

ABSTRACT

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The purpose of this study was to determine the selected recreational preferences of juveniles in selected residential treatment institutions in Wisconsin. There were 406 males and females selected as subjects from 19 residential treatment institutions. A questionnaire was used to obtain the data needed for the study. The study was conducted from November 1980 to February 1981. Questionnaires with instructions for administering the questionnaire were mailed to 30 residential treatment institutions in Wisconsin. Nineteen institutions were represented in the study with six institutions requesting not to participate. The remaining five institutions did not reply. The questionnaire consisted of two parts. The first part asked for the age, sex, race and institution in which the subject resided. The second part consisted of 49 activities with columns to be checked indicating the preference towards each activity. The results of the study indicated a preference toward a variety of activities. Most prevalent among the activities preferred was a desired interest for social activities, for example: pool, bowling, parties, picnics, camping, frisbee, swimming, skiing, roller-skating, ice skating and ping pong. Also noted in the results was a preference toward activities considered adventurous or challenging, for example: backpacking, skiing, horseback riding, camping, canoeing and fishing. Activities considered as creative received high ranking, for example: art, arts and crafts, reading and group talks.

SELECTED RECREATIONAL PREFERENCES
OF JUVENILES
IN SELECTED RESIDENTIAL TREATMENT INSTITUTIONS IN WISCONSIN

A Seminar Presented
to
The Graduate Faculty
University of Wisconsin-La Crosse

In Partial Fulfillment
of the Requirements for the
Master of Science Degree

BY
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CHAPTER I

INTRODUCTION

Recreation is not a cure all. It does not prevent, control or cure unacceptable behavior. But it does have an important role in the total rehabilitation process... If a program is well planned and adapted to the participants, they can be guided and assisted in learning self control and self discipline while engaging in cooperative enterprises, building more constructive social relationships, and acquiring interest that replace undesirable past interest (Decker, 1969, p. 32).

Professionals in therapeutic recreation have become increasingly concerned with meeting treatment and rehabilitation objectives through the use of recreational activities (Dixon, 1979). Gunn (1975) cited that leisure activities may aid in the accomplishment of treatment objectives and rehabilitation. The studies tend to indicate that if residential treatment institutions for juveniles are to have more adequate rehabilitative processes, it is important that successful recreational activities be incorporated into programs.

Generally, when a youth enters a residential treatment institution, it is expected he would be treated for certain aspects of his personality. Recreational activities can be viewed as being an important aspects of one's life. This appears to be true when it is realized that individuals in treatment institutions are primarily severed from familiar friends and surroundings and must adjust to a different social environment. Recreational activities may be used as a means of easing tensions of the new environment. Decker (1969) indicated

that recreation is a part of normal everyday life; hence preferred recreation leisure activities can provide institutional individuals with a link to life outside the institution.

Statement of the Problem

The purpose of this study was to determine selected recreational activity preferences of juveniles in selected residential treatment institutions in Wisconsin.

Need for the Study

The data gathered from this study may be used by personnel involved in programming recreation activities in residential treatment institutions, as a reference for future programming. The data collected may allow for a comparison of recreational activities presently offered and activities which are preferred by juveniles in residential treatment institutions. Miller (1975) suggested:

All concerned groups should participate in activity assessment at regular intervals including reexamination of the goals of the activity program relative to the physical, social and emotional needs of the patient population to be served (p. 104).

Assumptions

- (1) The assumption was made that all participants responded honestly and accurately in the questionnaire.
- (2) The assumption was made that the questionnaires returned were representative of all youth in specific age groups residing in selected residential treatment institutions for juveniles in Wisconsin.

- (3) It was assumed that all subjects were mentally capable of completing the questionnaire accurately.
- (4) It was assumed that all subjects received permission from staff personnel to participate in the study.
- (5) It was assumed that all institutions complied with instructions for administering the questionnaires.

Delimitations

The study had the following delimitations:

- (1) The study was delimited to a total of 402 males and females residing in selected residential treatment institutions for juveniles in Wisconsin from November 1980 to February 1981.
- (2) The study was delimited to residential treatment institutions as listed in the 1980 Directory of State of Wisconsin Child Care Institutions.
- (3) The study was delimited to male and female youth from the ages of 12 to 17 years in selected residential treatment institutions for juveniles in Wisconsin.
- (4) The study was delimited to residents that received permission to participate in the study from staff personnel.
- (5) The study was delimited to residents considered mentally capable of accurately completing the questionnaire.

Limitations

The study had the following limitations:

- (1) A limitation of this study may have been the accuracy with which the subjects responded to the data gathering instrument.

- (2) The ability of the instrument to measure what it purported to measure may also have limited the study.

