

THE POWER OF LEISURE AS A DEVELOPMENTAL CONTEXT FOR ADOLESCENTS



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The Period of Adolescence



TIME, ACTIVITY, EXPERIENCE

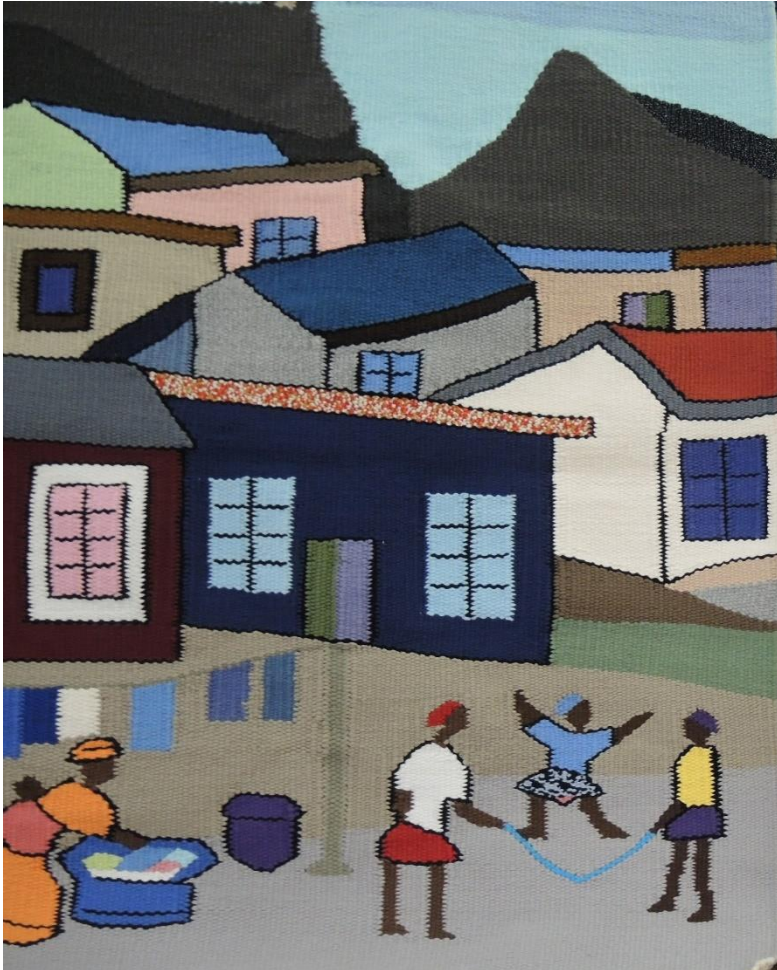
Elements of “Leisure”



Leisure



Recreation = Re=creation



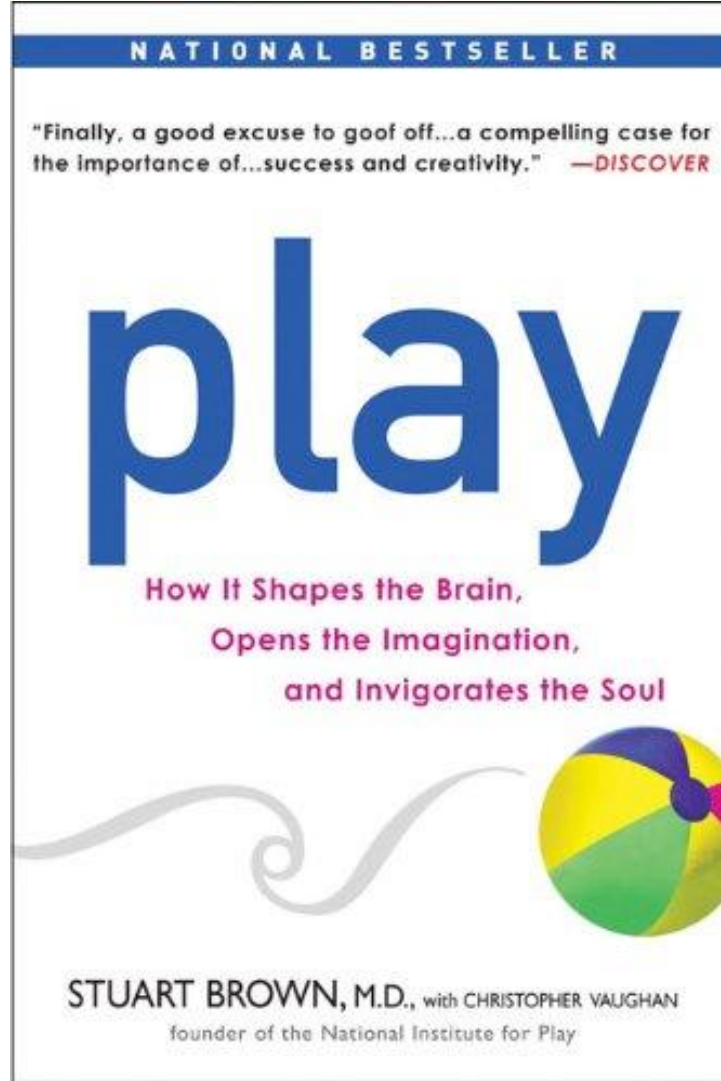
Play



Play







R_x PRESCRIPTION

NAME _____ AGE _____
ADDRESS _____ DATE _____

Three Weeks
Vacation

[Signature]

☐ LABEL
REFILL 0 1 2 4 5 ~~5~~ *PAN* Health *dreamstime.com*

PRESCRIPTION

FOR: _____	FROM: _____
AILMENT: _____	DATE: _____

R_x ☐ CHILL PILL ☐ DAY OFF ☐ GOOD CRY ☐ SHOPPING
☐ VACATION ☐ LAUGHTER ☐ MASSAGE ☐ EXERCISE
☐ STIFF DRINK ☐ HUG ☐ REHAB ☐ OTHER

*Apply one furry dog
up to 100 times a day
for pain.*

SPECIAL INSTRUCTIONS

DOSAGE: _____	☐ PER HOUR	☐ PER WEEK
DURATION: _____	☐ PER DAY	☐ PER MONTH
REFILLS: _____	☐ HOURS	☐ WEEKS
	☐ DAYS	☐ MONTHS
	☐ ZERO	☐ TWO
	☐ ONE	☐ THREE

Dr. Raja

SIGNATURE

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WHAT DOES LEISURE HAVE TO DO WITH DEVELOPMENT?

And why does it matter?



