations that leave people with the energy for mental, social and physical diversion. It is important for people to learn to live with leisure, to have the option and willingness to make personal choices for leisure.

The family, in most western societies and in many primitive cultures, sets down the guidelines of society from the child's birth. It is usually the primary socializing force in the life of the child. Although the all-encompassing role of the family as a socializing agent has been diminishing recently, it still remains and will continue to be the primary social motivator of the young.<sup>5</sup> Through the family influence, the child is shown and directed into social patterns set out by culture and society. The parents as "significant others" provide the child with his first exposure to rules and role behaviors.

The family is the first significant unit with which the child has contact. Hence, it has a very significant impact on the early socialization of children. In his family world, in the early stages, there is nothing else with which he has to compare. It may, for some children, be a very narrow view of the world. However, the early impact of the family on the life of the young child is today being modified. Among many groups, children attend nursery schools, watch television or attend summer camps, while still very young. Schools, recreation agencies, paid babysitters, hospitals and

various social and government agencies have, in many cases, taken over many of the activities that were once conducted by parents or relatives, such as grandparents, uncles or aunts. Nevertheless, according to Elkin and Mandel<sup>3</sup> despite the greater exposure of the contemporary child to outside influences, the family remains crucially important for his socialization.

McPherson, Guppy and McKay<sup>6</sup> in their paper entitled, "The Social Structure of the Games and Sport Milieu", refer to (a) the nuclear family, which includes parents and siblings, and (b) the extended family which accounts for grandparents, cousins, aunts and uncles. They divide the family into these two groups in their diagrammatic illustration of the "significant others" in the social systems in which a child may interact (see Fig. 1). According to the above authors, a child learns to interact within a number of social systems, each of which has values and norms which dictate what roles he will play, who he will interact with, and how he will interact. Figure 1, according to the authors, illustrates the social systems to which a child is exposed. In each of these systems, a child is exposed to a set of values and norms held by significant others who occupy positions, which vary in prestige. However, according to the authors, these values, norms and levels of expectation are frequently established by adults including those relating to games and sports. Thus, although the behavior may be child-centered, the values and norms are often externally-induced and since they may be unrealistic in view of the child's level of physical and social maturation, are often not in the best interests of the child.

FIGURE 1  
SIGNIFICANT OTHERS IN THE SOCIAL  
SYSTEMS IN WHICH A CHILD MAY INTERACT  
(McPherson, et al., 1976)

<p><u>The Nuclear Family</u></p> <ul style="list-style-type: none"> <li>- parents</li> <li>- siblings</li> </ul>	<p><u>The School</u></p> <ul style="list-style-type: none"> <li>- teachers</li> <li>- coaches</li> </ul>
<p><u>The Extended Family</u></p> <ul style="list-style-type: none"> <li>- grandparents</li> <li>- cousins</li> <li>- aunts and uncles</li> </ul>	<p><u>The Church</u></p> <ul style="list-style-type: none"> <li>- minister</li> <li>- teachers</li> </ul>
<p><u>The Mass Media</u></p> <ul style="list-style-type: none"> <li>- professional athletes</li> <li>- sports announcers</li> </ul>	<p><u>Minor Sports Organizations</u></p> <ul style="list-style-type: none"> <li>- coaches</li> <li>- parents</li> <li>- peers</li> <li>- officials</li> </ul>
<p><u>The Peer Group</u></p> <ul style="list-style-type: none"> <li>- neighbourhood peers</li> </ul>	

During the early childhood years the influence of the nuclear family appears greatest in determining early attitudes to physical activity in daily lifestyles. There is some evidence to indicate that children of active parents tend to be active.<sup>8</sup> However, families particularly in Canada with large, extended families who are often in contact, may influence children greatly in their early physical skill development and later

choices of sports and physical activities. For example, many European and Asian families often get together and engage in family picnics, recreation and social gatherings such as weddings, where children take part in the dances, recreation and sports of a particular ethnic culture.

In an address by Mackinnon<sup>9</sup> of the Vanier Institute, he uses the term family in a broader context in what he continually refers to as the "familial society." According to Mackinnon, a familial society is one in which the person and the quality of his immediate relationships at home, at study, at work and at play are perceived as fundamental to the quality of the society and its institutions. Accordingly, this familial society focuses on placing acceptance of the diversity of individuality, places a high value on caring and sharing and recognizes we are social beings, and therefore are bound to live out our lives in relationships with others. In such a familial society then, caring begins in the family, is lived out in the community with others, and of course may be carried into what MacLuhan called the global village.

**The Role of the Parent**

The parent's role in the family structure and in the home environment, and hence as a leisure educator, is a very important one. This presentation will outline the role of the family and recreation and will describe several projects which are designed to improve the education and habits of the parent in respect to play and recreation within the family, as defined earlier.

Kelly<sup>10</sup> cites: the M.I.T. - Harvard Study on "The Nation's Families: 1960-1990"<sup>11</sup> as landmarking the significant social changes taking place in society which affect the role of the parent in their relationship with their children. According to this study, there appears some significant changes due in the family. Such changes due in the next decade are: a) Fewer households will have children living at home. b) In the next decade, households made up of married couples will increase only marginally, while single person and single head households will show a large increase. c) The low marriage-high divorce, and low birth rates of cohorts now in their 20's and 30's are consistent with the trends prior to 1940 and may be expected to continue.

According to many sociologists, educators and futurists, the role of the family may change greatly in the next decade. According to Kelly, the family has been the most common supplier of companionship and socialization for leisure.<sup>12, 13</sup> Alterations in the family role and structure then, according to Kelly and others<sup>14</sup> cannot help but affect leisure participation and satisfaction a great deal.

The role of the woman in the family of course is a major factor in affecting the time and quality of leisure experiences of the children. The father's role has also changed radically, and now many fathers spend a great deal of time in raising, caring for and participating in leisure experiences with their children. Kelly<sup>15</sup> distinguished between three types of leisure activities:

- 1) Unconditional leisure - activities chosen for their own sake and for their intrinsic satisfaction.
- 2) Co-ordinated leisure - activities that are worklike, but voluntary, for example, a teacher who reads at home.



3) Complementary leisure - activities selected with expectations of work and family obligations in mind, for example, office parties and family reunions.

Kelly's research showed that with the onset of parenthood, there is a sharp decline in unconditional leisure activities and a concomitant increase in complimentary leisure. Later, when children leave home there is a partial return to preparental leisure patterns.<sup>16</sup>

During my research and teaching on the family,<sup>17,18</sup> over the past ten years or so, I have found that the family as an institution is still valued. When confronted with problems, change or poor economic times, we often turn to family for support. Unfortunately, for many of us we find our families have changed, are different or non-existent. However, there is a revival of "family togetherness" and "familial groupings" going on right now in Canada and much of the credit for this must go to C.P.R.A. for having the foresight to proceed with a national policy and program on the family.<sup>19</sup>

### Economics

According to a recent study done for the Outdoor Recreation Review Group by the National Recreation and Park Association, spending by Americans on leisure activity rose from \$58 billion in 1965 to \$244 billion in 1981. The real dollar 47% increase was attributed to a better educated, more mobile populace with higher disposable incomes. The report showed that about 12% of an average American's income goes to personal leisure expenditures. It is expected with this increase would be projected substantial expenditures for family leisure items, including home entertainment, tourism, and equipment for family recreational activities.