Definition of Terms

For the purposes of this study, the following functional definitions were adopted:

- (1) High energy expenditure activities: Activities in which 10 calories are burned per minute (Kuntzleman, 1971).
- (2) Juvenile: As utilized in this study, juvenile refers to children living in residential treatment institutions in Wisconsin, between 12 and 17 years of age. These children may be adjudicated delinquents. These children may have special behavioral problems (Eldefonson, 1967) (Gluek, 1959).
- (3) Low energy expenditure activities: Activities in which 1.17 and 2.49 calories are burned per minute (Kuntzleman, 1971).
- (4) Mild energy expenditure activities: Activities in which between 2.5 and 4.99 calories are burned per minute (Kuntzleman, 1971).
- (5) Moderate energy expenditure activities: Activities in which 5.0 and 9.99 calories are burned per minute (Kuntzleman, 1971).
- (6) Negative Response: A response marked on the questionnaire in the column, "I would not like to participate in the future." The response equaled 67% or below the total response to a specific activity.
- (7) Positive Response: A response marked on the questionnaire in the columns, "I would like to participate in the activity",

"I do participate in the activity" and "I would like to participate in the future." The response equaled 68% or above the total response to a specific activity.

- (8) Residential Treatment Institution: One or more buildings established for the housing and care of children who cannot live with their families. Institutions mainly serve children who cannot remain in their homes because of serious emotional problems. Residential treatment centers are institutions designed to provide a therapeutic program for children with severe emotional problems (Sundel, 1979).

CHAPTER II

REVIEW OF RELATED LITERATURE

In order to make a true and accurate assessment of the activity interest of juveniles, various factors must be taken into consideration (Jewett and Knapp, 1962). Jewett and Knapp (1962) indicated these factors may include geographical location, sex, age, amount and depth of education, existing opportunities, economic status, religion, race, desire and available leadership. When analyzing the activity interest of juveniles it is important to first determine the needs of the group (Farrell and Lundegren, 1978). Farrell and Lundegren mentioned the importance of assessing which dimension of their needs will be satisfied by specific activities. Thus, it would seem impossible to be certain the activities mentioned in this study would be of interest to the entire population of juveniles throughout the country.

It would appear that many factors should be considered when selecting and planning recreational activity programs for juveniles in residential treatment institutions. One factor that may be considered for the individual himself is the idea of the institution as a prison, or a punishment (MacIver, 1966). The juvenile is primarily isolated from all familiar associations and thus is under restraints that he resents. It may be suggested that these resentments may contribute to a lack of interest on the part of the juvenile towards the recreation activity program offered. Another factor that Lutz (1981) feels

could have a significant bearing on recreational activities planned for juveniles is, the personality of the individual. An example of a personality factor, to consider when planning activities might include assessing the delinquent boy's or girl's social assertiveness or ambivalence toward authority. Personality factors such as these may bring about a change in the selection of activity preferences for juveniles in institutions. Thus, it would seem important that recreational activity programs should be designed with a wide range of activities, allowing personality differences to be considered.

Hutchinson (1961) agreed that recreational programs for youths should offer a wide range of activities. He indicated a comprehensive program including a broad range of recreational activities, offers youth the opportunity to gain proficiency in leisure activities which they may enjoy throughout life. Lutz (1981) indicated that youth may be aided towards normal lines of physical growth and healthy development through a wide range of recreational experiences. Lutz also indicated a wide range of activities may offer youth the opportunity for emotional and creative expression, as well as satisfying needs for socialization.

In general, juveniles are easily bored and need various types of activities to keep them interested and involved in programs (Gonzales, 1972). It was noted by Jewett and Knapp (1962), when youth are participating in activities, they are in an impressionable and easily influenced state. According to Jewett and Knapp, it would seem logical that recreational programs in institutional settings may be evaluated

from the participants behavior, while engaging in the activities offered.

When selecting and planning programs for juveniles in residential institutions, it is important to note the characteristics of the individuals being served. According to Kraus (1973) youth in residential treatment institutions often have immature expectations regarding authority figures and have confused self-images regarding their own worth, skills and potential. A tendency to have a low tolerance for failure or frustration and a need to acquire personal skills were included as characteristics of youth in residential treatment institutions.

Farrell and Lundegren (1978) viewed the characteristics of activity preferences of youth to be:

- 1) Seeking self identity.
- 2) Enormous capacity to perform new tasks.
- 3) High range of ability to carry new responsibilities.
- 4) Testing of boy/girl relationships.
- 5) Sex identification and alienation from opposite sex and family.
- 6) Maturation through puberty/body development.
- 7) Interest in social intercourse.
- 8) Future refinement of independence needs.
- 9) Future relationships begin to develop.
- 10) Group affiliation is important (p. 230).

Krause (1978) found in a study of over 5000 adolescents, those individuals with high self-esteem tended to actively take part in sports, team activities, outdoor activities and social activities. He also noted those with low self-esteem were much less involved. The research completed by Krause indicated a relationship between adolescents self-image and the desire to participate in extracurricular

activities. In a study by Crandal (1979) designed to determine the importance of social interaction in leisure activity, the results suggested social interaction is an important part of leisure activities. As noted by Crandal, social interaction was found to be an important aspect of leisure activity involvement, both as a motivational factor for participation and as an outcome of leisure activity participation.