4th Developmental Context Abundance of Free Time

Leisure as Context for Risk

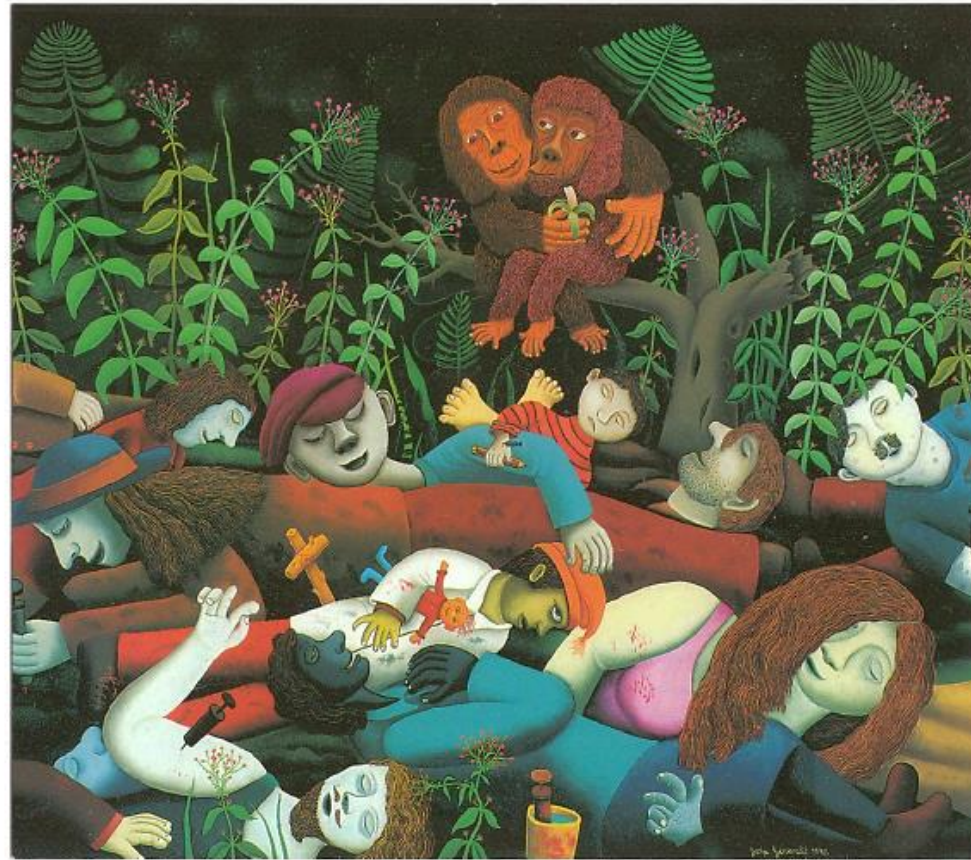


PROMOTION

PREVENTION

Prevention

- Crime
- Depression
- Substance use
- Obesity
- Sexual Risk



Promotion: Adolescent Development



- Social
- Belonging
- Competence
- Learning
- Identity
- Creativity
- Autonomy
- Choice
- Self-reflection
- Disengagement
- Excitement
- Challenge, risk
- Control
- Total absorption
- Moral compass
- Meaning



Identity

- One of the main issues of adolescents
- Who am I?
- How do I see myself?
- How do others see me?
- Am I different in different situations?
- Who is the core “me?”



Brainstorm Time: How Might Leisure Activities Contribute to Identity?

- In pairs, describe to a partner a recreational activity or leisure experience that you've had where you have felt "most like yourself." Discuss why you felt like yourself, and how this activity or experience says something about who you are as a person. The listening partner should feel free to ask questions of the speaking partner.
- After a few minutes, switch roles.
- After a few more minutes join with another pair and discuss any commonalities. As best you can, answer the question "How might leisure or recreation activities contribute to identity?"

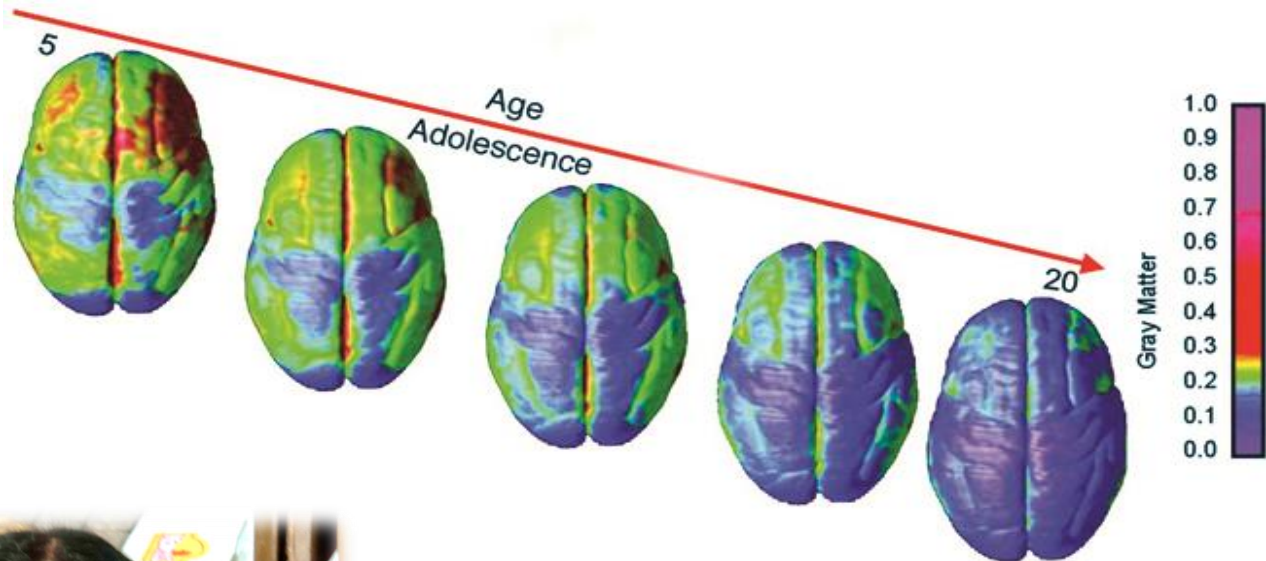
Brainstorm Time: How Might Leisure Activities Contribute to Identity?

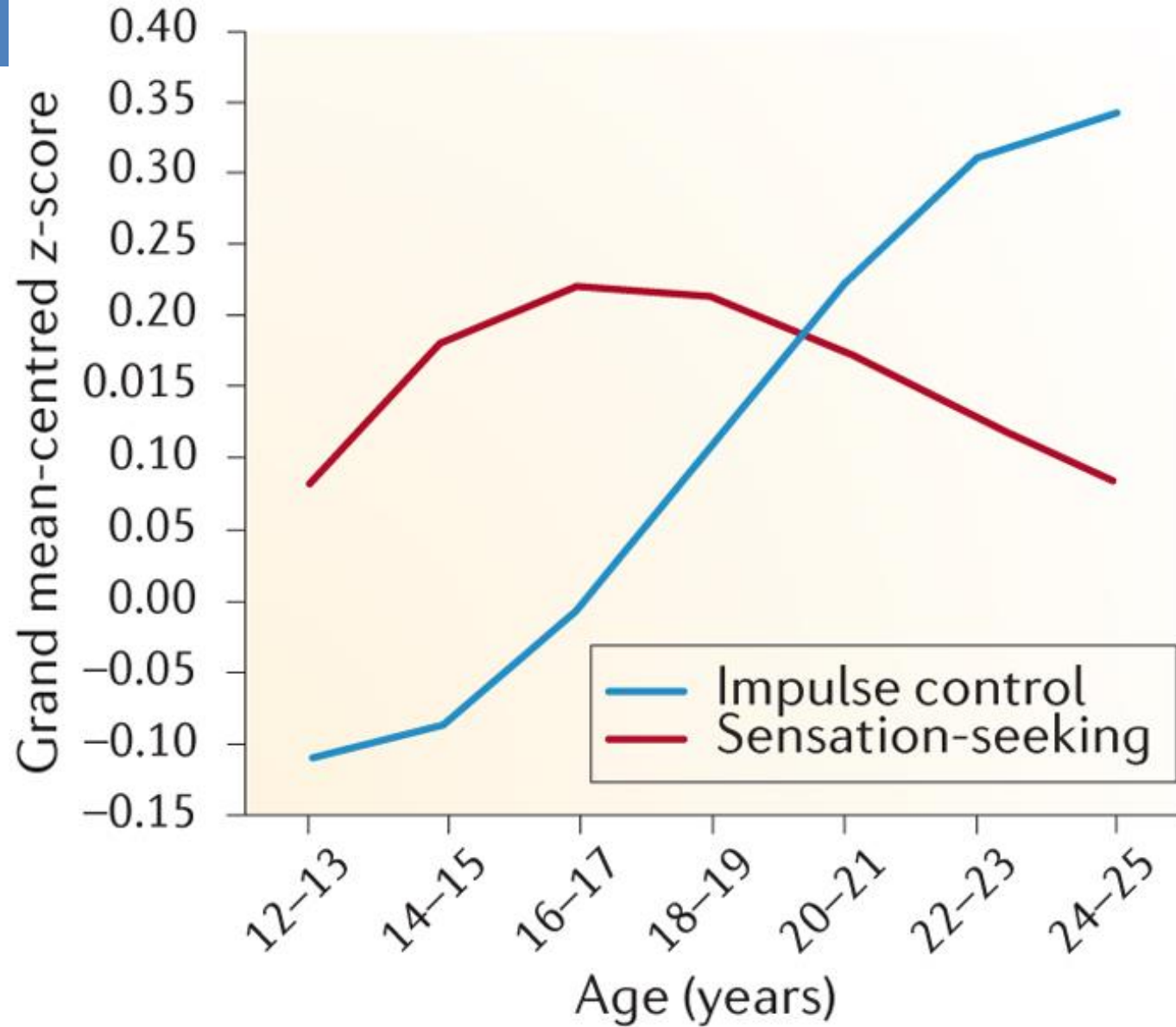
- Trying out roles
- Discovering skills and interests
- Differentiation and integration
- Self-defining activities
- Expressive identity

