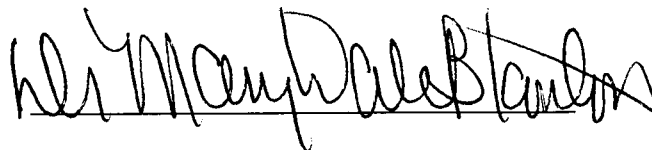


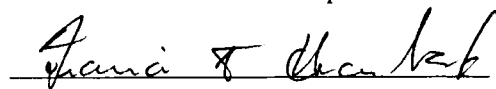
To the Graduate Council:

I am submitting herewith a thesis written by Carrie B. Young entitled "Participation Patterns of Tennessee Parks and Recreation Professionals." I have examined the final copy of this thesis for form and content and recommend that it be accepted in partial fulfillment of the requirements for the degree of Master of Science in Recreation Tourism Management.



Dr. Mary Dale Blanton
Major Professor

We have read this thesis
And recommend its acceptance:



Accepted for the Council:



Associate Vice Chancellor and
Dean of The Graduate School

**PARTICIPATION PATTERNS OF TENNESSEE PARKS AND RECREATION
PROFESSIONALS**

A Thesis
Presented for the
Master of Science
Degree
The University of Tennessee, Knoxville

Carrie Buerger Young
August 1998

DEDICATION

This thesis is dedicated to my mom, dad, and husband for sparking a desire to go for my masters and taking on the challenge of writing a thesis. Their love, laughter and encouragement inspired me to do the best that I could.

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I would like to express my gratefulness to the faculty members who helped me reach this moment. I wish to thank Dr. Mary Dale Blanton who served as my thesis and academic advisor. She has given me direction, feedback, patience and endless encouragement. She has always been the champion in my corner. To Dr. Frank Hendrick, whose wisdom helped me understand the recreation, leisure and hospitality industry. His endless editing, support and counseling tips on everything were a great help to me. I would also like to thank Dr. Pat Bietel who spent her valuable time helping me through the statistical world of data. Her incredible patience should be noted as well.

I would also like to convey my gratitude to my parents Mary and Rick Buerger for their support emotionally and financially through the thesis process. And finally, for my husband Bryan who was my computer expert, spell checker and had the ability to put up with my "piles" of thesis information.

To each and every one of you, I appreciate and thank you!

Abstract

This study was developed to identify participation patterns and was concerned with the population of Park and Recreation Professionals in the state of Tennessee and who were members of the Tennessee Recreation Parks Association (TRPA). The primary purpose of this study was to identify participation patterns of Park and Recreation Professionals in the state of Tennessee. The following research questions were developed in order to determine the answers: (a) In what types of recreational/leisure activities do they participate? (b) How often do they participate?, (c) When do they participate?, (d) Where do they participate?, (d) If they do not participate in recreational/leisure activities, what barriers do they face?, (e) Are certified leisure professionals (CLP's) participating more in recreational/leisure activity than non-certified leisure professionals (NCLP's)?

The *Park and Recreation Professionals Leisure Participation Pattern Survey* was developed from the review of literature and developed by the researcher to correspond to the research questions. The participants were given a list of 45 different recreational/leisure activities from which to select. These variables were used to identify recreational/leisure participation patterns of Park and Recreation Professionals.

The population consisted of 100 randomly selected Park and Recreation Professionals. Fifty CLP's were selected and 50 NCLP's out of 571 potential participants. Seventy-five surveys were returned to the researcher with 45 being NCLP's and 28 NCLP's. The majority of the respondents were men, CLP's, between the ages of 31-64, married with children, had a bachelors or master's degree in Parks and Recreation

and had been an administrator in the Parks and Recreation profession for 11 or more years. Most of the respondents participated in recreational/leisure activities with their family and friends. They predominately participated in their homes or place of work with the majority participating in recreational/leisure activity on both the weekdays and weekends. The most popular time for participation in recreational/leisure activity or activities were between the hours of 3 PM to 10 PM followed by the morning hours of 8 AM to 10 AM. The biggest barrier prohibiting Park and Recreation Professionals from participating was time.

With the exception of walking (74%), bicycling (44%), swimming (40%), jogging/running (37%) and aerobics (32%) CLP's and NCLP's did not select *Exercise Oriented Activities* recreational/leisure activities. Walking, however, was the most popular activity over all. The most popular recreational/leisure activity in *Outdoor Recreation* was nature and pleasure walking (59%) and the majority of the activities in this category were selected by 30-49% of the respondents as a popular leisure time activity. Basketball was the most popular *Team Sport* and as a whole, Team Sports fell below 29% participation rate. Several *Hobby* activities fell into the 30 to 49% participation rate. They were gardening (41%), involvement in volunteer organizations (39%), and photography (32%). *Home-Based Recreation* proved to be a popular category for recreational/leisure participation. TV was the most popular activity followed by reading book/magazines and listening to music. *Other Activities* was the category found to be the most popular with six of the activities selected for participation by 50% or more of the respondents.

The most popular recreational/leisure activities with a response rate of 50% or more by both CLP's and NCLP's, in order of rank, were the following: TV viewing, dining out, reading books/magazines, walking & travel/tourism/vacation, listening to music, going to movies, using a computer/internet, entertaining/visiting & nature/pleasure walks, and driving for pleasure. The following activities received a popularity rating of 30 to 49%, in order of rank: Bicycling, hiking, gardening, swimming & golf & cultural arts, camping, volunteering, jogging/running & fishing, boating, basketball, aerobics & photography & performing arts, and board games.

In summary, NCLP's participated more often in recreational/leisure activities than did CLP's and the most popular recreational/leisure pursuits were not active in nature. The five most popular activities participated in by CLP's on a daily basis were: TV, listening to music, drama, computer/Internet and reading books/magazines, and walking. For NCLP's the most popular daily activities were: TV/dining out, reading books/magazines, computer/Internet, walking and basketball.

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Chapter 1

Introduction

There has been a growing interest in why people participate in leisure activities across a lifetime. The way people live their lives can impact the person as a whole. "Leisure activities are started, ceased, and replaced because of the need to seek personal and interpersonal rewards and because of the need to escape one's personal and interpersonal world problems, difficulties, and routine arising from them" Iso-Ahola, Jackson, and Dunn (1994, p. 245) citing a previous 1989 article by Iso-Ahola.

A leisure activity across a life span is an important concept for researchers to study. Searle et al. (1993) indicated a significant relationship in starting a new activity in the last year between age and initiation. However, Searle et al. (1993) and Iso-Ahola et al. (1994) showed a steady decline of recreational/leisure participation over the life span. There seems to be a definite decrease in leisure participation over the life span.

Osgood and Lee (1993, p. 202) found through their study that leisure activities are complex periods of dramatic change, stability, and multiple reversals of trend. Searle et al. (1993) found continuers (one who participates in the same activity) and replacers (one who changes an activity over time) as the largest groups (58.5%) of leisure participants that showed a significant decline in leisure over their life span. Iso-Ahola et al. (1994) showed a similar decline of leisure replacers, except in the fourth stage (64 and older). In this stage, men tend to still replace, whereas women continue to decline. Iso-Ahola et al. (1994) also found continuers to increase in leisure participation over the life span and then levels off in the final stages. When individuals were faced with leisure participation, Searle et al. (1993) found 25.3% as quitters and Iso-Ahola et al. (1994) found 50.7% had ceased leisure participation in the last year. Searle et al. (1993), Iso-

Ahola et al. (1994) and Osgood and Lee (1993) all found that as people get older they are not likely to pick up a new activity. Because of negative feelings earlier in life many people stop activities and are not likely to start new activities.

Ajzen and Driver (1992) believed motivation is an important concept for researchers to observe in their studies of leisure activities. Different attitudes towards leisure activity and participation are determined by an individual motivation. Ragheb and Tate (1993) believed that a person who is more motivated to participate in leisure activities would reap many rewards.

Ajzen and Driver (1992) also believed the more involved an individual is in a leisure activity the bigger the impact on their attitude, mood, emotion, and behavior. Searle et al. (1993) suggested that the more one participated, the more one would feel leisure satisfaction. He also suggested if the individual felt satisfied, within their leisure, participation the more inclined they would be to become a replacer or adder. However, Ragheb and Tate (1993) stated leisure satisfaction and not leisure participation is key to perceived wellness. They also feel it really does not matter how often one participates, because the attitude, state of mind, meaning, and quality of the activity are what are truly important.

We all have a place in the world, but it is up to us to decide what role we play. If we want to be physically and mentally fit or to do nothing at all, it is totally up to our discretion. Our life span has been referred to according to Bartalos (1993, p. 9) as a "mental attitude looking for quality of life, living, energy, well-being, and increasing self esteem, surviving, and not giving up". The way people live their lives can impact the person as a whole. Sometimes one can feel hopeless because they are just too busy in their daily lives and cannot participate in leisure activity. There is a need for a healthy balance of leisure time and work in an individual's life, especially over the life span. The

rewards one can gain from properly interspersing leisure activities and work are great. These types of rewards from participating in an activity should be fun, and the activity should not feel like work. Bartalos (1993) indicated that if the individual feels the leisure activity is a job then the purpose of the leisure time has been defeated.

If one does not receive a certain amount of leisure time in their lives, this can lead one to feel pressure, stress, loss of self-confidence, loss of social skills, and have an overall feeling of low self worth (Bartalos 1993). However, constraints will always play a role in lives when trying to achieve leisure. Yet, McCarville and Smale (1993, p. 55) do not believe constraints actually alter behavior. They indicated the "perception of the leisure activity can decrease satisfaction with current participation levels of the individual". In contrast, Osgood and Lee (1993) indicated psychological and biological change could play a big part in why we don't participate in leisure activities in our older years.

For many individuals a meaningful experience is the goal of leisure activity. If the individual tries different leisure activities and finds that certain ones are more enjoyable and are less stressful, then the individual can have a more productive life. These positive feelings can be achieved by participating in leisure and leisure activity over a life span. Even though leisure opportunities vary from place to place it is up to us to stop the decline of leisure participation in the later stages of the life span.

Purpose of Study

The primary purpose of this study was to identify participation patterns of certified and non-certified Park and Recreation Professionals in the state of Tennessee. In order to determine this the following research questions were developed and evaluated by certification level:

1. In what types of recreational/leisure activities do they participate?
2. How often do they participate?
3. When do they participate?
4. Where do they participate?
5. If they do not participate in recreational/leisure activities, what barriers do they face?
6. Are certified leisure professionals participating more in recreational/leisure activity than non-certified leisure professionals?

Definition of Terms

Certified Leisure Professional (CLP): A designation awarded by the National Recreation Parks Association to individuals who have satisfied educational requirements and passed a rigorous certification examination.

Non-Certified Leisure Professional (NCLP): A NCLP is a person who works in the area of leisure/recreation within a park and recreation setting. NCLP's are not nationally certified by the National Recreation Parks Association, however they are members of the Tennessee Recreation and Parks Association.

Barriers: "A barrier is any factor that prevents one from participating in an activity" (Burnette 1991, p. 11).

Recreational/Leisure: "Specific activities or programs voluntarily engaged in during one's free time and primarily motivated by the satisfaction or pleasure derived" (Andriola 1984, p. 4). These two words will be utilized interchangeably throughout the study.

Participation/Participation Pattern: The need of satisfying the interest to take part in an activity and/or event. The need can occur anytime and anywhere one wishes to engage in activity and/or event.

Tennessee Recreation and Parks Association (TRPA): This is a state association of park and recreational professionals that meet to “discuss problems and seek solutions, to share ideas, talk about future needs, bond together as professionals and be together as friends” (TRPA Directory 1997, p. 7).

Assumptions

The assumptions of this study were as follows:

1. It was assumed that Parks and Recreation Professionals who understand leisure and recreation would actively incorporate leisure in their lifestyles.
2. It was assumed the questionnaire for the study would be answered honestly and to the best of the participant’s ability and knowledge.
3. It was assumed that a randomly selected sample of Park and Recreation Professionals would be a representation of the whole population.
4. A list of membership in TRPA can be obtained.
5. CLP’s can be identified.

Limitations of the Study

The study was limited by the following factors:

1. The study was limited to the number Park and Recreation Professionals in the state of Tennessee.
2. There was no control over how completely Parks and Recreation Professionals filled out the survey.

Delimitations of the Study

The determination of the study included:

1. A random sample of Park and Recreation Professionals who were members of TRPA.
2. The study was delimited to include both CLP's and NCLP's.

Scope of the Study

This study was concerned with the population of Park and Recreation Professionals in the state of Tennessee. The population included both CLP's registered in the state of Tennessee and NCLP's who are members of TRPA. This study examines participation patterns of professionals also currently providing leisure/recreational experiences in park and recreation departments throughout Tennessee.

