

# **Leisure and Recreation Participation: The Problem of Time Frame**

**By**

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## **ABSTRACT**

Availability of free time is the most important determining factor for people's participation in leisure and recreation activities. However, time famine in modern world is viewed as one of the most serious constraints to leisure and recreation enjoyment. Whereas provision for accumulation of free time for leisure and recreation participation are included, informed obligatory working environments, the pursuits for economic and profit oriented activities have tended to consume much of what should be free time for leisure and recreation experiences. People have tended to work for extra hours for various reasons most of which are related to work and other economic activities. The common modification of time has been the main reason for the time famine. This paper therefore, reviews the problem of time famine and ways by which time may be availed for leisure and recreation participation.

**Key Words:** Leisure, Recreation and Time Famine