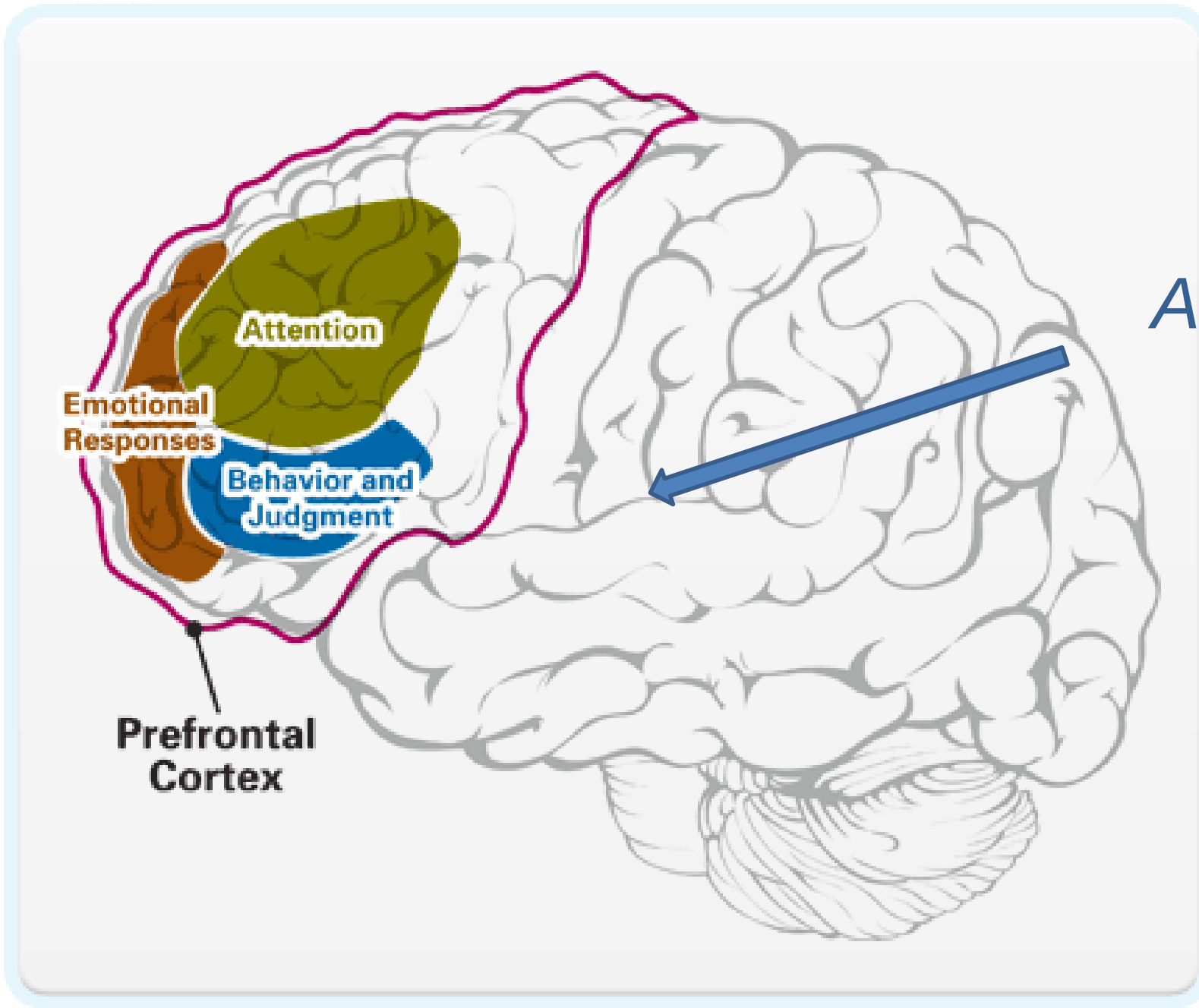
ADOLESCENT BRAIN











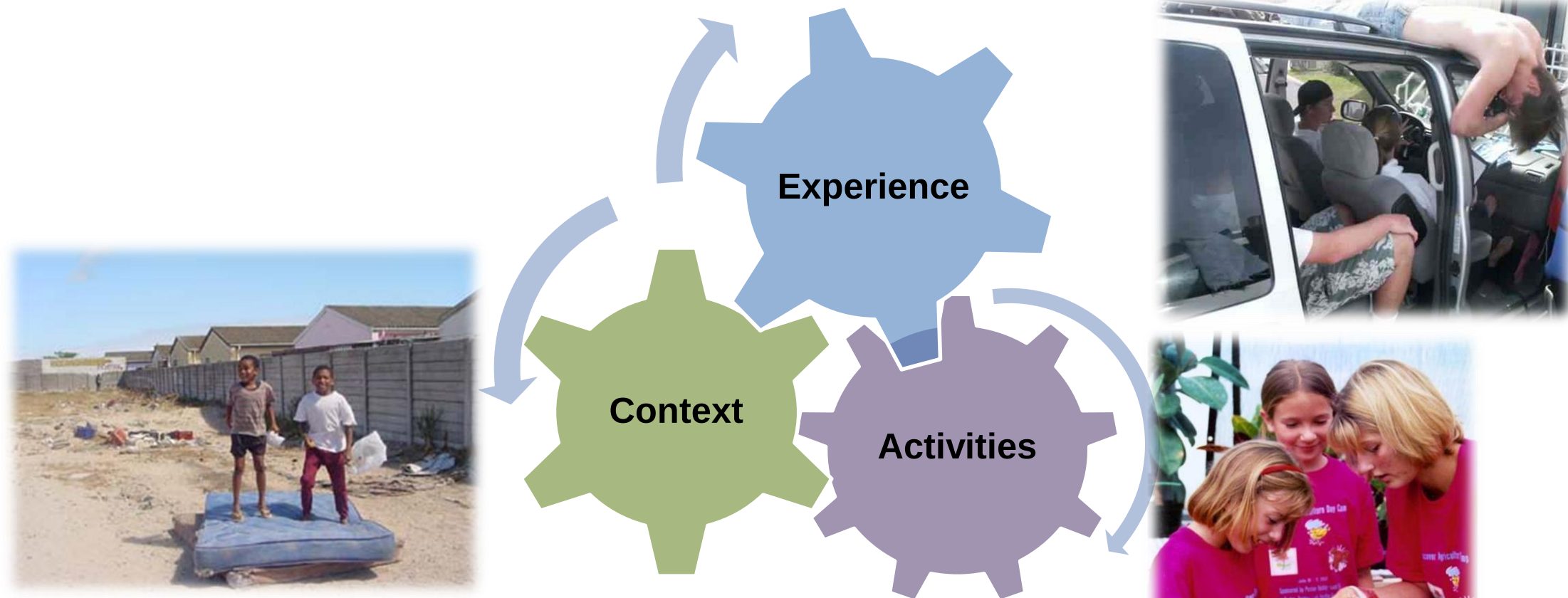
Amygdala



Brain is open
to influence.

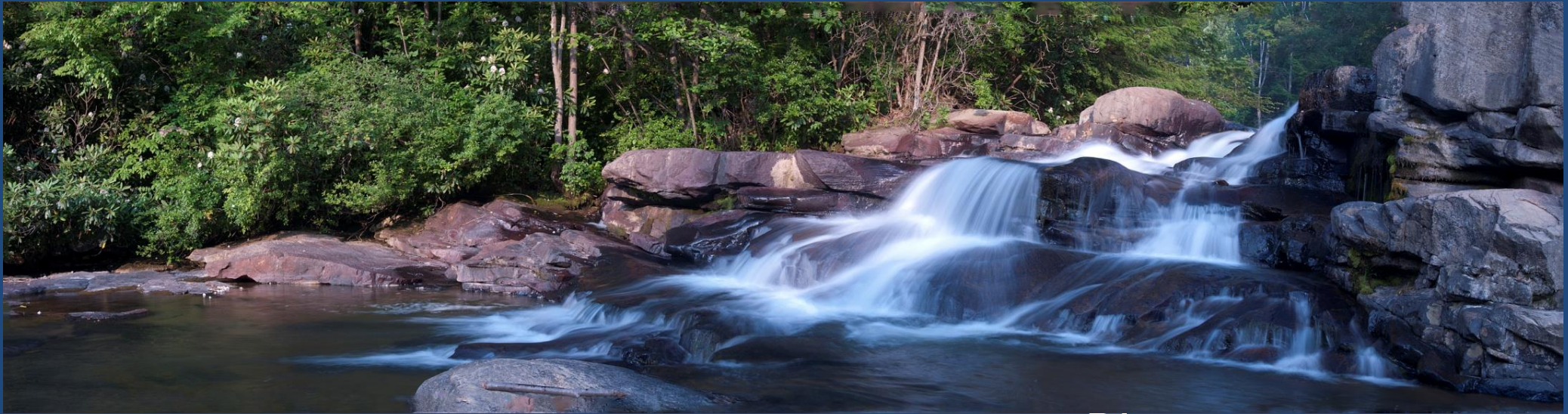
Wired to
develop
passions!

Leisure Activity Experience Context Model (LACE)



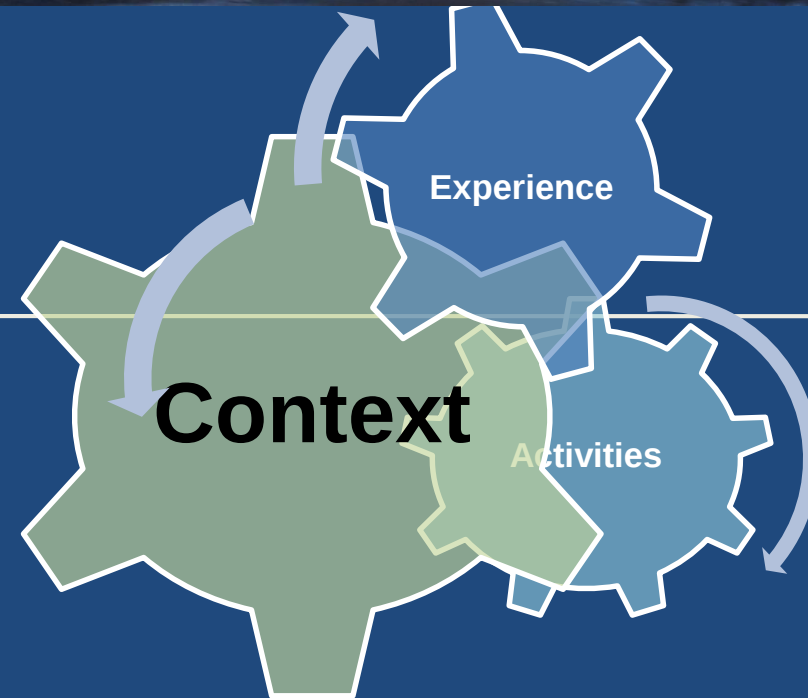
Activity – Container for Development

- Goal-oriented
- Creative and expressive
- Requires discipline & focused attention
- Offers challenges
- Build skills and increase competence