Significance of the Study

The findings should include awareness as to the importance for park and recreation professionals to participate in leisure/recreational activity, as do many of the general publics. This study will further contribute information to the TRPA in the matter of increasing workshops and/or program implications that will focus on encouraging CLP's and NCLP's to participate in leisure/recreational activities.

Chapter 2

Review of Literature

The purpose of this review is to look at different variables over the life span of individuals and why people decide to continue or cease participation in leisure activity. The reasons for continuing or ceasing participation can be any combination of variables. There has been a growing interest in why people participate in leisure activities across a lifetime. The way people live their lives can impact the person as a whole. "Leisure activities are started, ceased, and replaced because of the need to seek personal and interpersonal rewards and because of the need to escape one's personal and interpersonal world problems, difficulties, and routine arising from them" Iso-Ahola, Jackson, and Dunn (1994, p. 245) cited a previous 1989 article by Iso-Ahola.

Research efforts have been devoted to looking at the different variables of leisure participation: behavior of participant, attitude, satisfaction, motivation, social, constraints areas, and how they affect our lives. The literature review has been organized to reflect the following variables of leisure participation: leisure activities across the life span, behavior, constraints, and benefits.

Leisure Activities across the Life Span

The purpose of the study done by Searle, Mactavish, and Brayley (1993) was to confirm work originally done by Jackson and Dunn, which in turn was replicated by McGuie in 1989. This quantitative study was done to determine leisure decision making and behavior of leisure participation across a life span. This study identifies quitters, replacers, adders or continuers.

Searle et al. (1993) collected data from the 1990 Manitoba General Survey on

Recreation and Leisure, which randomly selected, from the telephone directory, 2,000 households of adult individuals from the province of Manitoba, Canada. A group of three hundred 11th and 12th graders (ages 16 to 17 years) were also randomly selected from the neighboring schools outside Winnipeg, Canada. This self-completed survey asked questions about recreational needs, behaviors and satisfaction. Searle et al. (1993) also determined the possible differences between and among participants, according to the 1988 Jackson and Dunn model. Participants were asked questions relating to their age and formal education. The participants were also asked to determine their leisure attitude and satisfaction based on the question "In general, how satisfied are you with your life?" Recording was done by the five point Likert-type scale. The last area of concern was the participant's volume of recreation in the last twelve months. The participants were given a list of 65 different recreation activities to choose from, in any of five categories. The categories were: (a) not at all, (b) 1 to 10 times, (c) 11 to 20 times, (d) 21 to 30 times or (e) 31 or more times. These variables were used to identify the four types of leisure behaviors.

The quantitative results of the present study of leisure behavior were consistent with and supported the earlier studies done by researchers. However, the present proportion for the study was different from earlier research findings. The current study, on ceasing activities, suggests participation over a life time is stable. There was no significant difference in the proportion of people ceasing participation across a life span. Those that indicated one new activity in the past year showed a significant relationship, "between age and initiation" of recreation activities across the life span. The study found that recreational activity declined across a life span. The difference in the number of replacers and quitters were also significant. Observed across the life span, there was a decline among the proportion of replacers and an increase in the proportion of quitters.

In the current study, Searle et al. (1993) findings were different than the previous study. Because their study indicated the 25-year-old and under category showed the replacers outnumbered the quitters. In past research there was evidence that quitters outnumbered replacers in each of the life stages.

Searle et al. (1993) final findings in the present study confirmed the categories of Jackson and Dunn, but the percentages varied with McGuire. The order of the current population study differs from that of past studies. The present study suggests, that based on the population, continuers and replacers were the largest group of leisure activity participators (58.5%), followed by quitters (25.3%), and adders (16.2%). "It appears that the greater one's leisure participation, the higher one's feeling of leisure satisfaction, and the more positive one's level of leisure attitude, the more likely one will be among those described as replacers or adders" (Searle). As age increases participation seems to decline and a willingness to pick up a new activity is not likely.

In a similar report Iso-Ahola, Jackson and Dunn (1994) focused their study on the general patterns of starting, ceasing, and replacing leisure activities over a life span. Leisure research has indicated that of adult's currently participating in leisure activities, one half were active in some type of leisure activity in their childhood. Familiarity with activities shows that it is likely that adults will continue to pursue such leisure activities as the individuals grow. Iso-Ahola et al. (1994, p. 229) found the other half who were not active in leisure in their childhood years will be looking toward the experience and benefits of leisure activity.

Iso-Ahola et al. (1994) sent out a self-completed survey to 3,927 households in Alberta, Canada. The participants were asked that if they had started a new activity or ceased an activity they had participated in on regular basis in the last year. Age and sex were used as variables in the research. Age was categorized by Levine's 1978 model of

four stages throughout the life-span: (a) childhood to adolescence (up to 23 years of age), (b) early adulthood (24-43 years), (c) middle adulthood (44-63 years), and (d) late adulthood (64- and older) (Iso-Ahola et al., 1994, pp. 230-231).

According to Iso-Ahola et al. (1994) survey, the results of the respondents showed 47.7% were starting a new activity and 50.7% had ceased a previous activity in the last year. Starters vs. ceasers indicated an overall "shrinkage" in participation by - 4.5%. When broken down between starting, continuing, replacing, and ceasing the pattern showed the following:

1. The first adult stage (23 and below years) to the third (44-63 years) showed a decline in "starting" a new activity before leveling off in the fourth (64 and up years) and final stage.

2. In the same activity "continuers" showed an increase over the life span then leveled off.

3. "Replacing" a leisure activity showed a decline from the first stage (23 years and below) to the third stage (44-63 years). This was also similar to the "starting" phase. However, there was a slight increase in "replacing" for men in the fourth stage (64 years and older) and women continuously declined when it came to the replacement rate.

4. The overall assumption for "ceasing" an activity was a decline in participation through the first stage (23 years and up) to the fourth stage (64 years and up).

Iso-Ahola et al. (1994) also indicated that there might not be a decline of "all" activities, because the data showed an increase in hobbies and home-based activities. Hobbies are especially popular in the fourth stage. Music, writing, and gardening seem to be the main interest pursued in the fourth stage.

Early adulthood shows the highest percentage of people starting and replacing leisure activity even though there are signs of declining of leisure activities throughout

the later years of life. As people get older they are not as likely to pick up a new activity. Iso-Ahola et al. (1994) reason for this may be because of a feeling of economic pressure, or activities that are not close to home, (which can be physically less demanding than outside home activities), and/or their individual behavior might have changed over their life span. Constraints from a variety of different things can play a role in less activity over the life span of an individual in any age group. The authors studying showed leisure behavior was important to the individual as well as to the society.

Behavior

Leisure behavior patterns continually change over our life span. Leisure activities and the lack of them can play an important part in motivation and attitude over time. Ajzen and Driver (1992) believed motivation is an important concept for researchers to grasp, because it depicts behavior. Attitudes are said to impact intentions. Ajzen and Driver (1992) state that generally everyone has a different attitude towards leisure activities and participation. Leisure behavior can be evaluated based on whether a person feels negatively or positively towards an activity. The more involved someone is in a leisure activity the bigger the impact on attitude, moods, emotions and behavior of the individual.

A 1960 article by Katz was cited in Ragheb and Tate (1993, p. 63) as the possible research that found that attitude has a psychodynamic function in motivating an individual to behave in a positive way. Ragheb and Tate (1993) believed the value one feels when participating in an activity is based on the meaning and quality of the activity. It really does not matter how often one participates, but the attitude and the state of mind of the individual. When one is motivated to participate in a leisure activity it is physically and mentally rewarding to the individual. The researchers find this important,

because they believe that this is what drives one to participate.

People who are healthy tend to want to stay that way. An individual's behavior can depict the characteristics of starters, continuers, and replacers and have a feeling of leisure satisfaction in their leisure activities. The authors indicated participation in leisure activity is because of the psychological and social motivations. According to another study done by Ragheb (1993) this enjoyment could be the "prerequisite" for an individuals perceived wellness. Ragheb (1993, p. 13) defines perceived wellness as a sum of "physical, mental, emotional, social, and spiritual satisfaction".

The data Ragheb and Tate (1993) gathered came from a university in a capital city in southeastern United States. There were 372 subjects in the survey. Females consisted of 55%, and males 43%. The average age of the respondents was 22 years of age. The purpose of the study was to look at and research five major components: a) leisure motivation, b) cognitive components of leisure attitude, c) affective components of leisure attitude, d) leisure participation, and e) leisure satisfaction. The instruments used to obtain these components were cited in Ragheb and Tate (1993, pp. 64-65) on how Beard and Ragheb from the years of 1980 to 1982 used measurement techniques in the past. The measurement for each of the components is as followed:

A five-point scale from Beard and Ragheb's 1981 Leisure Motivation Measurement was cited in Ragheb and Tate's (1993) article as the instrument used to measure leisure motivation. The alpha coefficient was 0.78.

A five-point scale from Ragheb and Beard's 1982 Leisure Attitude Measurement was used to indicate 12 items and if they were beneficial to the individual. The alpha reliability coefficient was 0.92.

Ragheb and Beard's Leisure Attitude Measurement was also used to identify affective attitude. It included 12 items that looked at "value" of the leisure activity. The

alpha reliability coefficient was 0.93.

Ragheb and Beard's 1982 model that measured magnitude and behavioral components on leisure attitude also determined leisure participation. The alpha reliability coefficient was 0.89.

Leisure satisfaction was measured by Beard and Ragheb's 1982 Leisure Satisfaction Measurement. They used a five-point scale, which was composed of six components: (a) Psychological, (b) educational/intelligence, (c) social, (d) relaxation, (e) physiological, and (f) aesthetic/environment. The alpha reliability was 0.92.

Ragheb and Tate (1993) found that motivation and affective components were more important than cognitive. According to the authors the most important aspect to leisure participation is affective attitude. Motivation would be a close second. The third determinant of participation would be cognitive attitude. The dominant cause of satisfaction was affective attitude. Participation satisfaction and cognitive attitude were respectively 0.174 and 0.041. Ragheb and Tate (1993) found that individuals who have the highest level of perceived wellness and gain the most satisfaction through leisure activities were those who participated the most. The researchers also believed leisure satisfaction and not leisure participation is the key to perceived wellness. This idea is different from Kaufmann's who stated there was a significant positive relationship between leisure and leisure satisfaction (Ragheb and Tate 1993, p. 61).

Constraints

Nature and meaning of leisure activity is said to vary over a life span. Age, sex, education, income, marital status are a few good examples of why people do and do not participate in leisure activities. " A focus on leisure and other ordinary activity of everyday life is of general sociological interest because it provides a bridge between the

organization of the life course imposed by the social structure and its consequences on individuals' lives" (Osgood and Lee 1993 p.182). There are obligations and requirements that people feel when leisure activities come into play. Social structure can play a major role over the life span through these domains: (a) leaving one's parents, (b) getting married, (c) having children, (d) entering workforce, and (e) retiring. The purpose of Osgood and Lee (1993) study was not to look at age and role differences individually, but together.

Osgood and Lee (1993) gathered data from a 1989 Nebraska Annual Social Indicators Survey. The sample came from random digit dialing and a computer assisted telephone interview. The data was collected from 1,857 households whose respondents were 18 years or older. Out of the 1,857 households 827, with an average age of 46.1, responded to questions about leisure activities. The questions pertained to public, private, structured, and informal activities. They could respond by answering: a) never, b) a few times a year, c) once or twice a month, d) at least once a week, and e) almost everyday.

In our earliest stage of adulthood we spend the greatest amount of time participating leisure activities. From that time on researchers see a decline in participation. Forms of leisure tend to reverse themselves during the middle age period. When we grow into our 60's and 70's researchers forecast that we will be less likely to begin any new activities and are even more likely to cease activities that we were already engaged in. Except for spending time alone, Osgood and Lee (1993) indicated or found that age 80 and older leisure activity is at its lowest level. The results of the study done by Osgood and Lee (1993, p. 202) confirmed that leisure activities are "complex because of periods of dramatic change, periods of stability, and multiple reversals of trend". This is very true in the way we live our everyday lives.

Osgood and Lee (1993, p.202) also found of the four main domains of roles, (married and living arrangements, parenthood, work, and retirement), only marital status and living arrangements were different from previous researchers findings. Parenthood was the most "consistently and interpretably related to involvement in leisure activities". As children grow older and become less dependent on their parents, the parenthood role and leisure activity roles are the same as non-parents. Full time workers (40 hours a week) generally showed an increase in participation of activities away from home. However, there was a general decrease in informal activities and activities around the home. Retired individuals and homemakers showed an opposite trend of leisure activities around the home. Osgood and Lee (1993) concluded that the roles of leisure activities are relevant to age trends in leisure participation. Age trends can be also accredited to "psychological and biological change" (p. 203).

