

SENIORS AND OUTDOOR RECREATION:

ACCEPTED

A CASE STUDY OF CAMPERS

by

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DATE 1984:12:14

TUDIE

DEAN

A THESIS SUBMITTED IN PARTIAL FULFILLMENT

OF THE REQUIREMENTS FOR THE DEGREE OF

MASTER OF SCIENCE

in the Department

of

Geography

We accept this thesis as conforming
to the required standard

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UNIVERSITY OF VICTORIA

October 1984

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ABSTRACT

This thesis examines the significance of outdoor recreation in the lives of older adults, and the impact of retirement and aging on recreation participation patterns.

The review of the literature on aging and recreation has focused on the major theories on aging and how they are utilised in interpreting recreation patterns. As no single theory can adequately accommodate all patterns of change induced by the aging process, this research has adopted the 'multidimensional-developmental perspective' (Wiseman, 1978) as a theoretical framework for the case study. This framework encompasses aspects of several of the various theories.

The objective of the case study was to provide descriptive information on the outdoor recreation participation patterns of the active elderly. The respondents selected were seniors aged 65 and over camping in Gordon Bay, Little Qualicum Falls, Rath Trevor Beach and Miracle Beach Provincial Parks. This study does not attempt to generalise the findings to a wider population.

Data on the range and frequency of the subject's recreation participation for the previous year was collected by interview. Particular attention was paid to the impact of retirement and aging on participation patterns. The nature of camping as a specific recreational activity for this group was investigated in terms of the respondents' group composition at the time of the survey, their motivations for camping, and the activities pursued while camping.

The data on activity participation for the preceding year was rank ordered according to percentage participating in each activity mentioned,

and the frequency of this participation. Activities demonstrating both a high percentage participation rate and high frequency of involvement by the participants are walking, gardening and playing with children out of doors. Activities pursued on an infrequent basis by a significant number of respondents include fishing, picnicking and outdoor swimming. Other activities, such as hiking, bicycling and golf, are pursued regularly by a small proportion of the respondents.

Regarding change in participation patterns with retirement and aging, expansion in gardening, walking and camping is apparent; while constriction in activities of medium to high energy expenditure, such as swimming, hunting and tennis, can be observed. Both suppressed demand and constriction are examined in the context of factors that constrain the participant. 'Not enough free time' is the most significant factor restricting participation in activities where an expansion is desired, while 'health problems' is the major reason given for recent constriction.

The motivating factors predisposing the respondent to camp are enjoyment of the experience, rest and relaxation, and social interaction. Activities pursued while camping range from relatively active to passive in nature, and reflect these motivations to some extent. The significance of camping to this group of subjects is illustrated by the rate of expansion - 78% perceived an increase in the amount of time devoted to the activity in recent years.

The implication of these findings for future policy and research are discussed. It is recommended that attention focus on understanding constraints experienced by this age group, developing outdoor recreation programmes for those with impaired health or less energy, promoting camping as a suitable activity for the active elderly, encouraging social interaction in outdoor recreation, emphasising the role of

recreation in pre-retirement seminars, and expanding the seniors' awareness of present outdoor recreation opportunities.

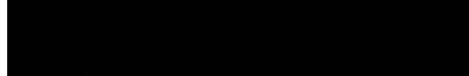
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ACKNOWLEDGEMENTS

I would like to express my appreciation to a number of individuals for their assistance during the course of this study. In particular, I would like to thank my supervisor, Dr. Philip Dearden, and the other members of my committee, Dr. Peter Murphy and Dr. Paul Baker, for their guidance in the preparation of this thesis.

Special thanks are due to Ken Baker for his cooperation and assistance in arranging the interview sites and the use of the campgrounds at no charge, and to Donna Selbee for her interest in this study. Peter Bell, Ron Lampard and Gordon Rathbone were particularly helpful during the field work stage of this research. I am also grateful to Lindsay Funk for the use of his vehicle while conducting the interviews.

I am most indebted to Joy Hampton who took on the onerous task of typing this manuscript under severe time constraints - her patience and diligence are deeply appreciated.

Finally, I would especially like to thank Elizabeth Craig, Rod and Anne Miller, and Christine Hall for encouraging and motivating me through the various stages of this study.

"Come, my friends,
'Tis not too late to seek a newer world.
Push off, and setting well in order smite
The sounding furrows; for my purpose holds
To sail beyond the sunset, and the baths
Of all the western stars, until I die.
It may be that the gulfs will wash us down:
It may be we shall touch the Happy Isles,
And see the great Achilles, whom we knew.
Tho' much is taken, much abides; and tho'
We are not now that strength which in old days
Moved earth and heaven; that which we are, we are;
One equal temper of heroic hearts,
Made weak by time and fate but strong in will
To strive, to seek, to find, and not to yield."

Alfred, Lord Tennyson, Ulysses.

PREFACE

The leisure and recreation explosion of the past two decades has had considerable implications for geographers in the Western world. Although initial involvement was slow,¹ the focus of the discipline gradually became one of describing and analysing the spatial dimensions of leisure participation, and the resources and facilities thus utilised. Demand-supply appraisals, recreational impact assessment, visual amenity concerns, and the study of recreational travel characterise the research priorities of the sixties and seventies.

In recent years, however, the relevancy of this resource-oriented perspective has come under question, particularly in the field of outdoor recreation. With the growing realisation that recreation settings are 'human ecosystems' (Machlis et al., 1981), a change of emphasis in management has been advocated. The significance of the social dimensions is increasingly being stressed, for as Pigram maintains, "the process of recreation resource management begins with people; they are at the heart of any recreation system" (1983, p.16). This move towards visitor management,² and the corresponding call for a greater understanding of the clientele,³ have only received limited attention from geographers.⁴ Whatever the reason - whether it be the intimidating presence of seemingly more pertinent disciplines, such as sociology and psychology, in the research field; or, whether the discipline has inadvertently adopted a 'non-expansionist' policy in an effort to maintain its 'legitimate boundaries' - the outcome of failing to meet this challenge has placed the existence of this area of geographic interest in jeopardy. As Collins and Patmore have asserted, "there remains ... a real danger that in the transition of concern from resource to human social problems,

the geographical contribution to recreation and leisure studies and policy will be of much less significance than hitherto" (1982, p.256).

In an effort to move beyond the pragmatic approach of the past, there is a need for incorporating the 'welfare' theme into recreation geography. Recognising that many social and geographical inequalities in participation patterns exist, particularly with regard to 'disadvantaged groups', it is the intent of this research to focus on one such group - the elderly.

By adopting a case-study approach, the outdoor recreation activity profile of a sample of senior citizens camping in selected provincial parks on Vancouver Island will be examined within the context of existing aging theories. Attention will be paid to the changes that have occurred since the onset of retirement, given that the aging process is traditionally linked with a constriction in the range and frequency of participation in recreation activities.

It is surprising that this group is a relatively neglected area of geographic study in view of the demographic changes that have been taking place in the Western world. Following a discussion of these changes and the current research interests of geographers in the field of social gerontology (chapter 1), specific trends in the literature pertaining to leisure and aging will be reviewed (chapter 2). The case-study will be presented in the remaining chapters of this thesis.

NOTES

1. Coppock (1982), McMurray (1954), Mercer (1970), and Wolfe (1964), among others, have noted this trend.
2. e.g. as emphasised by Jubenville (1978).
3. e.g. Field (1971), Field & Wagar (1973), Machlis et al. (1981), McDonough et al. (1977), and Pigram (1983).
4. Certain behavioural factors that have received recognition include the role of mental maps (e.g. Pocock, 1976); awareness of opportunity (e.g. Rawley & Peuker, 1970); and, the influence of people's preferences and their perception of place in decision making (e.g. Ewing & Kulka, 1979).

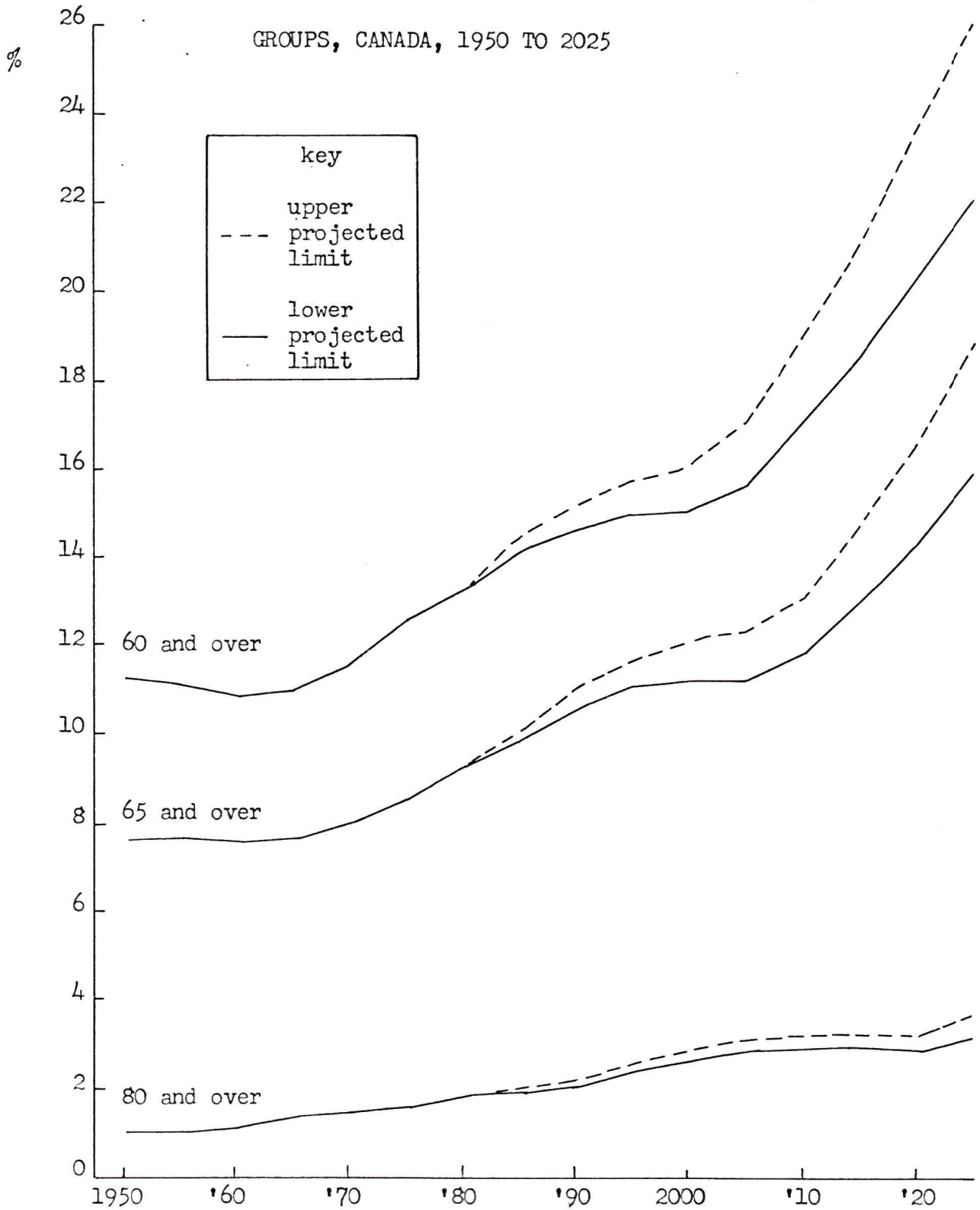
1.1 CANADA'S CHANGING DEMOGRAPHIC STRUCTURE

Canada as a nation is maturing rapidly. The United Nations considers a country as being 'old' when 8% of its population is aged 65 and over (Jaakson, 1977) - for Canada the historic moment occurred in 1971 while the majority of the people were still preoccupied with the needs of the 'baby boom generation' and a youth oriented society. Today, with $2\frac{1}{2}$ million people classified as 'senior citizens', the aging phenomenon has become a popularised media issue and an area of growing concern for planners and policy-makers alike.

At the turn of this present century just over 5% of the country's population were in this age bracket. By 1981 this proportion had risen to 9.7%, representing an almost two-fold increase. Projections regarding the future vary to some degree, but by 2025 the proportion is expected to have risen to somewhere between 15.7% and 18.6% - or approximately $5\frac{1}{2}$ million senior citizens (Dept. of National Health and Welfare, 1982) - (see Figure 1). If present mortality rates continue women aged 65 and over are likely to outnumber elderly men quite considerably by the mid twenty-first century. According to Denton and Spencer (1980), 11.3% of the population in 2031 will be composed of women in this age group (compared with 5.5% in 1981), while the men will only constitute 7% (compared with 4.2% in 1981).¹

Demographic aging to this degree is largely attributed to the decline of fertility and the stabilisation of mortality at low levels. Improvements in mortality have tended to increase the absolute number of elderly, rather than raising average life expectancy; as medical research has only had a limited success in controlling the primary

FIGURE 1. PERCENTAGE OF THE TOTAL POPULATION IN SELECTED AGE GROUPS, CANADA, 1950 TO 2025



SOURCE: Stone and Fletcher, 1981.

causes of death within this age group (i.e. heart disease, cancer, and stroke). Changes in fertility trends, on the other hand, have had a major impact on the demographic structure of the population. The declining birth rates in the post 1920 period have brought about the present increases in the proportion of the elderly to younger age groups. The dramatic growth in senior citizen numbers now anticipated reflects the 'baby boom' interruption of this trend following the Second World War. For the first time in Canadian history the 'aged dependency ratio' is expected to exceed the ratio for the 0 to 19 age group.² Figure 2 illustrates the future demographic structure as the baby boom bulge moves progressively upwards and the birth rates continue to decline.

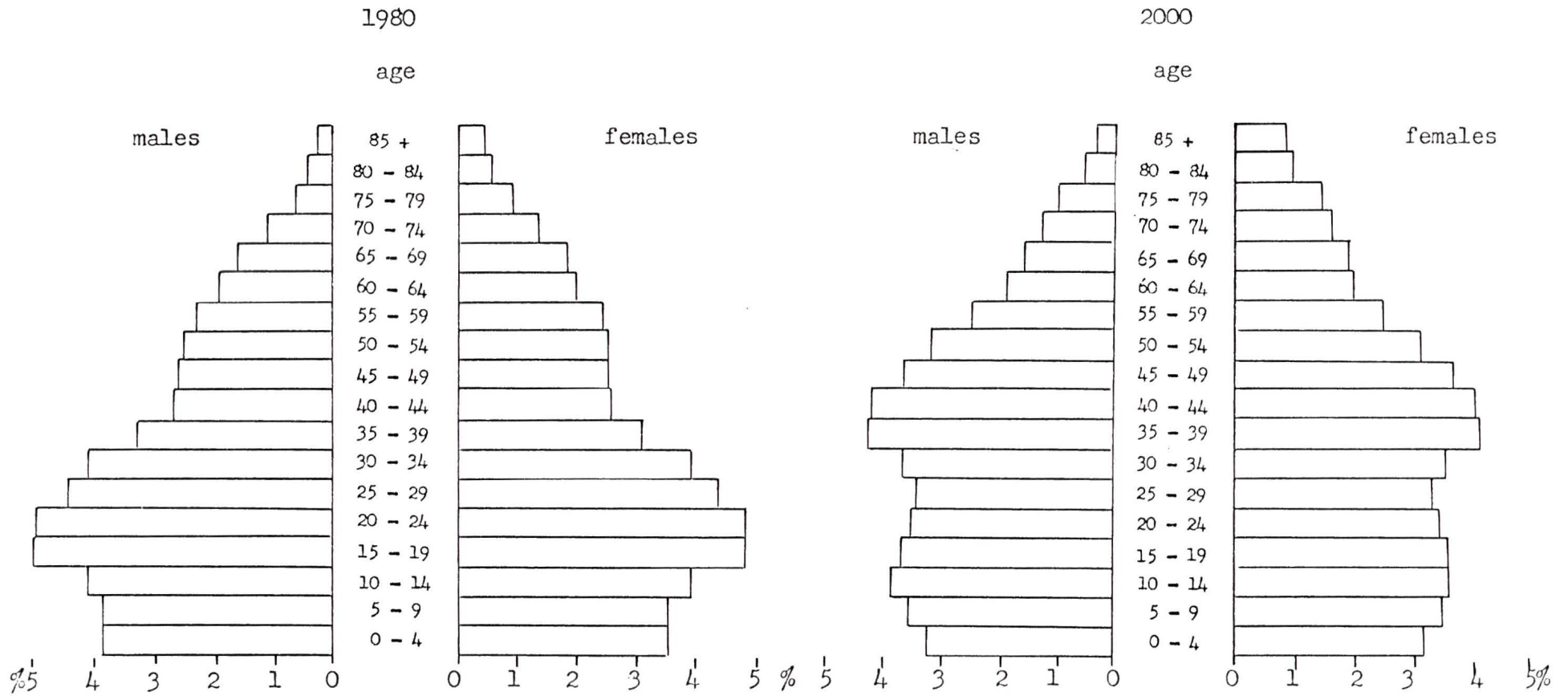
A third factor contributing to the present aging of the population is immigration. Although of less significance now, the influx of young immigrants in the early years of this century has produced an elderly cohort with particular cultural traditions and values.

Elsewhere in the western world the situation is similar. Countries that have previously experienced a stabilising of fertility and mortality at low levels, are now characterised by relatively high percentages of elderly. Sweden, for example, has 16.3% of its population in the 65 and over age bracket. In comparison less developed nations tend to have a much smaller proportion of elderly people, as high fertility and mortality rates ensure a broad based demographic pyramid. These variations in demographic aging can be noted in Table 1. Thus, as Warnes has observed, 'the imminence and prospective rate of aging in a nation are closely related to the scale of recent fertility decline and the attained level of fertility in its population' (1982b,p.12).

1.2 THE IMPLICATIONS OF DEMOGRAPHIC AGING

The extent to which society is capable of coping with such demo-

FIGURE 2. AGE PYRAMIDS BY SEX 1980 AND 2000, CANADA



SOURCE: Stone and Fletcher, 1981

TABLE 1. SELECTED EXAMPLES OF OBSERVED ELDERLY FRACTIONS AMONG THE
NATIONS OF THE WORLD c.1980

Country	Population Total (Millions)	% of population 65 +
Sweden	8.3	16.3
West Germany	61.6	15.5
Austria	7.5	15.5
East Germany	16.7	15.4
England & Wales	49.2	15.1
Denmark	5.1	14.4
France	54.1	13.5
U.S.A.	229.3	11.4
Canada	24.3	9.7
Australia	14.4	9.4
Japan	116.0	9.0
Chile	11.3	5.5
Malaysia	11.0	3.6
Brazil	123.0	3.4
India	663.6	3.4
Zaire	26.4	2.5

Source: United Nations Demographic Yearbook 1981

graphic changes is increasingly being queried. The growing concern is reflected in the expansion of social gerontology as an academic field of inquiry, and in the official recognition of the problem at international levels. The establishment of the International Federation on Aging in 1978, and the United Nations World Assembly on Aging held in 1982, exemplify this trend. From a national perspective the United States of America is undoubtedly at the forefront of developments in this area. The creation of the National Council on Aging in 1950, the meeting of the President's Council on Aging in 1963, and the annual reports on Developments in Aging produced by a Senate Committee on Aging since 1970 are indicative of the interest that has been generated (Warnes, 1981).

In Canada the official response has been somewhat slower. Although significant research on various aspects of aging has taken place since 1944 at the McGill University Gerontologic Unit, governmental involvement in the field was minimal. The establishment of the Canadian Association on Gerontology in 1971, the Bureau on Aging in 1979, the National Advisory Council on Aging in 1980, and the designation of aging as a strategic research area by the Social Sciences and Humanities Research Council reflect the recent arousal to concern.

Beyond this philosophical commitment however, direct action is less apparent. The anticipation of society's changing needs is now of critical importance if a crisis situation is to be averted. A move away from the past reactive planning approach is essential if services and facilities are to be provided for this expanding elderly population. Planners should seek to emulate the 'diligence' of the private sector - Canadian breweries, for example, "mindful that beer consumption nosedives after age 45, are diversifying vigorously - Labatt's

7

into pasta and Molson's into office supplies" (Ross, 1983, p.24).

Regional variation in demographic structure has intensified the urgency of dealing with the problem in certain areas. This is exemplified in the United States where Florida, with 16% of its population classified as senior citizens, has long been looked to as the forerunner of planning for 'geriatric colonies'. Likewise, the south coast of England and the Gold Coast of southern Queensland in Australia are, of necessity, pioneering in the field of elderly service provision.

Within Canada the provinces with the highest proportions of elderly are Prince Edward Island and Saskatchewan - (see Table 2). In terms of actual numbers, 60% of the nation's senior population reside in Quebec and Ontario. What is perhaps of greater significance are the trends of aging across the country. The largest increase in numbers of elderly over a ten-year period, from 1971 to 1981, occurred in British Columbia. The 65 to 74 age group alone rose by 56.5% in this province. According to Rowe and Pong (1978), much of this growth can be attributed to immigration of 'young' retirees, as British Columbia has been experiencing an influx of elderly that surpasses that of any other province. With a 34% increase in the 55 to 64 aged cohort (again greater than any other province over this ten-year period), this growth in the senior citizen population of British Columbia is expected to continue, with estimates of one million by the year 2021 (Shulman, 1980).

In 1976 77% of Canada's elderly population lived in urban centres of 1,000 or more, and over 50% lived in cities of 100,000 and greater (Shulman, 1980). Not surprisingly, the spatial distribution of this group varies with certain cities having significant local populations of senior citizens. In 1971 the city with the greatest proportion of elderly was Victoria with 15% of its population over 65. Vancouver

TABLE 2. DISTRIBUTION OF POPULATION AGED 65 AND OVER IN CANADA 1981, AND PERCENTAGE INCREASE RATES FOR 1971 TO 1981

	% of Provincial Population 65 + 1981	% of National Population 65 + 1981	1971 - 1981 % increase		Provincial Population Growth Rate 1971 - 81
			65 - 74 Age Group	75 + Age Group	
Newfoundland	7.7	1.9	42.8	26.0	8.7
Prince Edward Is.	12.2	0.6	26.5	13.5	9.7
Nova Scotia	10.9	3.9	35.1	17.0	7.4
New Brunswick	10.1	3.0	33.8	21.7	9.7
Quebec	8.8	24.1	35.4	42.7	6.8
Ontario	10.1	36.8	34.4	35.3	12.0
Manitoba	11.9	5.2	31.4	21.8	3.8
Saskatchewan	12.0	4.9	29.6	13.1	4.5
Alberta	7.3	6.9	39.4	34.8	37.5
British Columbia	10.9	12.6	56.5	30.1	25.6
Canada		9.7	37.2	32.4	12.9

SOURCE: Statistics Canada 1981 Census, 92 - 901.

ranked second with 10.5% (Shulman, 1980). Victoria's position is unlikely to have changed, as the proportion in this age group has been increasing steadily - by 1981 19% of the population in the four municipalities (Victoria, Oak Bay, Saanich and Esquimalt) were aged over 65 (Statistics Canada, 1982b).

