

Your name

Tutor's name

Course

Date

Rational Recreation

Rational recreation evolved in the 19th century. It was a new way to spend leisure time compared to what it looked like earlier. Before that people were involved into vicious recreation, which included such ways of spending free time as fighting or gambling. However, in the 19th century people started to pay more attention to time. The reason for that was the industrial revolution, which affected how people spend their leisure time. The middle class was believed to work more productively if they spent their free time in a more rational way. And by rational it was meant that it should not only be recreational, but also productive at the same time. Thus one of the activities that became widespread at that time was athletics. This activity as well as many similar to it were believed to help people boost their productivity and develop thinking. Parks were also build for people to spend time there and provide place for rational recreation.

Rational recreation can also be characterized by using money for some leisure activities. For example, people might have had to pay a certain sum of money to be a member of a club, or people had to pay money to rent a playground or game rooms, or people had to buy special equipment for some of the activities. Another aspect that rational recreation had to improve was moral standards. By being involved in a certain activity, people could improve some of their traits. Football players gained a skill of acting together like a team, ignoring personal needs in favor of common needs. Other activities were believed to improve people's behavior and moral standards. For instance, people were involved in destructive activities like gambling or fighting earlier, but having replaced such activities with rational and thought-provoking ones, it was believed that people will keep on adhering to new moral principles at their workplace too. We can say that what happened then has completely changed how leisure time looks like nowadays, with people being active and productive

both during leisure time as well as at work.

Since new leisure activities emerged with the dawn of rational recreation, people nowadays have a wide choice of activities to choose from. My leisure time usually consists of proactive activities like doing exercises in the gym and playing basketball. I can say that this lets me spend my time with both pleasure and positive impact on both my body and mind. People used to say that sound mind is in the sound body, and I find it very close to reality. Doing sports helps me concentrate, makes me more disciplined, which are the things that are useful at work too. That's why I can say that rational recreation has also a good impact on my life, helping me to spend my time to rest as well as to gain more skills and energy, enthusiasm and positive attitude, which will certainly help me in my work.

Bibliography

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