Jackson 1990 was cited in McCarville and Smale (1993) as saying constraints can diminish the desire to participate and could ruin the perceived opportunity to participate. The other side of the spectrum states leisure should be enjoyable and fun. McCarville and Smale (1993) felt the need to identify the variables that constrain individuals from feeling free to be able to participate. The researchers asked the questions: (1) Can leisure constraints vary across different activity domains? (2) Do demographics play a role in leisure activity constraints?

The data for McCarville and Smale's (1993) survey came from an Ontario Leisure Activity Participation Study. A regional stratified random telephone interview of 2,024 Ontario, Canada residents. 1,573 participants indicated they were participating less than they would like in leisure activities. Participants in the survey ranged from 15 to 75 years of age. The sample showed 55.2% were females and males accounted for 44.8%. The mean age was between 20 to 34 (41.0%) and over half of the respondents

were married (55.6%). All others were single, divorced, or widowed. One-third (33.2%) of the respondents earned between \$30,000 and \$50,00 and 31.1% earned \$50,000 or more. The authors noted that "this methodology does not distinguish among these who have never participated, discontinued participation, or those who now participate but would like to do more"(p.43). The data were collected over the summer and winter months to show a non-seasonal bias.

The respondents were asked to consider their leisure activities during the previous six month period and responded to the questions: (a) have you been able to pursue as much as you would like, (b) somewhat less than you would have liked, or (c) much less than you would have liked. The five activity domains they were to respond to were categorized by McCarville and Smale (1993, p. 44) as: physical activity and exercise, arts and entertainment (e.g., movies, plays, concerts), hobbies or projects in and around the house and social activities (e.g., watching television, listening to the radio, reading).

McCarville and Smale (1993) wanted to also evaluate the level of participation in each of the five domains. The respondents who felt they were participating less than they would like in leisure activities were then asked to list 10 of the possible reasons why. If a constraint hindered them in any way they were to indicate such. The 10 reasons (p. 44) were as follows:

1. You often do not have enough time or energy.
2. You are often unable to find someone else to do things with or to go with you.
3. You often find places difficult or inconvenient to get to.
4. There are not enough recreational or leisure programs that match your personal interests.
5. Leisure or recreational facilities such as pools, courts, parks, or clubs are

- often overcrowd or unavailable.
6. It is often difficult to get information about things that interest you.
 7. There are often not enough activities specifically for your age group.
 8. There are not enough activities or events for you particular language or ethnic group.
 9. It often costs too much money to so the things that you would like.
 10. You are limited by health-related problems (McCarville and Smale, 1993, p. 44).

McCarville and Smale (1993) indicated in their findings that constraints and leisure activity in the domain areas showed two contradictory trends. "Lack of time" showed a significant difference between the domains. The individuals who reported having a "lack of time" were prevalent in the home-based and social domains. These findings also showed "specific constraints generally did not differ from one domain to the next" (McCarville and Smale, 1993, p.47).

The second trend found was based on the number of constraints the individuals felt in each domain. "Of 10 constrains that could be potentially identified, an average of 3.06 constrains were named by all the respondents". This indicated that varying does occur from one domain to the other. Home-based was found to have the most constraints. No significant interaction was attributed to demographic variables with the exception of age.

The demographic variables McCarville and Smale (1993) were concerned with were: 1. *Life phases* categorized as: (a) 15 to 19 years, (b) 20 to 34 years, (c) 35 to 54 years, and (d) 55 years of age and older, 2. *Marital status*: (a) married individuals, and (b) single individuals, which also included separated, divorced, and widowed, 3. *Income* (based on household totals from 1988) were categorized in four areas: (a) less than \$20,000, b) \$20,000 to \$29,999, c)\$30,000 to 49,999, and d) \$50,000 and over and 4. *Sex*: (a) female and (b) male (McCarville and Smale, 1993, p. 45).

McCarville and Smale (1993) found characteristics of demographic constraints in

age groups 20-34 and 35-54. These groups were significantly more constrained by "lack of time". Age 15 to 19 and 55 and up were mostly constrained by difficulty or inconvenience of getting places and lack of age-appropriate programs. Lack of programs and lack of interaction significantly constrained those individuals who were ages 15 to 19. Cost of programs were significantly more constrained for ages 20-34.

Demographics of married individuals found major constraints to be associated with lack of time and limitations due to health. McCarville and Smale (1993) found single individuals had a lack of companions, lack of information on opportunities, difficulty getting places, and cost of preferred activities significantly higher than married individuals.

Costs associated with preferred activities and getting places were most significant among lower income individuals. Respondents in the category of \$50,000 of income and up reported the least amount of constraint. The lower the income the higher the constraints was reported by McCarville and Smale (1993). Females reported significantly more constraints than men.

In all domains considered by McCarville and Smale (1993, p. 55), it was found that leisure satisfaction decreased significantly as the number of reported constraints increased. Not being motivated to participate in leisure activity can cause a person to not participate; therefore, they would not reap the rewards of participation. Because of "impending" levels of participation in leisure activities a negative relationship might arise. This may not alter behavior, but these "perceptions can decrease satisfaction with current participation level". The type and number of constraints reported by the respondents indicated to the authors that "contextual" and demographics can be influenced. Social obligations, lack of ability, or resources can continue to constrain leisure activity throughout one's life-span. The data also showed one could be stable in

regards to participation in leisure activity over the life-span.

Benefits

Leisure time is unobligated time you can freely choose to use, as you desire. How we perceive our leisure and leisure time can be "one man's work and another man's play" (Parker 1993, p. 69), meaning someone might see a leisure activity as active and another might see a passive activity. We have some basic needs that need to be met in order to survive. Bartalos (1993) illustrates why it is important to look at some of the health benefits that leisure activity can offer.

It has been stated that active participation is associated with a higher quality of life, mental health, and greatly impact physiological and social skills. According to Bartalos (1993) by choosing the right leisure activity you can also sharpen your motor skills and build self-confidence. Bartalos (1993) believed throughout his theoretical article the best way to accomplish these feelings and even extend your life expectancy is by regular exercise throughout the life-span. This is a great way to relieve stress and tension. Lack of exercise continuously lead to depression and caused boredom in our individual life. Finding the right type of leisure activity can enable a person can have a more productive life-span.

Iso-Ahola et al. (1994) cited a 1975 article by Casady that indicated that the happiest and best adjusted years of a person's life were years 20 to 50, because of active participation in leisure activity. Iso-Ahola et al. (1994) supported the philosophy that people become more alert, socially assertive, and freely engages with others during times of participation in leisure activity. Iso-Ahola et al. (1994) also found the number one activity in any life-span stage was some form of exercise, but it too declined over time.

Implications

There has not been much literature in the field of leisure decision making to help identify the different leisure behavior characteristics. The research that has been done is not overly informative. Searle et al. (1993) suggests that some questions need to be addressed further. This study suggests there is a need for research to be based over a lengthy period of time, similar to the 1986 study performed by Crawford, Godby, and Crouter.

Ajzen and Driver (1992) would like to see further research in the area of recreational activities and how they relate to the theory of planned behavior. Iso-Ahola et al. would like to see the difference in starting an entirely new activity vs. an activity previously participated in but had to stop because of interruption.

Ajzen and Driver (1992) would advocate a more direct approach for collecting accurate and valid data on self-reported participation of leisure activity. Ragheb and Tate (1993) would also like to see stronger measurement devices especially leisure variables that include social and behavioral events and how they relate to wellness.

There is a need for studies to be done on the effects of injury, fatigue, safety, and the attitude of just not wanting to participate. Also data collected on such questions as: Are we more likely to participate in leisure activities in the summer months or the winter? Why and Why not? When leisure services have fully explored human behavioral patterns relating to leisure, we can then teach individuals how to better live their lives over the life span.

Chapter 3

Methods

The primary purpose of this study was conducted to determine the recreational/leisure patterns of CLP's and NCLP's Park and Recreation Professionals in the state of Tennessee. The following research questions were pursued: (a) In what types of recreation/leisure activities do park and recreation professionals participate? (b) How often do park and recreation professionals participate? (c) When do park and recreation professional participate? (d) Where do park and recreation professionals participate? (e) What barriers do park and recreation professional face? (f) Are Certified Leisure Professionals (CLP's) participating more in recreation/leisure activities than Non-Certified Leisure Professionals (NCLP's)? The procedures of this chapter will be presented in the following manner: (a) description of the subjects, (b) development of the research instrument, (c) administration of the instrument, and (d) evaluation of the information.

Description of Subjects

The population of this study consisted of two groups, CLP's and NCLP's. A combined 100 CLP's and NCLP's out of 571 potential survey participants were selected using a table of random numbers. The first populations of this study were fifty CLP's who are members of the Tennessee Recreation Parks Association (TRPA). The second

group consisted of fifty leisure professionals who were not nationally certified, but were members of TRPA.

At the bottom of the survey printed in bold type was a statement that indicated completion of the survey would serve as informed consent (Appendix A). A confidentiality statement was also stated to ensure the participants that their addresses would be destroyed. The participants were told they were free to participate or not, but if no response was given a month after initial contact a follow up postcard would be sent. The participants were also told if they did not wish to participate there would be no negative consequences.

Instrumentation

Questionnaire Development

Survey questions were designed to correspond to the research questions. The participation pattern survey/questionnaire for this study was developed from the review of literature and specifically designed for this study. A pre test of the survey was mailed to three jury members to be reviewed. The jury members consisted of Mr. John Wilbanks a Certified Leisure Professional, Mr. Doug Hood a Non-Certified Leisure Professional, and Dr. Robert B. Buerger a Park and Recreation professor at the University of North Carolina, Wilmington. Each jury member was contacted by phone and asked to review and offer suggestions for improvement of the survey (Appendix B). Each jury member commented on grammatical mistakes and offered helpful advice on clarification of the survey. The *Parks and Recreation Professionals Leisure Participation Pattern Survey* was altered from its original state. The following recommendations were offered

by the three jury members: Question 1 "Please indicate below all the activities in which you have participated during your recreational/leisure time and which best represents your participation." This was in place of "Please indicate what activities you participate in". Question 2 was change to "Check all the activities that you have participated in the last year. If you have participated in an activity not listed please indicate in the space provided for "other." The original question 2 read "Check the appropriate column below for the amount of time you have participated in an activity".

The following category was taken out of the survey "Do not participate", because if the respondent did not participate this could be discovered by the participant not checking an activity. Question 3 was changed from "Check your highest level of education" to include the category of "High School". The following questions were also added to the original questionnaire: (a) Question 8 "Check if you have a degree in Park and Recreation Management", (b) Question 9 "How long have you been a Park and Recreation Professional?", (c) Question 11 "Check when you participate in recreational/leisure activities: Weekdays, Weekends, or Both", (d) Question 15 "Check if you are a CLP", (e) Question 16 "Please indicate your job title" which was an open ended question, and (f) finally to restate what the participants should do after completing the survey.

The surveys (Appendix B) were then mailed to the three-jury members. Each survey included a preaddressed and stamped envelope for the forms to be returned. A cover letter (Appendix A) was attached stating the purpose of the study. Feedback was made to revise the survey. The process was to ensure logical validity.

Administration of the Instrument

The researcher obtained CLP and NCLP names and addresses from the TRPA 1997 Directory. There were 571 names for the participation of the survey and 100 were randomly selected. A cover letter was attached to the survey explaining the purpose of the study (Appendix A) asking the participants to promptly return the forms within two weeks after receiving the survey (Appendix B). The researcher identified the CLP and NCLP by having the participants answer the question "Please check if you are a certified CLP".

Each questionnaire included a stamped and preaddressed envelope to be returned to the researcher upon completion of the survey. The researchers followed up on non-responding participants with another cover letter, survey, and indicated the participants need to return or faxed the survey within one week. Special consideration was given to the length of the questionnaire and was made sure to be clear to all participants.

Evaluation of the Information

The content of the survey was designed to evaluate and answer the research questions. Survey questions 1 and 2 were specifically concerned with the *types of recreation/leisure and how often they participated in leisure/recreation activities* answering *research questions 1* and 2. Survey questions 3 through 7 were related to demographics. Survey question 10 was focused on with *whom* they participated and question 11 and 12 determined *when* they predominately participated answering *research question 3*. Survey question 13 dealt with *where* they participated and answered *research*

question 4. Survey question number 14 was concerned with the *types of barriers* they faced and answered *research question 5.* Survey questions 9, 15, and 16 were concerned with the participant's years of experience, if they were a CLP, and their job title.

Percentage and frequencies determined the analysis of the descriptive statistics for such factors as demographics, recreational/leisure choice, who, when and where the subjects participated and finally the barriers they faced. The above research questions and evaluations of the research questions will contribute to the development to participation patterns among CLP's and NCLP's Parks and Recreation Professionals who were members of TRPA in the state of Tennessee.