Localised concentrations of the elderly have significant implication for planners. It is in these areas that action is required immediately. Cities such as Victoria are the vanguard of those likely to experience demographic aging in the near future. How the problem is handled today is critical, not only in terms of the well-being of present elderly populations, but also in the development of future national policies and realignment of government priorities.

Although this study will focus on the elderly and outdoor recreation, the following section will examine briefly the response of geographers to this changing demographic structure.

1.3 GEOGRAPHICAL PERSPECTIVES ON AGING

Interest in the phenomena of aging and retirement dates back to at least 1939 when Gilbert noted the retirement function of various seaside resorts in England. Thereafter the issue lay relatively dormant until Zelinsky once again drew the attention of the discipline to a newly discovered "exotic group of aliens usually referred to in diplomatic dispatches as 'Senior Citizens'" (1966, p.445). Although a few studies concerned with the spatial aspects of aging emerged in the early 1970's,³ the years following Zelinsky's comments were generally characterised by a persistent reluctance to engage in research of this nature. The "cruel ... neglect ... of this minority" was reiterated by Peet and Rowles in 1974, in their call for a commitment to "important issues stem(ming) from the

progressive decline in accessibility to goods, services and social contacts that accompanies and accelerates the process of growing old" (p.287 & 288). Since then the study of the elderly has gradually acquired official recognition from the discipline. Important milestones in this process include an Association of American Geographers' resource paper on the spatial aspects of aging (Wiseman, 1978), a symposium with a similar theme at the 1979 Annual Conference of the Institute of British Geographers, a review article on the geographical contribution to gerontology in Progress in Human Geography (Warnes, 1981), and the recent publication of a collection of geographical studies on the elderly (Warnes, 1982a).

Today various trends in the research literature, and potential areas designated for future geographic inquiry can be discerned. With the changing demographic structure, past interest has tended to focus on distribution patterns of the elderly, particularly in the United States and Great Britain.⁴ Others have examined urban concentrations in an attempt to disprove or confirm the existence of 'elderly ghettos'.⁵ The identification of regional and local areas with high proportions of older people has drawn attention to the migration phenomenon.⁶ Regardless of country, a movement of an affluent elderly population from larger cities to environmentally attractive but accessible coastal and rural areas can be observed (Warnes, 1981). Within the context of an elderly person's immediate environment, research on their housing circumstances⁷ and the efficiency of service delivery⁸ has been undertaken. One particularly interesting study on the interaction between elderly people and their locales is that of Rowles (1978). From his 'experiential fieldwork' whereby he developed personal relationships with five elderly individuals, Rowles demonstrates "how the older person's

environmental experience is far more complex than the prevalent societal image of progressive spatial constriction with advancing years" (abstract). Rowles's work explicitly recognises the contribution that other disciplines have made in this area of research, and is indicative of the need for an interdisciplinary perspective when examining the 'geographical experience'.

Looking ahead, Warnes (1982b) has identified three potential areas for expanding this geographical field of inquiry. These include examining the implications of the age structure transition on a global scale, assessing the changing composition and function of an elderly person's social group, and extending "the existential development of research into the spatial behaviour and individual activity patterns of elderly people" (1982b, p.6), as initiated by Rowles (1978).

On reflection, it is rather ironic that geographers were initially so disinclined to respond to the issue of aging given the recent 'welfare' thrust of the discipline.⁹ Despite overtures to the effect "that if human beings are the object of our curiosity in human geography, then the quality of their lives is of paramount interest" (Smith, 1973, p.112), the well-being of a growing segment of the population remained a neglected area of study. Although this neglect is now being rectified, considerable opportunity for both enhancing and diversifying the interest of the discipline in the field of gerontology still exists. One such area concerns the leisure and recreation of the elderly.

Over the past few years there has been a gradual realisation that the quality of an individual's leisure and recreation activities correlates strongly with general life satisfaction (e.g. Collins & Patmore, 1982, and Roberts, 1981). In examining these dimensions of the older adult's life-style, the conventional measures of the 'social indicators movement',¹⁰ are largely inappropriate, as they tend to measure 'inputs' of the

social system (e.g. daily newspaper circulation, incidence of radios and televisions, distribution of golf courses etc.),¹¹ rather than 'outputs' - such as participation rates and satisfaction. There is therefore a need for a greater understanding of the elderly person's activity profile and the impact of retirement and aging upon his leisure time. One geographer to have recognised the potential for research in this area is Howe (1980). Whether her study on the extent of retirement in Australia and the leisure preferences of the elderly has stimulated further research would still appear to be questionable.

Furthermore, in view of Canada's changing demographic structure, research of this nature is all the more imperative. Speaking in reference to the aging of the baby boom generation, Pigram notes that "as these ripples move into maturity and beyond, so their influence is reflected in recreation patterns and resource managers need to be alert if a rapid and appropriate response is to be made" (1983, p.21). Failure to examine these recreation patterns will inevitably result in an impotent management system and an inequitable 'opportunity spectrum'. Thus, in focusing on the outdoor recreation participation of senior citizens, it is hoped that this research will enhance existing understanding of the aging phenomenon.

NOTES

1. The comparative percentages in the brackets have been updated from 1976 to 1981 using 1981 Census data.
2. Dependency ratios are calculated by dividing the population of the age group under consideration (i.e. 0-19 or 65+) by the total population aged 20 to 64 (Segalowitz, 1981).
3. e.g. Golant (1972), and Pastalan & Carson (1970).
4. Examples of research conducted in the United States include Graff & Wiseman (1978), and Wiseman (1978 and 1979). British patterns have been examined by Dewdney (1968) and Law & Warnes (1976), among others.
5. e.g. Birdsall & Gunville (1977), Pampel & Choldin (1978), and Smith & Hiltner (1975).
6. e.g. Bohland & Treps (1982), Cribier (1982), Karn (1977), Law & Warnes (1980 and 1982), and Murphy (1979).
7. Much of this literature on housing has been produced by social and political administrators. Geographical studies have only recently been undertaken - e.g. Barnard (1982), Mangum (1982), and Mercer, J. (1979).
8. Likewise, specific geographic research on service delivery is limited, but can be expected to become increasingly prominent as the need for spatial reorganisation of services is made more apparent. Examples include Bohland & Frech (1982), Bebbington & Davies (1982), and Pinch (1979).
9. As expounded upon by Coates, Johnston & Knox (1977), Knox (1975), and Smith (1974, 1977 and 1979).
10. "Social indicators can be loosely defined as aggregate or composite measures of well-being, or of some element of it, and are generally designed to facilitate concise and comprehensive judgements about levels of social welfare" (Knox, 1975, p.8).
11. Examples include the United Nations Level of Living Index (Knox, 1975), and the indicators operationalised by the Urban Planning Directorate in the United Kingdom (Ministry of Housing and Local Government, 1970).

2.1 INTRODUCTION

The purpose of this chapter is to examine the existing literature on aging and its impact on leisure and recreation involvement. The preliminary sections present a brief overview of the elderly in modern society and the emerging academic interest in the leisure activity participation patterns of this age group. Major theories on aging and how they are utilised in interpreting these patterns are discussed in section 2.4. The theories reviewed include that of 'disengagement', 'age stratification', 'identity crisis', 'activity', and 'continuity'. A 'multidimensional-developmental perspective' encompassing aspects of all the above points of view is suggested as an alternative approach to understanding recreation participation patterns.

The remainder of the chapter focuses on areas of research that are of particular significance in understanding the dynamics of outdoor recreation participation and aging. These include:

1. the need for examining participation patterns within the context of the developmental perspective,
2. the importance of social interaction to the elderly in their recreation activities, and
3. the contribution that active participation can make to the well-being of the individual.

The final section illustrates recent trends in government/agency involvement in this field and the response such efforts have received from senior citizens.

2.2 THE ELDERLY - OUT OF FOCUS

Queries to my Seventieth Year

Approaching, nearing, curious,
 Thou dim, uncertain spectre - bringest thou life or death?
 Strength, weakness, blindness, more paralysis and heavier?
 Or placid skies and sun? Wilt stir the waters yet?
 Or haply cut me short for good? Or leave me here as now,
 Dull, parrot-like and old, with crack'd voice harping, screeching?

- G. Stanley Hall, Senescence.

Growing old can be a traumatic experience. The personal integrity and emotional stability of an individual are increasingly challenged as an attempt is made to contend with the breakup of the nuclear family, the onset of retirement, and bereavement at the death of significant members within the social group. The problem of adapting to these cumulative losses is intensified by society's prevailing image of the aged. "Social attitudes which stigmatise the later years as years of decline and fall, of accumulated decay, desuetude and defeat" (McLeish, 1976, p.4) tend to accelerate the deterioration of the older person abandoned to 'rust'. Evidence suggests that the elderly conform to these images to some degree as they seek to adjust to an environment dominated by youth, mobility, action and 'gerontophobia' (Hobman, 1978; and Stonecypher cited in MacCullum, 1978). The aging 'malaise' as portrayed in Arthur Miller's Death of a Salesman (1949) is more widespread today than ever. Moving aside an incompetent Willy Loman to make way for the young is an accurate caricature of the 1980s. The traditional role of authority that the aged once held has been severely undermined by the recent pace of technological advancement and the concurrent growing image of an obsolete elderly generation. The likelihood of occupational age discrimination is now being experienced

by those in their mid-forties (Dept. of National Health and Welfare, 1982). Thus, through this process of alienating the elderly, society has inadvertently created a 'class' with distinct problems and needs that are coming increasingly to the fore as this group grows in number and proportion.

Not surprisingly, the prevalence of such stereotypic attitudes is often reflected in the nature of recreation services provided. All too frequently planning for the elderly is little more than the creation of frivolous programmes of 'fun and games' geared to the incompetencies of the senior citizen (Kaplan, 1979). Fish's "treasury of proven practical ideas for ... (the) sunset years" (1971, p.5) typifies the tendency to overemphasise the limitations of the older adult. To mention exercise and active outdoor games only in passing, is indicative of the author's low regard for the physical capabilities of the elderly. Drawing a comparison between "coldflowing molasses" (p.110) and the movement required of the older person in throwing darts confirms this impression somewhat.

The general absence of any basic planning philosophy regarding the provision of leisure programmes for the elderly is often quite apparent. In England, for example, a recent survey of the London boroughs revealed that for the majority no direct policy decision had been taken concerning recreation provision and this segment of the population. In keeping with the stereotype image, there was a tendency to equate the elderly with the handicapped, thus enabling the Leisure Services and Parks and Recreation Departments to perceive the Social Services Department as being responsible for the recreational needs of this group (Sargeant & Wynn, mimeo.). Similarly, Shoard (1978) noted that the failure to provide an adequate public transport system between London and the surrounding rural area had effec-

tively denied many elderly people the opportunity to recreate in the countryside.

2.3 IN FOCUS

In view of the anticipated increases in Canada's elderly population, and in an attempt to counteract the detrimental impact that current 'folklore' is having on the well-being of the older adult, it is crucial that the relevant agencies be provoked to further action. With 85% of those aged 65 and over living independently (i.e. requiring neither institutional care nor living assistance) (Kent, 1982), it is important that programmes are built on the basis of the strengths and possibilities of this age group, rather than on their limitations. Focusing attention on the elderly only when their position is critical has produced a 'blinkered' outlook regarding the potential recreation opportunities for the aged. If this is to be rectified it is necessary to promote a greater understanding of the aging process and its implications for recreation planning.

Considerable research has been undertaken on various aspects of the elderly person's activity participation including: preferences, constraints, and needs (Canada Fitness Survey, 1982; Howe, 1980; Levy, 1982; McAvoy, 1977 & 1979; McPherson & Kozlik, 1980; Nielsen, 1974; and TORPS, 1979); underlying motivations (Guinn, 1980b; and Gunter & Bratton, 1980); relationship between aging and activity participation (Bultena & Field, 1977 ; Godbey & Robinson, 1979; and Palmore, 1968); impact of activity involvement on the elderly from the psychological and physiological perspectives (Emes, 1977; Graney, 1975; Guinn, 1980a; Havens, 1968; Havighurst, 1968; Leith, 1982; and Shephard, 1982); and, the effect of retirement on participation (Scott & Zoerink, 1977; and

TRRU, 1981). Certain groups have received particular attention, such as retirees who have relocated (Havens, 1968); residents of age segregated environments (Bultena & Wood, 1970; Fontana, 1977; and Morgan & Godbey, 1978); and, elderly recreational vehicle tourists (Born, 1976 a&b; and Guinn, 1980 a&b). One additional area of interest concerns the nature and extent of recreation provision for the elderly. The fore-mentioned study of Sargeant and Wynn (mimeo.) has examined the London boroughs' council policy, while Henderson (mimeo.) has reviewed the national structure of provision for senior citizen holidays in the United Kingdom. With regard to the Canadian national park system, Hayashida (1981) has produced an inventory of existing and potential facilities and programmes for the elderly.

As much of this research was undertaken within the context of various aging theories, it is necessary to examine aging and activity involvement from a theoretical perspective, prior to expanding on findings that have significant implication for recreation planning. The following section will review the conventional understanding of the aging process and the different theories that have emerged.

2.4 THEORETICAL PERSPECTIVES

2.4.1. Biological Aging and the Disengagement Theory

Aging is normally associated with a progressive deterioration of most physiological functions. The motor functioning of an older adult is gradually impaired by the loss of muscle power, and the aging of the nervous system, a stiffening of the joints, and the decline of the cardiovascular system (Canada Fitness Survey, 1982; Emes, 1977; Segalowitz, 1981; and Shephard, 1982). This deterioration in physical and mental vigour is traditionally linked with a constriction in the

range and frequency of participation in active leisure and outdoor recreation activities (Morgan & Godbey, 1978). McPherson and Kozlik's study (1980) of adult leisure patterns in Canada tends to support the notion that participation declines with age (see Table 3).

TABLE 3. PERCENTAGE PARTICIPATION IN SPORT BY AGE IN CANADA:
(OCTOBER 1976)

age group	% participating in one or more sports at least once during past year
15 - 16	82.0
17 - 19	73.3
20 - 24	66.3
25 - 34	61.3
35 - 44	51.2
45 - 54	37.2
55 - 64	24.5
65 +	9.7

SOURCE: Statistics Canada, Travel, Tourism and Outdoor Recreation: A Statistical Digest 1976 - 77¹, 1979

Involvement in active sports, both as participant and spectator were inversely related to age. Similarly, Levy (1982) maintains that elderly Canadians are becoming increasingly passive in their pursuits. Interest in sedentary activities, particularly forms of media leisure, appear to dominate the activity profile of the older adult.

This process of 'slowing down' was initially cast in terms of the 'disengagement theory' (Cumming & Henry, 1961). According to the proponents of this theory, aging is characterised by a mutual withdrawal between the elderly adult and society, in preparation for the individual's

impending death and in response to losses in old age. This disengagement is considered to be functional for society as it enables the perpetuation of achievement and efficiency through promotion of the young, while simultaneously freeing the elderly from the pressures to perform. Since society is highly youth-oriented it has been argued that 'stepping down' and becoming a passive observer of life is necessary in maintaining the psychological well-being of the older person.

This theory, however, has been challenged both on conceptual and empirical grounds. According to McPherson (1982), "while it may partially explain why some people are no longer involved in physical activity, it does not account for those who have never been involved, nor does it account for physical activities where interaction with others is not necessary (e.g. jogging, swimming, walking, cross-country skiing, etc.)" (p.12). From an empirical perspective, the evidence to support this theory is conflicting. In Morgan and Godbey's study of leisure activity patterns in an age-segregated environment (1978), for example, it was found that while there was a decrease in the number of activities participated in, the residents did tend to increase the frequency of participation in those activities remaining constant. Likewise, Bultena and Wood (1970) reported an increase in the intensity of outdoor recreation participation for those who had been active prior to retirement. Moreover, even when age does appear to be the single most important variable affecting participation rates, there may not be a deterministic bond between them. In reaching this conclusion, Godbey and Robinson (1979) noted that the aged possess disproportionately more characteristics which generally are negatively related to participation in outdoor recreation, such as low income, lower education levels, poor physical health and residency in urban areas. Thus, while aging appears to be paralleled by declining involvement in

active leisure pursuits, it is not necessarily a disengagement process, nor does everyone inevitably experience a constriction in leisure behaviour. As will become more apparent, the tendency to equate declining participation with aging can be largely attributed to the use of cross-sectional data. With the increase in longitudinal research (e.g. TRRU, 1981), the extent of this reduction has come under further question.

2.4.2 Age Stratification

When examining the significance of age in declining patterns of involvement it should be emphasised that it is not just a chronological variable, "but also a socially constructed concept that defines role behaviour at specific points in the life-cycle" (McPherson, 1982, p.10). While the process of biological deterioration has been well documented, less attention has been paid to the social changes that occur with aging. The theory of age stratification (Riley, 1971) has attempted to explain some of the variations in lifestyles between individuals in different age strata. Two distinct dimensions of time have been recognised by Riley as coordinates for locating and understanding the individual in the age structure of society - the 'historical dimension' and the 'life course dimension'. The historical dimension refers to a person's 'period of history'. "People who were born at the same time ... share a common historical and environmental past, present, and future" (p.90). Each age cohort has undergone unique socialization experiences which inevitably affect its values and behaviour. Hence, the low rates of participation in active leisure and recreation pursuits may well be a reflection of differences in socialization experiences rather than the direct outcome of biological aging. The

present generation of senior citizens spent their early adult years working approximately fifty hours per week in an era dominated by the work ethic. With limited opportunities to engage in leisure even as adolescents, it is probable that this cohort never acquired a high value for leisure and have consistently demonstrated low involvement through their life-cycle.

On the life course dimension, Riley maintains that "individuals at the same stage of the life course have much in common" in terms of biological development and social roles experienced (p.90). As a result chronological age is generally associated with social norms and sanctions that define 'appropriate' behaviour and attitudes for each age strata. Since it is felt that these 'normative standards' often inhibit active participation as one grows older (McPherson, 1982), it would appear that an alternative explanation for declining involvement in the later years exists within this theory of age stratification. The prevalence of stereotype notions regarding the inactive senior citizen, and the limited availability of recreation opportunities designed specifically for the elderly, discourage this age group from participating in many outdoor recreation pursuits. Ironically the phenomenon of 'ageism' is less pronounced in age-homogeneous environments where the presence of a reference group comprised of age peers diminishes the need to conform to societal norms. This could well account for the increased frequency of participation observed by Bultena and Wood (1970) and Morgan and Godbey (1978) in their research relating to retirement community residents.

It is interesting to note that the trend towards age stratification has facilitated the development of an 'aging subculture' (Rose,

1965). Although Tindale and Marshall (1980) view this growing group consciousness as grounds for 'generational conflict', there is reason to believe that the elderly are beginning to recognise their capacity for a more constructive approach to dealing with their own needs and problems. Within British Columbia, for example, organizations such as the recently created United Elders Association, exist to promote the interests of the elderly. As emphasised by Rollo Boas (Hume, 1982), president of the B.C. Old Age Pensioners Organization, senior citizens of today are pioneering - for the first time the elderly are organising themselves in the pursuit of matters relating to their own welfare. With the attempts that are being made to demolish myths² it is hoped that the elderly will intensify their participation in active leisure and recreation pursuits.

2.4.3 Identity Crisis Theory

Although the trend towards declining involvement is a process that commences early in life and continues throughout, the pronounced decrease at the age of 65 suggests that the onset of retirement is a significant factor in understanding the relationship between aging and physical activity. The argument that retirement has an unfavourable impact on an individual's well-being is based on the premise that 'occupational identity is ... an all-pervasive force in life through which all other roles are mediated' (Long & Wimbush, 1979, p.7). Being forced to retire is therefore a degrading experience as it represents "the removal of those persons perceived as useless" (Miller, 1965, p.78). Thus according to Miller, "... the retired person finds himself without a functional role which would justify his social future, and without an identity which would provide a concept of self which is tolerable

to him and acceptable to others" (1965, p.78).

Within the context of this theory, the prospect of occupying oneself with leisure and recreation activities is not generally viewed as a viable alternative to work. Should the retiree seek to establish a new identity for himself, any activity engaged in must be utilitarian or gainful in nature (e.g. restoration work or volunteer activities). In assuming that the individual has spent a lifetime adhering to the Protestant work ethic, Miller (1965) maintains that activities which cannot be infused with aspects of work are meaningless. It is thus implied that without this 'rationale for leisure' the elderly are unlikely to participate in 'superfluous' recreational pursuits, and will therefore experience a decline in their leisure involvement. The anticipation of failure at any given activity is regarded as a further contributing factor in this decline. Rather than intensifying the identity crisis, Miller suggests that the 'portent of embarrassment' (i.e. anticipation of an embarrassing encounter) will increase the likelihood of non-participation.

The validity of this identity crisis theory is somewhat questionable in view of the underlying assumptions. Although there is evidence suggesting that work is influential in determining the nature and extent of one's leisure,³ and that patterns do persist beyond retirement age, the relationship between work and leisure does change significantly when one leaves the work force. This has been confirmed by Roadburg (1982) in his study of retirees and their perceptions of these two domains. The concept of 'perceived freedom'⁴ is no longer applicable when considering leisure in retirement. Rather, the elderly tend to view leisure as "the pursuit of things that are enjoyable" (Roadburg, 1982, p.24), and do not appear to be confined to activities that are

in some manner work-oriented. By erroneously concluding that leisure is the opposite to work,⁵ and therefore "of doubtful, if not negative cultural value" (Miller, 1965, p.82), Miller has failed to recognise the possibility of recreational activity providing meaningful experience independent of work ideology. This in turn has caused him to over-emphasise the extent of the identity crisis syndrome, and to underestimate the retiree's ability to adapt.

Furthermore, as previously mentioned, Miller assumes in his discourse that prior to retirement the older adult derived his identity primarily from work. This overlooks the fact that each individual has many roles (Kaplan, 1979); and, although retirement does bring about a loss of a sense of involvement, it does not appear to have an adverse effect on other aspects of the self-concept (Atchley, 1971). Indeed, the individual's identity is sustained by the emergence of a complex set of new relationships (Kaplan, 1979). These should be considered when examining the significance of leisure and recreation participation to the aged, rather than simply concentrating on the degree to which leisure substitutes for work.

2.4.4 Activity Theory

In contrast to the forementioned theories, others contend that the significance of leisure and recreation participation in the lives of the elderly does not necessarily diminish with age. The first explicit statement suggesting a positive relationship between activity and life satisfaction was made by Havighurst and Albrecht (1953). Interpersonal activity in particular was considered important in predicting an individual's adjustment to retirement and his subsequent well-being. It was argued that "a high frequency of intimate activity"

would serve as "a cushioning mechanism or a source of shock absorption" for the person experiencing a disruption in the equilibrium of his roles (Lemon et al., 1972, p.515). Activity theory thus implies that successful aging is dependent on "maintaining a level of activity and a degree of role involvement comparable to that of previous stages in the life-cycle" (McPherson, 1982, p.12).

This theory has been substantiated by various findings. In Palmore's longitudinal study (1968), for example, he concluded that "changes in total activities (over the ten year period) were significantly and positively correlated with changes in total attitude" (p.262). Likewise, Graney (1975) found a positive relationship between happiness (his surrogate measure of well-being) and leisure activities of a social nature. Both Havens (1968) and Bultena and Wood (1970) demonstrate an association between a high level of activity participation and adaptation to retirement and relocation.

