

Bammel, Gene, and Lei Lane Burrus-Bammel (1992). *Leisure and Human Behavior*, Second Edition. Dubuque, IA: Wm. C. Brown Publishers. ISBN 0-697-12200-X \$33.50 (cloth). 433 pp.

Edginton, Christopher R., Debra J. Jordan, Donald G. DeGraaf and Susan R. Edginton (1995). *Leisure and Life Satisfaction*. Dubuque, IA: Brown and Benchmark Publishers. ISBN 0-697-13232-3. \$32.25 (cloth). 443 pp.

Introductory texts in parks and recreation tend to be one of two types: books that describe the leisure service delivery system or books that focus on leisure and leisure behaviors. *Leisure and Human Behavior* falls in the latter category while *Leisure and Life Satisfaction* is written in the classic "introduction to recreation and leisure services" mode. Both textbooks are intended for students beginning the quest for information about leisure and its facets.

In revising their text which first appeared in 1982, Bammel and Burrus-Bammel stated that the book is "an interdisciplinary approach whose *central focus* is the role of leisure and recreation in modern life." In reality, the focus is more on a sociological and psychological analysis than a multi-interdisciplinary one since little attention is given to the economic and political science aspects of leisure.

For those unfamiliar with the initial publication, Bammel and Burrus-Bammel do a creditable job in their discussion of leisure, work, play, and the meaning of games. They present the dominant theories related to these concepts and behaviors. To guide the reader's attention they offer two sets of questions for each chapter; opening questions serve as a guide for chapter exploration and closing questions suffice as a review.

Bammel and Burrus-Bammel struggle with contradictions as is often the case when dealing with the complex issues of leisure definitions and their relationship to recreation and play behavior. Many of the contradictions are acknowledged. For example, in their discussion of leisure as an attitude leading to behaviors which are ends in themselves, thereby providing fulfillment and satisfaction, they suggest that listening to music is done just for the delight of the experience. In such an illustration they also suggested that satisfaction is the end sought. They acknowledge leisure is the result of an experience and the feelings that accompany it. Since experiences are multifaceted, however, it is difficult to ascertain which result (e.g., feeling good, performing, being with friends) created the leisure view. This problem is encountered when leisure is viewed as both an attitude and an activity. They define recreation as connoting activities that are a means to an end such as those performed for fitness, amusement, and restoration for work. In context, however, listening to music for the satisfaction resulting from the experience could also be recreational. Play activities are portrayed in much the same way as are leisure experiences; they are characterized as free, spontaneous, and pursued for their own sake.

These ambiguities are typical and appear in nearly every introductory text, especially when time as a leisure dimension is discussed. To this point,

Bammel and Burrus-Bammel offer an entire chapter describing in some detail different definitions and views of time. They conclude that time can be scheduled to improve one's leisure by creating larger blocks of discretionary time. By doing so, individuals are perceived to have greater opportunities for choice and these choices are often expressed in recreational pursuits. The focus becomes recreation rather than leisure with activities to reduce stress and maintain health. Recreation is one use of "leisure time." The issue of stress is intensively investigated as are traditional patterns of work, work scheduling, and the potential of new work forms such as the four-day week and job sharing.

The second half of *Leisure and Human Behavior* is devoted to a discussion of leisure and recreation behavior regarding social groups, life stages, and the factors which condition choice. Bammel and Burrus-Bammel conclude the section with a brief discussion of the field of leisure services, the agencies which employ leisure specialists, and career opportunities. Of special note is their section on Mythos (i.e., the Greek word used to express the unconscious or subconscious of behavior) and its relation to leisure and the myths which have developed around the value and use of certain activities. Unfortunately the authors only scratch the surface on this potentially fruitful subject of study.

Leisure and Human Behavior is a second edition. One would expect to find recent statistics about recreation behavior, the inclusion of references and discussion related to leisure constraints, information about the impact of technology and economic forces on leisure behaviors, and the means by which services are provided. Many of the tables describing recreation and leisure behaviors cite studies from the 1960s and 1970s. The documentation of the number of persons employed as public recreation and park specialists is the NRPA 1977 Manpower report done by Godbey and Henkel. No discussion of contemporary analyses of work such as those done by Juliet Schor or Benjamin Hunnicutt are included. Instead, Riva Poor and Fred Best, writers of the 1970's, are cited. To their credit, Bammel and Burrus-Bammel also draw upon *Alternative Work Schedules* (1989) by J. C. Pierce and colleagues in an attempt to update their textbook. Even so, I got the feeling that the revision was cosmetic and that the text is dated. On the other hand, the authors' discussion of the issues, complexities, and contradictions associated with leisure and recreation is laudable, as is their discussion of behavioral changes as a result of one's life stage.