Hutchinson (1961) suggested adolescents "seek the company of others in their recreation" (p. 63). He indicated small group and club activities such as parties, picnics and large mass gatherings, when coupled with leisure activities such as swimming, music or dancing, are considered attractive to the adolescent age group. Group recreational activities can offer youth the opportunity for satisfying involvement with others and can provide a sense of security that contributes to psychological well-being (Kraus, 1978). Jewett and Knapp (1962) have indicated that adolescents possess a strong desire for group association. In essence, adolescents are generally concerned with being socially accepted by their peers. De Marche (1958) explained the desire for group acceptance was very important to the adolescent because they constantly strive for recognition and status. Jewett and Knapp (1962) cited that couple dances can assist youth with social adjustment.

Many recreational programs designed to serve juveniles often fail to attract them because they are not interesting or challenging enough for the participants (Krause, 1973). Lutz (1981) reported from a study by Sheldon and Glueck that juvenile boys showed a distinct preference for "adventure-some and exciting forms of activity" (p. 81). De Marche

(1958) suggested the importance of adventurous activities, stating "some sociologists view the problems of adolescents as being due to the desire for thrills and adventures" (p. 29). The literature tends to indicate if recreational activities are to be meaningful for juveniles, adventurous types of activities should be incorporated into the recreational programs.

Mayer (1968) suggested that competitive activities should be part of the institutional recreation programs. He indicated that competitive activities may help to prepare the adolescent for competitive situations which may be encountered in everyday life. Mayer further suggested in some institutions, many activities are competitive in nature, without a proper selection of non-competitive activities. Lutz (1981) suggested that personality factors of the juveniles should be taken into consideration when planning or selecting competitive activities. Mayer (1968) suggested an adolescent must gain confidence in himself and others, before he is ready to participate in competitive activities. Lutz (1981) believed competitive activities should give way to challenging or adventurous activities. He indicated competitive activities, with their organization and compliance to rules, offer a clash between the juvenile's personality and the organization of the activity. Krause (1973) suggested juveniles have a defiant attitude toward authority. Based on Kraus's viewpoint, it might be assumed, juveniles would be more inclined to choose activities in which they can be independent of authority.

In summary, this chapter has provided an overview of some of

the literature related to juveniles needs and desires for activities. More specifically, it has reviewed the types of activities which should be incorporated into programs for juveniles. There was a lack of literature pertaining to specific activity preferences of juveniles residing in residential treatment institutions.

CHAPTER III

METHODS

Introduction

Included in this chapter are the procedures and methods which were followed in developing and conducting this study. The procedures and methods were presented in the following order:

1. Subject Selection
2. Development of Questionnaire
3. Procedures
4. Statistical Treatment of Data

Subject Selection

The study involved 19 selected residential treatment institutions for juveniles in the State of Wisconsin. The institutions used in the study were listed in the 1980 Directory of State of Wisconsin Child Care Institutions. The subjects from the institutions ranged from the ages of 12 to 17 years of age. The study was administered from November 1980 to February 1981. The subjects involved in the study totaled 303 males and 103 females residing within the institutions. Subjects who failed to accurately complete the first section of the questionnaire were not used in the study.

Development of Questionnaire

An activity preference questionnaire was designed to collect the data for this study. The activities used in the activity preference questionnaire (Appendix C) were obtained from a review of literature,

along with the researcher's knowledge of recreational activities. Other information regarding recreational activities for juveniles was obtained from discussion with persons who had been involved with or were presently involved with educational, social, rehabilitative and recreational programs for juveniles. Physical education, social work and recreational professionals were consulted, which aided in compiling a listing of recreational activities for the activity preference questionnaire. The data gathering instrument utilized for this study was designed by the researcher with assistance from Dr. Anita M. Barta, an Associate Professor of Therapeutic Recreation at the University of Wisconsin-La Crosse, and from a pilot study utilizing the questionnaire.

In a pilot study the questionnaire was evaluated by a group of employees of St. Michael's Home for Children in La Crosse, Wisconsin. The employees included three child care staff, a social worker, the director of child care staff and the director of the recreation department. Upon reviewing the information obtained from these individuals concerning the activities used in the questionnaire and the administration of the questionnaire, it was concluded the questionnaire was appropriate for the purpose of the study.

The activity preference questionnaire consisted of two parts. The first part of the questionnaire was designed to obtain the age, sex and race of the subject. A sample activity and response was given to aid in the clarification of the questionnaire. The second part of the questionnaire was designed to ascertain the activity preference. Subjects were to place a (✓) check mark in the column or columns which best described activity preferences. For the purposes of this study

the columns marked, "I like to participate in the activity", "I do participate in the activity" and "I would like to participate in the future" were classified as positive responses. The column marked "I would not like to participate in the future" was classified as a negative response. The column marked "I am not familiar with this activity" was not used in the study. The last item on the questionnaire asked the subjects to state additional activities in which they wished to participate but were not listed in the study.