On the other hand, after testing hypotheses derived from activity theory, Lemon et al. (1972) found a lack of empirical evidence supporting the propositions relating activity to life satisfaction.⁶ In light of these findings it was felt that the investigation had failed to measure intervening factors, such as personality, that might affect the relationship predicted by the theory. Moreover, in the event that a relationship does exist between participation and satisfaction, there is the possibility that it is reciprocative - that is, in being a highly satisfied or adjusted individual, one is inclined towards greater involvement in leisure and recreation. Thus, as Lemon et al. have emphasised, "to assert that activity in general is predictive of life satisfaction ... is to obscure the nature of this complex system" (1972, p.520).

2.4.5 Continuity Theory

A more recent theory on the positive value of leisure in retirement has been proposed by Atchley (1971). Contrary to the identity crisis theory, continuity theory maintains that there is a persistence of life-style throughout the various stages of the life-cycle. As a result the leisure patterns established in one's younger years are still discernible by retirement. Such continuity is believed to be critical in minimising the impact of retiring from the work force. Evidence that participation patterns persist is exemplified in McAvoy's research on the leisure preferences, problems and needs of the elderly (1979). In this study 95% of the subjects interviewed had been involved in their preferred activities from before the age of fifty. Similarly Born (1976) has identified an association between pre-retirement outdoor experience and selection of camping environments by elderly R.V. campers.⁷ Thus, it would appear that the life-style of younger cohorts and their use of leisure time are predictive of how they will recreate in middle and later years.

From this theoretical perspective the concept of 'leisure socialization'⁸ acquires greater significance. If active participation in an individual's later years is contingent upon previous involvement, the importance of leisure education in developing skills earlier in life becomes apparent. Furthermore it implies that the young and middle-aged should be encouraged to participate in activities that can be continued throughout the entire life-span.

2.4.6 Moving Towards a Multidimensional-Developmental Perspective

From this overview of the various theories on aging it can be seen that there is considerable divergence of opinion. Problems arising from a lack of consensus are intensified by the possibility

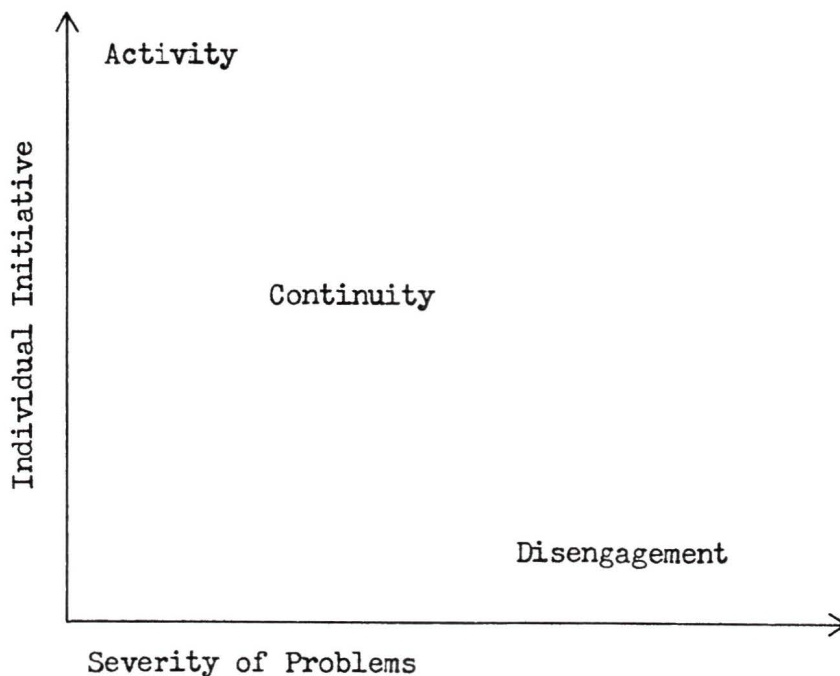
that the theoretical perspective employed is likely to influence the interpretation of research findings. Attempts to validate any single theory have been hampered by situations where aspects of the same study have been used as corroboration for different theories (e.g. that by Havighurst et al., 1969).⁹ By discussing Canadian leisure patterns within the context of several theories, McPherson and Kozlik (1980) have implicitly demonstrated the inadequacy of depending exclusively on any one theory.

This lack of consensus can be partially attributed to the nature of past research and the failure to fully comprehend the complexities of the aging process. As previously mentioned, the reliance on cross-sectional data has led many to assume that declining involvement is directly related to aging. This became such conventional wisdom that many surveys overlooked the elderly. In the United Kingdom, for example, the Greater London Recreation Study, the Study of Informal Recreation in South-East England and the National Study of Countryside Recreation all excluded those aged 65 and over (Long & Wimbush, 1979). More recently, this over-simplified view of 'inevitable' decline has been perpetuated by including everyone aged 65 and older in one category - for example, the Ontario Recreation Survey (TORPS, 1979) and the Canada Fitness Survey (1983). This has obscured obvious health differences and associated participation patterns within the group. The infiltration of such stereotype images into the research field has diverted attention from other possible explanations for the apparent decline in participation. Few have examined the effects of differences between cohorts on leisure involvement; and, even in cross-sectional studies there is rarely an acknowledgement that the elderly are a select group simply by virtue of having outlived many of their peers. Moving towards a comprehensive understanding of age related changes in participation

will therefore require a more explicit recognition of the elderly as a heterogeneous group, and an expansion of longitudinal research.

Furthermore, rather than attempting to validate any one theory, there is a need to adopt an all-encompassing perspective. In reality aging is a transitional process - the elderly are constantly having to adapt to various losses and to readjust existing roles. Coping strategies available to them vary from 'disengagement' at one end of a continuum to 'activism' at the other end. In Wiseman's discussion of this "multidimensional-developmental perspective" (1978), an elderly person's activity pattern is dependent on his "individual-initiative" and his "severity of problems" (p.8) (see Figure 3). Those with severe problems such as deteriorating health, are likely to demonstrate disengagement, while others who have greater personal resources may employ an activity strategy in coping with life.

FIGURE 3. MAJOR THEORIES WITHIN THE MULTIDIMENSIONAL-DEVELOPMENTAL PERSPECTIVE



SOURCE: Wiseman, 1978 (p.8).

A modification of earlier activity patterns as suggested by continuity theory lies between these two extremes on the continuum. According to McPherson (1983), maintaining this continuity of leisure styles is the more prevalent approach to retirement. Although there may be some initial experimentation with new activities following retirement (Peppers, 1976), relatively few people adopt new pursuits, or increase the number or frequency of activities (McPherson, 1983). In describing changes that do occur as one grows older, Maclean et al. (1979) have suggested that there is a progression from 'cooperative' activities (those done in a group) to 'parallel' activities (those done with one other person) and finally to 'solitary' pursuits. This progression is initiated by changes in the individual's personal circumstances - a decline in income, for example, may result in the curtailment of cooperative activities, while health disabilities and the death of peers will increase the likelihood of involvement in solitary activities. Thus it can be seen that if life long participation is to be encouraged, it is important to develop leisure opportunities flexible enough to accommodate adjustments induced by this transitional process of aging.

Having discussed the major theoretical perspectives in the field, the following section will highlight areas of research that are particularly pertinent to an understanding of outdoor recreation participation and aging.

2.5 PERTINENT AREAS OF RESEARCH

2.5.1 Understanding Demand: A Developmental Perspective

Grow old along with me The best is yet to be,
 The last of life, for which the first was made ...

- Robert Browning.

As Robert Browning has observed, life is a continuum. Too often in studying the elderly the latest period of life is disassociated from the preceding years. Rather than considering this period as a "crystallisation ... of that which occurred before" (Kaplan, 1979, p.45), surveys on the aged are generally little more than static snapshots of the present, unrelated to either the past or the future. Recently, interest in examining recreation participation patterns from a life-cycle perspective has developed (e.g. Godbey & Parker, 1976; McPherson, 1983; and, Rapoport & Rapoport, 1975), although research on the middle and later years is still very limited. Kelly (1974), for example, excluded those over 64 in his study of the leisure socialization process. By adopting a developmental view of aging it can be seen that examining current participation alone is inadequate and unlikely to promote a further understanding of aging and leisure involvement. On the other hand, this perspective, with its implications of ongoing 'growth', encourages one to investigate the extent to which recreation participation might contribute to a more fulfilling life as a person grows older. Suggesting that "the best is yet to be ..." requires a positive approach to aging, and as MacCullum (1978) has emphasised, the recreation worker should be a leading exponent in such an approach.

While considering leisure programming policies for the elderly, Kaplan draws attention to the fact that "although the past guides the future, the future leads the way" (1979, p.224). This observation, embodying the developmental perspective, provides specific direction for research on recreation participation and the aged. To understand the present requires an understanding of the past; and, to anticipate the future there has to be an understanding of the present. Participation patterns persist over time - both the types of activities selected and

the motivations to recreate are ascribed to learning based on past experience. (Driver and Tocher, 1975; Mercer, 1974). Examples of studies that have examined current leisure and recreation involvement with past behaviour include Nielsen's work on the physical activity patterns of senior citizens in Edmonton (1974), and Morgan and Godbey's survey on residents of an age-segregated environment (1978). However, rather than concentrating simply on changes in range and frequency of participation, further research is required on the process of leisure socialization and the way in which the meaning and function of activities varies from one life-cycle stage to the next. Understanding these dimensions of previous leisure behaviour will enhance the existing knowledge of aging and recreation participation, while simultaneously increasing the likelihood of greater efficacy in the provision of leisure and recreation services for this sector of the population.

With regard to current demand patterns of the elderly there is a need for more extensive research on all aspects of participation and non-participation, including types of activities pursued, frequency of participation, motivations, recreation needs, and problems and constraints encountered. The following sub-sections will briefly review the nature of existing research in each of these areas.

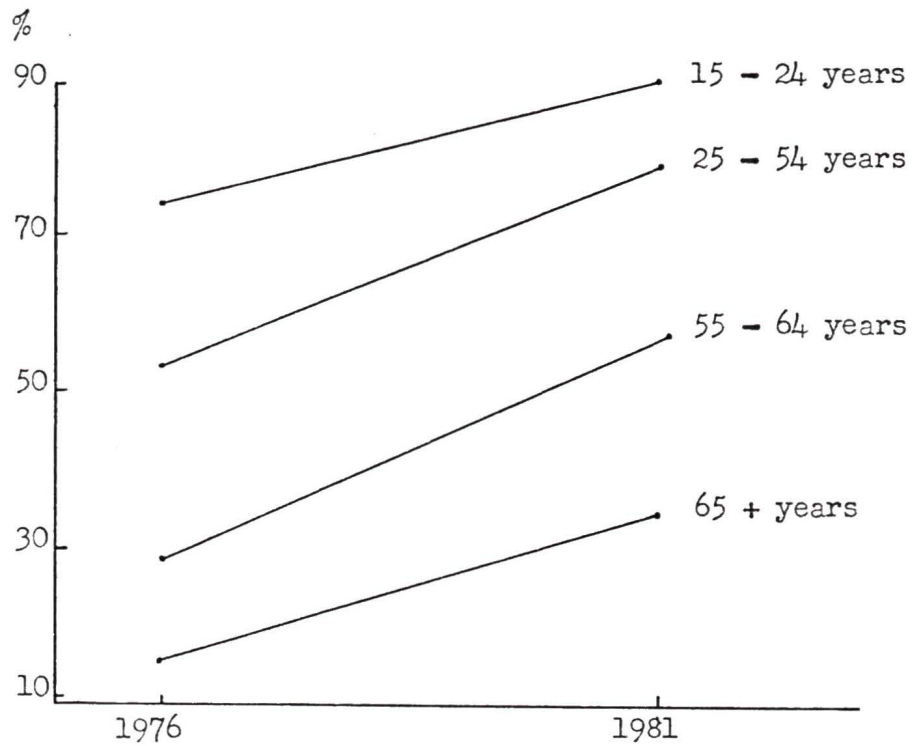
(i) Participation patterns - range, frequency and preferences

The 'effective' or 'expressed demand' patterns of recreation participation¹⁰ exhibited by the elderly have been approached in a number of different ways. At a very general level the Canada Fitness Survey (1982) has compared participation trends for various age groups. Given that there are those who feel that Canada's elderly population is becoming more passive (e.g. Levy, 1982), it is interesting to

note that the survey has reported significant increases in recreation involvement for persons aged 55 and older, between the years 1976 and 1981. The percentage involved in sports activities rose from 29% in 1976 to 57% in 1981 for the 55 to 64 year olds, and from 13% to 34% for the 65 and over age group (see Figure 4). Moreover, in contrast to the minimal participation increases for all younger age groups in exercise activities (walking, jogging, cycling, calisthenics and exercise classes), the level of participation for those aged 65 and older rose from 50% to 63% over the five year period (see Figure 5). Other studies have examined the range of activities in which the elderly are involved. After reviewing the findings of a number of surveys, Hayashida (1981) maintains that the activities with the greatest participation rates are walking, jogging/hiking, recreational driving, visiting a park/picnicking, and gardening.¹¹ Attending outdoor events, fishing and bird-watching are also relatively popular.

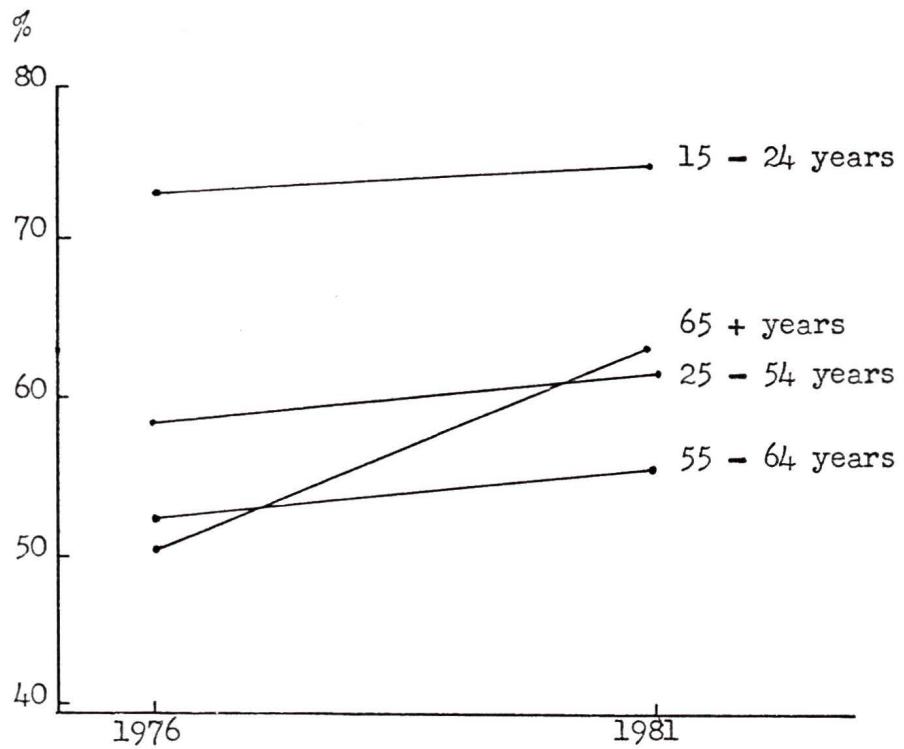
Data on the range of activities alone, however, does not sufficiently represent the activity profile of the elderly, as it fails to take account of intensity of participation.¹² In order to illustrate the difference between simple participation and frequency or degree of participation, McAvoy (1979) refers to his statistics on picnicking - 45 % of his sample stated that they had been picnicking during the past year, but only 1.3% maintained that this activity was one of their top five in terms of the frequency of this participation. Unfortunately it is difficult to compare surveys as various methods of measuring frequency are employed. In some studies a wide spectrum of frequency intervals are utilised ranging from daily to weekly to yearly; while, in others the reported frequencies are recoded into qualitative categories such as 'never', 'sometimes', 'regularly', or 'as often as possible'

FIGURE 4. PERCENTAGE OF ABLE-BODIED CANADIANS IN FOUR AGE GROUPS WHO PARTICIPATED IN SPORTS ACTIVITIES DURING 1976 AND 1981



SOURCE: Canada Fitness Survey, 1982, p.4.

FIGURE 5. PERCENTAGE OF ABLE-BODIED CANADIANS IN FOUR AGE GROUPS WHO PARTICIPATED IN EXERCISE ACTIVITIES*, 1976 AND 1981



* walking, running, jogging, cycling, calisthenics and exercise classes.
(data pertains to the month previous to the interview)

SOURCE: Canada Fitness Survey, 1982, p.5.

(McPherson & Kozlik, 1980). Developing an improved measuring technique will obviously be of considerable benefit in future research.

In addition to examining the range and frequency of participation, several studies have attempted to identify the recreational preferences of the elderly - (e.g. Guinn, 1980b; Howe, 1980; McAvoy, 1979; Nielsen, 1974; and Strain, 1979). Again methodological problems hamper comparison between surveys as findings are not always based on questions specifically relating to preferences. Guinn (1980b), for example, assumes that preferred activities are those in which the respondent participates most frequently.¹³ An interesting study to note is that of Strain's (1979), as she has investigated the type of recreation category preferred rather than actual activities. It would appear that the elderly enjoy activities which are age-integrated, group-oriented and non-resource specific.¹⁴ Preferences for both active and passive pursuits, and indoor and outdoor activities were indicated.

(ii) Recreational needs, motivations, and awareness of opportunity

Establishing facts and figures on existing participation is of limited value if it is not accompanied by an attempt to understand what motivates the elderly to recreate. As McAvoy has emphasised, "the planner faced with the task of assessing the recreation patterns and preferences of a population is really concerned with the recreational needs of that population" (1977, p.31). Having determined the needs and what influences their preferences programmes and facilities can be planned to accommodate such.

It is difficult to distinguish between needs and motivations in the research literature as they appear to represent two sides of the same coin. McAvoy (1979), for example, in identifying the "needs which

prompt elderly persons to participate" (p.44), produces a list very similar to Guinn's rank ordering of "motivations" (1980b).

Needs (McAvoy, 1979)	% of respondents who identified the need
1. socializing	88.9
2. self-fulfillment	87.4
3. closeness to nature	73.3
4. physical exercise	61.0
5. learning	51.6
Motivations (Guinn, 1980b)	
	% of respondents who identified the motivation
1. provides rest and relaxation	88.9
2. gives me an opportunity to be with family and friends	87.4
3. provides physical exercise	81.9
4. provides a learning experience for me	81.4
5. gives me a feeling of self-fulfillment, accomplishment	80.7
6. helps me feel close to nature	69.1
(final three motivations have been omitted)	

One particular need that has been stressed repeatedly is that of feeling useful (e.g. Consiglio, 1976; Long & Wimbush, 1979 ; MacArthur & Fillmore, 1978). Undoubtedly there are numerous ways that recreation personnel could meet this need to the mutual benefit of both themselves and the senior citizen. One such example is the Campground Host programme that was under trial in the B.C. provincial parks during the summer of 1983.¹⁵ Other studies that have been concerned with needs and motivations include the Canada Fitness Survey (1982); Gunter and Bratton (1980); Holm (1971); and, Strain (1979). There would seem to be general agreement that the primary motivations for participation are rest and relaxation, fun/enjoyment, and socialization (Hayashida, 1981). Recognising

that the elderly have a broad range of needs and motivations is crucial if planners are to be made aware of the importance of providing opportunities that satisfy multiple leisure needs.

Having been motivated to recreate this "... predisposition for recreation is translated into actual participation through a choice mechanism heavily dependent upon perception of the recreation opportunity and experience on offer" (Elson, cited in Pigram, 1983). Although previous participation is influential in determining choice of location and activity, the individual's awareness of what is available and perception of what is 'suitable' will have a major bearing on the decision. The extent to which these factors affect participation patterns of the elderly has received little attention. Research in this area would help in identifying priorities for upgrading the flow of information to potential older visitors. The need for further 'outreach' has been stressed by Sargeant and Wynn in their study on the London boroughs (mimeo.). It was felt that the lack of co-ordinated information on local opportunities inhibited participation to some degree. Thus, if there is to be an understanding as to why certain activities and sites are favoured by the elderly, while other locations and pursuits are virtually ignored, it is important that research on the needs, motivations and perceptions affecting recreation decision making receive further emphasis.

(iii) Problems and constraints.

The final area of research on the current demand patterns of the elderly is concerned with 'suppressed demand'¹⁶ - that is the extent of non-participation resulting from a lack of facilities, limited knowledge, or from personal, economic or social circumstances. From the literature

it can be seen that the overriding constraint experienced by the older adult is being 'physically unable'.¹⁷ According to Tallmer and Kutner (1969), health appears to have a much more powerful effect on 'engagement' in general than does any other factor. Similarly, Morgan and Godbey (1978) maintain that the perception of health among their respondents was one of the strongest potential predictor variables for change in leisure participation - those perceiving their health to be average or better were more inclined to increase their involvement. In view of the influential nature of health limitations it is important to emphasise flexibility in the design of programmes. Specific provision should be made for varying levels of health in an effort to encourage participation from those who feel that recreation activities are inappropriate for them, or beyond their capacity.

Rather surprisingly, a second major constraint is a lack of time. As Hayashida (1981) has suggested, this may be partially attributable to disinterest since various studies have noted that this factor is also cited frequently as a reason for non-participation.¹⁸ Other significant deterrents include inadequate information, perceived overcrowding, a lack of companionship, and absence of opportunity. Having identified these constraints there is now a need for examining ways of minimising them and increasing the level of participation in this age group.

As was mentioned previously, a less tangible constraint that can seriously inhibit the elderly is their perception of aging. In Howe's study of the retired in Australia (1980) the major constraint limiting involvement in leisure activities was defined as 'age', with poor health and fitness ranking in a much lower secondary position. It was felt that the 'ageism' images and stereotypes held by society had a restraining influence on this age group. Although overcoming such biases

is likely to be difficult, emphasising the older person's potential rather than limitations will gradually undermine societal preconceptions. The final section in this chapter on the 'Ulyssean adult' and the increase in active participation in later years, (section 2.6) will illustrate the move being made in this direction.

Having considered the nature of research involved in participation studies and the need for conducting this research from a developmental perspective, it can be seen that understanding the leisure patterns of the elderly or anticipating future trends requires extensive work. Current demand and non-participation patterns can only be fully understood in the context of previous leisure behaviour, existing problems and constraints, and the motivations that predispose an individual to recreate. Intensifying interest in these areas will undoubtedly enhance future planning procedures as a greater effort can be made to sensitise programmes and facilities to the needs of the elderly. This has been demonstrated by Bultena et al. (1977) in their paper entitled "Interpretation for the Elderly: A Study of the Interpretive Interests of National Parkgoers." This report has attempted to apply specific research findings to interpretive programmes in order that the park message be delivered more effectively to this particular group of visitors. Such an approach will not only help in guaranteeing a 'product' designed to meet the recreational needs of the older adult, but it will also increase the likelihood of greater satisfaction being derived from the experience.