- Persistence, commitment and continuity over time
- Emotional regulation
- Physical skills
- Strategic, sequential and conditional thinking
- Communication
- Problem solving
- Time management



CONTEXT

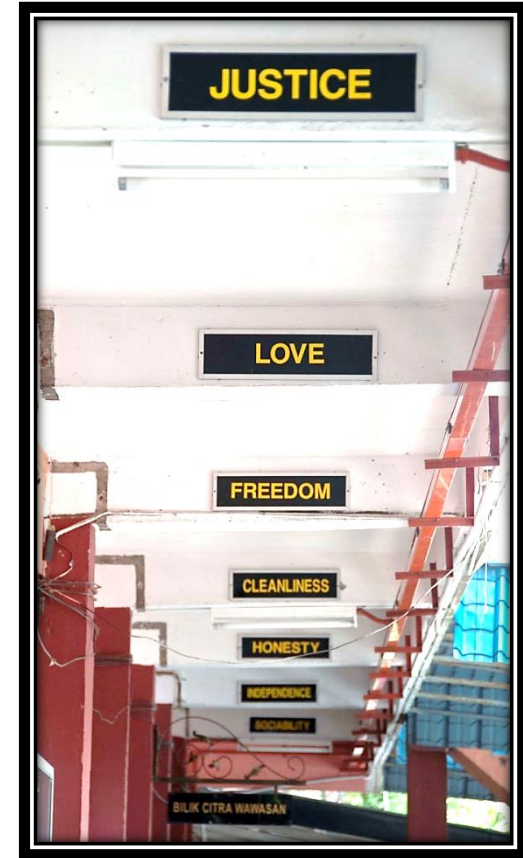
The LACE Model





Context

- Exposure
- Support for efficacy & mattering
- Opportunities for skill building
- Challenge
- Belonging
- Degree and type of adult leadership
- Opportunity for authentic voice and decision-making
- Person-environment fit
- Mentoring