Chapter 4

Results and Discussion

The purpose of this study was to identify participation patterns of Park and Recreation Professionals in the state of Tennessee. The following research questions were addressed: (a) In what types of leisure/recreation activities do Park and Recreation Professionals participate? (b) How often do Park and Recreation Professionals participate? (c) When do Park and Recreation Professionals participate? (d) Where do Park and Recreation Professionals participate? (e) What barriers do Park and Recreation Professional's face? (f) Are Certified Leisure Professionals (CLP's) participating more in leisure/recreational activities than Non-Certified Leisure Professionals (NCLP's)? A survey was developed to answer the five research questions. The population of this study was comprised of 45 CLP's and 28 NCLP's, and 2 no responses who were all members of Tennessee Recreation and Parks Association (TRPA).

This chapter is a report and discussion of the results found in the *Parks and Recreation Professionals Leisure Participation Pattern Survey*. The data in this chapter were grouped into the following sections: Return Rate, Participant Profile/Demographics, Activity Analysis of Data, and Discussion, Who, What, When Parks and Recreation Professionals participated in recreational/leisure activities and Barriers to activity participation.

Return Rate

A total of 100 individuals received, by mail, a Park and Recreation *Professionals Leisure Participation Pattern Survey*. Fifty were sent to CLP individuals and fifty were sent to NCLP, all of who were members of TRPA. Of the 100 surveys mailed, 75 were returned to the researcher, which is a 75% return rate. Of the respondents 45 were CLP's, (individuals who have taken the National Certification Exam), 28 NCLP's (individuals who are not certified) returned questionnaires, and 2 respondents did not respond whether they were a CLP or NCLP.

Participants Profile

The participants in this study consisted of parks and recreation professionals in the state of Tennessee who are members of TRPA. The first population included 45 individuals who have taken the National Certification Exam to become a CLP. The second population consisted of 28 individuals who are considered as NCLP. The participants were chosen randomly from the membership list provided by the TRPA.

The individual participants were asked to disclose general demographic information. The following presentation of the demographic categories were based on the following: gender, age, marital status, children, educational background, degree in parks and recreation, length of time being a park and recreation professional and job title.

Gender- Table 1 presents the gender distribution of the participants that answered the questionnaire. The majority of the respondents were men (65%) with 35% being women

Table 1
Gender

	Frequency	%
Female	26	35%
Male	49	65%
Total	75	100%

The researcher did not select the participants based on their gender, but whether they had received their certification or not.

CLP's or NCLP's- As shown in Table 2, 60% of the respondents were CLP's and 37% were NCLP's, and 3% did not respond to the question.

Age- As illustrated in Table 3, when analyzed by age, the number of individuals in each of the five age categories were as follows; 7% of the participants were in the 20-25 age category, 9% participants in the 26-30 age category, 44% participants in the 31-45 age category, 35% participants in the 46-64 age category, 5% in the 64+ age category.

Table 2
Certification

	Frequency	%
No	28	37%
Yes	45	60%
Total	73	97%
No Response	2	3%

Table 3
Age Range

	Frequency	%
20-25	5	7%
26-30	7	9%
31-45	33	44%
46-64	26	35%
64+	4	5%
TOTAL	75	100%

Marital Status- The participants had four divisions to chose from in the category of martial status. The participants could choose the following: single, married, divorced, and widowed. The following were the results: 64% were married, 24% were single, 11% were divorced, and 1% was widowed (Table 4).

Children- Of the 75 participants in the study, 73 responded to the question about children. The response was as follows; 60% had children and 35% did not have children (Table 5).

Table 4
Marital Status

	Frequency	%
Single	18	24
Married	48	64%
Divorced	8	11%
Widowed	1	1%
TOTAL	75	100%

Table 5
Indication of Children

	Frequency	%
No	26	35%
Yes	45	60%
Total	71	95%
No Response	4	5%

Education- A breakdown of the educational level included five divisions from which the participants could select. The education levels as presented in Table 6 indicated 51% had a BA/BS degree, 29% had an MA/MS degree, 8% had an Associates Degree, 3% had a High School Degree, and 9% chose other.

Additional levels of *education* indicated by the respondents included: 3Ph.D.'s, a Ph.D. Candidate with 2 Masters degrees, Specialist in Education, and a Masters in Education.

Degree in Parks and Recreation- Of the 75 participants in the study, 39 indicated they had degree in Parks and Recreation. As illustrated in Table 7, 52% of the

Table 6
Education Level

	Frequency	%
High School	2	3%
Assoc. Degree	6	8%
BA/BS	38	51%
MA/MS	22	30%
TOTAL	68	91%
Other	5	7%
No Response	2	3%

respondents indicated they had received a degree in Parks and Recreation with 44% indicating they received a degree in another field.

Table 7
Degree in Parks and Recreation

	Frequency	%
No	33	44%
Yes	39	52%
Total	72	96%
No Response	3	4%

Years in the Parks and Recreation Profession- Table 8 shows the breakdown of the length of time respondents had been a Park and Recreation Professional: Thirty-three of the respondents had been in the profession 1-10 years followed by, 29% 21-30 years, 28% 11-20years, and 3% 31-40 years. Four percent did not respond to this question.

Job Title- The researcher was interested in the position held by the Park and Recreation Professionals. Results indicated 32% were Directors, 15% were Managers, 9% were affiliated with the Outdoors, 9% were Program Coordinators, 8% were

Table 8
Years in Parks and Recreation Profession

Range	Frequency	%
1-10 yrs.	25	33%
11-20 yrs.	21	28%
21-30 yrs.	22	29%
31-40yrs.	2	3%
Total	70	93%
No Response	5	7%

Superintendents, 5% were Therapeutic, 3% were involved in Aquatics, and 15% indicated other job titles. For a complete listing of job titles, please see Appendix C.

In summary, the majority of the respondents were men, CLP's, between the ages of 31-64, married with children, had a bachelors or master's degree in Parks and Recreation and had been an administrator in the Park and Recreation profession for 11 or more years.

Activity Analysis of Data

The researcher analyzed the activities and has indicated the most popular activities participated by Park and Recreation Professionals in Tables 9 and 10. For activities below 30% response rate please see Appendix D. Activities were also examined by the following recreational categories: Exercise Oriented Activities, Outdoor Recreation Activities, Team Sports, Hobbies, Home-Based Recreation, and Other Activities.

The most popular recreational/leisure activities with a response rate of 50% or more by both CLP's and NCLP's, in order of rank were: TV viewing, dining out, reading books/magazines, walking & travel/tourism/vacation, listening to music, going to movies, using a computer/internet, entertaining/visiting & nature/pleasure walks, and driving for pleasure. The following activities received a population rating of 30 to 49%, in order of rank: Bicycling, hiking, gardening, swimming & golf & cultural arts, camping, volunteering, jogging/running & fishing, boating, basketball, aerobics & photography & performing arts, and board games (Table 9).

Table 9
Most Popular Recreational/Leisure Activities with a
50% or More Participation Response

Activity	N	%
TV Viewing	67	89%
Dining Out	64	85%
Reading Books/Magazines	63	84%
Walking	57	76%
Traveling/Tourism/Vac		
Listen to Music	54	72%
Movies	52	69%
Computer/Internet	49	65%
Entertain/Visiting	48	64%
Nature/Pleasure Walks	44	59%
Driving for Pleasure	38	51%

Table 10
Most Popular Recreational/Leisure Activities with a
30 to 49% Participation Response

Activities	N	%
Bicycling	33	44%
Hiking	32	43%
Gardening	31	41%
Cultural Arts		
Swimming	30	40%
Golf		
Volunteer Organizations	29	39%
Camping		
Jogging/Running	28	37%
Fishing		
Boating	26	35%
Basketball	25	33%
Performing Arts		
Photography	24	32%
Aerobics		
Board Games	23	31%

Exercise Oriented Activities

Table 11 presents the participation of CLP's and NCLP's in *Exercise Oriented Activities*.

Aerobics- Of the 75 respondents 32% indicated they participated in aerobics. Of those the highest participation rate were 54% of CLP's and 46% of NCLP's. The approximate amount of time CLP's and NCLP's spent on aerobic exercise were as follows: 27% of NCLP's and 7% of CLP's participated in aerobics only once a year, 62% of CLP's and 36% of NCLP's participated 2 or more times a month, 18% of NCLP's and 15% of CLP's participated 2-3 times a week, 8% of CLP's participated once a week, and 18% of NCLP's and 8% of CLP's participated daily. Aerobics ranked fifth in popularity under Exercise Oriented Activities.

Bicycling- Forty-four percent of all participants indicated they enjoyed bicycling. Of those 61% were CLP's followed by 39% of NCLP's. In terms of how often they participated in cycling approximately 30% of CLP's and 15% of NCLP's rode once a year, 55% of CLP's and 46% of NCLP's rode 2 or more times a month, 15% of NCLP's and 10% of CLP's rode 2-3 times a week, and 23% of NCLP's and 5% of CLP's rode once a week.

Body Building- This activity was ranked sixth in popularity under Exercise Oriented Activities. There was a 28% response rate to this activity. Of those who participated in body building 57% were CLP's and 43% were NCLP's. Of those who engaged in body building about 11% of NCLP's did so once a year, 33% of CLP's participated 2 or more times a month, 44% of NCLP's and 33% of CLP's participated 2-3

Table 11 Exercise Oriented Activities

Activities	CLP (n=46)						NCLP (n=24)													
	Once a Yr n	%	2 + Month n	%	2-3 x's Week n	%	Once a Week n	%	Daily n	%	Once a Week n	%	Daily n	%						
Aerobics	1	8%	8	62%	2	15%	1	8%	1	8%	3	27%	4	36%	2	18%	2	15%	2	8%
Bicycling	6	30%	11	55%	2	10%	1	5%			2	15%			6	46%	2	15%	3	23%
Body Building			4	33%	4	33%	3	25%	1	8%	1	11%			4	44%	1	11%	3	33%
Dance/Ballet/Jazz	2	33%	2	33%	2	33%			1	11%	1	25%	3	75%						
Jogging/Running			6	33%	9	50%	1	6%	2	11%			3	30%	4	40%	2	20%	1	10%
Martial Arts	NO RESPONSE																1	20%		
Racquetball					2	100%					4	80%								
Rollerblading	1	25%	3	75%					1		1	33%	1	33%	1	33%				
Swimming	4	29%	7	50%	1	7%	2	14%	1		1	6%	7	44%	4	25%	2	13%	2	13%
Tennis	2	29%	5	71%							3	50%	1	17%	1	17%			1	17%
Walking			7	21%	19	56%	3	9%	5	15%			1	4%	10	44%	3	13%	9	39%

times a week, 25% of CLP's and 11% of NCLP's were involved with body building once a week, and 33% of NCLP's and 8% of CLP's participated in body building daily.

Dance/Ballet/Jazz- Thirteen percent of the respondents indicated they were involved in dance/ballet/jazz. This activity ranked eighth in terms of popularity under Exercise Oriented Activities. Of all respondents 60% were CLP's, and 40% were NCLP's. Approximately 33% of CLP's and 25% of NCLP's participated in dance/ballet/jazz once a year, 72% of NCLP's and 33% of CLP's participated 2 or more times per month, and 33% of CLP's participated 2-3 times a week.

Jogging/Running- Thirty-seven percent of all respondents went jogging/running. Of those 64% were CLP's and 36% were NCLP's. About 33% of CLP's and 30% of NCLP's ran 2 or more times a month, 50% of CLP's and 40% of NCLP's ran 2-3 times a week, 20% of NCLP's and 6% of CLP's ran once a week, and 11% of CLP's and 10% of NCLP's ran daily. Jogging/running ranked fourth in popularity under Exercise Oriented Activities.

Martial Arts- No CLP's or NCLP's participated in martial arts as a recreation/leisure activity.

Racquetball- Nine percent of all respondents played racquetball. Of those who said they participated in racquetball 29% were CLP's and 71% were NCLP's. Approximately 80% of NCLP's have played racquetball once a year, 100% of CLP's played 2-3 times a week, and 20% of NCLP's played once a week. This activity ranked second in popularity under Exercise Oriented Activities.

Rollerblading- Nine percent of all respondents went rollerblading. Of those who indicated they rollerbladed 57% were CLP's and 43% were NCLP's. Roughly 33% of NCLP's and 25% of CLP's went rollerblading once a year, 75% of CLP's and 33% of NCLP's went 2 or more times a month, and 33% of NCLP's went 2-3 times a week. This activity tied with racquetball in popularity as second to last under Exercise Oriented Activity.

Swimming- Forty percent of all respondents indicated they went swimming during recreational/leisure time. Of those who participated in swimming, 53% were NCLP's and 47% were CLP's. Approximately, 29% of CLP's and 6% of NCLP's went swimming once a year, 50% of CLP's and 44% of NCLP's went 2 or more times a month, 25% of NCLP's and 7% of CLP's went 2-3 times a week, 14% of CLP's and 13% of NCLP's went once a week and 13% of NCLP's went swimming daily. This activity ranked third in popularity under Exercise Oriented Activities.

