

ELEMENTS OF A BEHAVIORAL DEFINITION OF OUTDOOR RECREATION

RECREATION DEFINITION

Recreation is any form of experience pursued during leisure time in which an individual engages (physically and/or mentally) from choice because of personal enjoyment and satisfaction which it brings directly to that person.

FOUR COMPONENTS OF RECREATIONAL OPPORTUNITIES

1. ACTIVITY OPPORTUNITIES

The opportunity to participate in desired recreational activities such as camping, hiking, fishing, picnicking, skiing, sightseeing, or canoeing.

2. SETTING OPPORTUNITIES

The opportunity to participate in the desired activity in a preferred environmental setting which consists of:

- a. the preferred physical setting
- b. the preferred social setting
- c. the preferred management setting

3. EXPERIENCE OPPORTUNITIES

The opportunity to experience certain satisfactions or perceived psychological benefits that are both desired and expected when we participate in a particular activity in a particular setting. Examples of these perceived benefits include exploring, being creative, enjoying natural settings, taking risks or being challenged, and escaping mental or social pressures.

4. LASTING BENEFIT OPPORTUNITIES

The opportunity to realize the longer term benefits that flow from satisfying recreational experiences. These lasting benefits include such things as better mental or physical health, greater commitments to conservation efforts, or a better sense of self-worth and place in our environment.

People seek to engage in desired recreational activities in preferred physical, social, and managerial settings in order to experience desired and expected psychological benefits. Managers provide and maintain a spectrum of activities and settings that will provide these desired recreation opportunities. In other words, the goal of management is to provide recreation opportunities so that the public can achieve the kind of recreation experience they are seeking.