2.5.2 The Importance of Social Interaction

Past research on the activity profile of the elderly has largely overlooked the role of social contact in leisure and recreation. This

trend is not peculiar to studies on the aged, for, as Crandall (1979) has observed, leisure research in general has seldom focused on social interaction. This is rather ironic given that there is considerable evidence demonstrating "the importance of social behaviour both as a leisure activity and as a motivation for participation in, or a source of satisfaction from, other leisure activities" (Crandall, 1979, p.166).

In reality activity is often secondary if not incidental to the social component of the recreational experience (Roberts, 1978). Cheek et al. (1978) maintain that activities are only a means to an end and not an end in themselves, and that the type of social group and its composition will by and large determine the nature of participation. Moreover, recreation sites are often not activity specific,¹⁹ whereas differences in terms of the type of social group present may be quite pronounced.²⁰ This suggests that a greater emphasis should be placed on understanding how people organise themselves while recreating, and to what extent the satisfaction derived from participation is attributable to group interaction.

Such an emphasis is of particular relevance to leisure studies on the elderly as it is quite apparent that social interaction is a significant component of their recreational activity. Nystrom (1974), for example, has demonstrated that activities of a social nature were the most frequently agreed upon uses of leisure time by her sample of older, low-income urban residents. Furthermore, it would appear that there is a positive association between social activity and life satisfaction in this age group (e.g. Graney, 1975; Lemon et al., 1972). In view of these findings it is not surprising to note that social factors rank high in surveys on motivations and reasons for participation.²¹

It has been surmised that family relationships become increasingly relevant to the meaningful use of leisure time for the elderly (e.g. Thompson & Streib, 1961). As an individual ages it is possible that the socialization process will be reversed as adult offspring encourage an expansion of leisure horizons in the lives of their parents. Indeed, in a family group situation the relationships themselves may be of greater significance than the actual activities being pursued. Obviously the impact of family on the recreational experience is dependent firstly on the existence of such relationships, and secondly, on the degree of family cohesion both emotionally and geographically. Despite these speculations little research has been conducted in this area. When changes in the traditional family structure arising from dispersion of immediate relatives, the increase in marital discord, and the growing tendency for 'young' retirees to migrate are considered, it is important that the significance of consanguineous relationships to the recreation of the elderly be determined. Only then can an attempt be made to measure the extent of deprivation experienced by those without family contacts. How necessary it is for the community to offer a satisfactory alternative cannot be established until such research has been undertaken.

In the meantime it is essential that those involved in the planning process regard social interaction as a basic recreational need of the elderly. Understanding that this age group can be as concerned about the social aspects of their participation as they are about the recreational facilities, will encourage a move away from a 'facility-activity' planning perspective. In reference to seminars on leisure and aging, it is interesting to note the difference that Howe (1980) has observed between speakers who are older individuals and those in organisational positions. The latter tend to portray the external justification and

utilitarian value of leisure activity, whereas elderly speakers are more inclined to stress the importance of relationships and friendly contacts. Thus, it can be seen that the social component should be given greater priority in both planning and research. "Programmes need to be based on people, not activities" (Howe, 1980, p.107), and research could become more meaningful if group interaction was examined in conjunction with activity participation.

2.5.3 The Contribution of Physical Activity to Well-being

The art of living consists of dying young but, as late as possible.

- American Health Foundation motto.

From the preceding section it can be seen that social interaction in recreation is likely to add meaning and enjoyment to life for the older adult. As will become evident from the following discussion, this is only one of many benefits that accrue from regular active participation. Researching and documenting the contribution that recreation can make to the general well-being of an individual is important in encouraging greater involvement from the elderly, and in promoting and acquiring financial support for programmes and facilities that meet their needs. By demonstrating that "the Fountain of Youth is not found in Pills or Mysticism" (Fitness & Amateur Sport, 1981), but in a healthy, active life-style, one is better equipped to educate society in the art of 'dying young but as late as possible'.

The conventional wisdom of previous years held that vigorous activity was dangerous to an older person's health and welfare, and could even be fatal. Retirement was regarded as a time to 'slow down' and 'reduce the pace of life'. The persistence of such misconceptions is now being challenged as there is increasing evidence that inactivity

heralds decline in mobility and independence, and that 'what we don't use ... we lose'. A government publication entitled Don't Take It Easy - Fitness for the Older Canadian exemplifies recent attempts to enlighten the elderly and prompt them to greater participation in active pursuits (Fitness & Amateur Sport, 1981).

With regard to the physical well-being of the elderly, research has indicated that regular exercise can reduce the rate of decline associated with aging. Muscle that has contracted and decreased in strength is still capable of regeneration if some form of physical activity is undertaken. This will not only increase muscular strength, but will also reduce joint stiffness and arrest or even reverse the loss of mineral from bone (Emes, 1977; Shephard, 1982). The improved flexibility of the individual will restore stability and lessen general muscular-joint discomfort. Furthermore, regular activity will decrease blood pressure, body fat and pulse rate, while increasing the aerobic power of the senior citizen (de Vries, 1971). This in turn will improve the efficiency of the cardiovascular system.

This overall enhancement of the elderly person's physique and appearance tends to counteract the loss of self-esteem that so often besets the later years. The retardation of mental atrophy and the reduction of nervous tension through regular participation in stimulating recreational activities contributes further to improving emotional-psychological health. With such all encompassing benefits - including meaningful social interaction, the reawakening of creative impulses, and the provision of significant retirement roles - the senior citizen is generally less preoccupied with him or herself, and is more capable of handling the stress associated with aging. Table 4 illustrates the extensive contribution that recreation can make to the well-being of

an older adult, as identified by Heywood (1979).

TABLE 4. BENEFITS OF PHYSICAL ACTIVITY TO WELL-BEING

PHYSICAL	PSYCHOLOGICAL-EMOTIONAL
blood pressure	involvement
resting pulse	friendships
pulse recovery	co-operation with others
lung and breath capacity	recognition and prestige
endurance	sense of accomplishment
muscle tone	positive reinforcement
co-ordination, flexibility	knowledge and skill development
aids in posture improvement	peace of mind
tolerance of stress	preserve mental and physical
tension release	capacities
strain and fatigue relief	personal growth
relaxation	removal from daily routine
healthy appearance	promotion of new interests
	creativity
	takes mind off worries
SOCIAL	SPIRITUAL
increases social contacts	personal enrichment
group belonging	communion with self
interpersonal communication	communion with nature and God
leadership opportunities	communion with others
problem-solving opportunities	catharsis
social interaction with	service to others
opposite sex	
encourages contact with	
community resources	
fun and enjoyment	

SOURCE: Heywood, 1979, p.21.

Benefits of this nature arising from physical activity may not necessarily result in longevity, but will certainly enhance the quality of later years. Preventing the slowing of motor responses and general physiological and psychological decline will extend the independent phase of the older person's life. Shephard (1978), for example, has suggested that a 20% improvement in cardiorespiratory fitness could allow an individual a further eight years of independence. Regardless of how accurate this estimate is, what must be emphasised is that preserving a person's functional capacity is of major consequence as it not only ensures greater personal satisfaction with life in retirement

years, but it will also help in reducing public expenditure on residential care and domiciliary services for the elderly. Any reduction in health service expenses is significant when one considers that Canada's elderly population is expected to account for 46% of all patient-days in hospitals by the turn of the century (Jaakson, 1977). Thus there is an urgent need to promote educational programmes that will stress the value and potential of remaining active in retirement. Moreover, those in the leisure planning profession must alert themselves to the challenge of providing adequate recreational services and facilities for the aged.

At the individual level the problem with the senior citizen is often one of commitment. Although real constraints do exist, much inactivity can be attributed to feelings of inadequacy. Lack of ability is frequently a psychological problem derived from society's stereotype image of a 'rocking chair' elderly population. Many older adults have confined themselves to the lowest echelon of their physical capabilities and have closed their mind to the potential within themselves of living an active, healthy life. Encouraging the elderly to view life from a developmental perspective and to regard no stage of it as a final stage, is likely to motivate them in the direction of action, creativity and self-discovery. Once on this path the life-style can be regarded as "Ulyssean" - (after Ulysses, an adventurer of the early Greek classical world, who resumed a life of quest, risk and discovery in his later years (McLeish, 1976)). According to McLeish the "Ulyssean Adult" is a man or woman who begins new creative enterprises "at an age when the besotted society expects him or her to continue in well worn paths .. and .. to keep steadily slowing down" (p.178); or, "who, remains creatively productive within his or her own familiar arena of life" established in middle years (p.14). In being a "mould-breaker ..

of conventional folk myths and pieties" (p.26), the physically active senior citizen will experience personal enrichment and fulfillment throughout his years of retirement - an ongoing process of 'developmental growth'.

2.6 PROMOTING THE ULYSSEAN SPIRIT

Having examined the benefits to be derived from participating in outdoor recreation, and the general direction of research in the field; this final section will briefly highlight evidence of different agencies adjusting their priorities to meet the changing needs of Canada's expanding elderly population, and the extent to which seniors have responded to these overtures. A philosophical commitment has become quite apparent with the recent national conference on "Fitness and the Third Age", and the various governmental publications advocating physical activity for the inactive senior adult (e.g. Fitness & Amateur Sport, 1981; Sweet, 1978), or advice on developing programmes for this age group (e.g. Heywood, 1979).

At the provincial government level the pioneering province in the area of recreational development for the elderly undoubtedly is Alberta. In 1980 this province staged Canada's first provincial Games exclusively for seniors (55+). The enthusiasm that this event inspired has resulted in the planning of similar games to be held every two years. Perhaps more important than the successes of the 900 competitors that were selected for the 1982 Seniors Games, was the participation at the grass-roots level. Through numerous sports clinics and play-offs an estimated 21,000 Albertans were given the opportunity to renew old skills and acquaint themselves with new ones (Christie, 1983). A National Seniors Invitational event is currently being planned by the

Alberta Senior Citizens Sport and Recreation Association for 1985. In addition to the games, the Albertan government sponsors other programmes, such as the Blue Lake Centre, which are directed towards developing the resources of the senior citizen to as complete a level of physical and social-psychological functioning as possible. This particular programme at Blue Lake Centre is rather unique in that it provides the elderly with the opportunity to learn an outdoor activity, commencing at the beginner's level and progressing through to instructor's training (MacCullum, 1978). With leadership skills in different activities, including canoeing, sailing, cross-country skiing, bush survival and wilderness camping, it is felt that the older person can become a valuable resource to the community.

Elsewhere there are various incentives that encourage the elderly to recreate out of doors. In Saskatchewan seniors are eligible for fishing licences and special rates on golfing permits, while in Quebec holiday camp programmes enrich the lives of numerous older people. With regard to provincial parks many of the provinces do not charge their resident senior citizens campground fees. Newfoundland is the only province that has reduced its rates for all individuals aged 65 and over irrespective of origin. Likewise, within national parks, the effort to serve this population more effectively is currently being upgraded. Free entrance permits to all parks are available and programmes specifically for this clientele are being considered. Parks that already demonstrate this management emphasis include La Mauricie National Park in Quebec where three lakes have been reserved for use by this age group, and Riding Mountain National Park, Manitoba, where organised 'grandparent hikes' bring the seniors and their grandchildren together for a mutual sharing of the park landscape (Hayashida, 1983).

Evidence that the elderly and their recreational needs are receiving greater attention is also apparent in many of the larger urban areas. In Toronto, for example, the city parks department and an independent agency co-operate to offer a day camp for senior citizens. During the summer months this project enables approximately one thousand older adults, many of whom are physically handicapped, to have regular access to the beaches and park land on Ward's Island (Hammond, 1977). Other outdoor recreation programmes have been initiated elsewhere that require very little organisation - just encouragement. A walking programme introduced at one senior citizen centre in Calgary exemplifies the ease with which the elderly can be motivated to get out and enjoy the city parks (Emes, 1977). Making use of local park areas is important as many older urban residents find the rural recreation areas inaccessible. A forest research programme in Quebec has developed guidelines for the management of urban forests with the aim of providing enjoyable and educational outdoor experiences for senior citizens (MacArthur & Fillmore, 1978). The success of any such programme is dependent on how well the needs of this group have been identified. Realising this, the Vancouver Board of Parks and Recreation has formed a Citizen Committee on Aging and Recreation with the task of specifying these needs and providing policy recommendations (Bennett, 1983).

The reporting of particular Ulyssean feats and active life-styles by the media is perhaps one of the most effective ways of prompting society to reflect on the potential of their elderly population. Francis Chichester's achievements in 'Gypsy Moth III' became renown after he successfully completed his first transatlantic race at the age of 59 in 1960. More recently the 28 seniors who cycled across Canada in the summer of 1983 have inspired many of their contemporaries to

greater participation in outdoor activities. Likewise, in the United Kingdom there is considerable enthusiasm for 'Britain's Top Pensioner' award - the dedication of some of the competitors can be gauged from the newspaper article in Appendix 1.

Exploits of this nature and the evidence of different agencies upgrading their delivery of recreation services to the aged, are indicative of changing attitudes both toward and within this age group. Although these forementioned individuals are perhaps exceptional in their capabilities, they nevertheless demonstrate that aging is not incompatible with rigorous participation in outdoor activities. Undoubtedly, if increased effort was expended on research in this field and on communicating the findings to senior citizens, the process of motivating the elderly to a greater intensity of involvement in active recreational pursuits would be facilitated. With this in mind a case study on the outdoor recreation participation patterns of elderly campers was conducted on Vancouver Island, British Columbia. The remaining chapters will discuss the methodology and results of the survey.

NOTES

1. 1976 data has been used for two reasons - firstly, McPherson and Kozlik's comments are based on an analysis of these figures; and, secondly, more recent statistical digests do not examine participation by age.
2. This trend has become quite apparent in the local media with articles such as "'Geriatric lib' aims to demolish old myths", Vancouver Sun, June 29, B5, 1982; "Fighting the myths", Times Colonist, Jan. 17, p.21, 1982; and, "Elderly fight stereotype views", Times Colonist, Oct. 9, D1, 1982.
3. The various work-leisure hypotheses have been reviewed by McPherson (1983) and Parker (1971).
4. Iso-Ahola (1980) has elaborated on this concept to some length.
5. Miller is not alone in this assumption. Others, including Cheek et al. (1978), have defined leisure as 'non-work'.
6. "Only informal activity with friends was associated with life satisfaction and this was at a substantively insignificant level" (Lemon et al., 1972, p.75).
7. The woman's previous camping experience was of greater significance in determining camping location. Given the wife's 'domestic' role, Born assumes that the female's perception of the needs regarding physical amenities would be important in selecting the campground. How she perceived such needs is likely to be conditioned by previous experience.
8. Iso-ahola (1980) defines leisure socialization as "a process by which basic leisure knowledge, attitudes, values, skills and motives are learned and internalised, with the net result of socially relevant and psychologically rewarding leisure behaviour" (p.132).
9. This study has been used to both confirm and oppose disengagement theory. Bultena and Wood's research (1970) could be used to substantiate either activity or continuity theory.
10. 'Effective' or 'expressed demand' is defined as the current level and structure of demand revealed by the present pattern of participation (Lavery, 1974).
11. Surveys reviewed included Godbey and Robinson (1979) (age group = 65+; McAvoy (1979) (65+); Ministry of Culture and Recreation, Ontario (1979) (50+); Strain (1979) (65+); TORPS (1979) (65+); and USDA Forest Service (1979) (Hayashida examined their results for the 65+ age group).
12. TORPS (1979) is an example of a study that has taken frequency of participation into consideration.

13. The fallible nature of this assumption suggests that the validity of Guinn's results is questionable.
14. McAvoy (1979) has also commented on the elderly's preference for outdoor activities that are non-resource specific - e.g. walking, gardening.
15. The Campground Host programme involved 'hiring' a senior citizen on a volunteer basis for July and August. This individual was expected to answer any routine questions that other campers might have. In 1983 the programme was implemented in four provincial parks, including Gordon Bay (one of the case-study camp sites).
16. e.g. Wall (1981).
17. e.g. Canada Fitness Survey (1982); Dobbin (1980); Godbey and Robinson (1979); McAvoy (1979); Ministry of Culture and Recreation, Ontario (1979); Scott and Zoerink (1977); TORPS (1979); and, Tourism Development Branch, Saskatchewan (1980).
18. e.g. Godbey and Robinson (1979); Ministry of Culture and Recreation, Ontario (1979); and, Scott and Zoerink (1977).
19. This has been exemplified by Field (1971) in his research on the interchangeability of parks with other leisure settings.
20. The variations in group composition at different recreation settings where swimming occurs has been noted by Field and Cheek (1974).
21. e.g. Canada Fitness Survey (1982); Guinn (1980b) ('opportunity to meet and be with family and friends' ranked second); Gunter & Bratton (1980); Holm (1971); McAvoy (1979) ('socializing' ranked first).

3.1 RESEARCH OBJECTIVES

The objectives of this case-study are to provide descriptive information on the outdoor recreation participation patterns of a group of active elderly persons, to examine the impact of retirement and aging on their involvement, and to investigate the nature of camping as a specific recreational activity for these people. The purpose of this chapter is to clarify the definitions of 'recreation' and 'senior citizen' as used in this research, and describe the procedures involved in selecting the respondents and parks, constructing the questionnaire, and conducting the interviews.

3.2 DEFINITIONS

3.2.1 Outdoor Recreation

With the inherent definitional problems in outdoor recreation research it is important to define the dimensions of the concept itself prior to embarking on study in this field. Whether recreation is an objective countable 'thing',¹ or a state of mind and being^{2,3} remains open to debate. As Arnold has observed, "... it could be argued that recreation has no meaning because it doesn't represent a thing or an object to exact description or quantification ... The word is a conditional symbol of varying magnitude, as on a continuum" (1980, p.9). Thus, in an effort to avoid semantic confusion, recreation has been defined in terms of activities throughout this research. Although the activity approach may not be philosophically adequate (Driver & Tocher, 1975), it readily facilitates the collection of useful descriptive data.

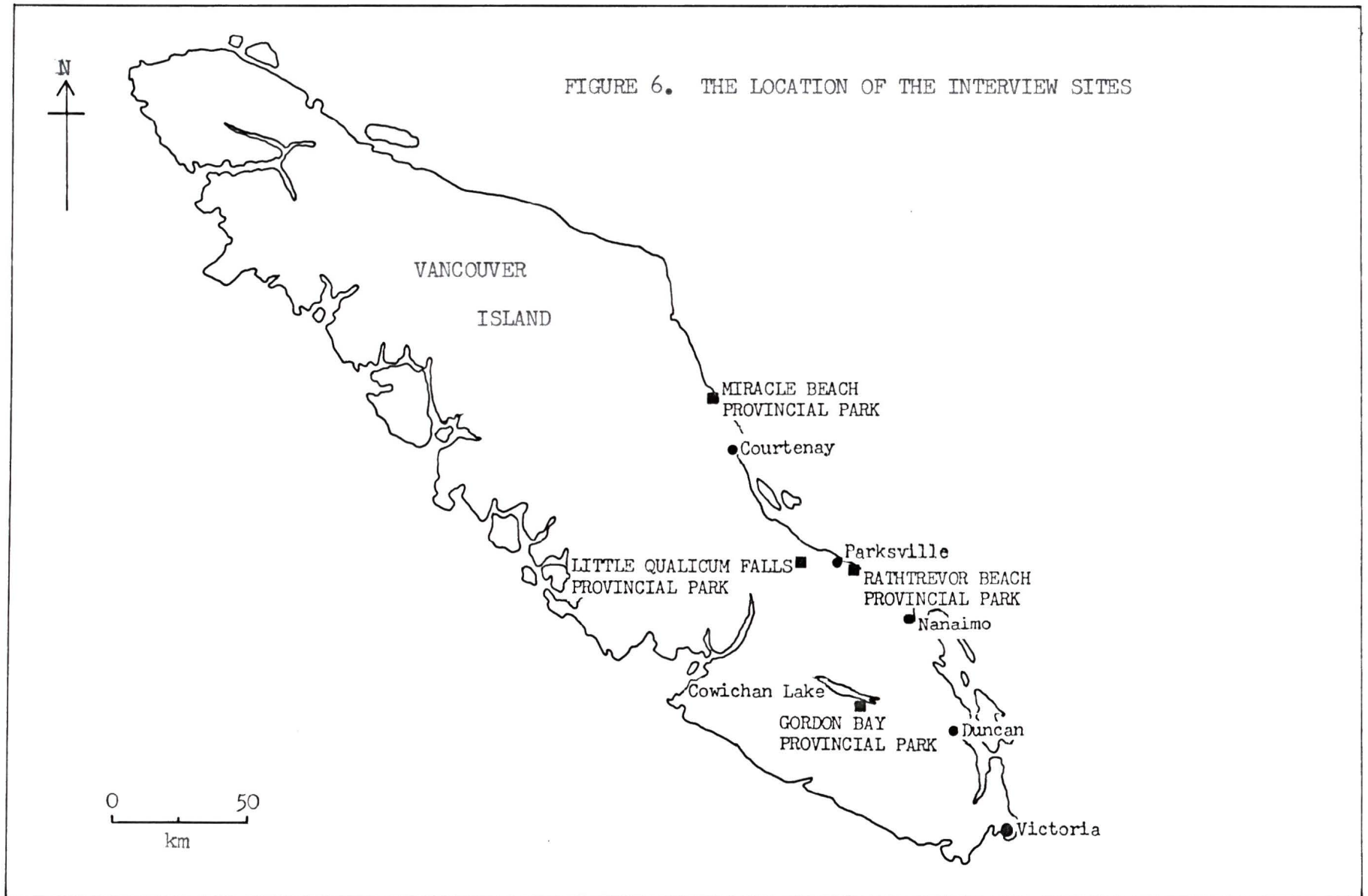
3.2.2 Senior Citizens

For the purposes of this study senior citizens are defined as individuals aged 65 and over. As has been previously emphasised growing old is a continuum and any attempt to categorise the elderly by age requires selecting an arbitrary cutting point. From the literature in this field it can be seen that this group is subject to variable definitions depending on the research objectives of each particular study - (for example, Guinn's sample of elderly R.V. tourists are aged 50 and older (1980b), while McAvoy's youngest subjects are 65 (1979)). The 'legal' definition of old age, however, has come to be equated with the age of 65. Numerous government programmes, such as the Canada Pension Plan, the Old Age Security Programme and income tax age exemptions, come into effect when a person reaches this age. Moreover, in both the private and public sectors the age of 65 has become accepted as the norm for retirement, and unemployment insurance benefits are no longer available for older individuals. Thus, since this study is concerned with the impact of retirement and aging on recreation participation patterns, this age was selected as a convenient cut-off point. Stressing this convenience is important, for as one senior citizen commented in the Vancouver Sun (2:2:82), "no-one is alert, active and progressive at age 64 years for 364 days and then old and decadent one day later at 65".

3.3 SUBJECTS AND SURVEY SETTING

This study is limited to resident British Columbia senior citizens camping in four selected provincial parks on Vancouver Island - namely Gordon Bay, Little Qualicum Falls, Rath Trevor Beach and Miracle Beach (see Figure 6). The rationale behind choosing this particular group of

FIGURE 6. THE LOCATION OF THE INTERVIEW SITES



people and the survey settings is discussed in the following sections.

