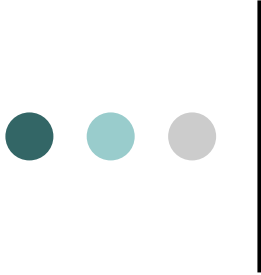




Reframing the relationship between obligation and leisure

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The traditional view: Obligation = work

- Obligation characterizes work, the opposite of leisure

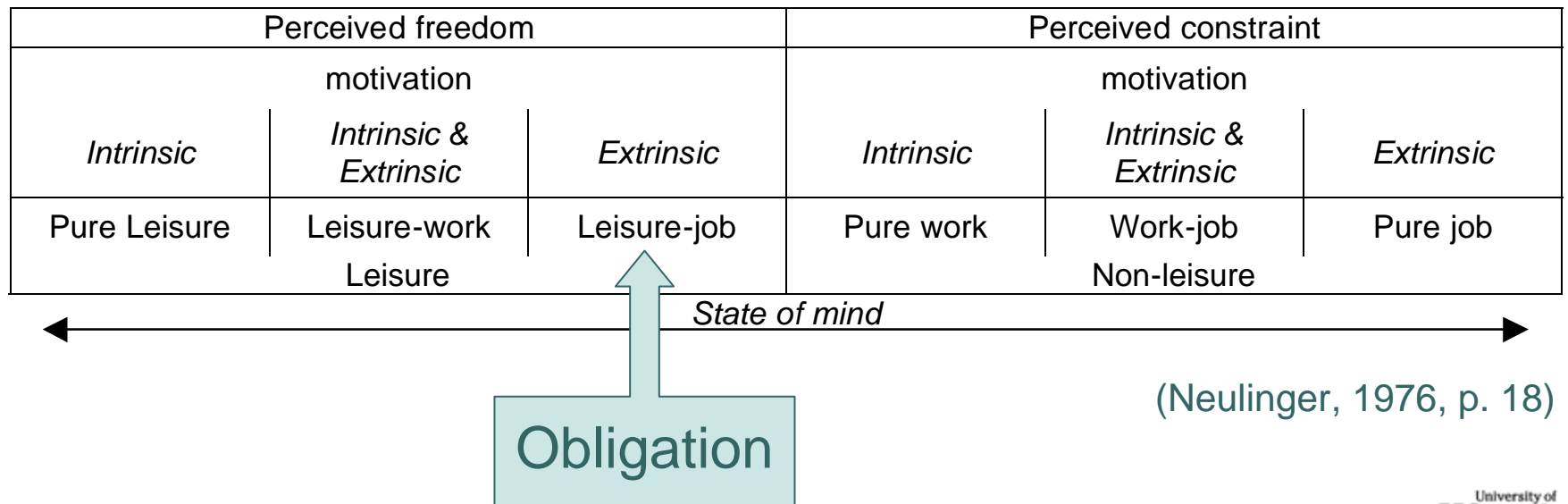
Leisure	Work = obligation
<ul style="list-style-type: none">▪ perceived choice▪ freedom▪ intrinsic motivation	<ul style="list-style-type: none">▪ limited perceived choice/freedom▪ introjected regulation (Deci & Ryan, 1985)

“...something that I don't feel obligated to do or I have to do for somebody else.”
(Watkins & Bond, 2007, p. 296)

The traditional view: Obligation = work

Neulinger's Paradigm of Leisure

- Obligation as a *state of mind*



Obligation as *duty*

○ Duty:

- implies a strong impetus to act based on one's roles or relationships
- usually associated with moral obligation, the sense that one *should* act in a certain way (Schwartz, 1970)
- involves an element of freedom - one could choose not to fulfill one's duties

Obligation as duty

- “By obligation I mean you feel you have to do things because other people expect you to do them...” (Watkins & Bond, 2007, p. 296)
- in a study of professional and amateur musicians, top reason for considering music performance and/or rehearsal as work: **obligation** (Jinui, Tedrick, & Boyd, 1996)



A new way of thinking about obligation...

Context:

- Blurring of work and leisure (Haworth, 1986)
 - activities are identified as work or leisure by those who participate in them
 - growing prominence of leisure as a source of identity and self-fulfillment

Executive who hates golf wins battle over 'benefit' of course membership

BY PAUL WALDIE TORONTO

When Henry Rachfalowski joined Canada Life Financial Corp. in 1998 as a senior executive, the firm offered to pay for a golf club membership as part of his employment package. But there was just one problem: He hated golf.

Mr. Rachfalowski asked whether the company could give him cash instead or pay for a membership at a curling club. His bosses refused, saying he would look like a maverick or rebel and wouldn't fit in if he didn't join a golf club.

Mr. Rachfalowski reluctantly agreed and joined the Barrie Country Club, near his home in Midhurst, Ont. Canada Life covered the \$5,000 initiation fee and the roughly \$2,000 annual membership. He went to the club's dining room a few times with clients and even played a couple rounds, before giving up because he was so bad.

In 2005, the Canada Revenue Agency reassessed Mr. Rachfalowski's taxes for 2002 and included the \$2,049 annual fee in his income. The CRA said it was a taxable benefit.