The questionnaire was designed to determine selected recreational activity preferences of juveniles in selected residential treatment institutions in Wisconsin. The data was analyzed according to the sex of the subjects in order to limit the study to one variable, in an effort to have more control of the study.

Procedures

Questionnaires (Appendix C) were mailed to the 30 residential treatment institutions listed in the 1980 Directory of State of Wisconsin Child Care Institutions on November 1, 1980. A cover letter (Appendix A) with a return date of November 10, 1980 and directions for administering the questionnaire (Appendix B) were also sent to each institution. A follow-up letter (Appendix D) was mailed on November 21, 1980 to each institution which did not comply to the initial request. A return date of December 5, 1980 was included in the follow-up letter. No attempt was made to contact non-complying institutions during the month of December, because many residential treatment institutions are not at maximum capacity at this time. Home visits are the primary reason for this

decline in December. On January 10, 1981 telephone contacts were made to the institutions which had not replied. The researcher requested the questionnaires be returned or an explanation given as to why they wished not to reply.

On February 1, 1981 the total number of institutions responding was 25; 19 residential treatment institutions returned the completed questionnaires and six requested not to participate in the study. Institutions requesting not to participate in the study gave the following reasons:

- (1) Our population consists of psychotic, retarded children with severe behavioral problems. Their levels of comprehension is limited. I do not feel their answers would be of use to you.
- (2) We do appreciate the opportunity to participate, but we prefer for our own reasons not to take advantage.
- (3) Youth at our agency are admitted and discharged on a daily basis, which stands in contrast to the residents of a treatment home.
- (4) Given the degree of cognitive impairment of the majority of our residents, they would not be capable of meaningful participation in such a study.

Statistical Treatment of Data

The data were examined to determine selected recreational activity preferences of male and female juveniles in selected residential treatment institutions in Wisconsin. Responses to the questionnaire were hand tabulated by the researcher. The results were presented in terms of percentage of responses per activity. Responses were ranked according to Normal Distribution (Best, 1977). For example, responses marked in the column "I like to participate in the activity", "I do participate in the

activity" and "I would like to participate in the future" and which equaled 68% or above the total response per activity were classified as positive responses. Responses marked in the column "I would not like to participate in the future" and equaled 67% or below the total response per activity were classified as a negative response. Tables were used to illustrate the data.

A total of 435 responses were returned from 19 residential treatment institutions for juveniles in Wisconsin. Of the 435 responses 26 were not tallied as a result of not meeting the age criteria for the respondents utilized in the study. The totaled number of respondents utilized in the study included 303 male and 103 female juveniles, which totaled 406, and resided in residential treatment institutions in Wisconsin. Individual responses which were marked incorrectly or inaccurately in the columns, were not used in the study.

CHAPTER IV
RESULTS AND DISCUSSION

The purpose of Chapter IV was to present and discuss the data relating to selected recreational activity preferences of juveniles in selected residential treatment institutions in Wisconsin.

Analysis of Results

A questionnaire was used to obtain the information needed for this study. Represented in the study were 303 male and 103 female juveniles in residential treatment institutions, as listed in the 1980 Directory of State of Wisconsin Child Care Institutions. Recreational activities listed in the study were based on Kuntzleman's (1971) The Physical Fitness Encyclopedia with supplementary data acquired from Morehouse and Miller (1971) Physiology of Exercise. The four categories of energy expenditure as illustrated in Table 1 were: 1) Low: between 1.17 and 2.49 calories burned per minute; 2) Mild: between 2.5 and 4.99 calories burned per minute; 3) Moderate: between 5.0 and 9.99 calories burned per minute; and 4) High: over 10.0 calories burned per minute.

Table 1
Classification of Energy Expenditures

Intensity of Exercise	Calories Expended
Low	1.17 - 2.49/minute
Mild	2.50 - 4.99/minute
Moderate	5.0 - 9.99/minute
High	10.0+

<p>I. LOW</p> <p>Backgammon Meditation Model building Reading Watching TV Chess/Checkers Art Arts and Crafts Poster Contest Group talks Sing alongs Music listening</p>	<p>III. MODERATE</p> <p>Archery Rollerskating Ice skating Ping Pong Horseback riding Tennis Swimming Dancing Boxing Skiing Sledding Parties Camping</p>
<p>II. MILD</p> <p>Pool Fishing Gardening Golf Cooking Canoeing Sewing Picnics Kite flying Camping</p>	<p>IV. HIGH</p> <p>Talent shows Frisbee Solitary walks Softball</p> <p>Soccer Volleyball Football Basketball Bicycling Jogging Weight lifting Racquetball Backpacking</p>

It should be noted that some of the activities preferred may fall into more than one category, for example, football, volleyball and basketball may also be considered competitive activities, as well as team activities.