Tennis- Seventeen percent of all respondents indicated they played tennis. Of those who played tennis 54% were CLP's, 46% were NCLP's. Approximately, 50% of NCLP's and 29% of CLP's played tennis once a year, 71% of CLP's and 17% of NCLP's played 2 or more times a month, 17% of NCLP's played 2-3 times a week, and 17% of NCLP's played tennis daily. This activity ranked seventh in popularity activity under Exercise Oriented Activities.

Walking- Seventy-six percent of the respondents indicated they walked. Sixty percent were CLP's and 40% were NCLP's. Of those who participated in walking, about 21% of CLP's and 4% of NCLP's walked 2 or more times a month, 56% of CLP's and

44% of NCLP's walked 2-3 times a week, 13% of NCLP's and 9% of CLP's walked once a week, and 39% of NCLP's and 15% of CLP's walked daily.

Additional *Exercise Oriented Activities* mentioned by respondents were yoga *once a week* and using the Nordic Track *2-3 times weekly*.

In discussion, *Aerobics* the majority of the respondents were CLP's. There were no significant differences between CLP's and NCLP's overall.

Even though more CLP's responded to *bicycling* NCLP's seem to be participating on a more consistent basis by participating about 15% 2-3 times a week to 10% of CLP's participation rate and 23% of NCLP's went bicycling once a week in reference to 5% of CLP's. CLP's were found to participate in bicycling less frequently by going 55 % 2 or more times a month to 46% of NCLP's and 30% of CLP's and only 15% of NCLP's bicycling once a year.

There were significant differences in *bodybuilding* and the amount of participation by CLP's and NCLP's. A significantly greater percentage of NCLP's indicated they participated in body building on a regular basis than did CLP's.

The findings showed CLP's participated slightly over 10% of all respondents on a more consistent basis in *dance/ballet/jazz* than did NCLP's.

Jogging/Running was a popular recreational activity by both CLP's and NCLP's. The findings indicate not much of difference in participation.

Even though *racquetball* was not a very popular activity among both CLP's and NCLP's, CLP's were more consistently playing racquetball.

The opposite was true of *rollerblading*. Even though rollerblading was not a very popular activity a greater number NCLP's participated more often.

Swimming was a popular activity (40%) of the respondents. NCLP's swam more often than CLP's.

Almost 1/5 of the respondents played *tennis* and NCLP's participated more frequently than did CLP's.

Walking was a very popular recreational activity for 74% of Parks and Recreation Professionals. Even though more CLP's participated in walking, NCLP's walked on a more regular basis.

With the exception of walking (74%), bicycling (44%), swimming (40%), jogging/running (37%) and aerobics (32%) CLP's and NCLP's did not select Exercise Oriented Activities recreational/leisure activities. Walking, however, was the most popular activity over all.

Outdoor Recreational Activities

Table 12 shows the participation patterns in *Outdoor Recreational Activities*.

Backpacking- Twenty-eight percent of all respondents went backpacking. Of those who indicated they participated 57% were CLP's and 43% were NCLP's. Almost 75% of CLP's and 67% of NCLP's went once a year, 33% of NCLP's and 17% of CLP's went 2 or more times a month and 8% of CLP's went backpacking once a week.

Backpacking was ranked eighth in popularity under Outdoor Recreational Activities.

Table 12 Outdoor Recreational Activities

Activities	CLP (n=46)						NCLP (n=24)					
	Once a Yr	2 + Month	2-3 x's Week	Once a Week	Daily		Once a Yr	2 + Month	2-3 x's Week	Once a Week	Daily	
	n	%	n	%	n	%	n	%	n	%	n	%
Backpacking	9	75%	2	17%	1	8%	6	67%	3	33%		
Boating	8	67%	2	17%			4	29%	9	64%	1	7%
Camping	9	75%	3	25%			10	59%	6	35%	1	6%
Canoeing/Rowing/Kayak	11	85%	2	15%			5	56%	4	44%		
Fishing	11	65%	5	29%	1	6%	2	18%	6	55%	3	27%
Golf	7	41%	8	47%			2	15%	8	62%	1	8%
Hiking	5	28%	10	56%	1	6%	3	21%	8	57%	3	21%
Hunting/Shooting	6	55%	5	46%			3	38%	3	38%	1	13%
Nature/Pleasure Walk	7	28%	12	48%	2	8%	1	5%	11	58%	4	21%
											3	16%

Boating- Thirty-five percent of all the respondents went boating. Of those who went boating 54% were NCLP's and 46% were CLP's. Approximately 67% of CLP's and 29% of NCLP's went boating once a year, 64% of NCLP's and 17% of CLP's went 2 or more times a month, 17% of CLP's and 7% of NCLP's went boating 2-3 times a week. Boating ranked sixth in popularity under the category of Outdoor Recreational Activities.

Camping- Thirty-nine percent of the respondents went camping. Of those 59% were NCLP's and 41% of CLP's camped. Approximately 75% of CLP's and 59% of NCLP's went camping once a year, 35% of NCLP's and 25% of CLP's went 2 or more times a month, and 6 % of NCLP's went camping 2-3 times a week. Camping was ranked fourth in popularity under Outdoor Recreational Activities.

Canoeing/Rowing/Kayaking- Twenty-nine percent of all the respondents participated in Canoeing/Rowing/Kayaking. Of those 59% were CLP's and 41% were NCLP's. About 85% of CLP's and 56% of NCLP's went canoeing/rowing/kayaking once a year, 44% of NCLP's and 15% of CLP's went 2 or more times a month. Canoeing/Rowing/Kayaking ranked seventh in popularity under the Outdoor Recreational Activities category.

Fishing- Thirty-seven percent of all the respondents went fishing. Of those who indicated they fished 61% were CLP's and 39% were NCLP's. Approximately 65% of CLP's and 18% of NCLP's went fishing once a year, 55% of NCLP's and 29% of CLP's went 2 or more times a month, and 27% of NCLP's and 6% of CLP's went fishing 2-3 times a week. Fishing ranked fifth in popularity under Outdoor Recreational Activities.

Golf- Forty percent of the respondents played golf. Of those who indicated they played golf 57% were CLP's and 43% were NCLP's. Approximately, 41% of CLP's and 15% of NCLP's played golf once a year, 62% of NCLP's and 47% of CLP's played 2 or more times a month, 8% of NCLP's played 2-3 times a week, 12% of CLP's and 8% of NCLP's played once a week, and 8% of NCLP's played golf daily. Golf was ranked third in popularity under Outdoor Recreational Activities.

Hiking- Forty-three percent of the respondents went hiking. Of those who indicated they hiked 56% were CLP's and 44% were NCLP's. Roughly 28% of CLP's and 21% of NCLP's participated hiked once a year, 57% of NCLP's and 56% of CLP's hiked 2 or more times a month, 21% of NCLP's and 6% of CLP's hiked 2-3 times a week, and 11% of CLP's hiked once a week. Hiking ranked as the second in popularity under the Outdoor Recreational Activity category.

Hunting/Shooting- Twenty-five percent of all those who responded participated in hunting/shooting. Of those 58% were CLP's and 42% were NCLP's. Almost 55% of CLP's and 38% of NCLP's participated once a year in hunting/shooting, 46% of CLP's and 38% of NCLP's participated 2 or more times a month, 13% of NCLP's participated 2-3 times a week, and 13% of NCLP's participated once a week. Hunting/shooting ranked ninth in popularity under Outdoor Recreational Activities.

Nature/Pleasure Walks- This activity exhibited the highest amount of participation by those who responded with a 59% participation rate. Those who participated in walking 57% were CLP's and 43% were NCLP's. Almost 28% of CLP's and 5% of NCLP's walked once a year, 58% of NCLP's and 48% of CLP's walked 2 or

more times a month, 21% of NCLP's and 16% of CLP's walked 2-3 times a week, 8% of CLP's walked once a week, and 16% of NCLP's took nature/pleasure walks daily.

Additional *Outdoor Recreational Activities* mentioned by some of the respondents were as follows: bird watching *daily*, flying *once a week*, scuba, snow skiing *2 or more times monthly*. Boating, canoeing, rowing, fishing, gardening, golf, camping, and hunting/hooting were addressed by some respondents as *seasonal activities* (4). Other respondents indicated they went camping between *4-6 times a year* (3).

In discussion, even though more CLP's *backpacked* for a recreational/leisure activity, NCLP's participated on a more regular basis.

Thirty-five percent of both CLP's and NCLP's liked to *boat* with NCLP's slightly out numbering CLP's. However, NCLP's participated more often than did CLP's.

Camping was also a popular activity with a 39% participation rate. There were more NCLP's who camped and camped more often than did CLP's.

Canoeing/Rowing/Kayaking was favored as a recreational activity by 29% of all respondents with more NCLP's participating on a regular basis. Therefore, NCLP's participated in this activity more than CLP's.

Fishing was a recreational/leisure activity participated in by 37% of respondents with CLP's fishing more often than NCLP's, however NCLP's fished more often than did CLP's.

Golf was selected by 40% of the respondents but participation for both CLP's and NCLP's was irregular. Thirty percent participated once a year and 53% and 2 or more times a month

Hiking was also a popular activity selected by 42% of CLP's and NCLP's and their participation rate was basically the same at 2 or more times a month.

One fourth of the respondents went *hunting/shooting*. NCLP's participating in hunting/shooting more often than CLP's.

Sixty percent of the respondents *walked for pleasure of nature*. More CLP's selected walking as a recreational/leisure activity, but the NCLP's walked for pleasure of nature on a more regular basis.

The most popular recreational/leisure activity in Outdoor Recreation were nature and pleasure walking (59%) and the majority of the activities in this categories were selected by 30-49% of the respondents as a popular leisure time activity. It would have been interesting to see if locations of CLP's and NCLP's made a difference in the selection of Outdoor Recreation Activities and the participation rate. This was not a criteria for the study but is a good recommendation for future study.

Team Sports

Table 13 indicates the participation of Park and Recreation Professionals in *Team Sports*.

Basketball- Thirty-three percent of all respondents indicated they played basketball. This activity was also rated as the most popular activity under Team Sports. Of those respondents 56% were CLP's and 44% were NCLP's. Roughly, 21% of CLP's and 9% of NCLP's played basketball once a year, 64% of NCLP's and 36% of CLP's played 2 or more times a month, 18% of NCLP's and 14% of CLP's played 2-3 times a

Table 13 Team Sports

CLP (n=46)												NCLP (n=24)																		
Activities	Once a Yr			2 + Month			2-3 x's Week			Once a Week			Daily			Once a Yr			2 + Month			2-3 x's Week			Once a Week			Daily		
	n	%	n	n	%	n	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%		
Basketball	2	21%	5	36%	2	14%	3	21%	1	7%	1	9%	7	64%	2	18%	1	9%	1	25%										
Soccer																														
Softball	5	36%	3	21%	4	29%	1	100%	2	14%	2	33%	1	17%	2	33%	1	17%												
Sand Volleyball	3	75%	1	25%					2	50%	2	50%	2	50%																
Volleyball	4	31%	4	31%	2	15%	2	15%	1	7%	3	50%	2	33%	1	17%														

week, 21% of CLP's and 9% of NCLP's played once a week, and 7% of CLP's played basketball daily.

Soccer- Seven percent of all those who responded played soccer. Of those who indicated they participated 8 were NCLP's and 2 were CLP's. Approximately 25% of NCLP's played once a year, 50% of NCLP's played 2 or more times a month, 100% of CLP's played soccer once a week, and 25% of NCLP's played soccer daily. Soccer, under Team Sports, was considered the least popular activity participated by CLP's and NCLP's.

Softball- Twenty-seven percent of those who responded indicated they participated in softball. Of those who played 70% were CLP's and 30% were NCLP's. About 36% of CLP's and 33% of NCLP's played softball once a year, 21% of CLP's and 17% of NCLP's played 2 or more times a month, 33% of NCLP's and 29% of CLP's played 2-3 times a week, and 17% of NCLP's and 14% of CLP's played once a week. Softball ranked as the second most popular activity under Team Sports.

Sand Volleyball- Eleven percent of the respondents indicated they played sand volleyball. Fifty percent of both CLP's and NCLP's participated. Of those respondents who played sand volleyball approximately 75% of CLP's and 50% of NCLP's played once a year and 50% of NCLP's and 25% of CLP's played 2 or more times a month. This activity ranked second to last in popularity under Team Sports.

Volleyball- This activity had a 25% participation rate among CLP's and NCLP's. Of those who indicated they played volleyball 68% were CLP's and 32% were NCLP's. Almost, 50% of NCLP's and 31% of CLP's played volleyball once a year, 33% of

NCLP's and 31% of CLP's played 2 or more times a month, 17% of NCLP's and 15% of CLP's played 2-3 times a week, 15% of CLP's played once a week, and 8% of CLP's played volleyball daily. Volleyball ranked third in popularity under Team Sports.