EXPERIENCE

LACE Model



Positive Experiences

- Free
- Challenged
- Social
- Happy
- Relaxed
- Stress release
- Coping
- Self-determined
- Intrinsic motivation



Negative Experiences

- Bored
- Scared
- Alienated
- Stressed
- Lonely



Boredom in Leisure

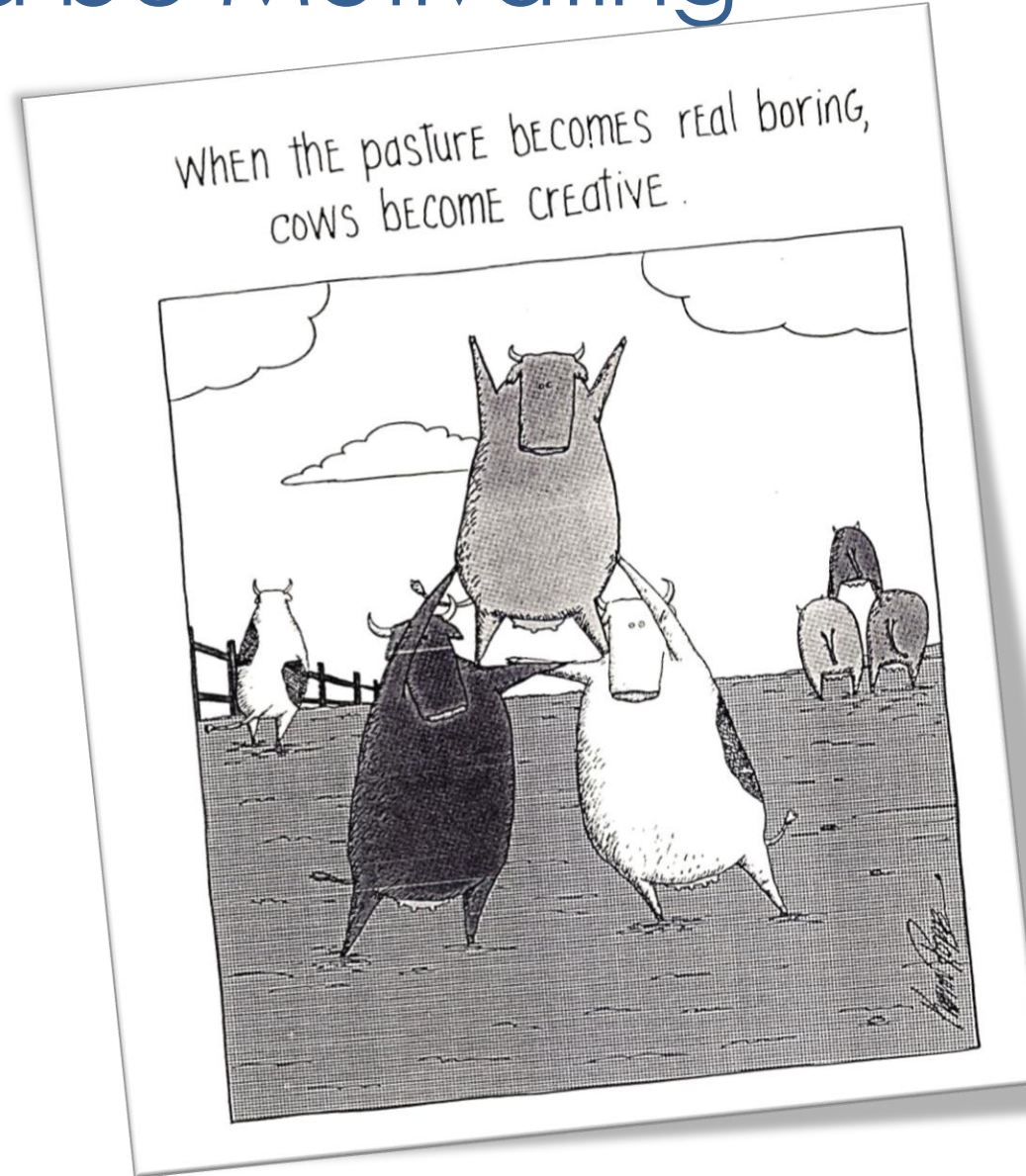


- “... it can get monotonous, yea the game... nothing’s gonna change, the same stuff all the time so it’s gonna get boring”
- “Boredom can lead to doing stupid things, it makes you steal, do drugs”

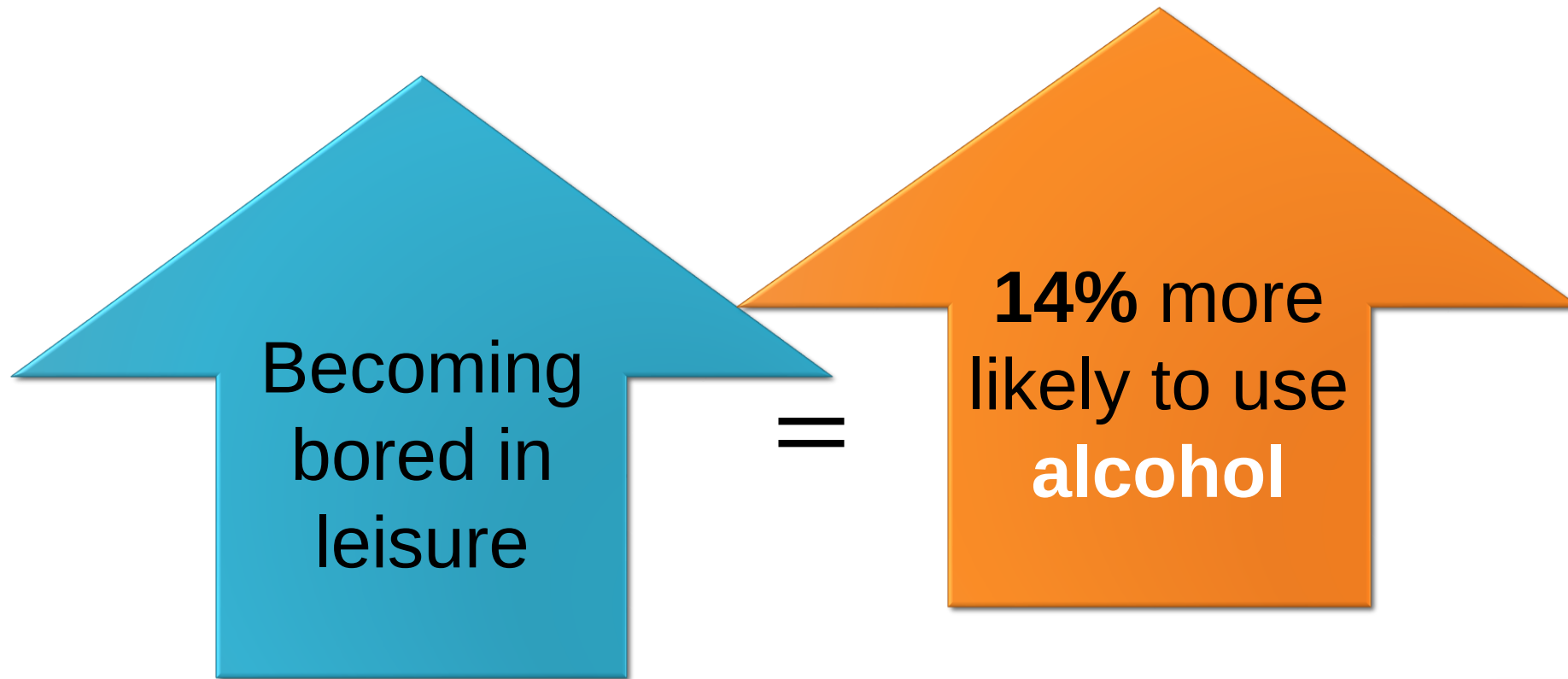
17 year old SA males (Wegner et al., 2011)