Table 2 illustrates positive recreational preferences of male respondents toward activities with high levels of energy expenditure. The first two activities, bicycling and weightlifting, indicate a preference toward individual types of activities which may require little socialization on the part of the participant. Table 2 also indicates a preference for team activities, for example, football, basketball and volleyball. These activities may also be considered as competitive in function. Table 2 further illustrates a preference for activities considered challenging or adventure-seeking activities for example, backpacking and racquetball.

Table 3 illustrates positive recreational preferences of male respondents toward activities with moderate levels of energy expenditure. The activities listed in Table 3 depict a variety of interest in various types of activities. The first three activities listed, swimming, parties and camping, indicate a preference for social activities. Activities considered competitive include, archery, ping pong and boxing. Also preferred in Table 3 were adventurous types of activities, such as, horseback riding, skiing, roller skating and sledding.

Table 4 illustrates positive recreational preferences of male respondents toward activities with mild levels of energy expenditure. The first two activities preferred, pool and bowling, depict an interest for social activities which may involve dual participation. Additional

activities preferred which may involve dual participation include: frisbee, canoeing and foosball. Table 4 depicts an interest toward leisure pursuits which can be participated throughout one's life, such as, cooking, bowling, picnics and pool. In Table 4, of the eight activities listed, seven might be considered social activities: pool, bowling, frisbee, canoeing, foosball, softball and picnics.

Table 2 Positive Recreational Preferences of Male Respondents
Toward Activities with High Levels of Energy Expenditure*

Preferences	Total Subjects	Percent Positive Response	Percent Negative Response
Bicycling	300	84	16
Weightlifting	295	84	16
Football	302	78	22
Backpacking	260	75	25
Basketball	301	72	28
Racquetball	253	70	30
Volleyball	287	70	30

*Based on positive response per activity

Table 5 illustrates positive recreational preferences of male respondents toward activities with low levels of energy expenditure. The activities such as, fishing, music listening, watching television, model building and reading, indicate a preference by respondents for activities which usually require individual participation without assistance from others. All of the activities listed in Table 5, fishing, music listening, watching television, model building, reading

and chess/checkers, are considered activities with high carry-over value. It should be noted, in general the activities listed in Table 5 appear to be passive in function.

Table 3 Positive Recreational Preferences of Male Respondents Toward Activities with Moderate Levels of Energy Expenditure*

Preferences	Total Subjects	Percent Positive Response	Percent Negative Response
Swimming	299	92	8
Parties	298	90	10
Camping	278	88	12
Horseback riding	289	87	13
Archery	281	84	16
Roller skating	301	83	17
Skiing	269	80	20
Sledding	281	77	23
Ping Pong	290	74	26
Boxing	300	70	30

*Based on positive response per activity

Table 6 illustrates positive recreational preferences of female respondents toward activities with high levels of energy expenditure. The activities listed, bicycling and backpacking, depict a preference for activities which usually require individual participation. The activity of volleyball may be viewed as a preference for team activities.

Table 7 illustrates positive recreational preferences of female respondents toward activities with moderate levels of energy expenditure.

The activities listed in Table 7 depict a variety of interest in various types of activities. Activities preferred include, group or social activities, such as, camping and parties. Also included in Table 7 are dual participation activities including tennis and ping pong. Activities preferred which may be considered individual in structure include: ice skating, sledding, roller skating, skiing and swimming. It should be noted that these activities may also be considered adventurous or adventure-seeking as well. Also receiving high positive response were activities which have high carry-over value for participants, such as, horseback riding, dancing, parties and camping.

Table 4 Positive Recreational Preferences of Male Respondents Toward Activities with Mild Levels of Energy Expenditure*

Preferences	Total Subjects	Percent Positive Response	Percent Negative Response
Pool	290	91	9
Bowling	294	85	15
Frisbee	301	81	19
Canoeing	300	80	20
Foosball	246	78	22
Softball	258	75	25
Picnics	260	72	28
Cooking	273	68	32

*Based on positive response per activity

Table 8 illustrates positive recreational preferences of female respondents toward activities with mild levels of energy expenditure.

The first two activities listed, bowling and pool, show an interest for activities which may be primarily dual in structure. Table 8 indicates there was a preference toward activities with high carry-over value for participants, such as, cooking, bowling, pool, picinics and sewing. Of the nine activities listed, seven may be regarded as social activities, for example, bowling, pool, picinics, frisbee, softball, fooseball and canoeing. Table 8 also indicates a preference for activities which are primarily dual in structure, such as, pool, bowling, frisbee, foosball and canoeing.