3.3.1 Why Study Senior Citizens on Vancouver Island?

The discussion in Chapter 1 pertaining to regional variations in Canada's demographic structure has already emphasised the fact that British Columbia is well endowed with senior citizens. With a 56.5% increase in the 65 to 74 age group over the period 1971 to 1981, and a 34% increase in persons aged 55 to 64 (Shulman, 1980), British Columbia is likely to maintain its status as Canada's "retirement capital" (Province, 7:11:82, B4). Not surprisingly there are favoured regions within the province that demonstrate particularly high densities of senior citizens. One such area is the southern half of Vancouver Island where 19.3% of the province's elderly population reside. As can be seen from Table 5 the majority of senior citizens live in the Capital Regional District thereby creating significant local concentrations of this age group.

Thus, in view of the Island's unique demographic structure the area was considered an ideal location for examining the participation patterns of the elderly in outdoor recreation.

TABLE 5 SENIOR CITIZENS ON VANCOUVER ISLAND

AREA	1976 - TOTAL POPULATION	1976 - % 65+	1981 - TOTAL POPULATION	1981 - % 65+
Canada	22,992,600	8.7	24,343,180	9.7
British Columbia	2,466,605	9.8	2,744,470	10.9
Vancouver Is. - south of and including Nanaimo Regional District			379,275	15.2
Capital Regional District			249,473	17.0
Victoria			64,379	25.8
Oak Bay			16,990	28.8

SOURCE: data derived from 1981 Census - volumes 92-901 and 93-922

3.3.2 Why Select a Camping Population comprised of B.C. Resident Senior Citizens in Provincial Parks?

As previously stated the objective of this study is to examine outdoor recreation participation patterns of active elderly people. One approach to acquiring an active population is to conduct research at a recreation setting. This will guarantee some level of commitment to outdoor recreation among all those contacted.

The major considerations involved in selecting the setting include the nature of anticipated recreational interests of the on-site participants and availability of potential subjects. As this research hoped to obtain information on a relatively broad range of recreational activities, the sample was selected from a camping population. Previous findings have indicated that campers are characterised by a greater orientation towards outdoor leisure activities than non-campers (Crow & Associates, 1968). Moreover, specific research on activity preferences of elderly R.V. tourists has demonstrated that such older adults participate in a wide range of outdoor activities (Guinn, 1980b).

By further limiting the sample to a provincial park camping population comprised of B.C. resident senior citizens, the availability of potential subjects could be determined prior to conducting the field work. Data was accessible on the use of park campgrounds by this specific group for the previous year (Selbee, 1983), thus making it possible to estimate the number of senior citizens available for interview. (The selection of the particular parks on the basis of this data is discussed in the following section.)

Furthermore, by selecting this group, problems in identifying those eligible for interviewing could be avoided as resident B.C. senior citizens are permitted to camp free of charge in provincial

park campgrounds. Through the use of registration information the campsites of these individuals can be located at any given time.

It should be noted that the case-study does not consider non-B.C. campers in this age bracket as they are required to pay permit fees and therefore could not be identified in the above manner. Likewise, any B.C. senior citizens who might be camping with a fee paying group were excluded from the survey as registration information does not enumerate such individuals. Moreover, the statistics on senior citizen use of campgrounds do not account for seniors in either situation.

While realising that the findings based on such a sample cannot be generalised to the senior citizen population as a whole, it was felt that this case-study would produce useful information on the more active segment of this age group.

3.3.3 Why Select the Forenamed Provincial Parks?

Rathrevor Beach, Miracle Beach, Little Qualicum Falls and Gordon Bay were designated as survey sites primarily on the basis of their relatively high senior citizen usage levels. In 1982 these four parks together accounted for 48.6% of the total 'party nights' for this age group in the Vancouver Island Region (see Table 6). With the popularity of Ivy Green and Goldstream Parks among older visitors, the original intention had been to include these parks in preference to Little Qualicum Falls and Gordon Bay. Permission to interview in Ivy Green, however, was withheld in light of a land claim dispute, and Goldstream was set aside as a convenient location for pre-testing. Site descriptions of the four parks selected can be found in Appendix 2. As a result of the financial limitations of this research project additional parks were not considered.

TABLE 6. SENIOR CITIZEN ATTENDANCE AT SELECTED VANCOUVER ISLAND REGION PROVINCIAL PARKS, 1982.

park	total 1982 attendance (parties)	total 1982 senior citizen (s.c.) parties	total July - August attendance	% senior citizen use (party %)	senior citizen subsidy as % park revenue	daily # s.c. parties July - Aug. (using party %)	daily # s.c. parties July - Aug. (using subsidy % *)
Rathtrevor Beach	26,425	4,037	12,433	15.3	21.6	31	43
Miracle Beach	14,293	1,538	10,182	10.8	14.4	18	24
Little Qualicum	8,436	828	5,336	9.8	12.6	8	11
Gordon Bay	10,005	788	5,708	7.9	9.4	7	9
Goldstream	17,008	1,470	9,423	8.6	9.8	13	15
Ivy Green	5,440	1,298	2,874	23.7	40.5	11	19
Vancouver Is. Region	503,814	14,783					

SOURCE: data based on Ministry of Lands, Parks and Housing (1983) and Selbee (1983).

* As suggested by the Parks and Outdoor Recreation Division, the expected daily number of senior citizen parties for July - August 1983 was calculated using subsidy based percentages for 1982. This appeared to be an overestimation of actual senior citizen use. The column indicating daily number of parties expected for the July - August period based on senior citizen party percentages is likely to be a more accurate representation of numbers.

Having observed the problems of acquiring sufficient subjects while pre-testing the questionnaire, it became apparent that all B.C. resident senior citizens registered as non-fee paying campers in a campground during any given interview period, should be regarded as potential respondents. Further detail on the survey procedure is discussed in section 3.4.2. and 3.4.3 of this chapter.

3.4 THE INTERVIEW SURVEY

In view of the physical handicaps to which many elderly individuals find themselves subject (e.g. failing eyesight, limited literacy), it was felt that the interview survey method of collecting data would be the most appropriate procedure. It was hoped that through direct personal contact with the senior citizen, misunderstandings would be averted and more relevant information would be obtained. A high overall response rate was anticipated as a further outcome of adopting this approach.

3.4.1 Construction of the Questionnaire

The interview questionnaire was designed to acquire data on the outdoor recreation participation pattern of the subject over the previous year, the nature of his camping experience during the interview period, and his demographic characteristics. The following discussion examines the construction of the questionnaire with respect to these three areas of concern.

(i) Outdoor recreation participation patterns

a) "expressed demand" - the opening question of the survey (see Appendix 3) dealt with the range and frequency of the respondent's activity participation during the twelve months prior to being interviewed. Initially this question was close-ended in format with the subject being handed a response card depicting a grid with selected

activities down the side and frequency of participation options along the top. Pre-testing in Goldstream revealed the respondent's inability to work through this grid and the subsequent need to adopt the open-ended approach. However, rather than having to assume recall loss in the data, a prompt card containing an extensive list of activities (see Appendix 4) was offered to the respondent following his initial attempt to answer the question. This prevented the senior citizen from overlooking activities characterised by infrequent participation, or from generally misunderstanding the full extent of the phrase 'outdoor recreation activities'.⁴ A prompt card specifying the frequency intervals (see Appendix 4) was available if required, although verbal prompting tended to be more efficient.

While pre-testing the questionnaire an effort was made to elicit information on recreation preferences. This met with little success as respondents appeared to have difficulty comprehending the difference between the question on preferences and the preceding discussion on current participation. The former was omitted from the final survey as it was felt that any frustration arising from misunderstanding on the part of the respondent could jeopardise the rapport created by the relatively informal opening of Question 1.

b) 'suppressed demand' - to understand the suppressed demand experienced by this group of campers, respondents were asked to state in which activities they would like to become involved or increase their present participation, if given the opportunity (Q.2). Those who indicated a desire to expand participation were asked to identify the factors believed to be preventing such opportunity from arising.

c) impact of aging and retirement on participation - this was examined in terms of constriction and expansion of activities since the onset of

retirement. For those who were still employed Question 4 was discussed with respect to 'recent years'. Where respondents indicated decreased or discontinued participation in certain activities they were encouraged to elaborate on factors bringing about such constriction.

(ii) Camping

Given that this research was limited to elderly campers it appeared logical to examine the one activity that the entire sample had in common - that of camping. As Burch (1965) has observed, this is a particularly interesting and unique activity that contains its own goals and motivations, while simultaneously functioning as a medium for various other pursuits. In reference to their camping experience concurrent with the interview period, questions relating to motivations for camping (Q.7), party composition (Q.5 v-vii), length of stay (Q.5 i), and participation in other activities (Q.6) were discussed. The extent to which the respondent's camping increased or decreased since retiring was noted in an effort to discern the impact of aging and retirement on this activity (Q.8 iv).

(iii) Demographic characteristics

Demographic characteristics observed include age, sex, occupational group (Q.3 ii-iv), whether retired (Q.3 i), and area of residence (Q.9).

3.4.2 Survey Procedure

The total number of senior citizen parties in the park and their campsite locations were obtained from park staff on each morning of the various survey periods. Interviewing commenced at approximately 9:30 a.m. and continued throughout the day until dusk depending on availability of subjects. Campers were not interrupted during meal times as experience from the pre-testing stage demonstrated that even if permission to interview was obtained while the individual was in any way occupied with 'household tasks', the survey generally did not proceed satisfactorily.

An attempt was made to contact every senior citizen party in the camp-ground during the interview period. Sites that were temporarily vacated by the occupants were returned to later in the day. When more than one senior citizen occupied a site the decision as to which member of the party should respond was left to the discretion of the seniors themselves. Although this may bias the results somewhat, the problems associated with specifying the respondent were avoided. It became apparent while pre-testing that selecting one individual per party was inappropriate as this person was not always desirous of participating. Seniors with hearing difficulties, for example, generally suggested that another member of their party respond. In situations with married couples where both husband and wife offered to reply together, no attempt was made to dissuade one of them from responding. The activity related questions were addressed to each of them and both replies noted separately, thus allowing for more detailed analysis of activity participation by sex. The responses to the questions on camping were not recorded separately as it was felt that their decision to camp was a joint decision and that such data should be considered in relation to the two together. Other forms of 'joint response' (e.g. from two relatives or friends) were not permitted.

The interview itself was designed to be completed within ten minutes, but frequently lasted much longer as a result of the informal nature of the setting and the rapport that often developed between subject and interviewer. Upon completion of each interview time was spent checking the questionnaire and noting any relevant observations.

3.4.3 Problems Encountered

It was difficult to anticipate how large the sample would be particularly after the arduous nature of the pre-testing period.

Goldstream did not have as many senior citizen parties as was expected and six days were required to conduct twenty interviews. In an effort to obtain 150 subjects with at least 30 per park, the interview period was extended from 16 to 21 days. Despite this only 118 surveys were completed - 20 at Gordon Bay, 25 at Little Qualicum Falls, 36 at Rathtrevor Beach, and 37 at Miracle Beach.

In retrospect, failing to acquire the intended number of interviews in Gordon Bay and Little Qualicum Falls is understandable. Regardless of park, the 1982 statistics for senior citizen attendance (see Table 6) proved to be somewhat misleading. These figures had been based on party nights and did not include detail on length of stay. Once in the field it was discovered that the actual 'turn over' rate was much less than expected and the anticipated numbers of different parties for interviewing were not available. This was less of a problem in Rathtrevor and Miracle Beach where the percentage of senior citizen use is much higher. Indeed it was not possible to contact all such parties in these two parks. Moreover, the weather in September was rather unsettled - four of the seven days at Gordon Bay were wet and two at Little Qualicum were cool. As a result numbers were low at a time when the elderly normally take advantage of less crowded campgrounds.

Interviewing at Rathtrevor Beach during September presented an additional problem with regard to determining how many seniors were actually camping in the park while the survey was being conducted. Park statistics were based on those newly registered each day, and total party nights was calculated from the information on the self-registered slips.⁵ This method appears to over-estimate senior citizen use quite considerably as many sites supposedly occupied by seniors were found to be vacant - thus indicating that they do not necessarily stay

their stated length of time.

Although the sample size was less than anticipated, the response rate was very high with 99% of all eligible subjects contacted⁶ consenting to be interviewed. This represents 74%⁷ of the total number of senior citizen parties registered in the four parks during the survey period - (for further details see Appendix 5). The data collected from these interviews is presented and discussed in the following chapter.

NOTES

1. Wall (1981), for example, regards recreation as a wide variety of activities.
2. e.g. as defined by Clawson and Knetsch (1966), de Grazia (1962) and Gray (1972).
3. Others have attempted to combine the objective and subjective elements in their understanding of recreation - e.g. Pigram (1983) and Yukic (1963).
4. 'Walking' and 'playing with children out of doors', for example, were often omitted on first responding to the question.
5. Registration in this park is handled at the gate-house during the summer months, and only reverts to the self-registration system following the Labour Day week-end.
6. Six additional parties were contacted but had either been previously interviewed in one of the other three parks or during the pre-testing period.
7. In calculating this percentage the 16 surveys conducted in Rath-trevor during the September period were excluded as the total senior citizen population in the park at that time was unknown, but five of the previously interviewed parties were included - (the sixth was contacted in September at Rath-trevor - see Appendix 5).

4.1 THE SUBJECTS

The 118 interviews obtained in the four parks consisted of 55.1% single responses and 44.9% joint responses. In total 171 individuals were contacted with 56.7% of these being male and 43.3% being female. From the data presented in Table 7 it can be seen that 86% of the respondents were aged between 65 and 74, with the majority (58%) falling into the 65 to 69 age bracket. Although the sample had been restricted to seniors aged 65 and over, 8.2% were younger than 65. These individuals, who were primarily female, were all contacted in joint response situations and had spouses in the 65 plus age bracket. As was expected there were few respondents who had not entered the retirement phase of life - only 7.6% of the sample were still involved in a full time occupation. Other characteristics of those interviewed, including pre-retirement occupational groupings, have been tabulated in Appendix 6.

This case-study is thus primarily concerned with a sample of 'young-old' retirees.¹ The data on outdoor recreation participation for the year prior to the survey period was analysed by person rather than by party.² Where applicable attention will focus on variance resulting from age and sex. Aside from this, the sample will be treated as being homogeneous as there were no observed differences by occupational groups or by location of interview with respect to participation. With camping, on the other hand, the results relating to group composition and motivations have been analysed by party. Only the discussion on associated activity participation is based on the responses of each individual.

TABLE 7. AGE AND SEX DISTRIBUTION OF THE SUBJECTS

age	male			female			Total %
	#	% of total males	% of total population	#	% of total females	% of total population	
< 65	1	1.0	0.6	13	17.6	7.6	8.2
65 - 69	58	59.8	34.0	41	55.4	24.0	58.0
70 - 74	31	32.0	18.0	17	23.0	10.0	28.0
75 - 79	6	6.2	3.5	3	4.0	1.7	5.2
80+	1	1.0	0.6	0	0.0	0.0	0.6
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	97	100.0	57.7	74	100.0	43.3	100.0

4.2 THE ACTIVITY PROFILE

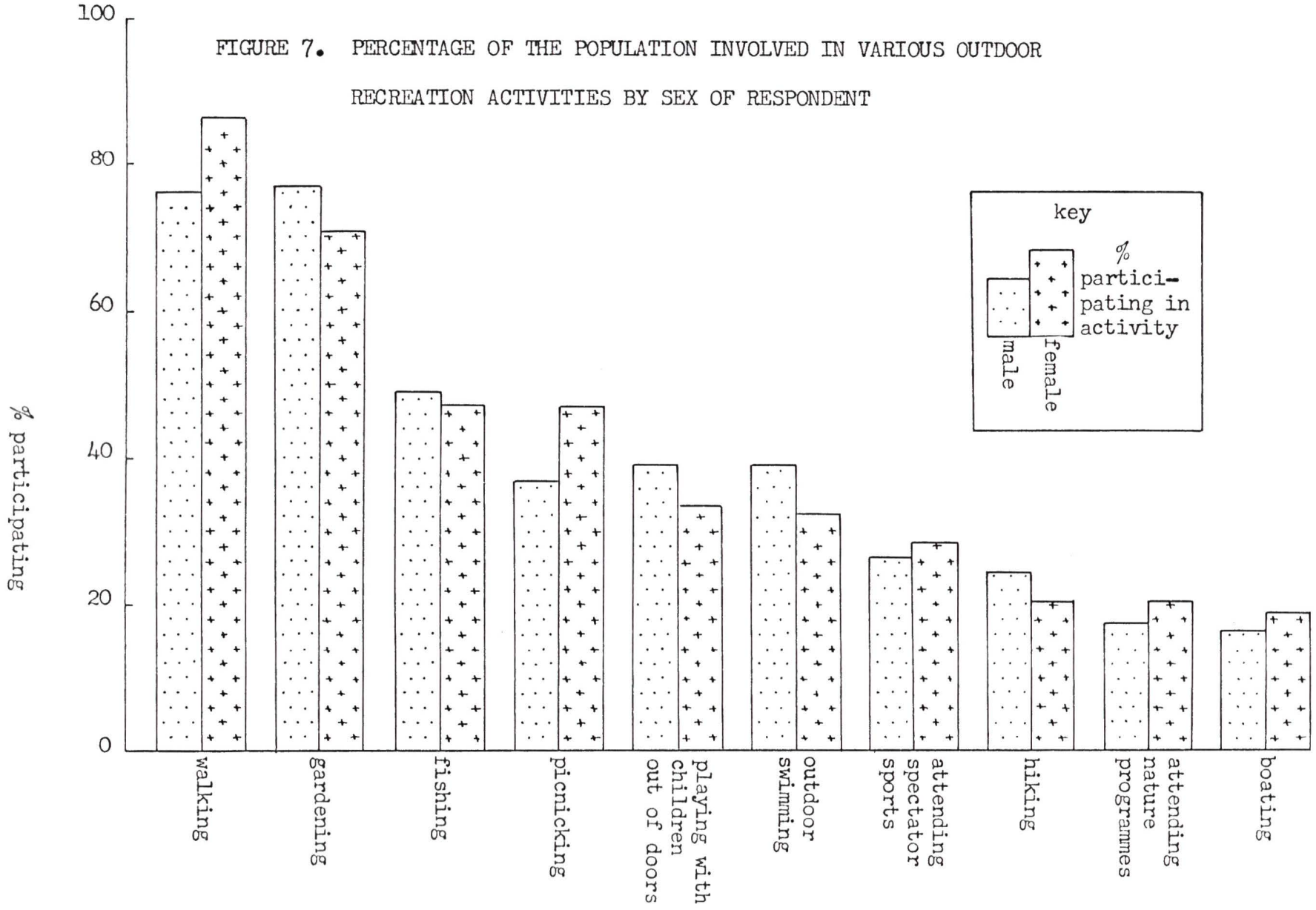
In constructing an activity profile for the entire sample, the range and frequency of participation in outdoor recreation activities were examined. Three methods of rank ordering were used in analysing the data obtained in response to Question 1, relating to the activities in which the respondent participated over the previous year. Of the forty-one activities mentioned, only those in which 5% or more of the total population have participated are examined in detail. The percentage figures for the remaining activities have been included in Appendix 7. The following discussion reviews these rankings and presents the results prior to considering the nature of the activity profile for this group of senior citizens.

4.2.1 Range of Activity Participation

The data was initially rank ordered according to the number of occasions each recreational activity was cited. Figure 7 illustrates the percentage of the total male and female populations engaging in the ten most frequently mentioned pursuits. In reference to this figure and elsewhere in this text, it should be noted that the definitions of walking and hiking are based upon the respondent's perception of each activity. Neither term was explicitly defined for the subject, nor was he asked to clarify his use of them when discussing recreation participation.

While indicating the range of activities in which the elderly engage, rank ordering on the basis of numbers involved does not take intensity of participation into account. In an attempt to take such into consideration, the following two rank ordering methods have been employed.

FIGURE 7. PERCENTAGE OF THE POPULATION INVOLVED IN VARIOUS OUTDOOR RECREATION ACTIVITIES BY SEX OF RESPONDENT



4.2.2 Frequency of Activity Participation

The frequency intervals utilised in analysing the responses to Question 1 (ii) ranged from weekly to yearly on a continuous scale. The procedure devised for summing the frequency counts for each activity involved selecting representative numbers for the different intervals that would be relative to their actual frequency. The minimum possible number of occasions in which an individual could participate in an activity over the twelve month period was calculated for each response category. The length of 'season' was arbitrarily set at six months, and the figures for frequencies relating to seasonal activities were half that of the numbers assigned to the corresponding non-seasonal categories. Thus, the numbers selected for the six intervals are as follows:

1. 'at least once a week - all year round' = 52 (i.e. 52 weeks in the year times once a week represents the lowest possible frequency rate for this interval)
2. 'at least once a week - during the season' = 26
3. '1 - 3 times a month - all year round' = 12
4. '1 - 3 times a month - during the season' = 6
5. 'less than once a month - all year round' = 2³
6. 'less than once a month - during the season' = 1.

These figures may well underestimate overall frequency of participation, but this does not constitute a problem in the rank ordering as it will be a standardised underestimation.

The rank orders presented below are based on the summation of the frequency scores for each activity.