Boredom Should be Motivating

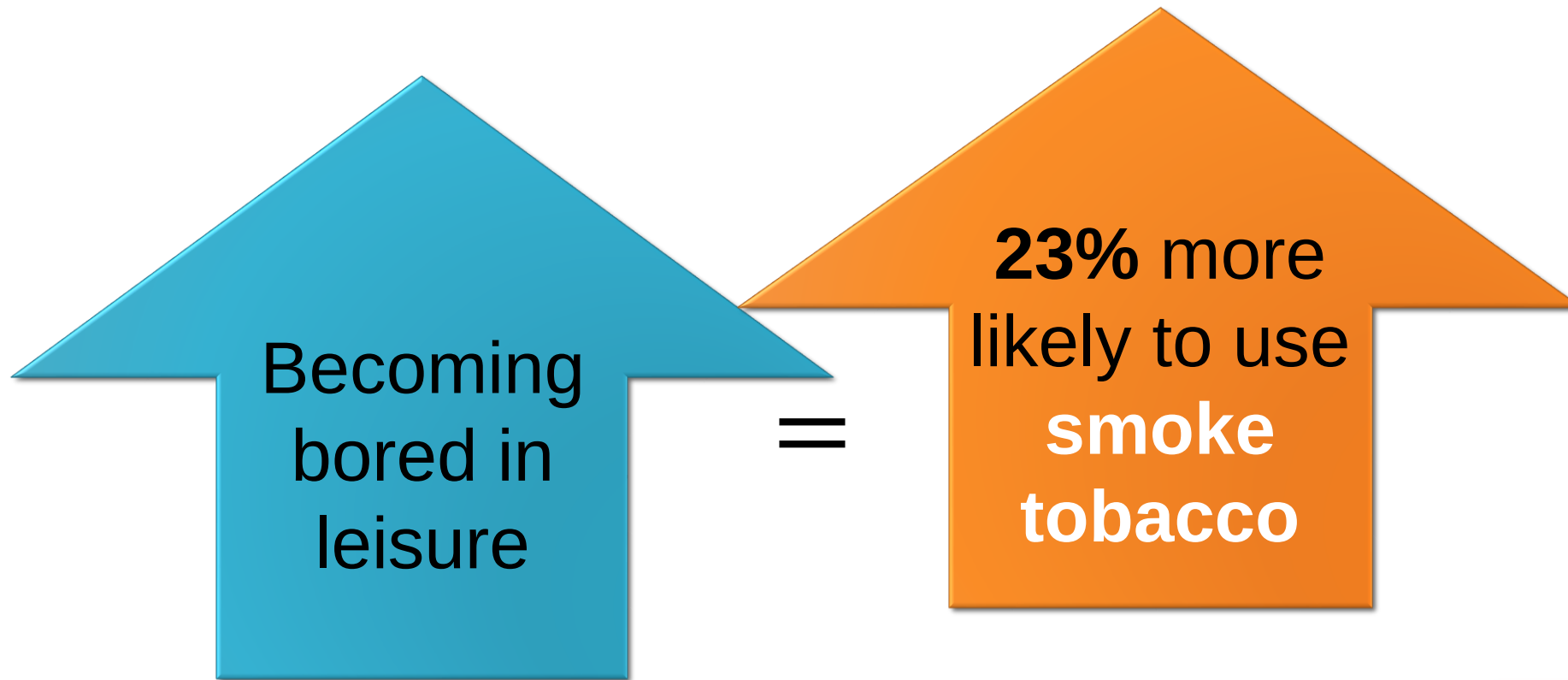
- Find something else to do!
- Restructure your situation or environment.