» SEE 'GOLF' PAGE 8



A new way of thinking about obligation...

Example:

- Serious leisure:

- “I started to volunteer in this museum because of the work placement for the Masters course I was attending, but then I got very interested in the research of the collection and I decided to carry on...” (Holmes, 2006, p. 11)



Serious leisure

- “the systematic pursuit of an amateur, hobbyist or volunteer core activity that people find so substantial, interesting, and fulfilling that, in the typical case, they launch themselves on a (leisure) career centred on acquiring and expressing a combination of its special skills, knowledge and experience” (Stebbins, 2007, p. 5)
- characterized by flexible/agreeable obligation

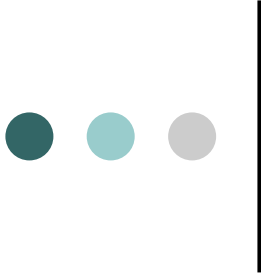
Obligation and serious leisure

○ Flexible obligation

- “relative freedom to honour commitments”
(Stebbins, 2000)

○ Agreeable obligation

- characterized by positive attachment to an activity (Stebbins, 1996)
- associated with pleasant memories and expectations
- leading to the rewards associated with serious leisure



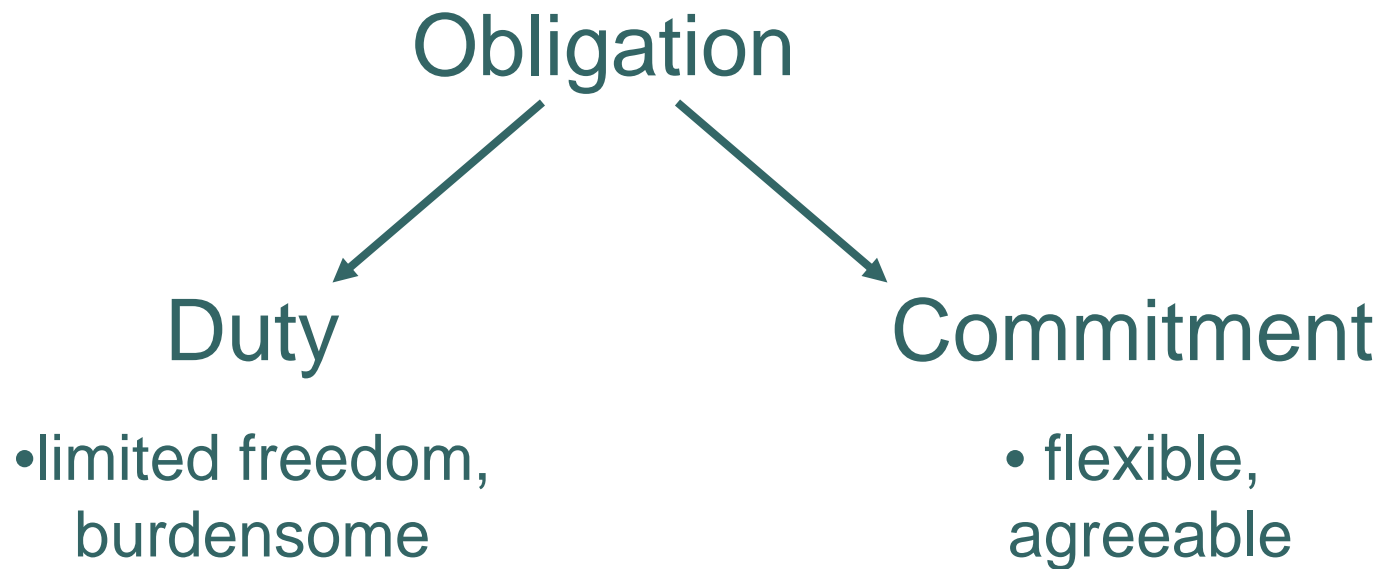
Obligation and serious leisure: commitment and reward

- “...there’s a reward at the end of it because you know that you’ve either helped somebody or got something ready to help somebody” (Yarnel & Dowler, 2002/2003, p. 170)
- “I run because I just love to run. Every time you run you have accomplished something, but it does take a little bit of effort. Every time you do there is a little bit of accomplishment and satisfaction...” (Major, 2001, p. 16)

Obligation as commitment

- obligation related to the high levels of commitment that characterize serious leisure and lead to its rewards
- participants make a **choice** to become obligated, usually in order to experience rewards (Stebbins, 1996)
- obligation is flexible and rewarding

Obligation as multi-faceted





Obligation as continuum

Obligation



Duty

- limited freedom,
burdensome

Commitment

- flexible,
agreeable



Perceived freedom/flexibility



Beyond serious leisure: Leisure and obligation



Implications for:

- serious leisure
- family leisure
- caregiving



Obligation and leisure: Some reflective questions

- How does the experience of obligation as commitment or duty influence the durable benefits of serious leisure?
- How do feelings of obligation influence the outcomes associated with leisure?
- How do feelings of obligation influence how we come to understand an activity as work or leisure?



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