

Theory in Recreation and Leisure Research: Reflections from the Editors

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The evolution and importance of theory in leisure research have been recognized as essential to broaden understandings of leisure. The purpose of this reflective piece is to describe and critique the contributions that theory has made by examining the research documented in American leisure and recreation research journals during the 1990s and projecting those contributions toward the future. From our perspective as individuals associated with Leisure Sciences during the past two years, we provide a review of literature regarding the meanings of theory, note summaries of other studies in our field that have empirically examined theory, compare leisure research from the 1980s to the 1990s, and offer suggestions regarding trends in the future theoretical development of the parks, recreation, leisure, sport, and tourism fields. We also advocate "post approaches" such as postmodernism that may be essential in the next stage of theory evolution.

Keywords concepts, models, methods, structuralism, postmodernism

In a research class taught at the University of North Carolina at Chapel Hill, we emphasize the value and importance of theory as the foundation for research done in our field. Our students usually have great ideas for problem-based research that they want to undertake, but sometimes they struggle with what theory or conceptual foundations to use when addressing their research questions. One frustrated student joked one day, "Isn't there a website I can go to like INeedATheory.com?" The frustrated question was not new to us but underlined the need to reflect again what theory is, why it is important, and how it can be used in leisure research.

Ellis (1993) called parks, recreation, and therapeutic recreation research a developing social science. Three approaches to studying social behavior (Hollander, 1976) in the contemporary period also seem to have paralleled leisure sciences research in the past 40 years. Leisure research evolved from the early works of people like Brightbill (1960), Nash (1969), and Parker (1971), who explained the meanings of leisure through social philosophy, which

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Reflections On Leisure Play And Recreation

Jessica J Manson



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