Table 5 Positive Recreational Preferences of Male Respondents
Toward Activities with Low Levels of Energy Expenditure*

Preferences	Total Subjects	Percent Positive Response	Percent Negative Response
Fishing	267	90	10
Music Listening	211	90	10
Watching TV	278	88	12
Model Building	281	75	25
Reading	260	68	32
Chess/Checkers	262	71	29

*Based on positive response per activity

Table 9 illustrates positive recreational preferences of female respondents toward activities with low levels of energy expenditure. The activities listed, music listening, art, arts and crafts, watching television, fishing and reading, depict an interest in activities which may be primarily individual in structure. Also illustrated in

Table 9 were group talks which may be considered as a group or social activity.

Table 6 Positive Recreational Preferences of Female Respondents
Toward Activities with High Levels of Energy Expenditure*

Preference	Total Subjects	Percent Positive Response	Percent Negative Response
Bicycling	100	84	16
Volleyball	95	82	18
Backpacking	94	68	32

*Based on positive response per activity.

Table 7 Positive Recreational Preferences of Female Respondents
Toward Activities with Moderate Levels of Energy Expenditure*

Preference	Total Subjects	Percent Positive Response	percent Negative Response
Parties	101	94	6
Swimming	99	91	9
Horseback riding	96	91	9
Camping	96	89	11
Ice Skating	94	88	12
Roller skating	102	86	14
Sledding	96	81	19
Skiing	89	78	22
Dancing	100	73	27
Tennis	92	72	28
Ping Pong	97	72	28

*Based on positive response per activity

Table 8 Positive Recreational Preferences of Female Respondents
Toward Activities with Mild Levels of Energy Expenditure*

Preference	Total Subjects	Percent Positive Response	Percent Negative Response
Bowling	95	83	17
Pool	94	82	18
Cooking	98	79	21
Picnics	97	79	21
Frisbee	94	78	22
Softball	101	72	28
Foosball	84	71	29
Canoeing	96	70	30
Sewing	98	68	32

*Based on positive response per activity

Table 9 Positive Recreational Preferences of Female Respondents
Toward Activities with Low Levels of Energy Expenditure*

Preferences	Total Subjects	Percent Positive Response	Percent Negative Response
Music Listening	98	95	5
Art	98	93	7
Watching TV	99	89	11
Arts and Crafts	96	80	20
Fishing	94	72	28
Group Talks	83	71	29
Reading	92	70	30

*Based on positive response per activity

In summary, the selected activity preferences of juveniles in selected residential treatment institutions depict a variety of interest. Among those activities most preferred were social activities, adventurous activities, individual activities, activities with high carry-over value and activities which require dual participation.

CHAPTER V
CONCLUSIONS AND RECOMMENDATIONS

Summary

This study was designed to determine the selected recreational preferences of juveniles in selected residential treatment institutions in Wisconsin. The subjects utilized in this study were 406 male and female juveniles between 12 and 17 years of age, residing in the institutions from November, 1980 to February, 1981. An activity preference questionnaire was used to obtain the data. The activities were classified as positive responses or negative responses from the total responses per activity. For example, 68% or above the total responses per activity, which was marked in the columns, "I do participate in the activity", "I like to participate in the activity" and "I would like to participate in the future", were classified as positive responses. Total responses per activity which equaled 67% or below and marked in the column, "I would not like to participate in the future", was classified as a negative response.

Conclusions

Based upon the findings within the limits of this study, the following conclusions were drawn:

- (1) The data collected and analyzed for this study could be helpful in programming recreational activities for 12 to 17 year old

juveniles residing in residential treatment institutions in Wisconsin.

- (2) The data collected and analyzed for this study could be helpful in programming recreational activities for 12 to 17 year old male juveniles residing in residential treatment institutions in Wisconsin.
- (3) The data collected and analyzed for this study could be helpful in programming recreational activities for 12 to 17 year old female juveniles residing in residential treatment institutions in Wisconsin.
- (4) Those who plan recreational programs for 12 to 17 year old juveniles should be aware of differences and similarities of juvenile's activity preferences.
- (5) It should not be assumed all 12 to 17 year old juveniles residing in residential treatment institutions in Wisconsin have had the same exposure to recreational opportunities, since available facilities, economic and social status and geographical location of individuals may vary.
- (6) When referring to activities with high levels of energy expenditure, males indicate a preference for individual, team and challenging or adventure-seeking activities. Examples of these activities included weightlifting, volleyball, basketball and backpacking.
- (7) When referring to activities with moderate levels of energy expenditure, males indicated a preference for social, competitive and adventurous activities. Examples of the activities included