Economics appears to be one of the major factors which may limit family togetherness through leisure. Education is important here in order to provide necessary guidelines and alternatives, particularly for low and middle income families. Parents in particular need ideas and resources for making wise choices for leisure for all age groups within the familial unit.

### Family Fun and Fitness: A Case Study in Family Recreation

Family Fun and Fitness was a family recreation project conducted at Brock University, St. Catharines, Ontario, during 1981, 1982. Advertised as "The alternative to dropping the kid off at the hockey rink", this project offered comprehensive recreational and educational programming for the whole family to play together. The families taking part in the project included not only the traditional nuclear family, but also grandparents and others who live in or were a part of the regular household (such as boarding students, regular babysitters and housekeepers). The major thrust of the project was to develop the familial relationship through an educational program and various forms of physical recreation and play suitable for all ages and abilities. Emphasis was on fun, learning new skills and co-operation. All adults in the project attended regular educational seminars and attended all regular recreational sessions on Sundays with their children.

In the data collected from the parental education and family play sessions, details of family recreational habits and attitudes from 25 families were analyzed (pre- and post-) and videotaped evaluations were made

of regular family play sessions. From the preliminary data it appeared that some, very important changes had occurred within and between families. On examination of the videotapes and questionnaires, there appeared: (a) a gradual improvement in co-operation within families and between families, (b) greater awareness of family recreational opportunities, (c) an increase in incidences of positive social interaction between parent and child, (d) a decrease in negative episodes between parents and children, (e) improvement in rapport and observational skills between parents and children, (f) a degree of 'carryover' between good feelings generated at play with other family life, and (g) a unanimous feeling expressed for further projects, such as "Family Fun and Fitness."

It appears then, from the way that society is rapidly changing, particularly in its values about leisure, that families are changing too. There is much more reason now for family recreation to be valued as a medium for communication, understanding and empathy. With the changing role of women, the changes in the work force, family structure and function, and with changing concepts and values of leisure, the lessons learned in projects such as "Family Fun and Fitness" can be worthwhile in re-establishing the values of sharing, intimate familial relationships, and the learning of leisure skills.

### Importance of Leisure Education

The essential ingredient to successful family-oriented programs as shown in the various examples today appears to be an active, educated, interested, informed adult. In most cases, that adult may be a parent or parents, but could also be a grandparent or child. "Education for Leisure" of families is important. Families need the resources and information available to them in order to make wise leisure choices for all age groups. Recreation agencies can help by providing this type of information assistance and counselling.

However, much more than this is needed. In fact, we need to experiment with programming with familial units in mind - we need to program "across the life cycle" - provide many varied opportunities for all age groups to take part together and to break down traditional barriers of time, space, age, sex and economics.

Leisure education then should become an essential ingredient in any attempt to provide programs for family recreation. Ideally the parent may assume a very positive role in this leisure education process and hopefully provide the necessary informed leadership essential to meaningful, beneficial, self-directed family leisure experiences.

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LEISURE AND THE FAMILY: TOWARD SOME PHENOMENOLOGICAL UNDERSTANDING

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Abstract

Historically empirical research methodology examining leisure and the family has been positivist seeking facts or causes of social phenomena with little regard for the subjective states of individuals. More recently the qualitative methods first introduced in American sociology by the "Chicago School" have been applied to the study of leisure and the family. This study discusses two phenomenological methodologies for collecting empirical data on leisure and the family.

Introduction

Two major theoretical perspectives have dominated the social science scene (Bruyn, 1966). One, positivism, traces its origins to the great social theorists of the nineteenth and early twentieth centuries and especially Auguste Comte and Emile Durkheim. The positivist searches for "facts" and "causes" through methods such as survey questionnaires, inventories, objective tests, and demographic analysis, which produce quantitative data and which allow him or her to statistically prove relationships between operationally defined variables.

The second theoretical perspective, which first became popular in American sociology in the studies of the "Chicago School" sometimes after the turn of the century, we will describe as phenomenological. The phenomenologist is concerned with understanding human behaviour from the author's own frame of reference. As Douglas (1970) writes:

The "forces" that move human beings, as human beings rather than simply as human bodies... are "meaningful stuff." They are internal ideas, feelings, and motives.

p.ix.

The person who retrieves data phenomenologically, seeks understanding through such qualitative methods as participant observation, a variety of automated observational methods, open-ended interviewing, and content analysis of personal documents. These methods yield descriptive data which enable the phenomenologist to see the world as the subjects see it.

Leisure and Family Research: Symbolic Interactionist Model

The methods by which we study people of necessity affects how we view them. When we reduce people to statistical aggregates, we lose sight of the subjective nature and essence of human behaviour. Research into leisure and the family needs to be designed so that the "symbolic interactionism" of people and their environment becomes manifested. From a symbolic interactionist perspective, all families consist of actors who develop definitions of a situation, or perspectives, through the process of socialization and who then act in terms of these definitions. There presently exists a paucity of empirical research on leisure and the family using the symbolic interactionist model.

Research Methods

Participant Observation: Qualitative Research

The present study on leisure and the family used the participant observation method (Kerlinger, 1973; Selltis, 1976; Gilbert, 1981) to produce descriptive empirical data. The participant observation method has not enjoyed a clear definition in the social sciences. It is used herein to refer to research characterized by a period of intense social interaction between the researcher and the subjects. During this holistic setting where the subjects are not reduced to isolated variables, but as part of a dynamic and reciprocally interacting whole, data are unobtrusively and systematically collected (Levy, 1976, 1984).

Two unobtrusive, structured and systematic participant observation systems were explored in studying leisure and the family in an interactional setting.

(a) Structured observation recorded in the field: Four families, two where the mother was employed full-time outside the home and two where the mother was not employed outside the home. The structured observational data was collected by the participant observer using the following checklists (i) Activity Log. The activity log had five categories of information: activities, time, with whom, where and comments. The log began with the first activity after rising in the morning and ended with the last activity in the evening.

(ii) Family Interaction Scale. The scale was divided into five categories: family relationships, role performance, training methods and emotional care, social activities, and domestic activities.

In addition to the above qualitative information collected by the observer the study also collected more objective information related to demographics, use of leisure, and a daily satisfaction scale.

(b) Structured observation recorded in the field using video technology: A functional group composed of nine persons in three family units and a dysfunctional group composed of twelve persons in three family units were videotaped during a non-structured and structured family play session.

Based upon the communication model of family therapy (Satir, 1970), touching differences between the two type of families was examined using time sampling techniques. The interobserver reliability reached at least 90% in all time sampling observations.

Results

The results of the present study support future development of the participant observation methodology in the study of phenomena as dynamic and variant as the family. The following major results and recommendations are presented.

Structured Observation of Working vs. Non-Working Mothers: Using Objective Checklists

Despite the small sample size of families (n=6) a great amount of very rich qualitative data was collected. The majority of the differences between the two family types did not reach statistical significance because of the small sample size. From the exploratory participant observation study, the following differences between the two families were noted: In all activities, with the exception of reading newspaper and hobbies, the on-working mother recorded more activities. Working mothers spend more time alone (56.7%) than non-working mothers (42.7%) while engaged in all daily activities. However, non-working mothers spend more time with their children (27.0%) than working mothers (12.0%). Both working (11.1%) and non-working mothers spend almost equal amounts of time with their husbands during the day. Some very major differences observed between the two family types were found: reading to child, n=0, for employed mothers whereas, n=19, for non-working mothers; indoor playing n=0, for employed mothers, whereas n=12, for non-employed mothers.