As stated earlier, the Edginton, Jordan, DeGraaf and Edginton textbook is about leisure services with sections on leisure, the delivery of services, and the issues and trends confronting leisure professionals. *Leisure and Life Satisfaction* is contemporary both in content and design. It is a descriptive analysis of the basic concepts undergirding the park and recreation profession as well as a description of the major service providers and the challenges for practice. Two chapters which are generally not in introductory texts are included: "Leisure and Cultural Diversity" and "Leisure Ethics."

The statistics and references supporting *Leisure and Life Satisfaction* are as recent as 1993 and the mode of presenting information is as current as

30 second bytes on the late night news. An abundance of tables, graphs and other illustrations with highlighted comments are referred to as "leisure lines." Each chapter contains a summary, a set of discussion questions, and references.

In the first major section of the text, comprised of six chapters, Edginton and his colleagues offer a traditional perspective about leisure by citing significant historical figures and concepts. They acknowledge the overlapping nature of activities and experiences and eventually conclude that the individual is the determiner of the nature of the experience; the system is the provider of activities. At times, amusement, recreation, entertainment, and leisure are used as interchangeable, especially in the chapter on mass leisure. No specific theoretical frameworks are offered but the descriptions are grounded in sociology and social psychology.

Five chapters comprise the second section which is entitled "Delivering Leisure Services." These chapters are also a classical presentation of the leisure service delivery system. Major providers including governmental agencies, non-profit organizations, and commercial enterprises are described along with documentation of the efforts of these agencies. Sometimes documentation appears to the point of "overkill."

As is often the case with contemporary writings, people served by leisure agencies are referred to as customers. Contrast customers with the attitude of earlier writers who spoke of these people as clients or as "those groups and individuals we serve." The use of the term customer raises an interesting question about current views of educators and leisure service professionals. According to *Webster's Collegiate Dictionary*, these two terms have different origins and uses. A customer is one who "purchases an object or service" whereas a client is one who is "under the protection of another, one who engages the professional advice or services of another." If one views leisure services as a profession where technical expertise is needed for service to be rendered properly, then client is a more appropriate word than customer. The elements of dependency and interaction are different when the individual served is a customer. In this context, the leisure service professional becomes a provider of goods and services for customers rather than someone engaging in a service relationship with clients.

The final section of *Leisure and Life Satisfaction* is devoted to the authors' views of the issues and trends confronting professional practice. This unit begins with a discussion of leisure programming, a chapter which seems somewhat out of context with the rest of the work. Since this book is an introductory text to leisure services and program planning is a content area, a descriptive chapter about "Leisure Programming: Promoting Quality Services" is unusual. The same comment might be made if a chapter on administration had been included.

On the other hand, the remaining chapters that constitute this section are on target and deal with the issues of careers, diversity, ethics, and trends. The chapter on diversity points to one of the deficiencies of the text—a lack of discussion of the role of therapeutic recreation services as a part of the leisure service delivery system and the relationship that the system has with

special populations. Some of the areas which would normally have been covered in a chapter on recreation and special groups are dealt with in this diversity chapter.

Leisure and Life Satisfaction is an attractive publication both in content and presentation. The multi-color format and extensive use of tables, photographs, and cartoons catch the reader's eye. The Canadian references provide the US reader some insights about the practices of leisure professionals in one of our neighboring nations. The book, however, is essentially a "traditionalist's" introductory text to the concepts and theories of leisure practices in the United States and a description of those agencies and institutions that provide services.

In summary these two texts reflect the two approaches typically taken in describing leisure studies and recreation and park services. Taken together they are complementary with some duplications. Individually there are conceptual omissions, but most educators and researchers have to come to understand and accept this problem. The complexities of leisure studies and services make it nearly impossible for one publication to be totally inclusive, even when attempting to describe leisure and leisure services in an introductory manner.

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