You will be able to explain different theories of aging and some general patterns of leisure participation among older adults.

Early theories idea about aging

- Crisis
- Disengagement
- Activity
- Continuity

Disengagement theory: People naturally withdraw from wider world around them.
- Individual finds disengagement satisfying.
- Society encourages disengagement by gradually transferring functions previously performed by older adults to the young.

Activity theory: People who remain active are happy, satisfied, and content.
- Disengagement is not desirable.
- Successful aging involves doing things that are meaningful and being with others.

Crisis theory: Retirement results in the loss of valued work roles.
- Many people believe that work justifies recreation.
- Major task during retirement, then, is to find some other justification for leisure.

Continuity theory: Retirement is not necessarily problematic because people maintain other roles.
- Work and leisure roles need not be incompatible.
- Interests from middle age may be continued during retirement years; other interests may be adopted or “revisited.”
- Continuity helps people cope with change and dealing with negative life events.
Recent theories idea about aging

- Selective optimization with compensation
- Socioemotional selectivity
- Gerotranscendance

Selective optimization with compensation

- Successful aging involves reducing goals and activities in which one is involved; this allows person to focus on things most important in life.
- This means using remaining skills at the highest level possible.
- Constraints are factors that make it difficult to narrow one’s activity focus.

Socioemotional selectivity

- Successful aging involves a narrowing of social interactions and networks.
  - There is practical value in reducing the size of one’s social circle.
  - Older adults limit interaction to close friends and loves ones since they are more likely to provide what is needed form social interaction.
  - Constraints are factors that prevent older adults from being with loved ones.

Gerotranscendance

- Successful aging involves decreased emphasis on the self and material things.
  - People become altruistic and are increasingly interested in the welfare of others.
  - Social interaction may become less important.
  - Constraints may be beneficial as they help people develop a transcendent world view.

General Points Regarding Leisure and Older Adults

- Historically, leisure involvement has found to be lowest during later life.
- Many activities pursued earlier in life are abandoned.
- There is a transition from physical activities to activities that demand less physical effort.

Non-use of local parks by age

<table>
<thead>
<tr>
<th>Age-group</th>
<th>% do not use parks</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-20</td>
<td>20%</td>
</tr>
<tr>
<td>21-35</td>
<td>18%</td>
</tr>
<tr>
<td>36-55</td>
<td>22%</td>
</tr>
<tr>
<td>56-65</td>
<td>38%</td>
</tr>
<tr>
<td>66-75</td>
<td>59%</td>
</tr>
<tr>
<td>76-95</td>
<td>56%</td>
</tr>
</tbody>
</table>
Aging and Leisure: An Introduction

**Non-use** of locally sponsored recreation programs by age

<table>
<thead>
<tr>
<th>Age-group</th>
<th>% do not use at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-20</td>
<td>61%</td>
</tr>
<tr>
<td>21-35</td>
<td>67%</td>
</tr>
<tr>
<td>36-55</td>
<td>66%</td>
</tr>
<tr>
<td>56-65</td>
<td>80%</td>
</tr>
<tr>
<td>66-75</td>
<td>82%</td>
</tr>
<tr>
<td>76-95</td>
<td>89%</td>
</tr>
</tbody>
</table>

**Leisure Repertoire Across the Life Span**

(Mode-Ahola, 1990)

- Birth
- Childhood
- Early Adulthood
- Late Adulthood
- Retirement

**Percentage of Texans who do not participate in outdoor recreation away from home**

<table>
<thead>
<tr>
<th>Age-group</th>
<th>% who participate</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>49%</td>
</tr>
<tr>
<td>25-44</td>
<td>42%</td>
</tr>
<tr>
<td>45-64</td>
<td>46%</td>
</tr>
<tr>
<td>65-74</td>
<td>51%</td>
</tr>
<tr>
<td>75+</td>
<td>68%</td>
</tr>
</tbody>
</table>

**General Points Regarding Leisure and Older Adults**

- These findings suggest that there is a narrowing of the leisure repertoire over time.
- Leisure repertoire can be defined as the "total number of leisure activities a person perceives s/he is capable of participating in at a given stage of his or her life."

**Relative strength of need for novelty and familiarity throughout the life span**

- Need for novelty
- Need for familiarity

- Infancy
- Childhood
- Early Adulthood
- Old Age

Narrow leisure repertoire may be due to:
- Psychological/biological need for increasing structure and permanence, and limited need for novelty and arousal.
Aging and Leisure: An Introduction

General Points Regarding Leisure and Older Adults

Narrow leisure repertoire may be due to:
- Biological and related constraints: declining health and physical abilities, fear of crime, loss of loved one
- Poorly designed leisure service delivery.
- Age-related norms.
- Concentration of interests in activities that are regarded as important.

Percent Who Stated a Factor Was a Very Important Constraint to Park Visitation

<table>
<thead>
<tr>
<th>Constraints</th>
<th>Age-Group</th>
<th>25-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family commitments</td>
<td>47</td>
<td>41</td>
<td>30</td>
<td>18</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Fear of crime</td>
<td>28</td>
<td>29</td>
<td>37</td>
<td>44</td>
<td>57</td>
<td></td>
</tr>
<tr>
<td>Lack of information</td>
<td>27</td>
<td>15</td>
<td>16</td>
<td>18</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>No one to go with</td>
<td>8</td>
<td>13</td>
<td>16</td>
<td>27</td>
<td>43</td>
<td></td>
</tr>
<tr>
<td>Poor health</td>
<td>11</td>
<td>2</td>
<td>14</td>
<td>23</td>
<td>47</td>
<td></td>
</tr>
<tr>
<td>No way to get to parks</td>
<td>6</td>
<td>6</td>
<td>5</td>
<td>21</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>

% of park visitors who reported visiting park daily or almost daily (by age)

General Points Regarding Leisure and Older Adults

Cohort differences (generational effects) may result in different patterns of leisure involvement for future generations.