Additional *Team Sports* mentioned by other respondents were as follows: In reference to basketball, softball, and volleyball one participant indicated they umpired these activities roughly *2-3 times a week* during their appropriate season. Track and field was also indicated and was participated *once a year*, baseball played *2-3 times weekly*, and volleyball played *4 times a year*.

In discussion, *basketball* was selected by 33% of the respondents as a recreational/leisure activity with more CLP's playing basketball, but over all participation rate was similar among CLP's and NCLP's.

Soccer was popular with only 7% of all respondents. All respondents but one were NCLP's and half of the NCLP's played 2 or more times a month.

Softball was selected by more CLP's as a recreational/leisure activity, however on average they both participated about the same.

Slightly over 10% of CLP's and NCLP's have played *sand volleyball* and no differences between CLP's and NCLP's were found.

Volleyball received a 25% participation rate as a recreational/leisure activity and there were twice as many CLP's who played volleyball, but CLP's and NCLP's participated about the same.

Overall Basketball was the most popular Team Sport and as a whole, Team Sports fell below 29% participation rate.

Hobbies

Table 14 presents the participation patterns of CLP's and NCLP's in *Hobby Activities*.

Collections- Twenty-one percent of the respondents engaged in collections. Of those who indicated they participated 69% were CLP's and 31% were NCLP's. Approximately 18% of CLP's participated once a year, 55% of CLP's and 40% of NCLP's participated 2 or more times a month, 40% of NCLP's and 9% of CLP's participated 2-3 times a week, and 20% of NCLP's and 18% of CLP's participated in collections once a week. Collections ranked fourth in popularity among the category of Hobbies.

Crafts- Nineteen percent of the people engaged in crafts. A fifty percent respondent rate was accurate for both CLP's and NCLP's. Of those who engaged in crafts, both CLP's and NCLP's (14%) participated in crafts about once a year, 43% of CLP's and 29% of NCLP's participated 2 or more times a month, 29% of CLP's and 14% of NCLP's participated 2-3 times a week, 29% of NCLP's and 14% of CLP's participated once a week, and 14% of NCLP's participated in crafts daily. Crafts ranked fifth under Hobbies.

Country/Western Dancing- With a (100%) rate only CLP's responded to this activity. Of the CLP's who indicated they participated in country/western dancing almost 67% participated once a year and 33% participated in country/western dance 2-3 times a week.

Table 14 Hobbies

Activities	CLP (n=46)						NCLP (n=24)					
	Once a Yr n	Once a Yr %	2 + Month n	2-3 x's Week n	Once a Week n	Daily n	Once a Yr n	Once a Yr %	2 + Month n	2-3 x's Week n	Once a Week n	Daily n
Collections	2	18%	6	1	2		1		2	2	1	
Crafts	1	14%	3	2	1		1	14%	2	1	2	1
Co/Wst Dance	2	67%	1	2			NO RESPONSE					
Drama	1	50%		8	3	1	2	67%	1	2	1	
Gardening	3	15%	5	2	2	1		5%	5	2	1	3
Photography	3	21%	7	2	2		1	10%	3	4		2
Vol Org	3	17%	9	3	3	2		11%	3	4	4	

Drama- Seven percent of the respondents indicated they participated in drama. Of those 60% were NCLP's and 40% were CLP's. Roughly 67% of NCLP's and 50% of CLP's engaged in drama once a year, 33% of NCLP's participated 2 or more times a month, and 50% of CLP's participated daily. Drama ranked second to last under the category of Hobbies.

Gardening- Forty-one percent of all of those who indicated they participated in gardening 65% were CLP's and 35% were NCLP's. About 15% of CLP's participated in gardening only once a year, 46% of NCLP's and 25% of CLP's participated 2 or more times a month, 40% of CLP's participated 2-3 times a week, 15% of CLP's and 9% of NCLP's participated once a week, and 27% of NCLP's and 5% of CLP's participated in gardening daily. Gardening ranked first in popularity under Hobbies.

Photography- Thirty-two percent of the respondents indicated they participated in photography. Of those 58% were CLP's and 42% were NCLP's. Almost, 21% of CLP's and 10% of NCLP's participated in photography once a year, 50% of CLP's and 30% of NCLP's participated 2 or more times a month, 40% of NCLP's and 14% of CLP's participated 2-3 times a week, 14% of CLP's participated once a week, and 20% of NCLP's participated daily in photography. This activity was ranked third under the Hobbies.

Volunteer Organizations- Thirty-nine percent of the respondents said they engaged in volunteer organizations. Volunteering also ranked as the second most popular activity under Hobbies. Of those 62% were CLP's and 38% were NCLP's. Approximately, 17% of CLP's participated in volunteering once a year, 50% of CLP's

and 27% of NCLP's participated 2 or more time a month, 36% of NCLP's and 6% of CLP's participated 2-3 times a week, 36% of NCLP's and 17% of CLP's participated once a week by volunteering and 11% of CLP's participated daily.

Additional *Hobby Activities* mentioned by other respondents were as follows: Bird watching and botany 2-3 times a week, ceramics 2-3 times a week, bargain shopping 2-3 times a week, refinishing furniture 2 or more times a month, nature study 2-3 times a week, volunteering at least once a month (3), cultural arts once a month, and seasonal gardening.

In discussion, more CLP's participated in *collections* hobbies than did NCLP's, however, NCLP's participated more often in the activity of collections with approximately 20% engaging once a week, 40% engaging 2-3 times a week, and 40% 2 or more times a month.

Almost 1/5 selected *crafts* as a recreational/leisure activity and there was no significant differences found between in participation patterns between CLP's and NCLP's.

Country/Western Dancing was only selected by CLP's as a recreational/leisure activity and only 4% of the CLP's participated in country/western dancing.

The majority of CLP's and NCLP's are engaged in *drama* once a year and only 7% of respondents selected drama as a recreation activity.

Gardening was a popular activity selected by 41% of respondents with findings indicated on average CLP's engaged in gardening on a more regular than did NCLP's.

Thirty-two percent of the respondents selected *photography* as a recreational/leisure activity and the participation patterns for both CLP's and NCLP's were similar.

Volunteer Organizations (39%) was participated in by more CLP's than NCLP's but NCLP's are volunteering more often than CLP's.

Several Hobby activities fell into the 30 to 49% participation rate. They were gardening (41%), involvement in volunteer organizations (39%), and photography (32%).

Home-Based Recreation

Home-Based recreational activity participation is presented in Table 15.

Board Games- Thirty-one percent of the respondents indicated they played board games. Of those 52% were CLP's and 44% were NCLP's. Approximately, 50% of CLP's and 9% of NCLP's played board games once a year, 55% of NCLP's and 25% of CLP's played 2 or more times a month, 18% of NCLP's and 8% of CLP's played 2-3 times a week, 8% of CLP's played once a week, and 9% of NCLP's and 8% of CLP's played board games daily. Board games ranked second to last in popularity under Home-Based Recreation.

Electronic Games- Twenty-seven percent of all those who responded played electronic games. Of those 55% were CLP's and 45% were NCLP's. Approximately, 22% of NCLP's and 18% of CLP's played electronic games once a year, 36% of CLP's and 33% of NCLP's played 2 or more times a month, 44% of NCLP's and 18% of CLP's

Table 15 Home-Based Activities

Activities	CLP (n=46)						NCLP (n=24)					
	Once a Yr n	2 + Month %	2-3 x's Week n	Once a Week %	Daily n	Once a Yr %	2 + Month n	2-3 x's Week %	Once a Week n	Daily n	Once a Week %	Daily %
Board Games	6	50%	3	25%	1	8%	1	8%	1	8%	1	9%
Electronic Games	2	18%	4	36%	2	18%	2	18%	1	9%	1	9%
Listening to Music			2	6%	10	31%	20	63%				
Read Books/Mag.			5	13%	14	37%	16	42%	1	5%	17	77%
TV Viewing			1	2%	9	22%	28	68%	1	4%	17	68%
							6	23%			20	77%

played 2-3 times a week, and 18% of CLP's played electronic games once a week and 9% daily. This activity ranked fifth under Home-Based Recreation.

Listen to Music- Seventy-two percent of the respondents listened to music, however, it ranked the third most popular under Home-Based Activities. Of those who said they participated 59% were CLP's and 41% were NCLP's. About 6% of CLP's and 5% of NCLP's listened to music 2 or more times a month, 31% of CLP's and 14% of NCLP's listened to music 2-3 times a week, 5% of NCLP's listened to music once a week, and 77% of NCLP's and 63% of CLP's listened to music daily.

Reading Books/Magazines- Eighty-four percent of those who responded indicated they read books/magazines. Of those who indicated they participated 60% were CLP's and 40% were NCLP's. This activity was also under the second most popular under Home-Based Recreation. Roughly 13% of CLP's and 8% of NCLP's read 2 or more times a month, 37% of CLP's and 20% of NCLP's read 2-3 times a week, 8% of CLP's and 4% of NCLP's read once a week, and 68% of NCLP's and 42% of CLP's read books/magazines daily.

TV Viewing- Eighty-nine percent of the respondents indicated they watched TV. TV Viewing was the highest ranked under activity Home-Based Recreation. Of those who watched TV 62% were CLP's and 38% were NCLP's. Approximately 2% of CLP's watched TV 2 or more times a month, 23% of NCLP's and 22% of CLP's watched TV 2-3 times a week, 7% of CLP's watched TV once a week, and 77% of NCLP's and 68% of CLP's watched daily.

Additional *Home-Based Recreational Activities* mentioned were as follows:

Playing instruments (flute, sax, piano) *2-3 times a week*, going to outdoor pool *2 or more times a month*, taking care of pets *daily*, playing with child *daily*, doing crossword puzzles, and playing board games/electronic games *several times a year* (3).

In discussion, *board games* were found to be a popular activity by 31% of the respondents. The findings indicated NCLP's played board games more often.

Twenty-one percent of the respondents selected *electronic games* as one of their recreational/leisure activities. The findings indicated CLP's played more electronic games than did NCLP's.

A total of 72% of the respondents selected *listening to music* as a recreational/leisure activity with more CLP's responding than NCLP's. There were no significant findings. NCLP's listen to music slightly more on a daily (77%) basis. CLP's who listened more often 2 or more times a week (31%) than NCLP's (14%).

Eighty-four percent of Park and Recreation Professionals *read books/magazines*. On a daily basis NCLP's (68%) read more often than do CLP's (42%) and CLP's in the 2-3 times a week category (37%) read more than NCLP's (20%).

TV viewing was selected by 89% of the respondents as an activity they enjoyed participating in. There were more 41 CLP's who selected this activity and 26 NCLP's. CLP's had more variety in their participation rate than did NCLP's.

TV was the most popular activity followed by reading book/magazines and listening to music. Home-Based Recreation proved to be a popular category for recreational/leisure participation.

Other Activities

Table 16 shows *Other Activities* selected by Park and Recreation Professionals for recreational/leisure participation.

Computer/Internet- Sixty-five percent of the respondents indicated they engaged in the use of computer and/or Internet. Of those who said they participated 63% were CLP's and 37% were NCLP's. About 3% of CLP's use the computer/internet only once a year, 16% of CLP's and 22% of NCLP's use the computer/internet 2 or more times a month, 29% of CLP's use the computer/internet 2-3 times a week, 22% of NCLP's and 10% of CLP's use the computer/internet once a week, and 44% of NCLP's and 42% of CLP's use the computer/internet daily. This activity ranked fourth under this category.

Cultural Arts- Forty percent of the respondents engaged in cultural arts. Roughly, 38% of CLP's and 11% of NCLP's participated in cultural arts once a year, 56% of NCLP's and 43% of CLP's participated 2 or more times a month, 22% of NCLP's and 5% of CLP's participated 2-3 times a week, 10% of CLP's participated once a week, and 11% of NCLP's and 5% of CLP's participated daily. However, this activity ranked second to last in popularity.

Dining Out- Eighty-five percent of the respondents indicated they dined out. Sixty-one percent were CLP's and 39% were NCLP's. Of those about 36% of NCLP's and 23% of CLP's dined out 2 or more times a month, 56% of CLP's and 32% dined out 2-3 times a week, 28% of NCLP's and 15% of CLP's dined out once a week, and 5% of CLP's and 4% of NCLP's went out to eat daily. Dining out ranked first under this category.