TABLE 8. ACTIVITIES RANKED BY FREQUENCY OF PARTICIPATION ACCORDING
TO SEX

MALES

Rank

1. walking
2. gardening
3. playing with children out of doors
4. bicycling
5. outdoor swimming
6. golf
7. picnicking
8. fishing
9. hiking
10. outdoor photography

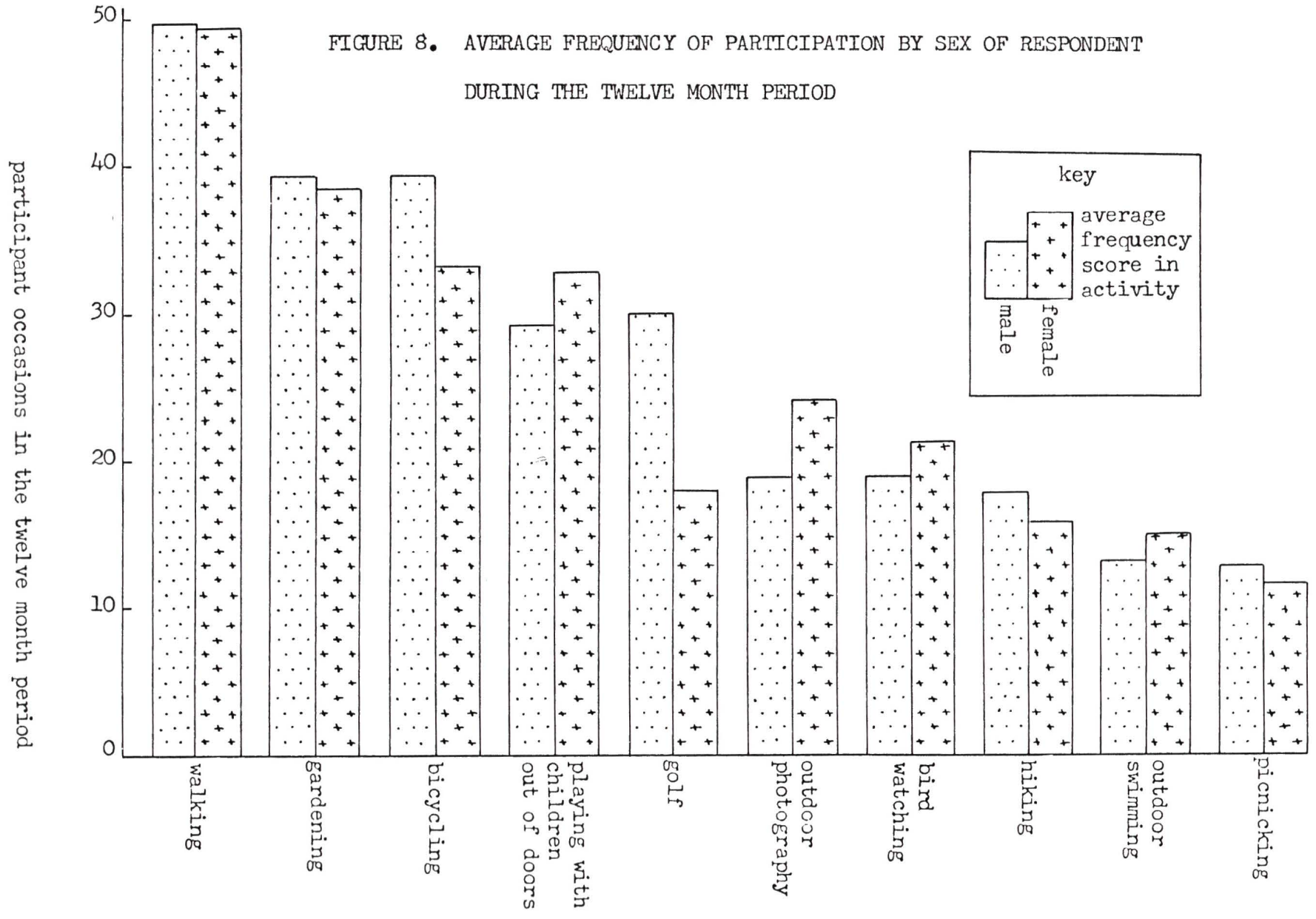
FEMALES

Rank

1. walking
2. gardening
3. playing with children out of doors
4. picnicking
5. outdoor swimming
6. fishing
7. bicycling
8. hiking
9. attending spectator sports
10. birdwatching

Rank ordering in this manner depicts both the numbers participating and the frequency scores for each person's participation. Activities with a high percentage participating and/or a high mean frequency score (i.e. the summated score divided by the number participating in the activity) are represented. Although this is a more accurate portrayal of the 'popularity' of the various activities among this group of senior citizens, it does not reflect the individual's intensity of participation.

As a result a third method of ranking the activities was devised using the mean frequency scores for each of the activities. The average number of occasions over the twelve month period that a participating male or female engaged in the various pursuits is indicated in Figure 8. These scores take both the seasonal nature of an activity and the fre-



quency of an individual's participation into account. Outdoor swimming and golf, for example, have similar total frequency scores for male participants (505 and 500 respectively), but the intensity at which each is pursued varies considerably. With 38 men mentioning swimming, the average number of occasions any one of these senior citizens might have been swimming in the twelve month period is thirteen. On the other hand, given that golf can be pursued throughout most of the year on Vancouver Island and the Lower Mainland,⁴ it is not surprising that the 16 participants in this activity demonstrate a greater frequency of participation, with a mean score of approximately 31 for the year.

4.2.3 Discussion

To assist in examining the trends, the activities have been categorised according to percentage participation rates and average frequency scores in the matrix presented below. The discussion will focus on significant trends within each category.

FIGURE 9. CLASSIFICATION OF ACTIVITIES ACCORDING TO PERCENTAGE PARTICIPATING AND FREQUENCY OF PARTICIPATION

		average frequency score	
		HIGH	LOW
percentage participating	HIGH	walking gardening playing with children out of doors	fishing picnicking outdoor swimming
	LOW	hiking bicycling golf outdoor photography birdwatching	attending spectator sports attending nature programmes boating horseshoes hunting

(a 'high' participation rate is 33.3% and greater, and a 'high' average score is 17.3 and greater)⁵

(i) High participation / high frequency activities

It is not surprising to observe that walking and gardening are characterised by both high percentage participation rates (80.7% and 74.9% respectively) and high average frequency scores (49.8 and 39.1). These two activities have been repeatedly noted for their popularity among the elderly (e.g. Godbey and Robinson, 1979; McAvoy, cited in Hayashida, 1981; Ministry of Culture and Recreation, Ontario, 1979; Nielsen, 1974; Strain, 1979; and TORPS, 1979).⁶ The ease with which an individual can engage in either of these activities year round undoubtedly contributes to their high participation rates. When it is considered that 20% of the population did not have immediate access to a garden, the participation rate in gardening is all the more significant. With regard to walking, it is possible that the interest and involvement shown represents a deliberate attempt to maintain or improve current levels of physical well-being. Physicians often recommend this activity to the elderly as a form of exercise, as it can be demanding but not stressful. Walking will "motivate and stimulate by maintaining posture, correcting joint alignment, preserving strength, improving circulation, reducing tension and generally providing emotional satisfaction" (Emes, 1977, p.16).

Playing with children out of doors, on the other hand, has rarely been discussed in previous research, and yet its significance in the lives of 37% of these respondents is quite apparent. As one would expect, further probing revealed that much of this activity involves grandchildren, with it occurring on a regular basis particularly for those seniors who have immediate family in close proximity. As Thompson and Streib (1961) have emphasised, family relationships are indispensable to the personal adjustment of the older individual and

may, in instances, provide opportunities for self-expression and participation that might otherwise be denied. Certainly encouraging the elderly to spend time out of doors with their grandchildren or other young children, is a very natural and potentially appealing way of promoting outdoor recreation in the lives of senior citizens. Such an attempt to generate a mutual sharing of outdoor experiences by young and old together is exemplified by the previously mentioned 'grandparent hikes' in Riding Mountain National Park.

(ii) Low participation / high frequency activities

The low participation rates for activities in this category generally conform with the findings in the studies already cited - birdwatching being the one exception.⁷ Given the consistently low levels of involvement in bicycling and golf, it has been suggested by Strain (1979) that the elderly tend to avoid activities requiring greater physical exertion. While the results demonstrated that few respondents engaged in these pursuits (14.6% of the sample in bicycling and 12.9% in golf), it is questionable whether golf can be regarded as a vigorous physical activity. As Hayashida has emphasised, the degree of energy required is dependent upon the type of golf pursued - with golfing carts on short golf courses the activity can be relatively non-strenuous, and is regarded by Parks Canada as being very suitable for the elderly (Hayashida, 1981).

The 'age stratification' theory offers an alternative explanation for these low participation rates. Considering that the overall level of involvement is still low even when respondents who recently discontinued their participation in golf and bicycling are included (an additional 9.4% for golf and 4.1% for bicycling - see section 4.3),

it is possible that this sample was never particularly involved in these activities. This may reflect a lack of resources and opportunities for this cohort in their younger years. However, conclusive statements cannot be made without data on the respondent's early and mid-adult years.

Regardless of degree of energy required, those who do participate in this group of activities (hiking, bicycling, golf, outdoor photography and birdwatching) all demonstrate a high level of commitment as indicated by the frequency scores. This suggests that participants derive considerable satisfaction from their involvement in these activities, and that in all probability, they engage in them year round. According to Bultena and Field (1977), it is not uncommon to find high frequency of participation among seniors who do engage in an activity, and that often they participate with greater regularity than those in younger age groups.

(iii) High participation / low frequency activities

The difference between data on simple participation and frequency of participation is again very evident in this group of activities. As emphasised previously (section 2.5.1), the former can lead to quite misleading assumptions if degree of involvement is overlooked. Taking fishing as an example, it appears to be a very significant activity for this sample on the basis of the percentage participating - (ranks third - see Figure 7). However, when the number of participant occasions over the twelve month period are considered, this activity is not even ranked among the top ten, as illustrated in Figure 8.

The relatively low average frequency scores for picnicking and outdoor swimming can be attributed to the seasonal nature of these activities. Moreover, the availability of opportunity for fishing and swimming is likely to be a major factor in determining the degree to

which an individual can be involved in either activity.

(iv) Low participation / low frequency activities

The nature of participation in the activities characterised by low participation rates and low average frequency scores is likely to be seasonal. Not surprisingly, hunting is a predominantly male activity, with only one female mentioning her involvement in it (see Appendix 7). Similarly, the popularity of horseshoes was more evident among the male respondents than among the females.⁸ The interest in attending outdoor spectator sports was high (27.5% of the total), and often appeared to involve supporting younger family members on local teams.

In general it can be seen that, excluding golf, the activities participated in most frequently were all non-resource specific (i.e. activities that can be pursued anywhere). This trend is in keeping with previous observations made by McAvoy (1979) and Strain (1979).⁹ Moreover, the significance of walking and gardening for this age group has been noted elsewhere. According to both Sillitoe (1969) and TORPS (1978), these activities become increasingly important to adults, particularly males, as they progress through the life-cycle, while involvement in active participant sports declines. Although the data does not reflect intensity of involvement beyond frequency of participation, the activities discussed are of the type that can be quite unstructured and could capitalise on the bulk time available to this sample of retirees. The ability of individuals in this age group to make meaningful use of free time is a critical factor in the adjustment process that follows the onset of retirement.

The next section examines changes that have occurred in the elderly person's activity profile during their retirement years, in an

attempt to discern what impact aging and retirement have on participation patterns.

4.3 THE IMPACT OF AGING AND RETIREMENT ON PARTICIPATION

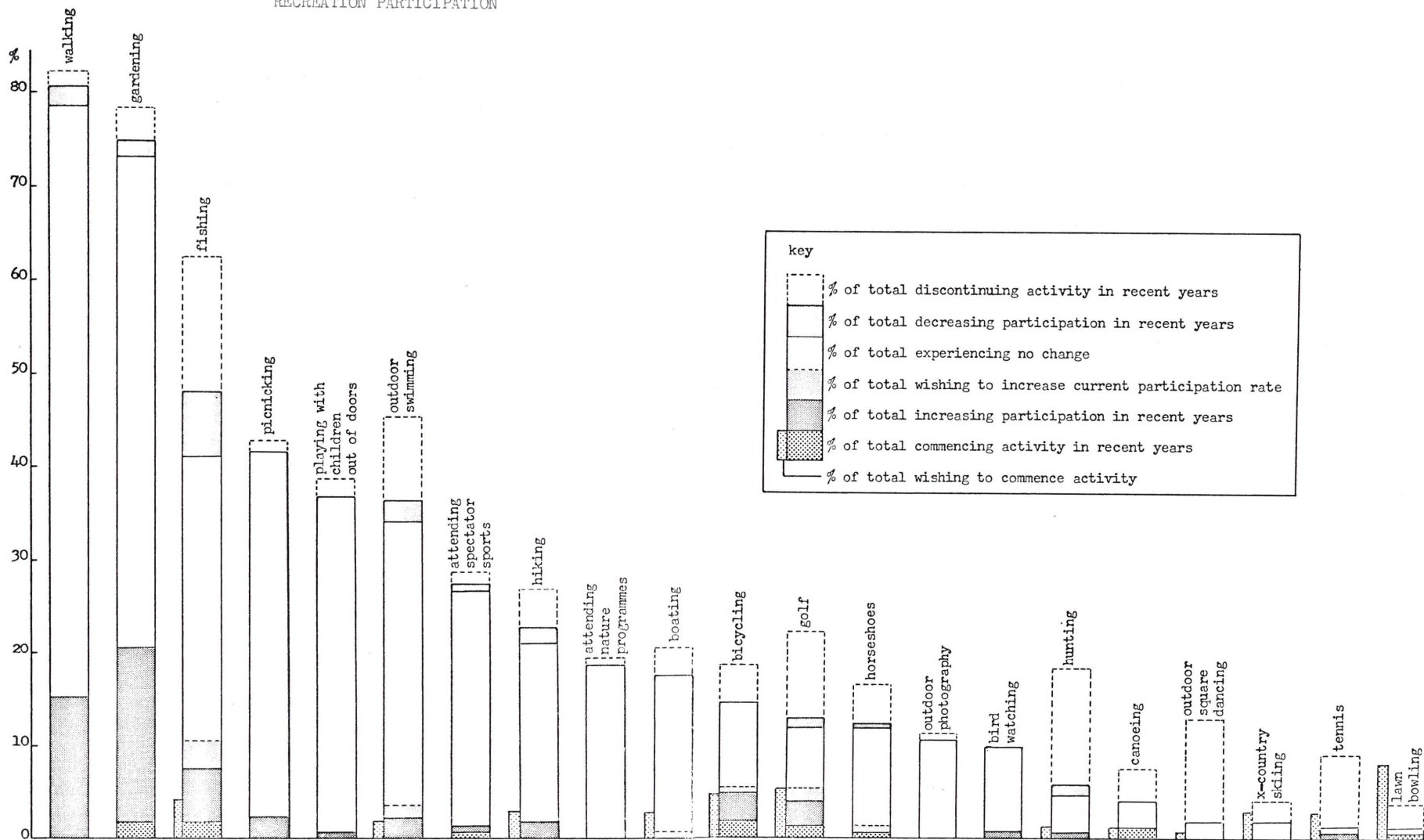
Changes in participation have been examined in relation to each activity rather than to demographic groups. Measuring the extent to which demographic characteristics are related to variation in an individual's activity pattern would have been interesting but could not be undertaken, as comprehensive quotients of change could not be established from the existing data. Attempts have been made to construct such quotients from similar data. Morgan and Godbey (1978), for example, determined net change by simply subtracting the number of activities dropped from the number added for each respondent. It was felt, however, that this approach was inadequate as it masks many dimensions of change. Those curtailing their range of activities to pursue one with greater frequency and intensity, for example, would be characterised by a high constriction score yet might still be very active.

Data on the nature and degree of expansion and constriction in the participation patterns of the respondents is presented in Figure 10. This graph illustrates the extent to which the total population have increased or decreased their range and frequency of participation in the various activities. Further potential expansion is indicated by the columns representing suppressed demand.

4.3.1 Expansion

The number of respondents that discussed an expansion in the range of their activities since retirement amounted to 20.5% of the total sample. A significant proportion of this (42.9% or 8.8% of the total interviewed) referred to 'travelling', 'trailerling' and 'camping' as

FIGURE 10. THE IMPACT OF AGING AND RETIREMENT ON RECREATION PARTICIPATION



new activities. The ambiguous nature of these terms makes it difficult to comment conclusively on this area of expansion. However, data was obtained on changes regarding the amount of time spent camping, and is discussed in section 4.4.4. The numbers engaging in other new activities can be seen in Figure 10. The total in new participants for any one activity never exceeded three.

Expanding the intensity of involvement in previously pursued activities, on the other hand, was much more prevalent, with 69% of the respondents indicating that they had increased their participation in different pursuits. Again camping, trailering and travelling were mentioned frequently - (by 44.9% of those discussing increased participation, or 31% of the total). As can be seen from Figure 10, the activities experiencing the greatest increases in the participants' level of involvement were gardening, walking and fishing. Overall there was a greater tendency for males to show an expansion in activity participation, particularly for those in the 70 to 74 age group - (73.2% of the total number of males interviewed referred to increased participation compared with 63.5% of the female respondents).

As suppressed demand represents potential expansion, the data pertaining to Question 2 is presented in this section. A desire to participate in a new activity or increase current levels of involvement was expressed by 39.8% of the sample population. The activities cited most frequently were lawnbowling, fishing, golf and bicycling (see Figure 10 and Appendix 7). Factors preventing this expansion in participation are listed below in Table 9. Although Question 2 (ii) was designed to obtain information on the constraints for each activity, the respondents tended to overlook the specific nature of the question. A person's reply generally related to all activities in which an expansion

was desired, rather than to each in turn. Consequently, the constraints listed below could not be examined on an activity basis. The number of individuals citing each factor is stated as a percentage of the total number of respondents that discussed suppressed demand.

TABLE 9. CONSTRAINTS RESTRICTING INCREASED PARTICIPATION

Constraint	% of respondents discussing suppressed demand (68)
not enough free time	36.8
health	35.3
cost	22.1
no opportunity nearby	14.7
age	11.8
less ambition now	8.8
don't know how	5.9
lack of companionship	4.4
no specific reason	4.4
other	5.9

In descending order of importance, the most frequently mentioned factors preventing increased participation for the 65 to 69 year old age group were 'not enough free time', 'health', and 'cost'. For those aged 70 to 74 years the major constraint was 'health'; followed by 'no opportunity nearby', 'cost', and 'less ambition now' all ranking equal. Of those desiring increased participation, 14.7% mentioned that they were 'about to start' engaging in the specified activities.

4.3.2 Constriction

The percentage of the sample that had experienced a constriction in the range and frequency of their participation in outdoor recreation activities since retiring amounted to 70.2%. This trend was more evident among the female population with 75.7% of these respondents indicating activities in which their participation had decreased or been discontinued, compared with 66% of the males. The activities demonstrating the greatest

decreases were fishing, hunting, square dancing out of doors, swimming, golf and tennis (see Figure 10).

The reasons given for this constriction in participation are presented below. Again these constraints are not activity specific, but relate to the general trend of constriction in the respondent's retirement years.

TABLE 10. REASONS GIVEN FOR DECREASED PARTICIPATION RATES

Constraint	total % * (total = 120)	male % (total = 64)	female % (total = 56)
health	64.2	64.1	64.3
age	60.0	68.8	50.0
not enough time	29.2	20.3	39.3
residential relocation	17.5	12.5	23.2
interests have changed	15.0	14.1	16.1
less ambition now	3.3	3.1	3.6
lack of companionship	3.3	0.0	7.1
cost	3.3	4.7	1.8
no opportunity nearby	2.5	1.6	3.6
other	18.3	21.9	14.3

(*The total percentage figures represent percentages of the entire number of respondents discussing a constriction in their range and frequency of participation; while the male and female percentages represent percentages of the total discussing constriction in each age group. These totals are indicated in brackets.)

4.3.3 Discussion

(i) Expansion

Traditionally aging has been linked with constriction in the range and frequency of outdoor recreation. On the basis of recent evidence,¹⁰ however, the assumed inevitability of the process should be questioned more seriously. The findings of this case-study demonstrate that while a decline in participation does indeed occur, this is counter-balanced to a significant degree by expansion in certain areas.

As has been observed by Long and Wimbush (1979), this expansion is not generally characterised by the adoption of new activities. Excluding

those who mentioned travelling, trailering, and camping, only 12.3% of the total population had become involved in new pursuits since retiring. Nevertheless, those who did tended to select activities that were quite physically demanding. The most noteworthy of these individuals was one man in the 70 to 74 age group who, having retired from farming at the age of 65, became involved in mountain climbing and has since attempted many of the peaks on Vancouver Island and the Lower Mainland. Similarly, another male respondent aged between 65 and 69 commenced cycle touring and had undertaken trips throughout Ireland, Hawaii and the western United States on his bicycle, camping on route. Again, proving that age need not be an effective barrier to pursuing new activities, the oldest person interviewed was likewise characterised by this Ulyssean approach to life. Having reached his eighties, he took up fishing as a recreational activity, and has since involved himself in organising fishing excursions for a local Golden Rods and Reels club. In terms of Wiseman's multidimensional-developmental model (1978), these individuals could be placed at the 'activity' end of the continuum as their life-styles are characterised by high 'individual initiative' and seemingly low 'severity of problems'. Moreover, their expansion represents an appreciation for the potential freedoms of retirement - freedom from age discrimination and socially defined role behaviour, and freedom for a creative life-style.¹¹

Rather than adopting new activities, the more typical trend observed was an expansion in existing participation patterns. This was particularly evident for gardening and walking where 30% of the total sample indicated that their involvement in either one or both these activities had increased. Similar findings have been reported elsewhere - Sillitoe (1969), for example, noted significant increases in both pursuits for the elderly, while Perrin's survey (1981) demonstrated

considerable expansion in walking for exercise with age.

In analysing this data it became apparent that males aged between 70 and 74 were a distinct group. Not only had they intensified their participation to a greater degree than the younger age group, but the results on suppressed demand also differentiated these respondents from the rest of the sample. This group showed less of a desire to engage in new activities regardless of opportunity, thus suggesting that they were satisfied with their attained levels of participation. Considering that the major constraining factor preventing males aged 65 to 69 from increasing the range and frequency of their involvement in certain activities was 'not enough free time', it is possible that the more recent retirees have not yet fully adjusted to a life-style free from the hurried pace of the work market.¹² It can only be surmised that the two menacing antagonists, 'Lack of Time' and 'Failure of Powers', believed by McLeish (1976) to be more formidable for the elderly than were the monsters met by John Bunyan's Pilgrim, are felt with greater intensity by an age group still struggling to adapt to a non-structured calendar, than those more accustomed to retirement life. The trends demonstrated by the older age group (70 to 74) therefore might well reflect a process of adjustment that has come to terms with aging. Having recognised certain goals for retirement with regard to outdoor recreation, it would appear that these individuals are presently engaged in fulfilling these objectives. Certainly one such senior citizen showed his capacity to respond to aspirations. While being interviewed he expressed a desire to take up bicycling, and upon being questioned could find no reason for not doing so, beyond not having a bicycle. Thus inspired, the same individual was seen the following day cycling around the park, having just purchased new bicycles for himself and his wife.

Other findings that substantiate these results include the Canada Fitness Survey (1982). According to the latter, the desire to increase current levels of participation declines with age. No attempt is made to interpret these findings, but perhaps, as Long and Wimbush (1979) have observed, the older an individual becomes the less likely he is to acknowledge the unsatisfactory nature of his life, as this would be a psychological threat to his well-being.

(ii) Constriction

The decrease in the range and frequency of participation was largely confined to activities of medium to high energy expenditure, such as swimming, hunting, square dancing and tennis. This discussion will concentrate on the factors that discourage the elderly from pursuing activities of this nature.

As can be seen from Table 10, the major perceived constraints for the older adult are health and age. It is possible that these two are partially synonymous as they both relate to the individual's perception of his physical capabilities. The fact that female respondents referred to age with less frequency can perhaps be attributed to their being younger on average than the male population - 73% of the females interviewed were aged 69 and younger, whereas the percentage of men in this age group amounted to only 60%. That two-thirds of the sample should cite health as having a restrictive influence on their participation is consistent with previous findings, as this constraint, or its equivalent, is ranked foremost repeatedly.¹³ Indeed, as has been emphasised in Chapter 2 (section 2.5.1), the senior citizen's perception of his health is undoubtedly the strongest predictive variable associated with change in participation patterns. How an individual perceives his health and

his physical capabilities will largely determine the extent of his involvement in outdoor recreation. That serious physical handicaps need not always be an insurmountable barrier to participation is aptly illustrated by the experience of two male respondents in particular. The first of these, having formerly been involved in gymnastics and active sports, has had to adjust considerably following the amputation of one leg. Despite this he has remained active by gardening, fishing and walking on a regular basis, and periodically playing golf, although the cost of hiring a cart has curtailed his participation in this activity. With the second individual the recent loss of his eyesight has by no means rendered him inactive. Accompanied by his wife, this senior citizen goes walking or hiking daily, fishes occasionally during the summer months, and spends as much time out camping as is possible.