- parties, swimming, archery, horseback riding and rollerskating.
- (8) When referring to activities with mild levels of energy expenditure, males indicated a preference for social activities which usually require dual participation. Also noted as preferred activities were activities with high carry-over value. Examples of these activities included pool, bowling, picnics, foosball and canoeing.
 - (9) When referring to activities with low levels of energy expenditure, males indicated a preference for individual activities and activities with high carry-over value. Examples of these activities included fishing, music listening, chess/checkers and reading.
 - (10) When referring to activities with high levels of energy expenditure, females preferred individual and team activities. These activities included bicycling, backpacking and volleyball.
 - (11) When referring to activities with moderate levels of energy expenditure, females preferred various types of activities. These activities included group, social, individual, adventurous and dual activities. Examples of these activities included parties, horseback riding, dancing, sledding, camping and ping pong.
 - (12) When referring to activities with mild levels of energy expenditure, females indicated a preference for social, dual and individual activities. Some of the activities preferred may also be considered to have high carry-over value. Examples of these activities included bowling, cooking, sewing, frisbee, canoeing

and picnics.

- (13) When referring to activities with low levels of energy expenditure, females indicated a preference for individual activities. Examples of the activities included reading, art and arts and crafts. Also noted were group talks which may be considered a group or social activity in function.

Recommendations

- (1) Similar studies should be conducted to determine the recreational activity preferences of juveniles in residential treatment institutions utilizing a larger number of subjects.
- (2) Similar studies should be conducted to determine recreational activity preferences of male juveniles in residential treatment institutions.
- (3) Similar studies should be conducted to determine the recreational activity preference of female juveniles in residential treatment institutions.
- (4) Similar studies should be conducted to determine the recreational activity preferences of juveniles using a larger range of activities.
- (5) Similar studies should be conducted to determine the recreational activity preferences of juveniles in residential treatment institutions using a larger geographical area.
- (6) Similar studies should be conducted to determine if there is a relationship between specific behavioral problems and preferred activities.

- (7) Recreational activity preferences of juveniles should be considered before developing recreational programs in residential treatment institutions.

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APPENDIX

APPENDIX A

INITIAL LETTER

INSTITUTION:

DATE:

Dear Sir/Ms:

My name is Jearold Holland. I am presently employed as a child care worker at St. Michael's Home for Children in La Crosse, Wisconsin. I am also a graduate student at the University of Wisconsin-La Crosse preparing for a Master of Science Degree in Therapeutic Recreation. A questionnaire survey is part of my seminar paper. I am requesting that your facility assist me with my survey.

The main purpose of this survey is to identify the recreational activity preferences of residents in treatment centers, primarily involved with deviant youth in the state of Wisconsin. The same questionnaire is being sent to all residential treatment institutions in Wisconsin.

The data collected from this survey will be valuable in that future personnel working in treatment institutions will have a resource from which to develop or better develop recreational and leisure activities for youth residing in these institutions. A summary of the finding from this survey can be sent to each institution if requested. Cooperation is needed from each institution in order for an accurate analysis to be made.

The questionnaire is very basic in itself, in that residents are only requested to place a check (✓) in the applicable space (s). Data collected from the questionnaire will relate to such items as recreational activity preferences according to age, recreational activity preferences according to age and sex, recreation activity preferences according to age and race.

As a child care worker myself, I realize the need for more intensified programming of recreational activities for deviant youth. With your participation in this survey, more uniform and effective programming may be developed for institutional treatment facilities.

Enclosed is a self-addressed stamped envelope to help ensure a speedy return of the questionnaire. Also enclosed are the questionnaires and the instructions for administering the questionnaire.

Upon completion of all questionnaires, they should be returned by November 10, 1980 to:

Jearold Holland

944 Cass Street

La Crosse, Wisconsin 54601

Phone: (608) 782-7722

In conclusion, I thank you for your time and consideration in this request,

Sincerely,

Jearold W. Holland

Enclosures

APPENDIX B

DIRECTIONS FOR ADMINISTERING
RECREATIONAL ACTIVITY PREFERENCE QUESTIONNAIRE
(September 1980)

- A) The questionnaire should be administered to every resident in the institution between the ages of 12 to 17 years. If some residents can not complete the questionnaire, it would be appreciated if a small general statement could be sent to explain why.
- B) Adult staff personnel should be present to explain and read the directions for the questionnaire to the participants.
- C) A staff member should be present to discourage discussion among residents regarding response to the questionnaire items.
- D) The staff member may explain the purpose of this questionnaire, which may be stated as: The purpose of this questionnaire is to help provide better recreational activities for institutional treatment facilities.
- E) The staff member should explain that each activity may or may not require more than one (✓) in each response category.
- F) In the last category marked "Other" the participants may list other activities not mentioned in the list of activities.

APPENDIX C

RECREATIONAL ACTIVITY PREFERENCE QUESTIONNAIRE
(September 1980)

DIRECTIONS: Place a check (✓) mark in the space(s) to the right of the activity, within each column, which best describes your preference(s).