Table 16 Other Activities

Activities	CLP (n=46)						NCLP (n=24)					
	Once a Yr	2 + Month	2-3 x's Week	Once a Week	Daily	Once a Yr	2 + Month	2-3 x's Week	Once a Week	Daily	Once a Yr	2 + Month
	n	%	n	%	n	n	%	n	%	n	n	%
Computer/Internet	1	3%	5	16%	9	29%	3	10%	13	42%	1	11%
Cultural/Arts	8	38%	9	43%	1	5%	2	10%	1	5%	1	11%
Dining Out			9	23%	22	56%	6	15%	2	5%		
Driving 4 Pleasure	3	12%	15	60%	2	8%	5	20%				
Entertaining/Visit	2	7%	14	48%	7	24%	6	20%				
Movies	8	25%	22	69%	1	7%	2	6%				
Performing Arts	8	53%	6	40%								
Trav/Tour/Vac	25	78%	7	22%								

Driving for Pleasure- Fifty-one percent indicated they drove for pleasure. Of those who participated in driving for pleasure 66% were CLP's and 34% were NCLP's. Those that drove for pleasure about 12% of CLP's drove once a year, 60% of CLP's and 39% of NCLP's drove 2 or more times a month, 15% of NCLP's and 8% of CLP's drove 2-3 times a week, and 20% of CLP's drove once a week. This activity ranked sixth in popularity under this category.

Entertaining/Visiting- Sixty-four percent of the respondents indicated they engaged in entertained and/ or visited however, it ranked fifth under this category. Of those who said they participated 60% were CLP's and 40% were NCLP's. Approximately 7% of CLP's entertained/visited once a year, 48% of CLP's and 32% of NCLP's 2 or more times a month, 24% of CLP's and 21% of NCLP's 2-3 times a week, 37% of NCLP's and 21% of CLP's once a week, and 11% of NCLP's entertained/visited daily.

Movies- Sixty-nine percent of the respondents went to movies. Sixty-two were CLP's and 38% were NCLP's. Of those who went to the movies about 25% of CLP's and 5% of NCLP's went to the movies once a year, 69% of CLP's and 65% of NCLP's went 2 or more times a month, 10% of NCLP's went 2-3 times a week, and 20% of NCLP's and 6% of CLP's went to the movies once a week. Movies ranked third under this category.

Performing Arts- Thirty-two percent of the respondents went to the performing arts. Of those who indicated they participated 62% were CLP's and 38% were NCLP's. Approximately 53% of CLP's and 33% of NCLP's went once a year, 56% of NCLP's

and 40% of CLP's went 2 or more times a month, 11% of NCLP's and 7% of CLP's went to the performing arts 2-3 times a week. This activity ranked last in popularity in this category.

Travel/Tourism/Vacation- Seventy-six percent of the respondents indicated they participated in traveling/tourism/vacations (travel). These activities ranked second in popularity under this category. Of those who indicated they traveled 56% were CLP's, 44% were NCLP's. Approximately 78% of CLP's and 68% of NCLP's traveled once a year, 28% of NCLP's and 22% of CLP's traveled 2 or more times a month, 4% of NCLP's traveled once a week.

Many of the participants indicated they participated in one or more of the following areas more times than the questionnaire allowed: traveling, entertaining, going to movies, dining out, and going to the performing arts.

In discussion, *computer/Internet* was utilized by 65% of the respondents as a recreational/leisure activity and CLP's almost double the response rate of NCLP's. The findings indicated that CLP's and NCLP's participated about the same amount of time when using the computer/internet on a daily basis but in all other categories of participation the CLP's were more activity.

Twice as many CLP's chose to participate in *cultural arts* which selected by 40% respondents as a recreational/leisure activity.

Eighty-five percent of respondents *dined out* as a recreational/leisure activity with more CLP's active in this category. The results indicated that NCLP's dined out slightly more in the categories of once a week (28%) and 2 or more times a month (36%) than did

CLP's (15%, and 23%). However, CLP's dined out slightly more on a daily basis (5%) and almost double the participation rate of 2-3 times a week (56%) than NCLP's (4% and 32%).

Driving for pleasure was a popular activity for half of the respondents with CLP's doubling the response rate of NCLP's. Both CLP's and NCLP's had high participation rates in this category.

Twenty-nine CLP's and 19 NCLP's selected *entertain/visiting as a* popular recreational/leisure activity. CLP's entertained and/or visited more 2-3 times a week (48%) and 2 or more times as month (48%) than did NCLP's (21% and 32%). The findings indicated that NCLP's participated in entertaining and/or visiting more on a daily basis (11%) and once a week (37%) than did CLP's (21% once a week).

Movies was a popular activity for both CLP's and NCLP's (69%). The results indicated that CLP's and NCLP's went to the movies roughly about the same amount of time in the category of 2 or more times a month (69% and 65%). However, NCLP's went more on a regular basis once a week (20%) and 2-3 times a week (40%) than did CLP's who only indicated they went 6% once a week.

In *performing arts*, the results indicated that on average NCLP's participated more in performing arts 2-3 times a week (11%) and 2 or more times a month (56%) than CLP's (7% and 40%).

Travel/Tourism/Vacation was indicated as a popular activity by 76% of CLP's and NCLP's. The findings indicated that CLP's and NCLP's on average participated about the same amount of times in travel/tourism/vacation.

In summary the 10 most popular activities for CLP's were as follows:

1. TV
2. Dining Out
3. Reading Books/Magazines
4. Walking
5. Movies, Traveling, and Listening to Music*
6. Computer/Internet
7. Nature Walks and Driving for Pleasure*
8. Cultural Arts
9. Gardening
10. Cycling

In summary the 10 most popular activities for NCLP's were as follows:

1. TV
2. Dining Out
3. Reading and Traveling*
4. Walking
5. Listening to Music
6. Movies
7. Entertaining/Visiting, Canoeing, and Nature Walks*
8. Computer/Internet
9. Camping
10. Swimming

*Indicated a tie between the activities.

In ranked order, the CLP's who responded to how often they participated indicated the following 10 activities as having the highest participation rates in the category of *2 or more times a month*:

1. Rollerblading
2. Tennis
3. Movies
4. Aerobics
5. Driving for Pleasure
6. Hiking
7. Bicycling and Collections
8. Swimming, Volunteer Organization, and Photography
9. Entertaining/Visiting and Nature Walks*
10. Golf

Of the NCLP's who responded the 10 activities most participated in the category of *2 or More Times a Month* were as follows:

1. Dance
2. Movies
3. Boating and Basketball*
4. Golf
5. Nature/Pleasure Walks
6. Hiking
7. Fishing and Board Games*
8. Sandvolleyball and Soccer*
9. Cycling and Gardening*
10. Swimming and Canoeing*

The following results, ranked in order, were the five highest participation rates among the CLP's who responded and in the category of *2-3 Times Week*:

1. Racquetball
2. Walking and Dining Out*
3. Jogging/Running
4. Gardening
5. Reading Books/Magazines

The following were NCLP's five most participated activities in reference to participation of *2-3 Times a Week* and order:

1. Walking, Basketball and Electronic Games*
2. Photography, Collections, and Jogging/Running*
3. Volunteer Organizations
4. Softball and Rollerblading*
5. Dining Out

The five most participated activities ranked in order by CLP's participating in the category of *Once a Week* were as follows:

1. Softball
2. Crafts
3. Basketball
4. Driving for Pleasure and Entertaining/Visiting*
5. Electronic Games, Collections, and Nature/Pleasure Walks*

Ranked in order NCLP's participated the most often in the following five activities for participation rate in the category of *Once a Week*:

1. Soccer
2. Driving for Pleasure
3. Entertaining/Visiting
4. Volunteer Organizations
5. Dining Out

Five of the most participated activities ranked in order on a *Daily* basis by CLP's were as follows:

1. TV
2. Music
3. Drama
4. Computer/ Internet and Reading Books/Magazines*
5. Walking

The following five activities ranked in order were participated most often on a *Daily* basis by NCLP's:

1. TV and Dining Out*
2. Reading Books and Magazines
3. Computer/Internet
4. Walking
5. Basketball

Who, When, and Where did Park and Recreation Professionals Participate in Recreational/Leisure Activities

The following results were found:

With whom are Park and Recreation Professionals Participating- Table 17 shows 15% of the respondents indicated they participated with their family, 11% with friends, 5% with co-workers, and 3% alone.

Table 17
With Whom Participating

	Frequency	%
Alone	2	3%
Family	11	15%
Friends	8	11%
Co-Worker	4	5%
Combination of above	49	65%
Total	74	99%
No Response	1	1%

When Park and Recreation Professionals Predominately Participate-As Table 18 illustrates, approximately 85% of the respondents indicated they participated on weekdays and weekends, 7% only during the weekends, and 5% during the weekdays only.

As illustrated by Table 19, of the respondents who indicated when they participated in recreational/leisure activities almost 53% engaged in activities between the hours of 6 p.m. - 10 p.m., 11% between 3 p.m.-5 p.m., 8% between the hours of 8 a.m.-11 a.m., 3% between the hours of 5 a.m.-7 a.m., and 1% between the hours of 12 p.m.-2 p.m.

Table18
When Participating

	Frequency	%
Weekdays	4	5%
Weekends	5	7%
Both	64	85%
Total	75	100%

There were 16 other respondents who indicated a combination of times such as participating at lunch and after work. There were 3 respondents who did not indicate a time.

Table 19
Predominate Hours of Recreational/Leisure Participation

Time Scale	Frequency	%
5 am-7 am	2	3%
8 am-11 am	6	8%
12 PM-2 PM	1	1%
3 PM- 5 PM	8	11%
6 PM-10 PM	40	53%
Total	72	96%
No Response	3	4%

Additional comments to when Park and Recreation Professionals predominately participated were as follows: "It depends on the activity", "Anytime I can", and "Depends on my A.m. or P.m. schedule."

Where Park and Recreation Professionals are Participating- Table 20 shows that most of the respondents predominately participated at home (36%), 29% at their place of work, and 9% at a private club.

Table 20
Where Parks and Recreation Professionals Participate

	Frequency	%
Place of work	22	29%
Home	27	36%
Private Club	7	9%
Total	56	75%
Other	15	20%
No Response	7	9%

The following were other responses given by Park and Recreation Professionals who participated at one or more of the following places: State and National Parks, Wildlife Refuge, nature areas (7), neighborhood, high school track, YMCA (2), general community (3), performing arts facility, farm for equestrian riding, walking trails, friends homes (2), stadiums, arenas, and courts for participation, the outdoors (2), and a dance studio.

Barriers to Participation

The respondents were asked to determine barriers that might prevent recreational/leisure participation.

Barriers to participation for Park and Recreation Professionals- Table 21 shows the respondents who indicated the type of barrier that most prohibits them from participating in recreational/leisure activities.

Table 21
Barriers to Participation for Parks and Recreation Professionals

Barriers	Frequency	%
Financial	3	4%
Time	50	67%
Family Commitment	8	11%
No One to Participate	2	3%
Total	63	84%
Other	6	8%
No Response	6	8%

Approximately 67% indicated time as the biggest factor, 11% indicated family commitment, 3% indicated financial, and 1% indicated no one to participate with in the activity.

The following remarks were also indicated in reference to the types of barriers that keep one from participating: Congenital Back Problems from extensive Canoeing, Health (Asthma), and a Bad Back, and no one to go with when traveling and financial constraints.

Chapter 5

Findings and Conclusion

The purpose of this study was to discover and analyze recreational/leisure interest and participation patterns of Park and Recreation Professionals in the state of Tennessee and who were members of the Tennessee Recreation and Parks Association (TRPA).

This study was concerned with Park and recreation Professionals and six research questions which were as follows: (a) What type of recreational/leisure activities do they participate?, (b) How often do they participate?, (c) When do they participate?, (d) Where do they participate?, (e) What barriers do they face?, and (f) Specifically to determine if Certified Leisure Professionals (CLP's) were participating more than Non-Certified Leisure Professionals (NCLP's). Chapter 5 is divided into four sections: (a) Summary of Procedure, (b) Summary of Findings, (c) Conclusions, and (d) Recommendations.

Procedure

The researcher developed information for the Parks and Recreation Professionals Leisure Participation Pattern Survey for the purpose of determining the aforementioned research questions. A combined 50 CLP's and 50 NCLP's, from the state of Tennessee, were randomly selected from the TRPA membership directory. Seventy-five professionals replied to the survey in the allotted time. Four more surveys came after the data had been prepared. Data from the research instrument were key punched into a computer for analysis. The SPSS computer program was used to interpret the data for descriptive statistics of frequencies and percentages.

Findings and Conclusions

In summary, of the results presented in Chapter 5 to the researcher, the following were identified: The majority of the respondents were men, who were CLP's, between the ages of 31-64, married with children, had a bachelors or master's degree in Parks and Recreation and had been an administrator in the Park and Recreation profession for 11 or more years. CLP's had a (90%) response rate to the survey with only a (56%) participation rate by NCLP's. Two professionals did not respond to the question about certification.