Structured Observation of Functional vs. Dysfunctional Families: Using Time Sampling Recorded by Video Taping

Functional and dysfunctional families were observed to touch differently both during the structured and unstructured play sessions. The functional families touched in four out of the seven categories during the unstructured session and in all seven categories during the structured session. The dysfunctional group had touches in four categories during the first session and in the same four categories during the second session. In short a greater variety of touch types occurred over time in the functional group. It must be also pointed out that the functional group expanded its variety of touches in the second session while the dysfunctional group maintained the same type of touching.

Summary and Conclusions

Both structured observation techniques explored herein are germane to probing the phenomenological essence of leisure and the family. Qualitative research that penetrates the dynamics of the family at play has heretofore not been reported in the scientific literature. The present study makes an effort to redress this inadequacy by contributing empirical research on the topic.

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## THE HISTORY OF COMMERCIAL RECREATION AND ITS ROLE IN THE PROVISION OF FAMILY RECREATION

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### Abstract

This article details a brief history of commercial recreation and its impact upon current perceptions. The article further expands the economic and social impact of commercial recreation, presents examples of the provision of family recreation by commercial enterprises.

Commercial recreation is the provision of facilities, equipment and programs that satisfy public demand for activities during unobligated time and are profitable to the supplier. This definition has several points that need to be emphasized. First, the provision of the facilities, equipment and programs is necessary in order to cover the full range of commercial recreation endeavors. Facilities may include health clubs and fitness centers, ski resorts and ski lifts, to name a few. Second, running shoes for joggers, tennis racquets, racquet ball racquets, and baseball gloves are all prime examples of equipment used in the pursuit of recreational activities. Programs are those types of guided activities for which a person pays. Some commercial recreation programs may include river rafting trips, mountain backpacking trips, wilderness experiences, fitness centers, exercise programs, picnics and group parties, dances, arts and crafts sales, and horse camping. These activities should all be provided to the public and take place during a person's unobligated or non-work time. It's important to note that one definition of recreation is "an activity which takes place during an individual's unobligated time. The major difference between Commercial Recreation and other types of recreation is based upon facilities, equipment and programs being supplied to the public at a profit to the supplier. The profit motive is as critical to the commercial recreation enterprise as it is to any other business.

It has been apparent to this writer, for several years, that the term "commercial recreation" has been given a negative connotation in the field of recreation and leisure. This has not always been the case, so how might have situation arisen? To answer that question, let us review the history of commercial recreation.

Commercial recreation can be said to have had its beginnings when the Phoenicians, in approximately 4000 B.C., first developed the concept of money. Once this concept had been accepted, trade took place. Travel, and the purchase of equipment and/or activity was an integral part of that trade. At this point one of the foremost aspects of commercial recreation, travel and tourism, proceeded to develop and grow through the ages. The Greeks and Romans were known to travel to many parts of the Roman Empire, including Egypt, on vacations as well as for military expeditions. Royalty through the dark and middle ages continued to travel. The less wealthy also had their forms of commercial recreation. Examples of these are fairs, crafts guilds, and traveling minstrel shows. These took place during the middle ages in most European countries and were accepted as suitable forms of recreation. In fact, in our textbooks, we talk about them as prime examples of recreation. These examples are used to exemplify the point that recreation could not be stifled even during

the dark ages, for they were, basically, commercial enterprises.

In the 16th and 17th centuries, there are numerous instances of commercial recreation activities taking place in Europe and England. Exclusive resorts were known to have been developed during this time period. These exclusive resorts catered to the upper class. As time passed resorts were developed for the less wealthy, giving rise to the commercial recreation axiom, "mass follows class." During this time fairs and amusements were still popular. All forms of entertainment were taking place, the theatre was coming into its own. All of these were legitimate forms of recreation.

How did commercial recreation receive its bad reputation? To begin with, the United States was populated by religious immigrants. They based their entire philosophy and livelihood on their ability to work, and this became known as the Protestant work ethic. As a result of this ethic, all forms of recreation were considered evil, not just commercial recreation. Later, as the United States progressed, recreation began to become more widely accepted. This continued through the late 1800's and early 1900's.

At that time a significant revolution, known as the industrial revolution took place. The industrial revolution brought about a drastic change in the population of the United States. For the first time, people were leaving the rural areas and moving to the cities. As more and more people moved to the cities to work in the factories, crowding and social problems became evident. For example, between 1880 and 1900 in the city of New York, investigating committees found as many as 360 people, including 40 children, living in a single tenement building. As a result of crowding, the death rate for children under 5 was 325 per 1,000. The south side of Harlem, had the greatest population density in the world at this time. One 32 acre section had 9864 people living in it. Many of the tenements housed 26 families in a 5 to 7 story building about 25ft. wide and 100 ft. deep (Knapp, Aug., 1972.)

At this time, parks were of a formalized nature and quite often had "keep off the grass" signs which required children and/or adults to find their recreation elsewhere. Sports increased in popularity dramatically at this time. In the late 1800's, two of our national pastimes, football and basketball became popular. Also during this time period, baseball achieved some of its prominence. In fact, the first news story reported by wireless radio was a sports event. However, due to the brutality of some of the sports, and the inaccessibility for sports participation for most of the population, participation rates were low. As one observer noted, "the general population used their leisure poorly on the vulgar and commercialized streets" (Knapp, Oct., 1972.) The development of various commercial amusements ranged from legitimate theatre for the cultivated and affluent to vaudeville, movies, burlesque and sidewalk peep shows for the less affluent. In fact, Knapp, writing in an NEPA article for the Playground Association of America, indicated that "most middle and lower class residents had to depend upon commercial recreation for leisure activities outside the home" (Knapp, Oct., 1972.)

As can be seen from these comments, commercial recreation was beginning to receive its negative image early. What was the driving force creating the negative image of commercial recreation at the time? The late 1800's and early 1900's was a time of significant social reform. Due to crowding, the severe child labor situation, the high infant death rate and the crowded living conditions for much of the population, a number of private groups concerned with social justice became prominent. These groups included such organizations as settlement houses and charity agencies which emphasized Christian issues.

These are all excellent ideals, except that in the case of commercial recreation, these organizations began to create a label that was not necessarily accurate. These reformers' avenue of attack was mainly through the improvement of city government and humanitarian social service reforms. It was at this time that the recreation movement had its official beginning.

All of our textbooks mark the beginning of organized recreation with Jane Adams and her Hull House experiment which was a settlement house. These settlement houses were one reflection of urban Christianity's response to the urban city (Knapp, Aug., 1972.) Among other responses were the problems created by a large immigration population, saloons, family housing and amusements. Because of these social problems, adherents of social Christianity, working through the existing churches and religious settlements, tried to provide leadership in urban reform movements such as recreation. The result of these reforms included the development of such groups as the YMCA, the YWCA, the Boy Scouts, the Campfire Girls and other organizations.

Three men were prominent in propelling the recreation movement forward, one was the son of a wealthy Boston family who had received a tremendous sense of social responsibility during his childhood. While never spending much time dealing with religious matters, Joseph Lee was influenced strongly by the Unitarianism of his father which seemed to emphasize God as truth, beauty and life rather than by following any specific creed.