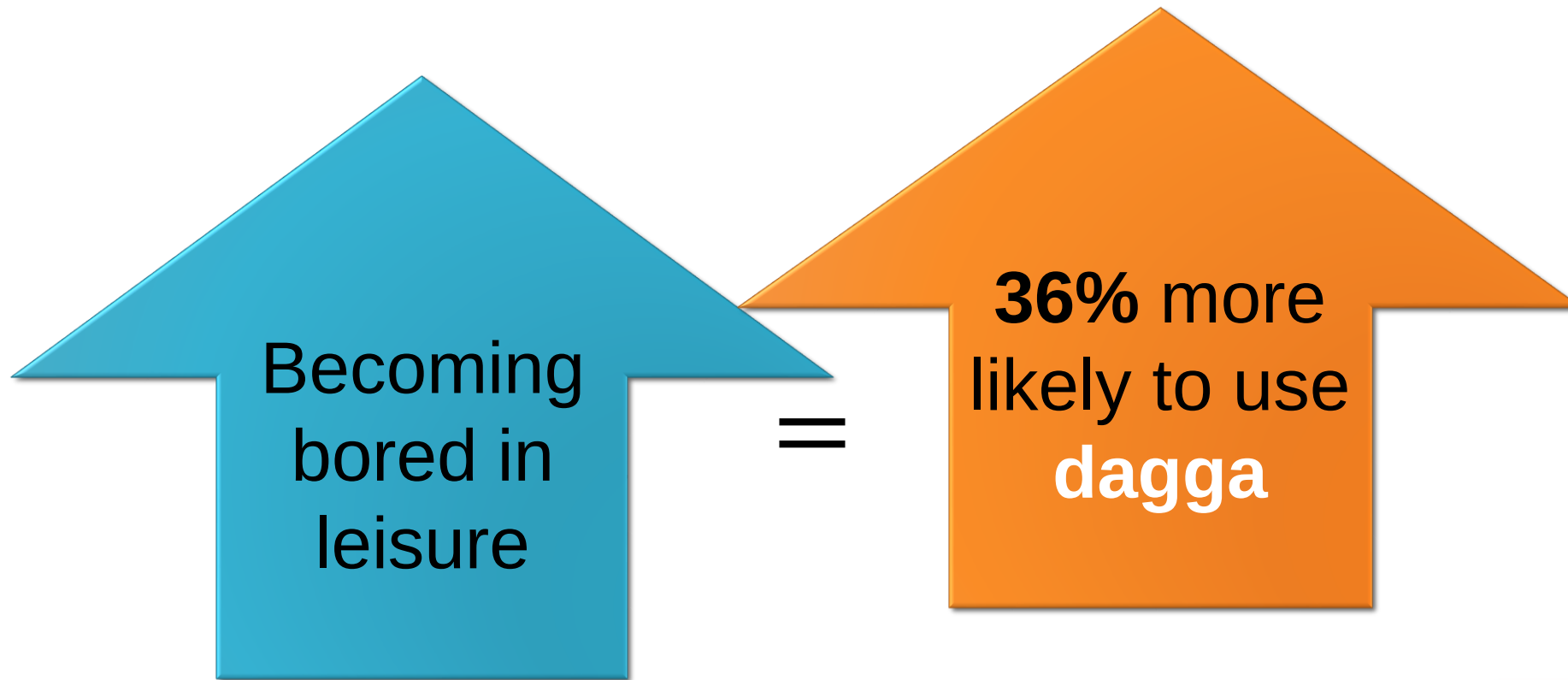
Boredom in Leisure



Boredom in Leisure



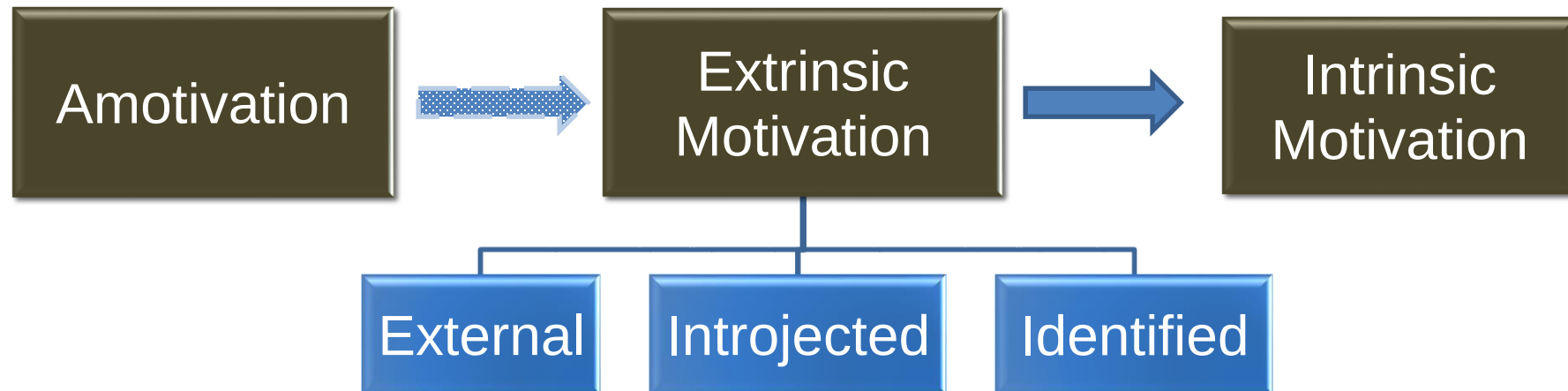
Boredom in Leisure



DIGGING DEEPER

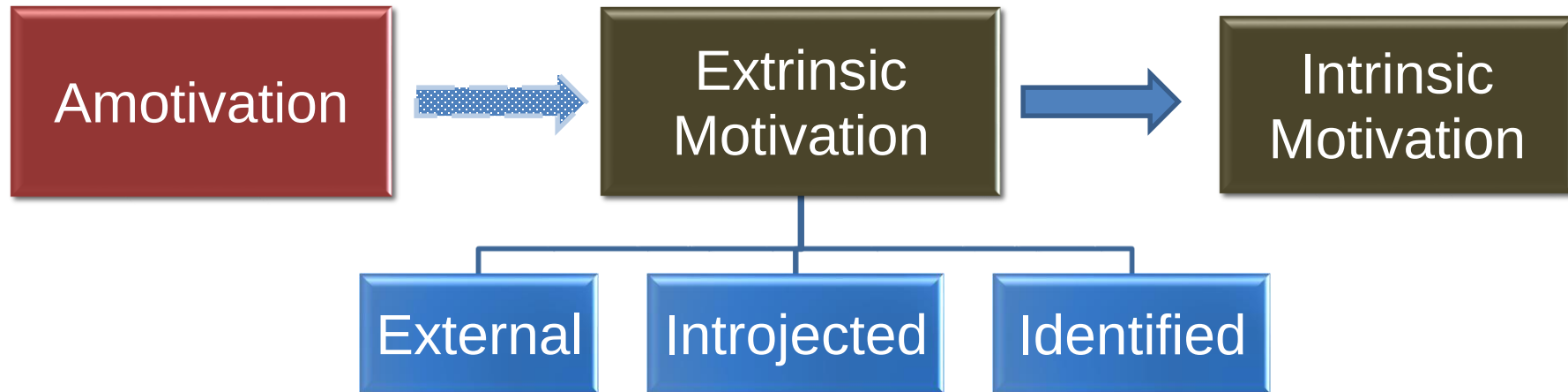


Self-Determination Theory



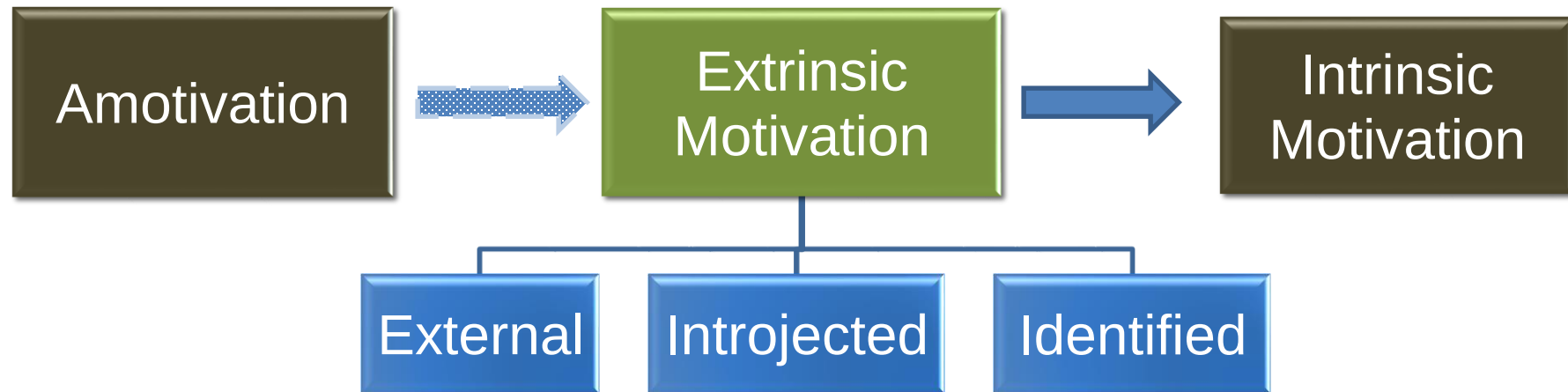
Ryan, R.M. & Deci, E.L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55, 68-78.