EXAMPLE:

ACTIVITY	I DO PARTICIPATE IN THE ACTIVITY	I LIKE TO PARTICIPATE IN THE ACTIVITY	I WOULD NOT LIKE TO PARTICIPATE IN THE FUTURE	I WOULD LIKE TO PARTICIPATE IN THE FUTURE	I AM NOT FAMILIAR WITH THIS ACTIVITY
Basketball					

QUESTIONNAIRE

ACTIVITY	I DO PARTICIPATE IN THE ACTIVITY	I LIKE TO PARTICIPATE IN THE ACTIVITY	I WOULD NOT LIKE TO PARTICIPATE IN THE FUTURE	I WOULD LIKE TO PARTICIPATE IN THE FUTURE	I AM NOT FAMILIAR WITH THIS ACTIVITY
Basketball					
Softball					
Sewing					
Bicycling					
Model Building					
Dancing					

ACTIVITY	I DO PARTICIPATE IN THE ACTIVITY	I LIKE TO PARTICIPATE IN THE ACTIVITY	I WOULD NOT LIKE TO PARTICIPATE IN THE FUTURE	I WOULD LIKE TO PARTICIPATE IN THE FUTURE	I AM NOT FAMILIAR WITH THIS ACTIVITY
Jogging					
Backpacking					
Gardening					
Canoeing					
Camping					
Golf					
Boxing					
Checkers/Chess					
Football					
Volleyball					
Rollerskating					
Talent Shows					
Swimming					
Fishing					
Ice Skating					
Frisbee					
Solitary Walks					
Watching TV					
Reading					
Music Listening					
Horseback Riding					

ACTIVITY	I DO PARTICIPATE IN THE ACTIVITY	I LIKE TO PARTICIPATE IN THE ACTIVITY	I WOULD NOT LIKE TO PARTICIPATE IN THE FUTURE	I WOULD LIKE TO PARTICIPATE IN THE FUTURE	I AM NOT FAMILIAR WITH THIS ACTIVITY
Backgammon					
Art					
Arts and Crafts					
Sing-Alongs					
Parties					
Weightlifting					
Racquetball					
Sledding					
Poster Contest					
Skiing					
Foosball					
Archery					
Pool					
Tennis					
Ping Pong					
Bowling					
Soccer					
Picnic					
Group Talks					
Cooking					
Kite Flying					

ACTIVITY	I DO PARTICIPATE IN THE ACTIVITY	I LIKE TO PARTICIPATE IN THE ACTIVITY	I WOULD NOT LIKE TO PARTICIPATE IN THE FUTURE	I WOULD LIKE TO PARTICIPATE IN THE FUTURE	I AM NOT FAMILIAR WITH THIS ACTIVITY
Meditation (Solitary)					
Other					

APPENDIX D

FOLLOW-UP LETTER

November 21, 1980

Dear Sir:

I am writing in regards to the activity preference questionnaire which you received in the mail a few weeks ago.

I have not received any response to the survey from your organization. It is my intent to inform you of its importance in gathering accurate information for the completion of this project. With your assistance, a greater number of youth can be used in the study. This in turn will help to make the data gathered more accurate and ture.

In closing, I would like to say that the questionnaire should be completed and returned by December 5, 1980. If this is not possible, then it is requested that a short letter be returned explaining why the questionnaire could not be completed.

In advance, thank you for your time and cooperation.

Sincerely,

Jearold W. Holland

944 Cass Street

La Crosse, Wisconsin 54601

P.S.: If additional questionnaires are needed, please contact the above.

APPENDIX E

INSTITUTIONS RETURNING QUESTIONNAIRES

Jeneau Academy

Juneau Academy East

St. Michael's Home for Children

La Crosse Home for Children

Eau Claire Academy

Our Lady of Charity Center

Elmbrooke Family Counseling Center

St. Rose Residence

Homme Home for Boys

Sunburst Youth Home

Norris Incorporate

Lad Lake

St. Coletta

Rawhide

Camblite Home

St. Charles Boys Home

Martin Luther Residential Center

Northwest Passage

Wyalusing Academy

APPENDIX F

INSTITUTIONS REQUESTING NOT TO PARTICIPATE

Oconomowoc Development Training Center

Willowglen Academy

Chileda Institute

Milwaukee County Children's Home

Lakeside Child and Family Counseling Center

Tomorrow's Children

APPENDIX G

ADDITIONAL RECREATIONAL ACTIVITY PREFERENCES
CITED BY RESPONDENTS

Playing guitar	Woodworking
Track	Hang gliding
Table games	Gymnastics
Sherrades	Go-carting
Kick ball	Rugby
Wrestling	Climbing trees
Juggling	Hockey
Baby sitting	Badminton
Water skiing	Karate
Sailing	Scuba diving
Going to movies	Snow mobiling
Shopping	Going to concerts
Mini biking	Skate boarding
Hunting	Air hockey
Sleeping	Clay sculpturing
Horse shoes	Field trips
Parachuting	Inner tubing
Jump rope	Repelling