An alternative explanation for the significance of 'age' as a constraint is based upon the 'age stratification' theory. The prevalence of social sanctions that discourage physical activity among the elderly may have prompted certain respondents to discontinue participating in various pursuits. Thus, rather than simply viewing this constraint in the context of biological aging, the extent to which it might be indicative of the coercive influence of stereotypic age norms should be considered.

The third most significant constraint for this group of campers is 'not enough free time'. This conforms to past research where lack of time is generally ranked in second position.¹⁴ In this respect these retirees differ little from the general population. According to the 1977 United States Nationwide Outdoor Recreation Survey, time was cited more frequently than any other factor perceived to be limiting participation (Godbey, 1980). Without further information on the campers' daily activities, it is difficult to know whether their life-style is charac-

terised by an actual lack of available time for maintaining previous recreation participation levels, or whether mismanagement of their increased time resources prevents them from recognising the full potential of their new freedom.

As might be expected, the female respondents felt themselves more constrained by a lack of free time than did the males (approximately 40% of the females mentioned this factor compared with 20% of the males). Generally women, and especially housewives, do not experience the same sudden onslaught of free time at retirement as do men, as household duties and commitments vary little. Indeed it is possible that housewives find themselves with less time to pursue their own activities following the retirement of their spouse and the concomitant changes in daily routine. On the other hand, joint participation in recreational pursuits might well increase. As data on the occupational status of the female is not available this speculation cannot be substantiated.

In addition to 'not enough free time', residential relocation appears to be a factor affecting female participation rates more than that of the male respondents. As Havens (1968) has observed, relocation can often be disorienting and may result in individuals discontinuing their participation in certain activities. Comments to this effect were noted in reference to facility specific activities, such as golf and lawnbowling. Not all termination of activities following relocation is of this nature - occasionally respondents discussed moves that were deliberately intended to remove gardening responsibilities in an effort to free themselves for travel or participation in other pursuits.

It is interesting to note that 'lack of companionship' is a constraint peculiar to women in this sample. The death of a spouse was often mentioned as being a major factor in contributing to declining rates of

involvement. The bereaved person's ability to adapt is likely to be reflected in recreation participation rates - an obvious decline could well imply a low level of adjustment, whereas resumed participation would suggest the contrary. One such person recently widowed, but who appears to have adjusted to a large extent, is the respondent mentioned earlier in connection with mountain climbing. That lack of companionship should restrict participation would seem to substantiate the CAPS model proposed by Maclean et al. (1979)¹⁵ - (see section 2.4.6) The move from 'cooperative' to 'parallel' activities is exemplified in the comments of one female respondent. Speaking in reference to her discontinued participation in various pursuits and her former membership in a large tennis club, she maintains that "as you get older you get away from these activities - younger players are coming along and you find fewer in your own age group to play with". This person now devotes much of her time to golf, and she and her husband have become very involved at the competitive level. As was noted previously, change of this nature cannot be measured by a score that simply deals with variations in range of activities and not intensity of participation.

Perceived change in the experience was a factor mentioned by several respondents who discussed their declining rates of participation in hunting and fishing. The increase in restrictive regulations and the gradual reduction in game population over the years appears to have discouraged these individuals from maintaining previous levels of interest.

In light of these various constraints and in an effort to encourage participation among the elderly, it is important that attention be focused on planning substitute activities that are psychologically equivalent. Understanding the nature and meaning of current recreation

patterns for this age group and the constraints that they experience, is a prerequisite for prescribing policies and programmes that would accommodate both their future needs and those of upcoming generations of 'young' retirees.

Thus, having examined the activity profile for this group of senior citizens and the impact of aging and retirement on it, the following section will concentrate on their participation in one particular activity - that of camping.

4.4 CAMPING

The decision to examine camping as a specific activity was based on a number of reasons. Firstly, as has been commented on previously (section 3.4.1), it is the one outdoor activity that all the respondents had in common. Secondly, having stressed the importance of determining what motivates any group to recreate (section 2.5.1), one of the original goals of this research was to ascertain what predisposes the respondents to engage in outdoor recreation. However, upon pre-testing such a question it became apparent that the abstract nature of the discussion presented difficulties for the person being interviewed. Rather than excluding the question entirely, it was restricted to camping, as the opportunity to examine one activity that everyone engaged in was available. Similarly, despite having emphasised the need to investigate the social dimensions of the older adult's recreation (section 2.5.2), it did not seem feasible to examine the social context of every recreational activity in which the respondent participated. As an alternative the inquiry was limited to camping.

The data obtained in response to the questions on camping is presented below and is discussed in section 4.4.5. The results are based

on an analysis by party rather than by person. As previously mentioned, it was felt that with married couples interviewed together the decision to camp was a joint decision and that therefore they should be considered as one survey unit. To do otherwise would result in unnecessary duplication of data. Only the information on outdoor activities pursued while camping has been examined in relation to each individual, as such activities may not be undertaken together.

4.4.1 Group Composition

TABLE 11. GROUP COMPOSITION OF PARTIES INTERVIEWED

	% of total parties (118)
single senior citizen	4.2
married couple	52.5
married couple with friends and/or relatives	33.9
single senior citizen with friends and/or relatives	9.3

TABLE 12. SOCIAL COMPOSITION OF PARTIES WITH FRIENDS AND/OR RELATIVES

	# of senior citizen parties	% of total parties (118)
with grandchildren only	10	8.5
with adult offspring and grandchildren	11	9.3
with adult offspring only	7	5.9
with adult friends and/or relatives ¹⁶	<u>23</u>	<u>19.5</u>
	51	43.2

The most prevalent type of group in this sample was the married couple camping by themselves with 52.5% (see Table 11). Family and relative/friendship groups amounted to 43.2%, while only 4.2% of the survey population were found to be camping alone. Of the five senior citizens camping alone, four were male and one was female. The group of single senior citizens camping with friends and/or relatives was comprised of five males and six females. The social composition of the family and

relative/friendship groups is illustrated in Table 12. In total 18.6% of all the parties included young children, and a substantial number of senior citizens indicated that they were camping with their offspring (15.2%). A slight compositional variation associated with interview setting was observed - the parties contacted at Little Qualicum Falls were predominantly family and relative/friendship groups (64%), while 66.7% of those at Rath Trevor Beach were married couples camping by themselves.

4.4.2 Motivations for Camping

The reasons given for camping relate to the experience underway at the time of the interview. Figure 11 presents the percentage of the parties that mentioned each of the categorised responses to the open-ended question. The most frequently identified motives related to their enjoyment of the activity (47.5%) and to being outdoors (42.4%), and to the change that camping offered them from daily activities (37.3%).

4.3.3 Recreational Activities Participated in while Camping

Table 13 illustrates the various activities that the respondents pursued while camping. Those in which at least 5% of the sample participated have been included while the remainder can be found in Appendix 8.

The pursuits in which the campers engaged are a combination of low to relatively high energy expenditure activities, with walking being by far the most popular. Not surprisingly, a few are park specific, such as attending nature programmes (these were only available at Rath Trevor Beach and Miracle Beach) and spending time on the beach. Hiking tended to be mentioned with greater frequency by seniors at Gordon Bay and Little Qualicum Falls, while socialising with friends was more prevalent in the latter park than elsewhere.

FIGURE 11. MOTIVATIONS FOR CAMPING

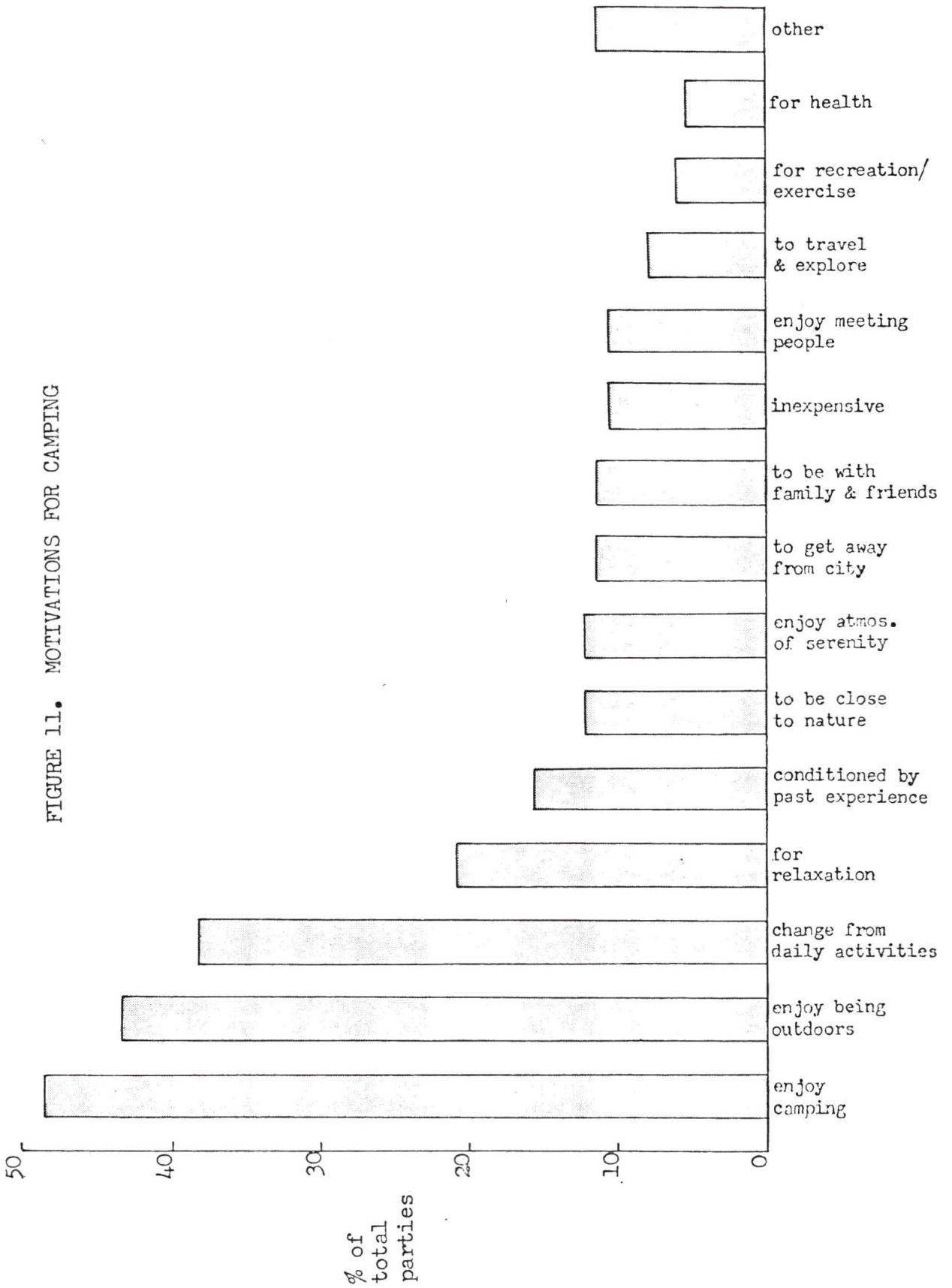


TABLE 13. ACTIVITIES PURSUED WHILE CAMPING

Activity	% of total respondents (171)
walking	74.3
spending time on the beach	37.4
swimming	25.7
socialising with friends	19.3
passive activities pursued individually *	18.7
relaxing / sunbathing / watching people	18.1
splitting wood	14.0
recreational driving / visiting specific scenic areas	10.5
attending nature programmes	9.4
passive activities pursued in a group **	9.4
hiking	9.4
playing with children	8.8
fishing	8.2
shopping	5.3
visiting local friends and relatives	5.3

(*e.g. reading, listening to music

** e.g. playing cards)

4.4.4 The Impact of Aging and Retirement on Camping

Respondents were asked to indicate whether they perceived an increase, decrease or no change in the amount of time spent camping since retiring (Q.8 iv). Seventy-eight per cent mentioned that their camping had increased, while 15.3% felt that it had decreased. Only 6.8% indicated no change.

In an attempt to gauge the respondents' level of interest in camping, a question on the length of their camping season for 1983 was included in the interview (Q.5 iv). Unfortunately a comparison cannot be made between 1983 and the amount of time spent camping in a pre-retirement year as data on the latter was not obtained. Nevertheless, the results presented below do indicate the significance of camping as a recreation activity to some degree for this sample.

TABLE 14. LENGTH OF CAMPING SEASON FOR 1983 .

	% of total parties (118)
one week or less	7.6
over one week - three weeks	22.9
over three weeks - less than two months	29.7
two months - less than four months	20.3
four months - less than six months	11.0
six months and over	8.5

Generally the length of camping season was long with almost 40% of the sample spending at least two months in the year camping. Eighteen per cent of the campers indicated that they travel to the southern United States or Mexico for the winter months. Those who had completely committed themselves to a nomadic life-style, and had either sold or sub-let their place of residence, represented a further 3.4% of the parties interviewed.

4.4.5 Discussion

As Burch (1965) has emphasised, camping differs from other pursuits. Although campers have removed themselves from their commitments of everyday life, they still must pursue many of their routine daily tasks. Moreover, this recreational activity provides a setting for the pursuit of other outdoor activities. This discussion will focus on what motivates these senior citizens to camp and what activities they involve themselves in while camping.

Despite the specific nature of this inquiry, the responses to the question on motivations are similar to findings in studies dealing with motivational factors in a more general context.¹⁷ These responses have been grouped into three categories:

1. enjoyment of the experience (44% of the total responses)

- 'enjoy camping'
- 'enjoy being out of doors'
- 'enjoy atmosphere of serenity'
- 'to be close to nature'

2. rest and relaxation (26.6%)

- 'change from daily activities'
- 'for relaxation'
- 'to get away from the city'

3. social interaction (8.2%)

- 'to be with family and friends'
- 'enjoy meeting people'

Not only are these findings consistent with previous studies on what motivates the elderly to recreate,¹⁸ but they also concur with both Etzkorn's results from his research on public campground campers of all ages (1964), and the data collected by Crow and Associates (1968) on campers. As can be seen from Figure 11, camping for the benefit of a person's health or as a form of 'exercise' were not perceived as major reasons for participating in this activity. Rather, this group of seniors camp primarily for the pleasure to be derived from being outside and for rest and relaxation.

In examining the activities pursued while camping it was expected that these would reflect the underlying motivations to some degree. Given the inclination for rest and relaxation, it was not surprising to observe the passive nature of many of these activities (see Table 13). However, as Etzkorn (1964) has noted, in desiring change from daily routine, involvement in activities "particularly germane to the outdoors and different from the conveniences, mode of life, or recreational activities in their home communities" (p.82) might be anticipated. Generally

this was not the case, and certainly with regard to camping accommodation few respondents were engaging in a life-style that could be assumed to be radically different from normal circumstances. Of all the parties interviewed, only 4.2% were tenting. Excluding two females who slept in their cars (one sharing hers with her dog and a boat), the remainder of the survey population were camped in varying degrees of home comfort in their trailers, campers and motor homes. According to Etzkorn, by being at home while away from home, it is possible that campers are in fact maximising their relaxation since no unfamiliar demands on their ingenuity are being made. Undoubtedly for many in this age group the use of such equipment is critical in enabling them to camp; but, on the basis of impressions acquired from informal conversation and observation, it is speculated that there were cases where the type of camping accommodation was as important for its status symbolism as for its utilitarian function.

One activity deserving further comment is wood splitting. From casual surveillance of campsites it could be seen that despite the high level of energy required, many respondents who mentioned this activity engaged in it to a level far beyond their practical needs. In making a similar observation, Burch (1965) maintains that this 'subsistence play' is an expression of the ingrained work values characteristic of this generation, and that the participant is attempting to demonstrate his usefulness to himself and to others.

With regard to attendance at park nature programmes, the level of participation in this activity was much lower than expected. Only 14.7% of the campers interviewed at Rathtrevor and Miracle Beach had attended the evening programmes, and only 9.2% had visited the respective nature houses. Possibly the format and content of the interpretive services

lacked appeal for this age group, or perhaps many were familiar with what was available from previous visits - (from casual conversation it was discerned that a significant proportion of the campers in each park were repeat visitors). One comment made by McDonough et al. (1977) that should be emphasised, is that since the structure of many interpretive programmes prohibits socialising, they generally do not attract the older adult.

The importance of social interaction to the respondents is quite apparent from the activities and motivations discussed. It would appear that considerable satisfaction is derived from socialising with fellow senior citizen campers and members of their own group. Having previously commented upon the importance of the social dimensions of recreational activity and the significance of family relationships in the lives of the elderly, particularly those involving grandchildren, it is not surprising that over 43% of the sample were camping with friends and relatives, that two-fifths of these were accompanied by their grandchildren, and that only 4.2% of the parties interviewed were comprised of single individuals. Thus it would appear that camping serves as an effective institutional framework in meeting the social needs of this age group,¹⁹ and that the accrued benefits are more a function of the social system than the natural resources of a park.

The overall significance of camping to this sample is illustrated by the rate of expansion in participation following retirement. Seventy-eight per cent perceived an increase in the amount of time devoted to the activity in these years, and for at least 9% camping was a relatively new experience. Furthermore, the length of the camping season for 1983 was generally quite extensive, again indicating the level of commitment shown towards this activity. According to Etzkorn (1964), the regularity

of participation in camping is somewhat ritualistic and may well provide a sense of perceived order and status in a person's life. Undoubtedly for those who camped in their earlier years the continuity that has been maintained in their leisure experience is critical in minimising the impact of their retirement. However, regardless of when the respondent commenced camping or how frequently he camps, it can be seen that this activity is particularly suited to capitalising on the new freedom of unstructured time, and can be pursued in as active or as passive a manner as is desired. Emphasising the suitability of camping for the elderly and encouraging further research on the nature of the experience are the first steps in planning for an effective increase in camping participation for this age group.

Major trends in the findings reported in the previous sections are reviewed in the concluding chapter, and recommendations on future policy and research for the active elderly are discussed.

NOTES

1. e.g. Maclean et al. (1979).
2. 'Party' does not refer to the entire group present at a site, but only to the senior citizen being interviewed and his or her spouse. A joint response is regarded as one party.
3. Although the minimum value for 'less than once a month - all year round' should be 1, 2 was assigned to this interval in order that the response category 'less than once a month' during the season' could be given a whole number value.
4. The majority of the respondents originated from this area - see Appendix 6.
5. Following a comparison of percentage rates in various other studies (e.g. Godbey and Robinson, 1979; Guinn, 1980b; McAvoy, cited in Hayashida, 1981; Ministry of Culture and Recreation, Ontario, 1979; Nielsen, 1974; Strain, 1979; and TORPS, 1979) 33.3% was selected as a cut-off point for determining high and low participation rates. An average frequency score of 17.3 represents 33.3% of the highest possible frequency score (i.e. 52).
6. With the exception of Nielsen, activities in these studies have been ranked according to percentage participating. The rank orders for walking and gardening in the different studies are as follows:
 - Godbey and Robinson - walking / jogging = 1 (gardening may not have been considered as it does not appear on the list);
 - McAvoy - gardening = 1, walking = 2;
 - Ministry of Culture and Recreation, Ontario - walking = 1, gardening = 3;
 - Nielsen (ranked according to preference) - walking = 1, gardening = 2;
 - Strain - walking = 1, gardening = 3;
 - TORPS - walking = 1 (gardening absent from the list).
7. The participation rates or ranking of these activities in the various studies are as follows:
 - Godbey and Robinson - bicycling = 10%, golf = 8%, hiking / backpacking = 7%;
 - McAvoy (rankings) - birdwatching = 5, bicycling = 13, golf = 15;
 - Nielsen - hiking = 14%, golf = 14%;
 - Strain - birdwatching = 30%, golf = 13%, bicycling = 6%.
8. 15.7% of the men interviewed mentioned this activity compared with 8.1% of the women.
9. In Strain's study of the type of recreational category preferred by the elderly, 65% of her respondents indicated non-resource specific while only 16% selected resource specific - the remaining percentage preferred a combination.
10. e.g. Canada Fitness Survey, 1982.

11. Kaplan (1979) has expanded on this theme of 'freedoms'.
12. Godbey (1980) further expands on this life-style.
13. 'Lack of ability'/'health reasons' have been ranked as the most significant constraint by the Canada Fitness Survey (1982), Dobbin (1980), Godbey and Robinson (1979), McAvoy (cited in Hayashida, 1981), Ministry of Culture and Recreation, Ontario (1979), Scott and Zoerink (1977), and TORPS (1979).
14. This constraint is ranked second by Ministry of Culture and Recreation, Ontario (1979), Strain (1979) and TORPS (1979), and third by McAvoy (cited in Hayashida, 1981).
15. This model suggests that as a person ages and his circumstances change, he will "spend proportionately less time in cooperative activities, parallel activities, and, therefore, more time in solitary activities" (Maclean et al., 1979, p.28).
16. i.e. relatives other than offspring. Only one party in this group included children.
17. Examples of studies that have examined what motivates the elderly to participate in recreational activities include Guinn (1980b), Holm (1971), McAvoy (cited in Hayashida, 1981), and Strain (1979).
18. In the forementioned studies the rankings for similar findings are as follows:
 - Guinn - 'provides rest and relaxation' = 1, 'gives me an opportunity to be with family and friends' = 2;
 - Holm - 'to have fun' = 1, 'to meet new friends' = 3;
 - McAvoy - 'socializing' = 1, 'closeness to nature' = 3;
 - Strain - 'enjoyment' = 1, 'meeting others' = 3.
19. Etzkorn (1964) speculated on this notion with regard to all age groups.

The expansion of geographic interest in leisure and recreation has been marked by a recent identification of areas requiring further research (Coppock, 1982). Given the absence of work on minority and disadvantaged groups, this study has attempted to examine the outdoor recreation participation patterns of the active elderly. By means of an interview survey, data was obtained on the range and frequency of recreation involvement for a sample of campers aged 65 and older.

The leisure life-style of these individuals is representative of the activity-continuity end of the multidimensional-developmental continuum. The most significant outdoor recreational activities for the group are camping, walking, gardening and playing with children out of doors. Although the range of pursuits is quite extensive, others mentioned are characterised by either low participation rates, low frequency of involvement, or both. While a certain degree of constriction had occurred in the participation patterns, expansion in camping, walking and gardening is apparent.

The remainder of this chapter will discuss the major trends observed and their implication for future policy and research. In view of the sample selected the recommendations are made with the active elderly in mind.

5.1 RESEARCH AND POLICY RECOMMENDATIONS

1. Despite limited participation rates or frequency of involvement in the majority of activities discussed by the respondents, the extensive nature of the range is indicative of this group's diverse interest in outdoor recreation. In promoting an expansion of recreation participation for the active elderly, attention should focus on the constraints that currently limit levels of participation in these activities. Since

'individual initiative' is an important variable in determining participation levels (see section 2.4.6), a greater effort should be made to inspire the elderly to recreate. Expanding outdoor recreation programmes in senior citizen centres is one possible approach, as is exemplified by the success of the walking programme at Kerby Memorial Centre in Calgary (Emes, 1977).