Self-Determination Theory



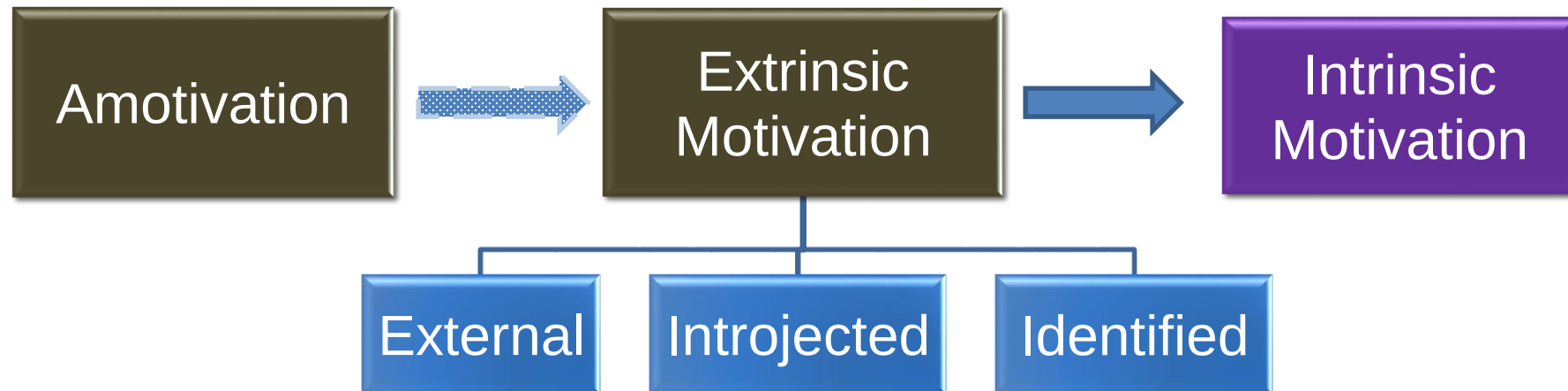
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Self-Determination Theory



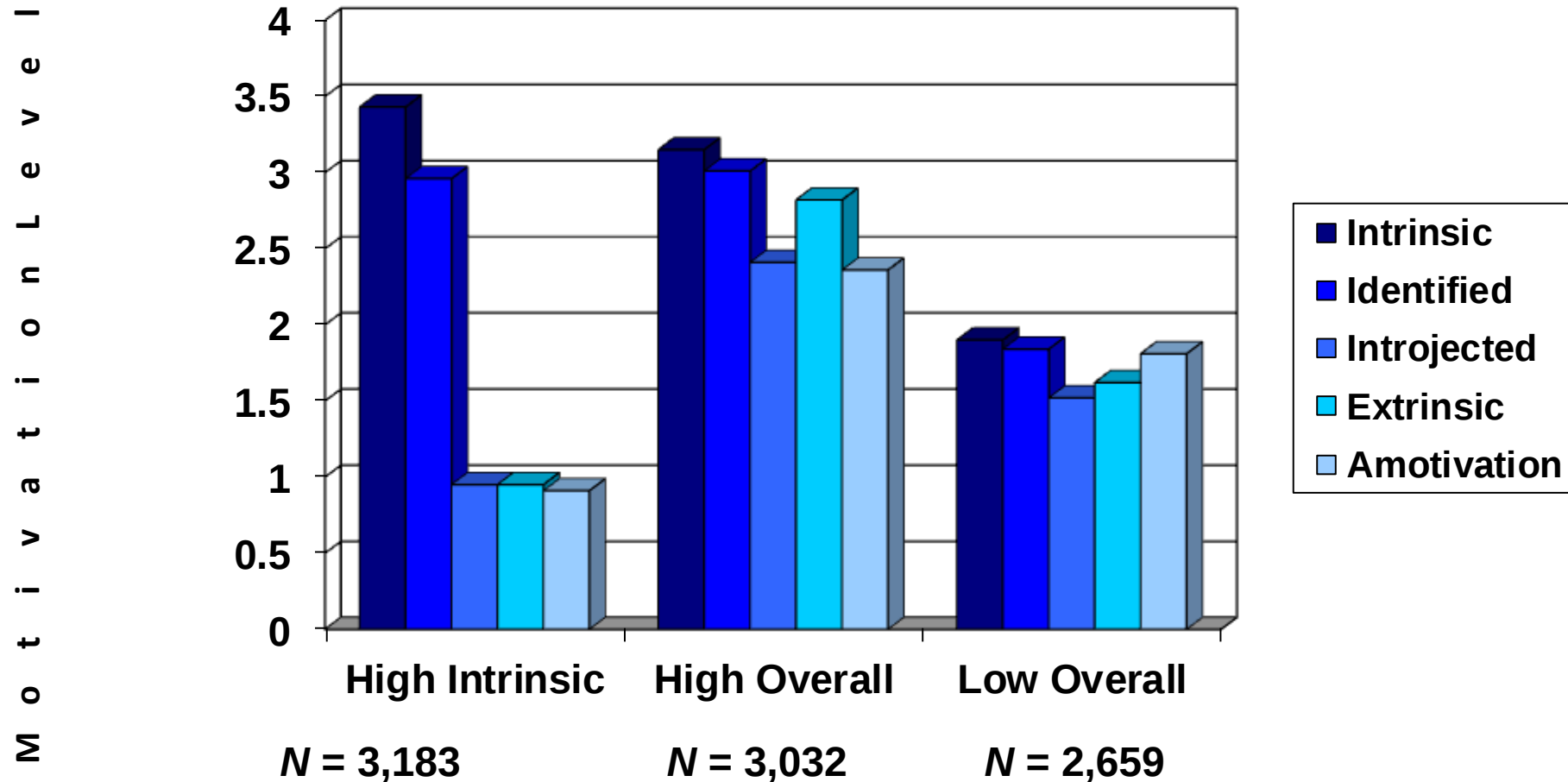
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Self-Determination Theory



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Importance of Motivation – Profiles



Youth in the **High Intrinsic** profile had lowest odds of substance use

Brainstorm Time: What Motivates You?

- Think about when you feel most motivated to do something?
- Why? What about what you are doing is so motivating? Think about aspects of the activity, experience and context?

What Contributes to Intrinsic Motivation?



Relatedness



Autonomy



Competence



PennState
College of Health and
Human Development

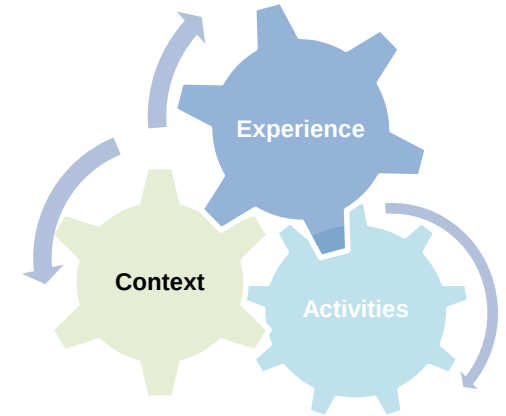
Why is Intrinsic Motivation Important?

Doing leisure activities for personal meaning, fun, and/or for a goal



Decreased likelihood of substance use

Putting it Altogether



- Personally meaningful activity and development of lifelong interests
- Enjoyment
- Self-determination and having control of one's actions
- Skill and competence development
- Durable relationships with adults
- Interaction with opposite sex
- Forming strong peer bonds
- Opportunity to voice opinions and be listened to
- Feeling a sense of belonging and mattering
- Opportunity for leadership
- Growth experiences
- Goal oriented experiences and future expectations
- Ability to take positive risks
- Informal learning
- Development of planning and problem solving skills

What Recreation Offers

Associated Developmental Outcomes

- Identity development
- Autonomy
- Initiative and persistence
- Conflict resolution skills
- Ability to overcome challenges
- Comfort with intimacy
- Community attachment
- Civic engagement

- Lowered rates of school failure and dropout
- Academic success
- Lower levels of depressed mood and anxiety
- Lower rates of substance use
- Lower rates of delinquency and crime
- Decreased sexual risk
- Increase in physical activity

Longer Term Health and Academic Outcomes

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- Enjoyment
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**Longer Term Health
and Academic
Outcomes**



Leisure Matters to Youth Development

- Promotes healthy development
- Prevents risky behavior
- Contributes to developing into productive adulthood



Thoughts? Questions?



Please feel free to contact me with questions or comments!

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