

BOOK REVIEW**Measurement for Leisure Services and Leisure Studies**

Mounir G. Ragheb

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Reviewed by Jackson Wilson
San Francisco State University

The goal of Mounir Ragheb's *Measurement for Leisure Services and Leisure Studies* is to compile all of the leisure and recreation measurements (primarily structured surveys) available. This collection is complemented with general information on the development and use of measurements in leisure research. This gathering of measurements in one place is a first step toward resolving a problem highlighted by Bocarro, Greenwood, and Henderson (2008): "The dearth of research focused on methodological elements like scale and model development may be reflective of the recreation fields' historical reliance on theory and measurement from other disciplines" (p. 19). As a new leisure graduate student studying psychometrics, I remember looking for a book of all of the leisure measurements and only finding compilations of measurements in the more general fields of sociology, psychology and education. Ragheb's book is a key resource to help academics and practitioners build on the foundations provided by other academics and professionals to promote theory and measurement development in leisure research.

Dr. Mounir G. Ragheb is a professor emeritus from Florida State University, Tallahassee. He is an expert in the measurement of leisure constructs and is known for developing scales measuring leisure motivation, leisure attitudes, leisure interests, and leisure satisfaction.

The book is accessible and relevant to both a practitioner and an academic audience. Practitioners in therapeutic recreation, rehabilitation, leisure programming, management, parks, and other leisure services may find the book a good resource to understand important constructs integral to their work and to communicate results to potential customers or funders. For current and future academics, this resource offers a compilation of measurements that they can be used in their own research projects (contingent on author permission), be used to help develop new measurements, or be used to further understand the art and science of survey development. Personally, I believe the audiences that will most benefit from this resource are leisure professors and graduate students grounded in a post-positivistic research paradigm who rely on surveys to gather data.

The 421 pages of the book are organized into three parts preceded by an enlightening introduction. Although there was a general introduction to the whole book, the particular section I enjoyed most was the discussion of the term mea-

surement. Ragheb (2012) identifies this as the most general of related terms (e.g., assessment, evaluation, test, instrument, scale) and defines measurement as the “process of documenting observed actions, observed behaviors, or reported attitudes” (p. 1). Although a majority of the measurements in this collection could be considered to be some form of a survey, and Ragheb uses the term “scales” as a synonym for “measurements” in some cases, I follow Ragheb’s lead and use the term “measurement” to describe the collection in the first part of the book.

The first part of the book, *Classification of Leisure and Recreation Scales*, contains 96 measurements organized into eight categories. The eight categories are leisure involvement, leisure attitudes, leisure motivations, leisure and free time boredom, leisure interests, leisure satisfaction, playfulness and humor, and leisure administration and supervision measurements. Beyond simply providing a useful organizational strategy, the eight subjects provide an educational structure to help practitioners and academics understand how these leisure constructs compare to one another. Although the latter two sections are important, this collection is perhaps the most important contribution this book makes to leisure research. All of the presented measurements include more than just a list of survey items. An image of the actual measurements is almost always given rather than just listing the directions and items. These images give the visual layout of the survey that was used in the original research. The background, purpose, developer information, and the place and date of initial publication are also provided. This is supported by a summary of the background literature and the methods used to develop the measurement. Moreover, readers can get a sense of what an instrument might discover by reading a summary of previous findings. Some of the most useful information is the measurement developers’ and Ragheb’s guidance about potential use of measurement. For example, Ragheb (2012) discusses the practicality of using the short versus the standard version of his and Beard’s (1983) Leisure Motivation Scale.

The second part of the book, *Methods Used to Construct Measurements*, explores the “art and science” of constructing measurements. This section starts with a strong argument for why measurement is important and how measurement has contributed to leisure research. This section is deeply grounded in the post-positivistic criteria of objectivity, assuming a value-free and neutral researcher and process rather than the value-laden subjective assumptions of constructivism. Ragheb (2012) noted, “Like cameras, assessments capture and register events in the moment they occur” (p. 183). Ragheb’s conception of validity is more akin to Messick’s (1995) applied definition rather than Borsboom, Mellenbergh, and van Heerden’s (2004) more universalist definition. The section on the methods includes summary and procedures for item development, and pre- and posttesting validation. Readers who desire a more in-depth discussion of these procedures may wish to supplement the summary provided with Crocker and Algina’s (1986) *Introduction to Classical and Modern Test Theory*, Fowler’s (1995) *Improving Survey Questions: Design and Evaluation*, or DeVellis’ (2003) *Scale Development: Theory and Applications*.

The third part of the book, *Conceptualization of Constructs*, presents additional information on the constructs underlying the eight topical areas. Each of the eight sections starts with the focus of the section, key terms, names of people

associated with the concept, and objectives for the section. The section ends with a discussion of how to assess the construct. Many researchers interested in leisure-related constructs will likely benefit from reading the associated chapter in section three.