2. The major factors constraining the campers' participation in outdoor recreation are health and age. As both these relate to the individual's perception of his physical capabilities, future research should consider the extent to which this perception is an illusion designed to inhibit behaviour that has come to be regarded as 'inappropriate' for their 'age'. Certainly the prevalence of these constraints indicates the necessity of promoting substitute activities for this age group, emphasising pursuits that can be continued throughout the life-cycle, and expanding the leisure resocialising process. Developing specific recreational facilities and programmes for those with impaired health or less energy should prolong the trend towards 'activism' in this segment of the elderly population.

3. Lack of time is another significant constraint for respondents, particularly for recent retirees discussing suppressed demand. It is therefore recommended that pre-retirement planning services further stress effective utilisation of free time and the role of recreation in this period of transition. As Atchley has observed (cited in Long & Wimbush, 1979), "such planning is particularly valuable in breaking down the negative images and expectations of retirement and in assisting adjustment from a work-dominated routine to a leisure-oriented life-style".¹

4. Camping is a very popular activity for this sample and much time is devoted to it. How extensive this interest is among a wider population of active elderly is not known, but it should receive further emphasis, as camping can offer an ideal opportunity for social interaction while simultaneously providing a setting for the pursuit of other outdoor activities.

5. The importance of social interaction to the camping experience of these respondents could be discerned from the activities pursued and the motivations discussed. Since it is becoming increasingly evident that group association is a basic need of the elderly, and that there is some correlation between such interaction and life satisfaction (Lemon et al., 1972), it is essential that planning for this age group focus on the social dimensions of recreation participation. Multigenerational activities should be encouraged as it is likely that they will further motivate the elderly to recreate (Hayashida, 1981). As leisure appears to become more family oriented with retirement (Long & Wimbush, 1979) there is a need for further research on the changing composition and functioning of the older adult's social group. This area of geographic inquiry has already been identified by Warnes (1982b) and should be pursued in recreation studies, as an understanding of social organization is a prerequisite for efficient resource management.²

6. In view of the differences observed in group composition between the parks it would be interesting to examine factors involved in selecting a recreation site. According to Elson (cited in Pigram, 1983), the decision to recreate is heavily dependent upon perception of opportunity and experience on offer. How extensive the elderly person's perception of opportunity is will determine the choice available to him, and the

relative popularity of particular sites. It is thus recommended that regional information systems be developed specifically for the elderly; that recreation site descriptions be made available for those attempting to determine the suitability of a location for their recreational needs; and, that potential information exchange organisations, such as churches and senior citizen centres, be identified in an endeavour to increase the awareness level of this age group.

Realising that the objective of this case-study was to provide descriptive information on the activity profile of the more active senior citizen, the limitations of this research were recognised from the outset. Observed participation patterns reveal little regarding the meaning of the experience or the satisfaction derived from it. The quality of involvement is neither directly related to the range of activities participated in or the frequency of such participation. Nevertheless, studying activities is a starting point - potential areas of interest to the active elderly can be identified and recommendations made on the basis of these observations. Since the ultimate goal of resource management is to provide satisfying experiences,³ a knowledge of the activity profile and the nature of participation in specific activities will orient managers and policy makers in the right direction.

NOTES

1. This is Long and Wimbush's rendering of Atchley's discussion.
2. The need for this understanding has been emphasised by Field (1971), Pigram, (1983), and Jubenville (1978).
3. e.g. Jubenville (1978).

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Three seek award for top pensioner

THREE sprightly Ulstermen in their 70s are in line for a £7,000 prize and the title "Britain's Top Pensioner".

They are sports fanatics Dan Gillespie (74), of Newtown Street, Strabane, Co. Tyrone; John Henning (75), of Battenberg Street, off Shankill Road, Belfast, who runs an average of nine miles a day; and Mr Cyril Henry (71), of Lindsayville, Tullyhogue, Cookstown.

The three are among the early entrants in the 1983 Legal and General Golden Years Award, a scheme designed to encourage people to be active in retirement.

Anyone can put his or her name forward or nominate any pensioner until August 1. The best six will be invited to compete for the title "Northern Ireland's Pensioner of the Year", a personal prize of £500 and £500 for charity.

Then the regional winner will represent the Province against seven other such winners for the national title.

Britain's pensioner of the year will receive the Legal and General Golden Years Award from actor Sir John Mills, the chairman of the judging panel, plus a personal prize of £3,000 and £3,000 for charity.

Sprightliest

Sir John said: "We're searching for Britain's sprightliest pensioner who lives life to the full and refuses to take things easy simply because their pension book has arrived.

"Our eventual winner could be an active sportsman like Dan Gillespie, Cyril Henry or John Henning or maybe someone who puts their energy into working for charity or the local community," he said.

Mr Gillespie, a former international cross-country runner, is now an all-rounder and can be found most days at the Riversdale Leisure Centre.

Every day Mr Gillespie spends an hour in the gym doing exercises and weight training; then he goes out for a couple of miles' jogging.

He also competes in sprinting events in veterans' athletic meetings.

Proficient

Eighteen months ago he took up squash and now plays at least three times a week. In fact, he has become so proficient that he now coaches beginners and even staff at the centre.

"I've always been a sportsman and see no reason to quit now. I am still as good as many of the youngsters," he claims.

"When I look around at some of my old schoolmates they have all slowed down and

have no interests in life beyond the armchair and TV," he said.

Mr Henning, a former Northern Ireland international athlete, still trains every day, running an average of nine miles. Last year he ran his first marathon for 22 years in a respectable four hours and 25 minutes.

In veterans' events he is one of the top athletes in the world, having won a total of four world championships in New Zealand, Sweden, Germany and Canada.

He competes in about 10 road races a year, against opposition sometimes more than 50 years his junior. Each year he organises the Duncairn Nomads' road race which attracts up to 300 entrants.

His ambition now is to run from Dublin to Belfast before he is 80.

Fastest

A grandfather of six and great-grandfather of two, he admits to being something of a fitness fanatic. He visits a leisure centre twice a week for a sauna and weight training and gives talks on keeping fit at various pensioners' clubs.

"I'll never hang up my running shoes. It's a way of life to me and helps me to keep a young outlook," he says.

Mr Henry is regarded as the fastest grandfather on two wheels and having been a keen competitor for 50 years, he retired from racing at the age of 64 to concentrate on major tours.

His first venture was to cycle the old pioneer route across America. Two years later he went back to complete the journey, going the other way.

"I had to go back again or the joy would only have been half done," he says.

Following his two American tours he returned for a cycling holiday on a tandem with a handicapped friend.

He is a member of the Cyclist Touring Club of Great Britain and takes part in long-distance tours throughout the United Kingdom, often to raise money for charity.

Already lined up for this year are a 100 and 150-mile sponsored ride for cancer and a 100-mile tour for London.

"I've got to keep going. If I stopped cycling I would be bored to tears. It's so important to keep up an interest and stay busy, particularly as you get older," he says.

In fact, cycling seems to take up most of his time. He is out on the road every day and clocks up an average of 300 miles a week.

An entry form for the scheme may be obtained from Legal and General Golden Years Award, Temple Court, Queen Victoria Street, London.

RATHREVOR BEACH PROVINCIAL PARK: (348 hectares) situated off Highway 19, three kilometres south of Parksville. The park is comprised of an extensive sandy beach, stands of second growth deciduous and coniferous trees, and open meadow land. Facilities and attractions in the park include trails, a visitor centre, and interpretive programmes. The offshore waters in Georgia Strait are renown for salmon fishing. The campground has 173 sites.

MIRACLE BEACH PROVINCIAL PARK: (135 hectares) situated 22 kilometres north of Courtenay off Highway 19 on Elms Bay, near the north end of Georgia Strait. The sandy beach is backed by a second growth mixed coniferous-deciduous forest. The park has 185 campsites, and special attractions include an interpretive programme and a visitor centre.

GORDON BAY PROVINCIAL PARK: (49 hectares) located 47 kilometres west of Duncan on the south arm of Cowichan Lake. The park is comprised of a sandy beach with a swimming area enclosed by a series of logs, and an upland forest of second-growth Douglas fir. The lake supports populations of rainbow and cutthroat trout, and Dolly Varden. The campground has 131 sites.

LITTLE QUALICUM FALLS PROVINCIAL PARK: (444 hectares) situated 17 kilometres west of Parksville on Highway 4. This park straddles the Little Qualicum River, and is characterised by impressive waterfalls and deep rock pools. There is an extensive trail network and 91 campsites are available.

(iii) Are there any outdoor activities that you pursued regularly in the past twenty years or so, but have now stopped, or do less of?

Vertical column of 4 empty boxes for recording answers to question (iii).

CAMPING

5. I have some questions now about your present camping trip.

(i) How long do you intend to stay in this park?

Empty box for recording answer to question (i).

(ii) Have you camped elsewhere this year?

yes no

Vertical column of 4 empty boxes for recording answers to question (ii).

'YES' → Where?

(iii) Are you planning any further camping vacations for this year?

yes no

Empty box for recording answer to question (iii).

'YES' → Where do you intend to camp?

Vertical column of 2 empty boxes for recording answers to question (iii).

(iv) How much time do you think you will spend camping this year?

Empty box for recording answer to question (iv).

(v) How many people are camping here in your party?

Empty box for recording answer to question (v).

'CAMPING ALONE' Q.6

(vi) Are the other members of your group family or friends?

Empty box for recording answer to question (vi).

IF FAMILY - PROBE RE. RELATIONSHIP

Vertical column of 2 empty boxes for recording answers to question (vi).

(vii) Are there any young children camping with you?

yes no

Vertical column of 4 empty boxes for recording answers to question (vii).

'YES' → what are their ages?

6. What outdoor activities do you engage in while camping here?

Vertical column of 4 empty boxes for recording answers to question 6.

7. What were your reasons for taking this camping trip?

PROBE IF NECESSARY: ie. Why do you spend time camping like this?

8. I have found that a person's camping experience often changes over time.

(i) Did you do much camping in your earlier years?

(ii) Who did you generally tend to camp with?

(iii) Has your mode of camping changed in any way?

(iv) Since you have been retired have you been spending more, less, or the same amount of time camping?

OR - IF STILL EMPLOYED: In recent years have you been spending ...

more time
same amount
less time

DEMOGRAPHIC DATA

We're almost through. The information from these last few questions will help me make sure that I am talking to a good cross-section of senior citizens that camp.

9. (i) Do you live in a small town, a city, or in the country?

country
town/city

(ii) 'COUNTRY' → What is the nearest town or city?

'TOWN/CITY' → Which town / city is that?

10. (i) What type of accommodation do you live in?

(ii) Has there been any changes in your type of accommodation in recent years?

11. HAND CARD # 3 Which one of these age groups do you fall into?

1. 65 - 69
2. 70 - 74
3. 75 - 79
4. 80 +

NOTE:
1. Sex of respondent
male
female

THANK-YOU FOR YOUR COOPERATION

2. camping accom.

walking for exercise/recreation
hiking
attending park nature programs
outdoor swimming
canoeing/ row boating
fishing
hunting
gardening
bicycling
bird watching
picnicking
painting sketching out of doors
outdoor photography
skiing
golf
tennis
lawn bowling
croquet
horse-shoes
square dancing out of doors
playing with children out of doors
spectator at outdoor sports

FREQUENCY OF PARTICIPATION PROMPT CARD

1. at least once a week - all year round
2. at least once a week - during the season

3. 1 - 3 times a month - all year round
4. 1 - 3 times a month - during the season

5. less than once a month - all year round
6. less than once a month - during the season

APPENDIX 5

SENIOR CITIZEN PARTIES - NUMBERS AVAILABLE AND NUMBERS CONTACTED

park	interview period 1983	total # senior citizen parties in park during interview period	# senior citizen parties interviewed	others contacted
Gordon Bay	August 14 - 16	18	17	1 (refusal)
	28 (wet)	3	2	1 (previously interviewed)
	September 10 - 11 (wet)	1	1	
			<u>20</u>	
Rath Trevor Beach	August 17 - 18	39	20	1 (pre-tested)
	September 12 - 13	unknown	16	1 (previously interviewed)
			<u>36</u>	
Little Qualicum	August 19 - 20	16	12	
	26 - 27	14	12	1 (previously interviewed)
	September 14	1	1	
			<u>25</u>	
Miracle Beach	August 21 - 25	53	37	1 (pre-tested) 1 (previously interviewed)

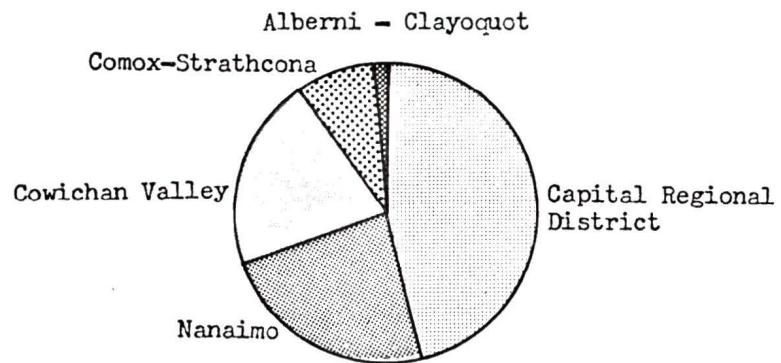
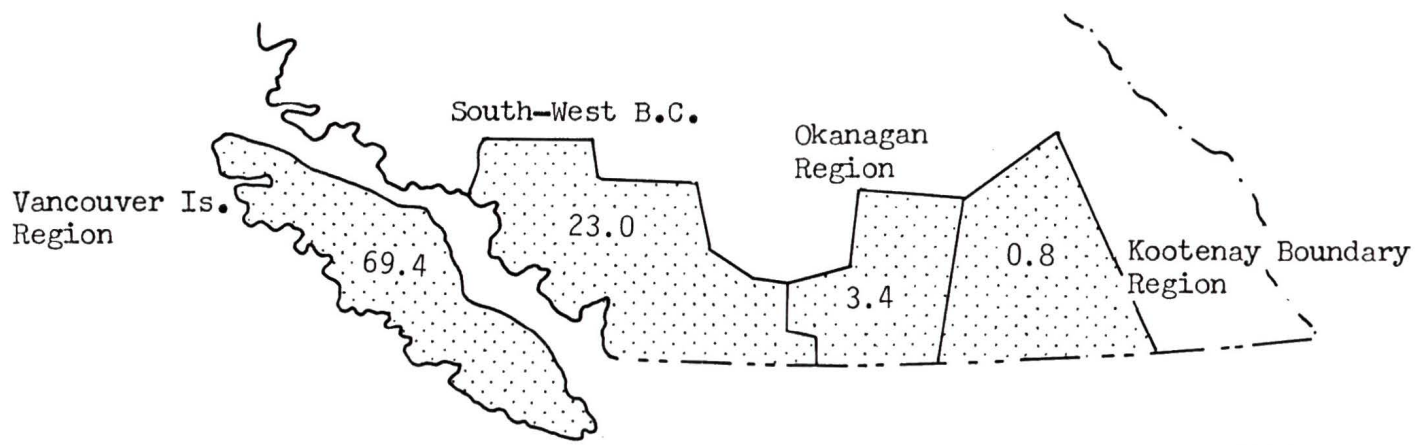
N.B. - The interview period for each park was completed at approximately noon the following morning - e.g. left Miracle Beach August 26, noon. This allowed for the interviewing of senior citizen parties that had registered the previous evening, and had not been contacted.

1. SOCIAL-ECONOMIC GROUPINGS OF RESPONDENTS' PRE-RETIREMENT OCCUPATIONS

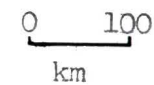
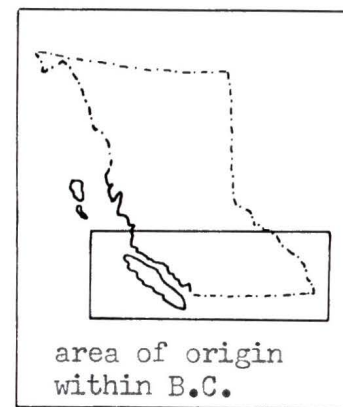
occupational group	% of parties (118)
professional, technical and kindred workers	16.9
business managers, officials and proprietors (including farm owners and managers)	14.4
clerical and sales workers	8.5
craftsmen, foremen, and kindred workers	35.6
operatives and kindred workers	9.3
unskilled service and domestic workers	15.3
	<hr/> 100.0

This grouping, devised by Alba M. Edwards (cited in Miller, 1964), is the present United States Census Classification of Occupational Groups. The responses to Question 3 were categorised according to the 1960 Census of Population, Alphabetical Index of Occupations and Industries (U.S. Bureau of the Census, 1960).

2. ORIGIN OF VISITORS



Vancouver Island: origin of visitors by regional district



APPENDIX 7 SENIOR CITIZEN OUTDOOR RECREATION DEMAND

activity	expressed demand					suppressed demand	
	% currently participating	% commencing activity in recent years	% increasing partic. in recent years	% decreasing partic. in recent years	% discon- tinuing partic. in recent years	% wishing to increase current partic.	% wishing to commence activity
walking	80.7		15.2	2.3	1.8		
gardening	74.9	1.8	18.7	1.8	3.5		
fishing	48.0	1.8	5.8	7.0	14.6	2.9	4.1
picnicking	41.5		2.3		1.2		
playing with children	36.8		0.6		1.8		
outdoor swimming	36.3		2.3	2.3	9.4	1.2	1.8
spectator sports	27.5	0.6	0.6	1.2	1.2		
hiking	22.8		1.8	1.8	4.1		2.9
nature programs	18.7				0.6		
boating	17.5				2.9	0.6	2.9
bicycling	14.6	1.8	2.9		4.1	0.6	4.7
golf	12.9	1.2	2.9	1.2	9.4	1.2	5.3

* % figures are all percentages of 171

activity	expressed demand					suppressed demand	
	% currently participating	% commencing activity in recent years	% increasing partic. in recent years	% decreasing partic. in recent years	% discon- tinuing partic. in recent years	% wishing to increase current partic.	% wishing to commence activity
horseshoes	12.3	0.6		0.6	4.1	0.6	
o. photography	10.5				0.6		
bird watching	9.9		0.6				
hunting	5.8		0.6	1.2	12.3		1.2
canoeing	4.1	1.2			3.5		1.2
o. square dancing	1.8				11.1		0.6
x-country skiing	1.8				2.3		2.9
tennis	1.2		0.6		8.2		2.9
lawn bowling	1.2	0.6			2.9		8.2

* % figures are all percentages of 171

Activities with less than 5% participation rate that were discussed in reference to current participation (i.e. Q li) include:

	% participating (171)
wood splitting	4.7
berry picking	3.5
painting / sketching out of doors	2.9
rock hounding	2.9
shuffleboard	2.3
star gazing	2.3
croquet	2.3
sailing	2.3
gold panning	1.8
participation in team sports	1.2
jogging	0.6
outdoor skating	0.6
lawn darts	0.6
kite flying	0.6
clam digging	0.6
hobby farming	0.6

Activities with less than 5% participation include:

	% participating (171)
attending local special events	3.5
craft work e.g. knitting	3.5
visiting the nature house	2.9
picnicking	2.3
wading	2.3
digging clams	1.8
canoeing	1.2
bicycling	1.2
picking berries	1.2
golf	0.6
horseshoes	0.6
star gazing	0.6
beach combing	0.6
bird watching	0.6

APPENDIX 9 LETTER OF AUTHORITY



Province of
British Columbia

Ministry of Lands,
Parks and Housing

Parks and Outdoor
Recreation Division
205, 633 Courtney Street
Victoria
British Columbia
V8V 1X4
Phone: 387-5002

YOUR FILE
OUR FILE 2-6-1-25-3
2-6-1-87-3
2-6-2-7-3
2-6-2-158-3
2-6-3-16-3

83-07-21

Ms. Jennifer Caskey

Letter of Authority - Senior Citizen Survey in
Select Vancouver Island Campgrounds

This letter constitutes authority for you to conduct a personal interview survey of senior citizen campers in select provincial parks as per the outline and sample survey form which you have submitted. This authority is granted under the following conditions:

1. At least one day prior to the initiation of surveying in a park (and preferably as much in advance as possible) you must contact the supervising District Manager, or his Assistant, to advise him of your planned activities;
2. Any restrictions or controls imposed on your activities by the District Manager must be adhered to;
3. In order to minimize disturbance of campers, interviews should be conducted no earlier than 9:00 a.m. and no later than 9:00 p.m. each day;
4. Arrange with the District Office a method for daily pre-identification of campsites occupied by senior citizens (i.e. gatehouse staff can advise where seniors are located to avoid having to wander throughout the campground);
5. You must be neat in appearance and courteous to campers; park visitor response must be entirely voluntary;
6. Please hand out to each senior citizen camper contacted a written explanation describing who you are, your affiliation with UVic, an explanation of your project, your supervisor's name and phone number of the event of respondents wishing further information;
7. You are also authorized to use provincial park campsites at no charge provided that sites are available (sites cannot be reserved for you, they are available to the public on a first-come, first-served basis);

- 2 -

8. We request that a copy of your survey results and Masters Thesis be provided to the Parks and Outdoor Recreation Division upon its completion;


9. The data required on total parties and total senior citizen parties in the park on a survey day can be supplied by our District office.

10. The District Managers and District office locations and phone numbers are:

<u>Park</u>	<u>District Manager</u>	<u>District Office</u>	<u>Phone</u>
Goldstream	Don Carruthers	Goldstream	478-8341
Gordon Bay	Don Carruthers	Goldstream	478-8341
Little Qualcium	Ron Lampard	Rathtrevor	248-3931
Rathtrevor	Ron Lampard	Rathtrevor	248-3931
Miracle Beach	Gordon Rathbone	Miracle Beach	337-5121

Best wishes for a successful research project and if I can be of further assistance please feel free to contact me.

Yours very truly,


K.W. Baker
Manager
Park Operations

KWB:lm
cc: J. Gillings
D. Carruthers
R. Lampard
G. Rathbone
D. Selbee

VITA

Surname CASKEY Given Names: JENNIFER EMMA EDYTHE

Place of Birth: LIMAVADY, N. IRELAND

Date of Birth: MAY 26, 1957

Educational Institutions Attended, with Dates of Entering and Leaving:

UNIVERSITY OF DUNDEE, SCOTLAND 1975 to 1979

UNIVERSITY OF VICTORIA, B.C. 1979 to 1984

UNIVERSITY OF WASHINGTON 1981, winter

Degrees, Diplomas, Etc., Awarded, with Dates and Names of Institutions:

M.A. (Honours) 1979 University of Dundee

Honours and Awards:

University of Dundee Geography Honours Bursary, 1978

University of Victoria Graduate Fellowship, 1979 to 1982

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Title of Thesis

SENIORS AND OUTDOOR RECREATION: A CASE STUDY OF CAMPERS

Author


Signature 

JENNIFER CASKEY

Name

23 October 1984

Date