Another member of this threesome was the youngest son of a missionary family living in Hawaii. He received his M.D. degree and began to establish the YMCA training schools. Luther Gulick developed the majority of his ideas on physical education and recreation while working with the YMCA. He saw a close relationship between body, mind and spirit, and invented the familiar triangle symbol of the YMCA.

The third member of the trio was Howard Braucher. Howard had been training for a calling in the ministry when he attended Union Theological Seminary. Upon completion of his studies, he opted to go into social work. In fact, he considered religion to be the leading motivator in teaching people how to view their lives.

These three individuals guided the organization and development of recreation during the early 1900's. Lee and Gulick were responsible for the establishment of the Playground Association of America in 1906 and Lee and Braucher were responsible for running that organization's voice of recreation from its inception in 1906 to Braucher's death in 1949.

Given the strong religious background of these

individuals and the social upheaval of the time, it is easy to see how they could construe commercial recreation to be evil and sinful. I am not saying that all commercial recreation was good nor is it now all "wholesome." However, it should be pointed out that commercial recreation at the time was not all unwholesome either. In fact, two of the commercial recreation activities that were considered to be improper during the time period were amusement parks and vaudeville. Amusement parks were considered to be unwholesome areas mainly because they were developed by the trolley companies to increase revenues on the weekends. They were considered to be shabby and mere wastes of time. I don't need to remind you that this industry has developed into the theme parks of today. The current counterparts of vaudeville are probably theatre groups and television.

The concept of recreation that was created during its formative years was continued throughout the careers of Braucher and Lee. For example, the Playground and Recreation Association of America, in 1917 called for municipal control of all commercial recreation. This was an attempt to clean up or to make commercial recreation wholesome. During the period following World War I, when there was acute inflation, labor strikes, race riots, paranoia, etc. Lee went so far as to identify the main culprit as being the lack of proper use of leisure time, pointing specifically to the commercial recreation enterprises of the period.

As late as the 1940's Howard Braucher refused to allow the National Industrial Recreation Association to become affiliated with the National Recreation Association because of his stand for equality for workers and management within business organizations. It is still a separate branch, and is a corporate aspect which does provide recreation for the employees and as a business, attempts to show that the provision of recreation provides a profit for the company.

How has this concept of commercial recreation influenced the present day recreation student or professional? The answer is simple. We are still seeing a number of current text books negatively referring to the concept of commercial recreation. Let me give some examples. Chubb & Chubb, in their 1981 textbook, when referring to early years of recreation, indicated that "taxpayers, despite the fact that such municipal recreation services were said to reduce juvenile delinquency and citizens were worried about the effects, particularly on young people, of urban commercial recreation and its associated liquor and vice." In fact, the authors continue to state, "most of their efforts (referring to influential individuals and associations) were concentrated on helping the urban disadvantaged, and usually there was a strong moralistic attitude toward recreation or physical education activities. Provision of such programs was advocated primarily as a means of combatting any antisocial behavior such as drinking, gambling and juvenile delinquency." Note the relationship between these statements and the previous reference to commercial recreation.

Miller and Robinson in their 1963 text, The Leisure Age, stated that "adults drifted toward a variety of inadequate and often undesirable forms of commercial amusement because of lack of any other forms and the absence of civic and community sponsorship of recreation." Commercial recreation of the time was defined as being "dime museums, dar hells, shooting



galleries, beer gardens, bowling alleys, music halls, billiard parlors, saloons and similar amusement resorts that made up the world of entertainment." Carlson's text, *Recreation and Leisure*, printed in 1979, devoted a whole paragraph to unsavory commercial recreation. "Unwholesome commercial recreation opportunities foster the need for the replacement of more truly lucrative activities." The recreational activities were noted as being the "dime novels, pool halls, billiard parlors, dime museums with (free contractions,) nickelodeons (which were the forerunners of today's cinemas,) shooting galleries, and saloons as well as vaudeville." Even spectator sports such as horseracing, professional baseball, and prize fighting were condemned as being unwholesome.

With quotes such as these and the positions that churches have taken in the development of social and recreational activities to improve the social welfare of individuals, can it be any wonder that commercial recreation has received such a bad connotation?

Now, commercial recreation can be justified on two points. First, is the economic aspect and second is the provision of services to the family. In order to do adequate consideration to both of these points, they will be treated separately. The economic side of commercial recreation is one to be treated with respect. The field of commercial recreation has grown from one in which total revenues in 1965 were approximately 58.3 billion dollars to 1982 revenues which were 262 billion dollars (U.S. News and World Report, 1982.) These numbers, while impressive in their size, are hard to fathom until you take into consideration the following facts. In 1972, the spending on commercial recreation was 105 billion dollars this amount exceeded total corporate profits within the U.S. (U.S. News and World Report, 1972.) In 1978, the 180 billion dollars spent on commercial recreation accounted for 1 out of every 8 dollars spent in the United States (U.S. News and World Report, Sept., 1980.) The 1981 figure of 244 billion dollars accounted for 9% of the net national product and 9 million jobs. In 1982 the figure of 262 billion dollars was almost 1 1/2 times greater than the total federal government outlay for national defense. This is an industry that is so large that it can only be described by considering the fact that if commercial recreation, as a whole, was considered to be one business, it would be second in size only to the U.S. food industry, which includes the growing, processing and selling of food within the U.S.

In order to put these numbers into perspective, consider the change from 1965 to 1982. Total commercial recreation spending has increased 4 times. This compares with total government spending on recreation over the same time period, 1965 - 1981, of just over 4 times, so the growth in the two industries has been approximately the same. However, in 1965 commercial recreation spending was 58.3 billion dollars, where total government spending on all recreation was 1.1 billion dollars. Commercial recreation has grown to 262 billion dollars while total government spending has increased to 8.2 billion dollars. Local city spending on recreation has only grown to a 1981 total of 3.4 billion dollars. This breaks down to the fact that the total spending by all government agencies on recreation in 1980 was only 3.7% of the commercial recreation spending. Government spending is miniscule in comparison to public spending for commercial recreational activities (Statistical Abstracts of U.S., 1982.)

Another way to look at the facts is when you consider that total government revenues from recreation in 1980 amounted to 1.2 billion dollars or slightly more than 1/2 of a percent of the total public spending on commercial recreation. Is it any wonder that governments are beginning to become involved in charging fees for recreation? They are doing nothing more than following the example set by the commercial recreation industry.

The service industry of the United States, which is currently growing rapidly and is predicted to grow even faster in the future, provides further examples of commercial recreation importance. In 1977 commercial recreation businesses accounted for 23% of the receipts of all service businesses. In addition, *Forbes* magazine has listed the leisure industry as being in the top four industries over the last four years (*Forbes*, 1979.) Specific industries within the commercial recreation business have also shown substantial increases. For example, the theme park industry in 1981 drew nearly double the attendance for professional football baseball, and basketball combined. This accounted for an average annual attendance of 170 million people. "In 1972, 24% of the population of the United States reported visiting a theme park at least once." This had increased by 1977 to 73% of the population. "In addition of the 508 amusement facilities currently in the U.S., the 40 major parks grossed over 750 million dollars in 1977."

