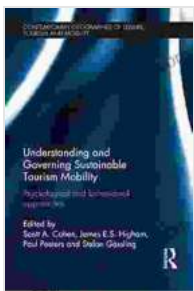


# Psychological And Behavioural Approaches: Contemporary Geographies Of Leisure

Leisure is a fundamental part of human life. It is a time for relaxation, enjoyment, and personal growth. Leisure activities can range from simple pleasures, such as reading or listening to music, to more complex and challenging pursuits, such as travel or playing sports.



## Understanding and Governing Sustainable Tourism Mobility: Psychological and Behavioural Approaches (Contemporary Geographies of Leisure, Tourism and Mobility Book 43) by Ramesh Singh

★★★★★ 5 out of 5

Language : English  
File size : 2508 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 497 pages  
Screen Reader : Supported



The study of leisure has been approached from a variety of perspectives, including psychology, sociology, and economics. In recent years, there has been a growing interest in the psychological and behavioural approaches to the study of leisure. These approaches seek to understand the motivations for leisure, the benefits of leisure, and the role of leisure in society.

This book provides a comprehensive overview of the psychological and behavioural approaches to the study of leisure. It covers a wide range of topics, including:

\* The motivations for leisure \* The benefits of leisure \* The role of leisure in society \* The measurement of leisure \* The planning and provision of leisure services

This book is essential reading for anyone interested in the study of leisure. It is also a valuable resource for practitioners in the field of leisure studies.

## **Chapter 1: The Motivations For Leisure**

The first chapter of this book explores the motivations for leisure. It reviews the different theories that have been proposed to explain why people engage in leisure activities. These theories include:

\* The drive theory \* The arousal theory \* The competence theory \* The self-determination theory

The chapter also discusses the role of culture and society in shaping leisure motivations.

## **Chapter 2: The Benefits Of Leisure**

The second chapter of this book examines the benefits of leisure. It reviews the research on the positive effects of leisure on physical health, mental health, and social well-being. The chapter also discusses the role of leisure in promoting personal growth and development.

## **Chapter 3: The Role Of Leisure In Society**

The third chapter of this book explores the role of leisure in society. It discusses the different functions that leisure serves in society, such as providing opportunities for relaxation, socialization, and personal growth. The chapter also examines the relationship between leisure and work, and the role of leisure in promoting social cohesion.

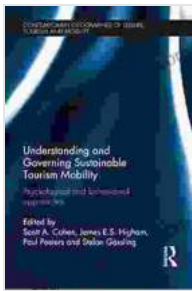
#### **Chapter 4: The Measurement Of Leisure**

The fourth chapter of this book discusses the measurement of leisure. It reviews the different methods that have been used to measure leisure participation, including surveys, diaries, and time-use studies. The chapter also discusses the challenges associated with measuring leisure and the implications of these challenges for research and policy.

#### **Chapter 5: The Planning And Provision Of Leisure Services**

The fifth chapter of this book examines the planning and provision of leisure services. It discusses the different factors that need to be considered when planning and providing leisure services, such as the needs of the community, the availability of resources, and the impact of leisure on the environment. The chapter also provides an overview of the different types of leisure services that are available, such as parks, recreation centers, and libraries.

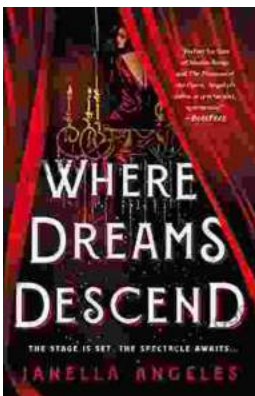
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