

Recreation Indeed for Human Being

Ms. Pooja Shah

Ph.D Scholar, Department of Extension and Communication
Faculty of Family and Community Sciences,
The Maharaja Sayajirao University of Baroda, Vadodara
Gujarat, India

Prof. Rameshwari Pandya

Professor, Department of Extension and Communication
Faculty of Family and Community Sciences,
The Maharaja Sayajirao University of Baroda, Vadodara
Gujarat, India

Abstract

Recreation stays a physical and mental activity that relieves stress and exhaustion. When we execute an activity on a regular and continuous basis for several hours, we experience physical and mental exhaustion and strain. Recreational exercise relieves exhaustion, restores energy, and increases happiness. Relaxation is the period that a person has set aside for himself, during which he is free to do as he pleases. One must be taught how to devote one's free time to worthwhile activities. Recreation refers to leisure time duty that a person chooses to grow his worth of life. These activities are positive in character. They are time-using rather than time-consuming. They are in good bodily, mental, and social health.

Keywords: Recreation, Physical, Mental and Social health

Recreation:

Male and female choose active is related to their fun and enjoyment e.g Drawing , West out of best making product, Games etc. in other word we can say that liking things and do activities.

Recreational activities are recreate your life from daily duties and task. Activities with involvement of that people with their free time and mind could be more interesting and enjoyable. Recreational activities include anything which you like most.

Leisure:

Leisure refers to rest, relax, and enjoy life. People engage in recreational and sporting activities during their free time.

Communicator has uncovered pathways for self-expression and personal development in recreational activities that are strikingly comparable across all cultures and time periods. Recreation is a universal human trait that presents itself in a variety of ways. During his active hours, a young child's principal activity in all lands is play.

A child's growth and experience are gained through play. Develop their cognitive skill as well as psychomotor skill and their abilities. Other sorts of activities place greater demands on his time, energy, and attention as he gets older.

Importance of Recreation

No one can truly appreciate the value and benefits of recreation until they have firsthand experience with it. It's more of a form of recreation encapsulated in activities that refresh the body and mind. While the type of entertainment varies by each, spent time doing creative which is engages your mind is an experience in the situation. It is possible to have fun in a variety of ways.

Recreation benefits

Recreation is know to improve people's physical and mental health as well as promote social contacts, refresh the senses, and give intelligent and effective time management..

leisure (pp. 441-417). State College, PA: Venture

Regardless of whether the stress is caused by sensitive, work-related economic, orleisure activities are the most effective ways for relieving tension, reducing anxiety, and managing stress. Recreational activities improve people's health and provide a natural way to stay healthy for the rest of their lives.Recreation promotes the establishment of positive interpersonal bonds among social group members. People with comparable recreational interests are more likely to share positive emotions and engage in pleasant social interactions. Recreational activities are essential for recharging people's batteries and preparing them for the next activity.People's senses are also refreshed by recreation, which makes them feel renewed and cheerful. Recreational activities are essential for recharging people's batteries and preparing them for the next activity. People's senses are also refreshed by recreation, which makes them feel renewed and cheerful.

There are certain basic human requirements that must be satisfied, as well as educational goals and democratic society commitments. There is a price to pay for modern civilization's

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technological breakthroughs, and there are factors/changes that have led to a general gratitude of the necessary of amusement in current lives. Recreation is a basic human need. In forms of recreation, man has developed channels for self-expression and personal development that are startlingly similar across all peoples and times of history. Recreation is a universal human trait that presents itself in a variety of ways. During his active hours, a young child's principal activity in all lands is play. Play is an important part of a child's development and knowledge. It is nature's way of offering openings for the enormous organic drive for action while also providing opportunity to develop skills that will be essential later in life. Other sorts of activities place greater demands on his time, energy, and attention as he gets older.. The tasks and role of making a living, providing for a household, and preserving a position in humanoid society incline to reduce recreation to a modest role on the outskirts of life in adulthood. The desire to be entertained, on the other hand, is so fundamental and ubiquitous that it cannot be suppressed.

Conclusion

To summarize, recreational activities are an important way to fill free time with beneficial activities that stimulate the mind and body while channeling excess energy into constructive and nation-building channels. People must not be over-stressed while participating in such activities, though, because too much of anything is hazardous, otherwise their sense of joy will be harmed. As a result, recreational facilities should be there in both rural as well as urban areas, even in urban areas many people are engaging in laughter club and senior club which provide enjoyment for senior citizen also. they are intimately tied to aspects of life like as teaching, well-being, and community welfare. Recreation has established itself as a vital component of modern life, contributing in a variety of ways to the well-being of individuals, communities, and nations.

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