Another aspect of the commercial recreation field is the travel and tourism industry. This industry has grown so large that in 1983 visitor and convention bureaus spent 161 1/2 million dollars to bring conventions and visitors to their cities. In 1984, it is estimated that state agencies of travel and tourism will spend 130 million dollars in an attempt to lure tourists to their states. In fact, in 1981, travel and tourism accounted for more jobs in the U.S. than any other private industry except health care services. This placed the industry as the top source of jobs in 13 states and in the top 3 job sources in 39 other states. During the time period between 1981 and 1982, the travel and tourism industry created an additional 39,000 new jobs in the U.S. That increased the states that ranked travel and tourism as number one to 18 states out of 52 and placed it in the top 3 in 38 states. In fact, total traveler spending in 1982 had increased to 194 billion dollars and was responsible for 4 1/2 million jobs.

One aspect of the travel and tourism industry, travel agencies had increased at the rate of 10% per year from 1970 to 1981. Gross bookings were up 18% which currently amounts to 31 billion dollars a year. In some areas, travel and tourism has become so profitable that the Las Vegas travel and tourism bureau contributed over 1/2 million dollars to the Clark County Parks and Recreation Department during the 1982-83 fiscal year to help with the development of recreational facilities for residents (Las Vegas Marketing, 1983.)

Travel and tourism has become so important in the United States that a recent survey done by Knapp Communications Corporation asked, "how do you use your discretionary income?" Those responding to the questionnaire indicated that 74% used their discretionary income for vacation trips of one week duration or more. Vacation by car was reported by 46% and recreation or entertainment listed by 18%. Out of the top 6 responses to this question, the three just

listed ranked 1, 2, and 6 respectively (Las Vegas Convention and Visitors Authority, Sept., 1983.) Some other industries that have shown substantial increases in recent years have been the boating industry, which accounted for 3 billion dollars in equipment purchases in 1981, and a total expenditure including gas and supplies of 8 billion dollars. Motorcyclists purchased two billion dollars of equipment and spend a total of 4 1/2 billion dollars on their activities in 1981. Skiing has increased by 6 1/2 times, golf has increased 3 times and sailing is up 3 times from 1960 to 1981 (Crandall, 1983.) These are all examples of commercial recreation enterprises that have grown rapidly.

From the economic standpoint alone, it is easy to see that commercial recreation is a major industry in the U.S. economy. Not only from the number of jobs it creates, but from the total revenue which accounted for approximately 9% of the gross national product of the U.S. in 1981. This country would be in a much worse economic position if it were not for commercial recreation. Commercial recreation is not only a provider of ways to use unobligated time, it is also an important source of jobs within the U.S. economy.

However, the point still remains, does commercial recreation provide activities for family recreation within the U.S.? Let us point out a few of the most recent facts and let you draw your own conclusions. We have talked about the skiing industry which has increased substantially in the last 20 years. The demographics as provided by Ski Magazine's survey, in 1983, indicated that just over 70% of the respondents stated that more than 2 people within their household skied. Thus again, indicating that skiing is a family sport. In fact, a total of three people within any one family accounted for 14.7% of the responses and four people in the family accounted for an additional 13.2%. We have talked about the travel and tourism industry as being a major contributor to the commercial recreation field. Recent studies by the state of Michigan (1983) indicated that families stopping at their information centers accounted for 80% of the resident traveler and 82% of the non-resident traveler. The Las Vegas example was used as one in which commercial recreation is providing revenue to municipal recreation systems. It is easy to see that Las Vegas is not a family destination. However a recent survey by the visitor's bureau for Las Vegas (1983) indicated that 98% of the parties arriving in Las Vegas consisted of 2 people. This could be construed as a husband and wife or a family. However only 6% of the visitors brought their children. An interesting response was to the question which asked should Las Vegas cater to families with children? Forty-two percent of the summer visitors indicated that this would be a welcome change while 37% of the fall visitors responded positively (Las Vegas Visitor and Convention Bureau, Dec., 1983.)

A study of married couples who have children and who attend the Salt Lake City Hockey team games have indicated that 75% of them took their children along to the hockey games (Amicone, 1981.) Other articles have indicated that virtually all ski resorts near the New York metropolitan area offer some type of facilities for small child care. These types of programs have been included in other resorts such as the Kindarkim program at Snow Mass which offers daycare and ski instruction to children as young as 1 1/2 (Salt Lake Tribune, 1984.)

These parks are another example. Remember, this is the

current version of the amusement resorts that were spoken of in the early 1900's. A quote by Richard Nunis Director of Disney World, in Fortune, (1977) indicated that the 43 mile Disney World "is not just a theme park, but a family recreation center." In fact, there is one commonality of all theme parks in that "their paramount goal is to provide family entertainment through allusions, and "family" invariably means several very special things, including a mix of attractions that will appeal to people of all ages" (Fortune, 1977.)

This was further exemplified by the fact that if you look at any theme park you will note that the mix allows for very young children to shake paws with costumed Mickey Mouses, Bugs Bunnies and Yogi Bears while teenagers and adults line up for the rides and grandparents browse among the shops (Forbes, 1977) thus providing what is truly a family recreation center.

Resorts within the tourism industry are another area that has been discussed. Parents Magazine in April of 1982, indicated that the resort industry had one of its best years in 1980, thanks in large measure to a loyal family following. It indicated that facilities at resorts were catering to children by including such events as hay rides, zoo trips, swimming lessons, craft lessons, rock climbing, children's beaches, pools, playgrounds and separate parent and child seating at meals. In fact, the family market has become so strong that the Club Med which was long known for its swinging singles lifestyle has recently opened four villages called Med Mini Clubs for children aged four to 11 and parents are encouraged to bring children with them on vacations (Changing Times, 1983.)

Even the "cruise industry" has realized the need to provide for family recreation. Cruises are no longer the bastion of wealthy, elderly individuals looking for a way to spend some time, nor is it the swinging singles life as portrayed by the television show, "Love Boat." A March, 1984, article in Better Homes and Gardens was devoted to the best buys in family vacation cruises. These included such things as one week sailing trips, voyages close to home and a section on how to select the proper ship and cut costs while on your vacation.

Given these kinds of statistics and information can you still honestly say that commercial recreation is an inappropriate form of recreation? In reality, commercial recreation is one of the most profitable and most often copied forms of recreational enterprises in the United States. Not only is it a viable source of revenue and jobs for the U. S. economy and individuals, but it is a major provider of family recreational activities. Given these numbers and the historical facts, I hope that you will agree with me that commercial recreation is no longer an evil to be eliminated, but something to be cultivated and encouraged within our society.

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## FAMILY RECREATION AMONG THE ETHNIC MINORITY IN THE UNITED STATES

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### Abstract

The family has a very real responsibility for the recreation of its members. There can never be an adequate substitute for enjoyable, sociable companionship among parents and children in the home. The family provides the richest opportunity of all, that is, fostering, developing, and teaching appreciations and skills in the home.

Black families have increased steadily from 4.3 million in 1960 to 11.7 million in 1980. Many black families are highly concentrated in the urban ghettos of our country than any other major social group. The family structure is important with 55.5 percent maintained by married couples.

The historical and structural factors of first slavery, and then colonialism have molded differentially the opportunities for black family recreation. As a result of these factors and the kinship support patterns, blacks have planned and conducted recreation programs for decades. Prominent among these are: numerous church activities, taverns, neighborhood associations, lodges, fraternities, social clubs, pool halls, street sets, various organizational systems, outdoor activities, and team and/or individual sports.