The primary strength of *Measurement for Leisure Services and Leisure Studies* is the breadth of measures included in the text. The nearly 100 measurements include many of the core measurements used for the most basic of leisure constructs as well as some more specialized constructs and behaviors. Specific measures in the text include Iwasaki and Mannell's (2000) Leisure Coping Scale, Li's (1999) Exercise Motivation Scale, Mannell's (1984) Self-as-Entertainment scale, and Ragheb's (2005) Vitality Through Leisure Scale. The standardized summary format that introduces each of these measurements makes them easy to compare. The reader can quickly review the measurements and understand which of them are most applicable to his or her area of interest. The reader can compare the validation evidence and review some advice put forward by Ragheb.

Even though this book is an incredible resource, it has weaknesses. Ragheb (2012) claims multiple times that this book "represents most of the leisure and recreation assessment tools in existence" (p. 14). He has obviously collected a large number of measurements, but his claim of having collected "most" of the measurements appears to be an overstatement. He did state that "not all developers responded positively to the requests" (p. 3), but this is a limited caveat given his earlier claim. The author shows when all of the included measurements were developed (see Ragheb, 2012, p. 15). Relatively few of these measurements were published in the current millennium. This may be a sign of a lack of development, or it may be one cue that fewer modern measurements are represented in this collection. Although I did not do a thorough comparison of the scales included in the book to all the measurements in the leisure field ever published, it is evident that many of the adventure education and recreation scales including Ewert's (1989) Fear scale; Neill, Marsh, and Richard's (2003) Life Effectiveness Questionnaire; or Hurtes and Allen's (2001) Resiliency and Attitudes Skills Profile were not included in this text. The book does include a wealth of measurements, but it is not as exhaustive of a collection as Ragheb implies.

My second critique of the book is the order that Ragheb (2012) presents the material. He presents the measurements first, then the methods section, and finally a discussion of the leisure constructs of interest. He explains that the methods detailed in part two are primarily for students. Therefore, it implies that he assumes that a majority of readers will be experienced researchers who already have a firm grasp of measurement and the leisure constructs and not students or methods amateurs who need an introduction to the constructs and methods before they can fully understand the measurements. Ragheb further explains that the examples provided by all of the measurements "lays the groundwork for a higher level of abstraction" (p. 14). I see some truth in Ragheb's reasoning; however, when I use this text in my graduate research methods class, I intend to start with the introduction and then go through the three sections in reverse order. For all but the most experienced researchers, it seems important to discuss the constructs, then the methods for developing measurements, and then finally review

the specific measurements. Perhaps I am viewing the text too much as a pedagogical tool, but the logic for the current order of sections appears tenuous.

The only issue that made me furiously write comments in the margins of the book is how it stands on both sides of the tricky issue of copyright. One of the primary stated intents of this book is to promote the use and refinement of current measurements and the development of new measurements. This stated intent clashed with the author's strong words about copyright. The purpose of copyright, as stated in Article I, Section 8, Clause 8 of the U.S. Constitution is "to promote the Progress of Science and useful Arts, by securing for limited Times to Authors and inventors the exclusive Rights to their respective Writings and Discoveries." Idyll Arbor, the text's publisher, reminds the reader on the information/cover sheet that Idyll Arbor owns the copyright for many of the measurements and will sue individuals who use them without their permission. Rather than just being a simple statement, this introduction goes on to state it gives a 5% finder's fee to those individuals that turn in violators. Lest one think that this strong push on property rights is merely at the behest of the publisher, Ragheb provides further dire warnings to the reader about the consequences of failing to follow copyright laws in the introduction.

Rather than so strongly pushing the issue of copyright, it seems that if Ragheb and Idyll Arbor truly wanted to promote the development and refinement of measurement in leisure research, then they should promote the use of creative commons rather than copyright (Creative Commons, 2012). There is one example of this in their book. McIntyre, the author of the *Enduring Involvement in Camping Measurement*, "gives others permission to use this testing tool at no charge for both programs and research" (p. 24). This seems to be the step that all measurement developers and publishers should take if their primary interest was truly to support and further develop leisure research.

Overall, I recommend this book to academics and practitioners who want to review and develop a more sophisticated understanding of a major portion of the extant leisure research measurements. Unless the reader already has a strong grasp of major leisure constructs and measurement development methods, it would behoove the reader to read the sections in reverse order: constructs, methods, and then measurements. Finally, this text underlines the need to remove barriers for practitioners and academics to use current measurements and develop new ones. Authors should consider putting measurements into the creative commons rather than simply copyrighting measurements and warning potential users that they will sue them if they use the measurement.

The book's limitations do not outweigh its value. I recommend practitioners and researchers that want to access leisure measurements or develop their understanding of post-positivistic research methods to read Ragheb's *Measurement for Leisure Services and Leisure Studies*. This is an extremely important book in the canon of post-positivistic leisure research methods texts. I enjoyed reading the text and look forward to discussing the contents with my graduate students to spark their interest in measuring core leisure constructs.

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