The following findings and conclusions are presented based on this study:

1. CLP's responded to more recreational/leisure activities, however, NCLP's participated in recreational/leisure activities more often.
2. The majority of the both CLP's and NCLP's were men.
3. The majority of the respondents indicated their age to be between 31-64 years old and were married and had children.
4. Of those who responded the majority were administrators who had a bachelors or masters degree in Parks and Recreation and had been in the profession for 11 years or more.
5. Most of the respondents participated in recreational/leisure activities with their family and friends. The predominately participated at their homes or place of work with majority participating in recreational/leisure activity on both the weekdays and weekends.

6. The most popular time for participation in recreational/leisure activity or activities were between the afternoon evening hours of 3 PM to 10 PM followed by the morning hours of 8 AM to 10 AM.
7. The biggest barrier prohibiting Parks and Recreation Professionals from participating was time.
8. The most popular recreational/leisure activities that averaged over a 50% response rate for both CLP's and NCLP's were TV viewing, dining out, reading books/magazines, walking, traveling/tourism/vacation, listening to music, going to movies, the use of the computer/internet, entertaining visiting, nature/pleasure walking and driving for pure pleasure.
9. As a whole, Park and Recreation Professionals did not respond to the category of Exercise Oriented Activities.
10. With a 40% Park and Recreation Professionals response rate golf was not a popular activity as the researcher thought.
11. Teams Sports were not perceived as very popular, with many of the activities falling below 29% participation rate.
12. The categories of Hobbies had a great response rate and with Park and Recreation Professionals participating on a regular basis.
13. The ten most popular activities for CLP's were TV, dining out, reading books/magazines, walking, movies, traveling and listening to music*, computer/internet, nature walks and driving for pleasure*, cultural arts,

*Indicated a tie between the activities.

gardening and cycling.

14. The ten most popular activities for NCLP's were dining out, reading and traveling*, walking, listen to music, going to the movies, entertaining/visiting, canoeing, and taking nature walks*, using the computer/internet, camping, swimming, and boating and hiking*.
15. Followed by a high participation rate in recreational /leisure activities CLP's indicated they enjoyed the following ten activities the most *2 or more times a month*: rollerblading, tennis, movies, aerobics, driving for pleasure, hiking, bicycling and collections*, swimming, volunteering, and photography*, entertaining/visiting and nature walks*, and golf. They also enjoyed the following five activities in the category of (a) *2-3 times a week* racquetball, walking/dining out*, jogging/running, gardening, and reading, (b) *once a week* softball, crafts, basketball, driving for pleasure/entertaining/visiting, and electronic games/collections/nature walks, and (c) *daily* TV, listening to music, drama, computer/internet and reading*, and walking.
16. NCLP's also had high involvement in regards to how often the participated. The ten following activities were the most popular under participation of *2 or ore times a month*: Dance, movies, boating/basketball*, golf, nature/pleasure walks, hiking, fishing/board games*, sandvolleyball/soccer*, cycling/gardening*, and swimming/canoeing. The participation rate for the other three categories

for NCLP's were as follows: (a) *2-3 times a week* walking/basketball/electric games*, photography/collections and jogging/running*, volunteer organizations, softball/rollerblading*, and dining out, (b) *once a week* soccer, driving for pleasure, entertaining/visiting, volunteer organizations, dining out, and (c) *daily* TV/dining out*, reading, computer/internet, walking, and basketball.

The following conclusions were based upon the results of this study and applied to Park and Recreation Professionals from the state of Tennessee who were members of TRPA. CLP's participated as a whole less often than NCLP's. Those who responded to the survey enjoyed participating in recreational/leisure activities mostly with their friends and family. Most liked to participate in their activity or activities at home and place of work between the hours of 3-10 PM. However the majority of the respondents indicated time was the most pressing barrier to their participation in recreational/leisure activities.

Recommendations

Further studies should use the following recommendations:

1. Distribute survey evenly to both females and males to find unique participation patterns based on gender.
2. Look at Park and Recreation Professionals regionally in the state of Tennessee and/or in the United States and cross-reference the findings.
3. Cross-reference by age, gender, education, and /or by job specification.

4. One respondent indicated “There is a wide gap between participating 2 times per month and once a year.” The responded also felt the survey did not allow a “true refection of participation due to scale applied.” Therefore, looking at a better way of structuring the scale of time one participates over a year period of time to include unique participation patterns.

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Appendices

Appendix A

Participation Pattern Survey

Dear Participant,

My name is Carrie Young, and I am a graduate student in recreation administration at the University of Tennessee at Knoxville. I am asking you to help me complete a research study as a partial fulfillment of a master's degree in Recreation Tourism Management. You have been randomly selected to take part in this study. I'm conducting the study to identify leisure and recreational participation patterns of park and recreation professionals. The purpose of my research is to identify recreational/leisure experience during your own leisure time.

All data from this questionnaire will be held in the strictest confidence. Please do not include your name or initials on any part of the survey. The survey should only take a few minutes of your time to complete. Your time and help will be invaluable to my study. The results of this study will be valuable to my study if everyone contacted responds, however, it will be incomplete without sufficient response.

Please place the completed questionnaire in the pre-addressed and stamped envelope I have provided for you. I am also asking you to please return your completed survey within *2 weeks* of receiving the form. Your quick response will help me to finish all of my data analysis by the end of the semester. Your time and effort are greatly appreciated. If you have any questions, please do not hesitate to call me at (423) 588-9225.

Sincerely,

Carrie Young
Graduate Student, Researcher and Teaching Assistant

Dr. Mary Dale Blanton
Associate Professor of Recreation, Tourism and Hospitality Management
University of Tennessee, Knoxville
(423) 974-6045
Thesis Committee Chair

Consent for this survey will be the completion of the questionnaire. You are free to choose to participate or not in the study. No negative consequences will result if you should choose not to participate. Confidentiality of the provided information will be held in the strictest regard.

Appendix B

**Park and Recreation Professionals Leisure
Participation Pattern Survey**

The primary purpose of this survey is to identify leisure participation patterns of park and recreation professionals in the state of Tennessee. **Your consent for participation in this survey will be the completion of the survey.**

1. Please indicate all the activities in which you have participated in during your recreational/leisure time below and best represents your participation.
2. Check all the activities that you have participated in the last year. If you have participated in an activity not listed please indicate in the space provided for Other.

	DAILY	Once a Week	2-3 Times Weekly	2 or more Times Monthly	Once A Year
Exercise Oriented Activities					
Aerobics					
Bicycling					
Body Building					
Dance/Ballet/Jazz					
Jogging/Running					
Martial Arts					
Racquetball					
Rollerblading					
Swimming					
Tennis					
Walking					
<i>Other</i>					
Outdoor Recreational Activities					
Backpacking					
Boating					
Camping					
Canoeing/Rowing/Kayak					
Fishing					
Golf					
Hiking					
Hunting/Shooting					
Nature/Pleasure Walks					
<i>Other</i>					
Team Sports					
Basketball					
Soccer					
Softball					
Sand Volleyball					
Volleyball					

Activities	Daily	Once a Week	2-3 Times a Week	2-3 Times Monthly	Once A Year
Hobbies					
Collections					
Crafts					
Country/Western Dancing					
Drama					
Gardening					
Photography					
Volunteer Organizations					
Home-Based Recreation					
Board Games					
Electronic Games					
Listening to Music					
Reading Books/Magazines					
TV Viewing					
Other					
Other Activities					
Computer/Internet					
Cultural Arts					
Dining Out					
Driving for Pleasure					
Entertaining/Visiting					
Movies					
Performing Arts					
Travel/Tourism/Vacation					

3. Check your age range: ____ 20-25 ____ 26-30 ____ 31-45 ____ 46-64 ____ 64+

4. Circle your gender: ____ Female ____ Male

5. Chose only one: ____ Single ____ Married ____ Divorced ____ Widowed

6. Do you have children? ____ YES ____ NO

7. Check your highest level of education: ____ Associate Degree ____ BA/BS ____ MA/MS
____ High School ____ Other (please specify)

8. Check if you have a degree in Parks and Recreation Management: ____ Yes ____ No

9. How long have you been a Parks and Recreation Professional? _____

10. Check with whom you participate:

____ Alone ____ Family ____ Friends ____ Co-Worker ____ Other

11. Check when you participate in recreational/leisure activities:

_____ Weekdays _____ Weekends _____ Both

12. Check when you predominately participate:

Early Morning _____ Morning _____ Lunch Time _____ Afternoon _____
_____ 5am-7am _____ 8am-11pm _____ 12pm-2pm _____ 3pm-5pm

After Work/Evening _____ Other (please specify) _____
_____ 6pm-10pm _____

13. Check where you most often participate:

_____ Place of work (parks and recreation facility) _____ Home _____ Private Club
_____ Other (please specify) _____

14. Check the barrier that most often keeps you from participating:

_____ Financial _____ Time _____ Family Commitment _____ Lack of Skill
_____ No one to participate with _____ Other (please specify) _____

15. Check if you are a CLP: _____ YES _____ NO

16. Please indicate your job title: _____

Thank you for your participation in this survey. Please remember to place the completed survey in the self-addressed stamped envelope and return as soon as possible. Without your participation my fulfillment of a master's degree would be incomplete.

Appendix C

Examples of Sub-Job Titles

Director

Director (12)
Director of Community Centers (3)
Assistant Director of Community Centers
Assistant Director (2)
Special Service Director
Leisure Service Director
Director of Program services
Retired Director
Nature Center Director
Deputy Director of Parks and Recreation

Managers

Manager/Director (3)
Park Manager (2)
Community Center Manager (2)
Recreation Manager
Manager of Youth Athletics
Facility Manager
Sports Manger

Outdoor

Outdoor Recreation Planner
Wildlife Specialist/Services
Greenways Coordinator
Park Ranger II (3)
Environmental Education Consultant

Program

Program Coordinator (7)

Superintendent

Facility Superintendent
Recreation Superintendent (3)
Superintendent of Cultural Recreation
Recreation Supervisor

Therapeutic

Therapeutic recreation/Outdoor Recreation Leader
Coordinator Recreation Therapist
Recreation Therapist (2)

Aquatics

Aquatics Manager
Aquatics Coordinator

Other

Recreation Specialist (2)
Professor of Parks and Recreation (2)
Education Specialist
Recreation Leader (2)
Maintenance Supervisor
Deputy of Administration
Recreation Land Use Specialist
Assistant City Administrator

Appendix D

Most Popular Recreation/Leisure Activities According to Response Rate

50% or More Participation Response

- | | |
|--------------------------------|------------------------------|
| 1. TV Viewing 89% | 6. Movies 69% |
| 2. Dining Out 85% | 7. Computer/Internet 65% |
| 3. Reading Books/Magazines 84% | 8. Entertain/Visiting 64% |
| 4. Walking 76%* | 9. Nature/Pleasure Walks 59% |
| Traveling/Tourism/Vacation | 10. Driving for Pleasure 51% |
| 5. Listen to Music 72% | |

30 to 49% Participation Response

- | | |
|--------------------------|--------------------------|
| 11. Bicycling 44% | 16. Jogging/Running 37%* |
| 12. Hiking 43% | Fishing* |
| 13. Gardening 41% | 17. Boating 35% |
| 14. Swimming 40%* | 18. Basketball 33% |
| Golf* | 19. Aerobics 32%* |
| Cultural Arts* | Photography* |
| 15. Camping 38%* | Performing Arts* |
| Volunteer Organizations* | 20. Board Games 31% |

15 to 29% Participation Response

- | | |
|----------------------------------|---------------------------|
| 21. Canoeing/Rowing/Kayaking 29% | 24. Hunting/Shooting 25%* |
| 21. Body Building 28%* | Volleyball* |
| Backpacking* | 25. Collections 21% |
| 23. Softball 27%* | 26. Crafts 19% |
| Electronic Games* | 27. Tennis 17% |

0 to 14% Participation Response

- | | |
|---------------------------|--------------------------------|
| 28. Dance/Ballet/Jazz 13% | 31. Soccer 7%* |
| 29. Sandvolleyball 11% | Drama* |
| 30. Racquetball 9%* | 32. Country/Western Dancing 4% |
| Rollerblading* | 33. Martial Arts 0% |

**Indicates a tie between activities.*

Vita

Carrie Elizabeth Buerger Young was born in Nashville, Tennessee on November 20, 1973. She received her elementary, middle, and high school education in Williamson County, Tennessee. She graduated from Franklin High School in 1992. From August 1992 to December 1996, Carrie attended the University of Tennessee at Knoxville where she graduated with a Bachelor of Science degree in Education. From June 1997 to August 1998, she pursued her graduate degree in Recreation Tourism and Hospitality Management, at the University of Tennessee, Knoxville. In August of 1998, Carrie received a Master of Science degree in Recreation Tourism Management, with a concentration in Recreation Administration.

Carrie worked as a Graduate Teaching Assistant while in pursuit of a Master's Degree. She is a member of Kappa Omicron Nu, the National Honor Society for the School of Human Ecology.