### Introduction

Joseph Lee's statement that, "the family that plays together stays together", has been widely accepted. The home is the first playground as it is the first school and first church. The family is society's primary group. The family has a very real responsibility for the recreation of its members. There can never be an adequate substitute for enjoyable, sociable companionship among parents and children in the home. The family provides the richest opportunity of all — that is fostering, developing, and teaching appreciations and skills in the home which will help make those who are growing up recreationally literate.<sup>1</sup>

Family recreation must be geared to the physical, creative, economic, social and cultural characteristics of the community it serves. The community occupies a strategic position in the development and promotion of recreational opportunities for the family. Most communities are involved in a recreation program of some type.<sup>2</sup> However, there appears to be, according to Brown, that black families have all too often been over-looked or forgotten about.

<sup>1</sup>Meyer and Brightbill, Recreation Administration: A Guide to its Practices, Prentice-Hall, 1967.

<sup>2</sup>Stein and Sessoms, Recreation and Special Population, Boston: Holbrook Press, Inc., 1977.

<sup>3</sup>Brown, Roscoe, Recreation's Forgotten Man, Park and Recreation, April 1975.

### The Black Family

Black families increased steadily from 4.3 million in 1960 to 5.3 million in 1970, and up to 11.7 million in 1980. Many black families are more highly concentrated in the urban ghettos of our country than any other major social group. This is true not only for the major cities, but for scores of minor ones as well. Blacks do believe in and maintain family structures of some type. In 1980 there were 55.5 percent of black families maintained by a married couple, 28.9 percent by a mother only, 1.7 percent by a father alone, 11.3 percent by a female householder other than the mother. Whatever the family structure, the most important function is to insure the survival of its people.<sup>4</sup> It is suggested that family recreation should be a part of the survival strategy.

### The Strengths of Black Families

Throughout history, black families have struggled to maintain its identity. The struggle has varied according to time, place and other conditions. The consequences of these experiences have also been varied and complex.<sup>3</sup>

There is much in the historical backgrounds of the black family which has helped them survive in the face of impossible conditions. Most black families have retained the traditional ambitions for themselves and their families. In many of these families, the five strengths described by Robert Hill remain supportive elements: strong kinship bonds, strong work orientation, flexibility of family roles, strong achievement orientation, and strong religious orientation. These strengths make it possible for some families to maintain stability through all the changes that affect them, and to provide opportunity for the young, as well as care for the old.<sup>4</sup>

### Recreation for Black Families

It is a well-known fact that the historical and structural factors of first slavery, and then colonialism, have molded differentially the opportunities for black family recreation.<sup>5</sup> The degree to which these structural factors have affected black family recreation is a subject which demands a great deal of careful research.

The black family is imbedded in a network of interdependent relationships with the black community and with society as a whole. Blacks, for many years, were not adequately programmed for or as Brown states were "recreation's forgotten man".<sup>6</sup>

<sup>1</sup>Ploski and Williams, The Negro Almanac, The Afro-American, 4th ed., 1983.

<sup>2</sup>Ibid.

<sup>3</sup>Ibid.

<sup>4</sup>Ibid.

<sup>5</sup>Ibid.

<sup>6</sup>Ibid.

As a result of these factors and the strong kinship support pattern, the black communities include within itself a number of recreation activities. Blacks have planned and conducted recreation programs within the black community. Prominent among these are: numerous church activities, taverns, neighborhood associations, lodges, fraternities, social clubs, pool halls, street sets, various organizational systems and annual or biennial family reunions to enable linkage to remain strong.

**XII. Outdoor Activities**

- A. Fishing
- B. Hunting
- C. Gardening

**XIII. Dining Out**

**Family Activities**

Planned	Spontaneous
<p><b>I. Church Activities</b></p> <ul style="list-style-type: none"> <li>A. Church suppers</li> <li>B. Annual church picnic</li> <li>C. Family Day</li> <li>D. Church socials</li> </ul> <p><b>II. Neighborhood Associations</b></p> <ul style="list-style-type: none"> <li>A. NAACP</li> </ul> <p><b>III. Lodges</b></p> <ul style="list-style-type: none"> <li>A. Elk</li> </ul> <p><b>IV. Fraternities</b></p> <ul style="list-style-type: none"> <li>A. Eastern Star</li> <li>B. Mason</li> <li>C. Heroine</li> </ul> <p><b>V. Social Clubs</b></p> <ul style="list-style-type: none"> <li>A. Southside Social Club</li> <li>B. Zodiac Club</li> <li>C. Elite</li> <li>D. Ladies of Distinction</li> </ul> <p><b>VI. Annual and/or Biennial Family Reunion</b></p> <p><b>VII. Team and Individual Sports</b></p> <p><b>VIII. Arts and Crafts</b></p> <ul style="list-style-type: none"> <li>A. Quilting</li> <li>B. Crochet</li> <li>C. Knitting</li> <li>E. Creative Arts</li> </ul> <p><b>IX. Canning</b></p> <p><b>X. Traveling</b></p> <p><b>XI. Music</b></p> <ul style="list-style-type: none"> <li>A. Instrumental</li> <li>B. Singing</li> <li>C. Writing of Music</li> </ul>	<p><b>I. Taverns</b></p> <p><b>II. Pool halls</b></p> <p><b>III. Street sets</b></p> <p><b>IV. Team and/or individual sports</b></p> <p><b>V. Theater</b></p> <p><b>VI. Dancing</b></p> <ul style="list-style-type: none"> <li>A. Ballroom</li> <li>B. Creative</li> </ul>

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"FAMILY PROGRAMS THAT FOSTER FAMILY COHESION"

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Abstract

The purpose of this article is to identify and define four family programs that lead to increased family cohesion. The purpose, procedure and outcomes of the family council, family court, family time-out and the family activity are developed in detail.

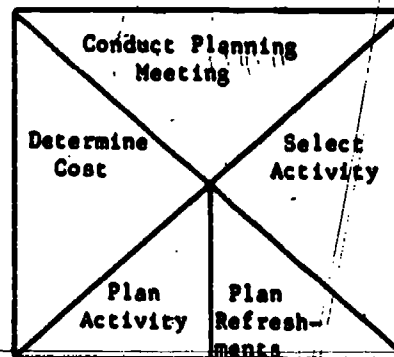
Introduction

Family cohesion - is it really possible? Can a family actually set goals, make decisions, experience individual differences and still remain happy? Can a family withstand what a national news magazine described in these words as an epidemic,

"In a nation that professes to take pride in its young, social change is inflicting harm—physical and psychological—on millions of children. For them, growing up in America is becoming an ordeal instead of a joy. As their parents struggle to cope with divorce, single parenthood, dual careers, and a troublesome economy, many of the nation's more than 47.6 million children under the age of 14 pay the price in ways that range from simple neglect to outright abuse...Parents are caught in a crunch of conflicting values, they value children but they value other things as well, such as time for themselves, material goods, status and careers. Given these conflicts, in a number of instances they neglect children or don't give them a fair shake." (U.S. News and World Report, 9 August 1982, p.54)

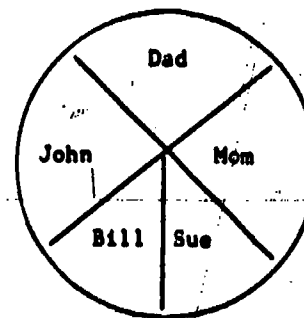
- 6. Projects/Repair
- 7. Recreation
- 8. Education
- 9. Service Activities
- 10. Cultural Improvement
- 11. Career Development

Also, for the family activity to be successful a method is needed so that all members are participating and planning. Planning is essential not only for a fun and enjoyable activity but to ensure full participation by all family members. As each family member is responsible for a specific aspect of the family activity, the individual commitment to success is heightened. One way to involve all family members in planning is the use of an assignment wheel. The assignment wheel consists of a circle with each family member's name identified and a square in which the different planning features are described. By rotating the wheel (which is connected to the square by a pin) each person becomes responsible for a different aspect of the planning of the weekly activity.



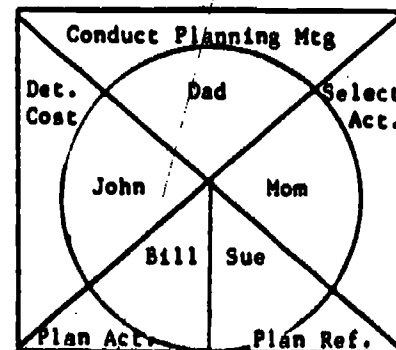
Family Programs

What is the answer to this conflict? How can the family really have cohesion? The answer lies in a unique four pronged approach which involves the use of the family council, the family court, the family time out and the family activity. Each of these programs are described in the chart which follows this article. The chart provides the programs definition, purpose, procedures and its outcomes. (Chart 1)



Procedural Helps

For the family council and the family activity night, some additional procedural helps are suggested that provide for a more effective attempt at conducting these programs. The family council can be greatly improved by the use of a family planner or agenda. Identified below is an example of a family planner that can serve as a direction giver in the family council.



Family Planner  
Family Activity Calendar

- 1. Family Goals
- 2. Home Management
- 3. Home Development
- 4. Family Finances
- 5. Duties/ Responsibilities

(Chart 1)

FAMILY PROGRAM	DEFINITION	PURPOSE	PROCEDURE	OUTCOME
FAMILY COUNCIL	A special time set apart (weekly, biweekly or monthly) where all family members are present and participate in a parent led, planned and calendared meeting with agenda which purpose is to set, strategize and accomplish family goals.	<ol style="list-style-type: none"> <li>1. To plan, calendar correlate and negotiate family and individual activities.</li> <li>2. To serve as an avenue for individual input for family decisions.</li> <li>3. To serve as an appropriate place to clarify individual feelings and perceptions.</li> </ol>	<ol style="list-style-type: none"> <li>1. A specific time, place and agenda are set.</li> <li>2. A parent conducts and facilitates family participation.</li> <li>3. Family members are encouraged to bring out new ideas, calendar activities, solve individual vs family activity conflicts, review family goals and establish traditions.</li> <li>4. Each family member participates spontaneously or by rotation.</li> <li>5. Each meeting is ended on a positive note highlighting individual self-image, high family regard and family success.</li> <li>6. This meeting leads to refreshments and/or a family activity.</li> </ol>	<ol style="list-style-type: none"> <li>1. Increased family involvement, caring and tradition.</li> </ol>
FAMILY COURT	At a structured or spontaneous time, any family member can bring before the Family Council any grievance or issue.	<ol style="list-style-type: none"> <li>1. To air a grievance/issue.</li> <li>2. To listen to all sides of the grievance or issue.</li> <li>3. To negotiate a resolution to the grievance or issue.</li> <li>4. To focus total family concern on grievance issues.</li> </ol>	<ol style="list-style-type: none"> <li>1. Grievanced family member requests parent to call a Family Court.</li> <li>2. Parent calls family together and presides at the Family Court.</li> <li>3. Grievanced family member explains issue.</li> <li>4. Other parties explain other viewpoints or sides of the grievance.</li> <li>5. Parent summarizes the issue and suggests penalty and/or asks grievenced party to suggest penalty.</li> <li>6. Family approves penalty.</li> <li>7. Parent sees that penalty is carried out.</li> </ol>	<ol style="list-style-type: none"> <li>1. Grievenced family member gets hearing.</li> <li>2. Most issues are negotiated.</li> <li>3. Court may serve as a justifiable penalty.</li> <li>4. Learning takes place.</li> <li>5. Negotiation and discipline actions are carried out.</li> </ol>
FAMILY TIME OUT	In the midst of pressures and problems, a time out is called which serves as a safety time zone or period in which the individual receives expressions of love and support.	<ol style="list-style-type: none"> <li>1. To heighten the self-concept and individual value of the family member.</li> <li>2. A set time to calm down.</li> <li>3. A time to remember and communicate positive feelings and thoughts.</li> <li>4. A safety zone for hurt feelings to be mended.</li> </ol>	<ol style="list-style-type: none"> <li>1. When pressures and emotions are overwhelming a time out is called and immediately all family members involved respect the time out.</li> <li>2. The family members involved remember the positive aspects of the hurt person and build up each other.</li> </ol>	<ol style="list-style-type: none"> <li>1. To save the individual emotionally.</li> <li>2. To restore self-worth.</li> <li>3. To clarify real issues.</li> </ol>



FAMILY PROGRAM	DEFINITION	PURPOSE	PROCEDURE	OUTCOME
		<ol style="list-style-type: none"> <li>5. A time where confusion and values are clarified.</li> <li>6. A time to deal with real issues on an intellectual rather than emotional basis.</li> </ol>	<ol style="list-style-type: none"> <li>3. The family members involved return to an intellectual discussion rather than an emotional one.</li> <li>4. They seek to clarify the real issue in a loving manner.</li> </ol>	
FAMILY ACTIVITY	When all family members participate in a planned recreation activity based upon family values and goals.	<ol style="list-style-type: none"> <li>1. To allow total family involvement in an uplifting and wholesome activity.</li> <li>2. To learn something new.</li> <li>3. To share individual interests.</li> <li>4. To provide family diversion.</li> <li>5. To allow the family to spend time together.</li> </ol>	<ol style="list-style-type: none"> <li>1. Family members use Family Council time to identify the activity which is related to a family goal.</li> <li>2. Family members prepare appropriately for family activity.</li> <li>3. All family members participate in activity.</li> <li>4. Family members spend time reminiscing the activity.</li> </ol>	<ol style="list-style-type: none"> <li>1. Promote individual and family self-worth.</li> <li>2. To increase activity skill development.</li> <li>3. To enhance family love.</li> <li>4. To learn new activities.</li> </ol>

#### Conclusion

The Better Homes and Gardens magazine conducted a national survey asking parents what they thought the key threat to the American family life is in the 1980's. The surprising response was not the economic conditions or inflation but "inattentive parents." The U.S. Census Bureau's chief demographer concluded his analysis of the American family by stating, "Caring, attentive parents give children their best start in life. There's no real alternative for their optimum growth." (American Family Society, Vol. 4, No. 1). The use of the family council, the family court, the family time out and the family activity provide parents with the basic program tools to really make the difference toward family cohesion.



## Developing Leisure Sports for Total Family Participation

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### Abstract

Changes in the family during the past twenty years have had a significant impact on both the amount and quality of time parents spend with their children. Sport, as a leisure activity, may facilitate family interaction, but only if traditional sports are modified successfully to allow all members a chance to enjoy and benefit from them.

### Introduction

The family in American society has changed markedly in the last two decades, not only in basic family structure or form, but also relative to the roles of family members and the characteristics of their activities. An increase in the divorce rate among couples, the financial necessity of both parents having to work, as well as an increase in people selecting alternative family forms, i.e., single parent families, cohabitation, homosexual couples, etc., have all contributed to the demise of the traditional family (working husband, homemaking wife, and two children). According to statistics, only seven to eight percent of families fit the traditional definition (Waisbitt, 1982). Changes in the basic family structure, as well as the increase of women in the work force and the development of the "me generation" (the self comes first), have reduced interaction between parents and children (Yankelovich, 1981). This lack of interaction is creating a society of "time poor" children which suggests that parents are spending less time, in amount and quality, with their children (Raichle, 1980). Empirical results of studies suggest that "emotional ties within the family have decreased; relationships between parents and children have become weaker; family members go their own way more; many common experiences have fallen by the wayside; many ideas of family members differ" (Wolenske, 1983). Since "many types of sport and recreational interest are shaped under the influence and with the participation of parents" (Wolenske, 1983), parents and children must be brought together for increased interaction, and leisure activities appear to be the best area in which to accomplish this task.

### Sport Participation

Sport, one type of leisure activity, has a tremendous potential for bringing together parents and children in a healthy and wholesome play environment. Forty-four percent of Americans participate daily in some kind of athletic activity. A study, commissioned by Miller Lite, indicates that the shared level of sports involvement is connected strongly to the quality of family life in America (Scelso, 1983). The key to increased participation in sport by parents and their children can only be achieved if both groups can mutually benefit from the participation, which seems impossible due to the different reasons that they participate, as well as their skill level and knowledge of the game. Therefore, a modification of traditional sports must occur to facilitate jointly-pursued recreational sports interests.

Many Americans consider sports only in a traditional sense, meaning sports have only one set of rules and court/field dimensions, or can be played only in one way. This traditional notion about sports prevents parents from participating with their children because they believe they cannot mutually achieve their goals in the activity. For many, mastery of skills, improved health, enjoyment of the game, and the thrill of victory cannot be achieved by both parents and their children while playing together, but rather, can only be achieved when the groups are separated in sports activities. Modification of sport can significantly improve activities, so as to allow both parents and children a better chance of "deriving immense satisfaction from meeting internalized goals" (Scelso, 1983).

### Sport Modification

Sport activities can be modified in a variety of ways to create activities suitable for simultaneous participation by individuals of differing skill levels, knowledge of the rules and/or strategies, or reasons for participating. Areas such as game objectives, rules, equipment, court or field dimensions, or strategy can be changed to challenge both adults and children during their participation together in sport.

### Objectives

Traditionally, participants in sports have similar objectives while playing any one game. For instance, in tennis, each individual attempts to hit the ball in such a way that the opponent cannot return it, therefore scoring a point. The total game objective in tennis is to score more points than the opponent so as to reach the required score and win the match. If parents have this objective in mind when playing tennis with their children, and permitting that the parent's skill level is significantly better than the child's, the objective is too easily achieved and the parent fails to realize their personal goal in the activity, i.e., enjoyment of the game, improved health, or whatever. By modifying the objective of the game for either one or both of the participants, the game can be significantly changed to permit both parent and child to reach their objective for playing. The parent can modify his or her objective for playing tennis to the improvement of his or her backhand, while the child can continue to try to win the game by reaching the desired score. Additionally, both parent and child can decide to change the game's objective to one in which they see how many times in succession they can successfully hit and return the ball over the net. Thus, by changing the objective of the game, each individual participant can meet their goal for playing the game and achieve satisfaction from the activity.

### Court or Field Dimensions

Another way in which sports can be modified is in the size of court or field dimensions. Again, using tennis as an example, while maintaining the same objective of scoring the most points, parent and child can change the court dimensions to increase competitiveness in play. The adult can allow the child to utilize the entire court, including the doubles area, in which to hit a

"good" shot, while the parent is only given the singles area for "aafs" hits. Quite often by changing the court or field dimensions for parents or children, more equal competition is produced and reasons for participating are more readily attained.

#### Equipment

Equipment changes can also serve to equalize competition between adults and children, thereby making participation more enjoyable. Larger racquets or balls, longer or shorter apparatus, or easier to use equipment can facilitate the mutual enjoyment of sport by both parents and their children. One example would be the use of a shortened racket for a child playing tennis, so as to improve hand-eye coordination and facilitate playing of the game. Another example is the use of certain types of rods and reels in fishing that promote easy casting and retrieval of bait. Equipment can be modified in a multitude of ways to promote parent-child participation in sports.

#### Rules and Regulations

Rules governing play of various sports hold a great potential for modifications which can improve activities for parent-child participation. Methods of scoring, style of play, penalties, and general game methods can be altered to provide more equal competition or greater challenge to parents and children alike. In methods of scoring, an adult playing with children in basketball may have to shoot left-handed (if he or she is normally right-handed) to score. Additionally, in that same basketball game, an adult's basket may count two points while a child's counts three points. Under style of play, a parent may have to perform skills at a fast walk pace rather than being able to run in a game such as football. Or, in racquetball, "kill" shots may be acceptable for children but not for parents. In the area of penalties, children may be allowed to "shoot from the key" in basketball but when parents do, the ball is awarded to the children. Also, parents may only be able to use a certain hand for special actions in games such as baseball, softball or football. If parents fail to use the correct hand or perform the action in the prescribed manner, they are called "out," lose possession of the ball, etc.

#### Handicapping

The above are just a few ways in which sport can be modified to permit more beneficial participation by parents and children. Handicapping can also be utilized to create greater parity among parents and children involved in sports activities. Handicapping refers to the process of making outcomes more equal and encouraging players of lesser ability to perform better than they normally do. Also, the better player must play well because the process generally reduces their margin of error in a particular game. The most common method of handicapping in sports is to give the lesser player points prior to the contest. In racquetball, an adult may give the child ten or fifteen points in a game to twenty-one. Golf and bowling are two popular sports where handicapping is commonly used. A number of pins are added to the lesser bowler's score or a certain number of strokes are deducted from a golfer's score, either from the total score or the score on each hole. By no means, though, is giving points, pins, or strokes the only method of handicapping. Handicapping can also be accomplished by changing the rules for just competitor as mentioned previously in the rules

section of this paper. Individuals may also have to perform extra things prior to scoring points, i.e., passing the ball to all team members, distance limitations imposed on certain team members, etc. Handicapping contains the potential for creating new challenges in traditional sports activities for both parents and children.

#### Strategy

A final area where sports can be changed to accommodate increased parent-child participation concerns the strategies involved with the game. On occasion, parents must devise new strategies to enhance their inclusion of children into traditional sports contests. For example, strategies relative to style of play can be altered to facilitate a child's involvement. Again, using tennis as the activity, a parent might try only a certain type of shot against the child, i.e., a lob or drop shot, or the parent might only play the child's forehand during the game. In team games, the strategy in moving the ball from place to place on a field might be accomplished in only one particular way, i.e., soccer, only passing from member to member, no dribbling. Other playing strategies can also be modified, as well as strategies concerning team formation, equipment usage (what can and cannot be used), and methods of scoring.

#### Conclusion

Sport has an enormous potential for bringing together parents and children for mutually beneficial experiences in a society where interactive time is currently at a minimal. By successfully modifying the various components of sports activities, parents and children can play together in an atmosphere where each person can achieve their personal involvement goals. The challenge to the profession, therefore, is to educate parents on how they can make sport a time where close family relationships can be developed and nurtured.

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