

THE UNIVERSITY OF MANITOBA

SCHOOL OF SOCIAL WORK

A STUDY OF THE USE OF LEISURE BY AGED MALES

A study of the relationship between
leisure time activities after and
before retirement by aged males, who
resided in the City of Winnipeg and
were in receipt of Social Allowances
during December, 1961

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ABSTRACT

This is a limited study of the leisure time activities of one hundred and twenty-one aged males residing in the City of Winnipeg who were in receipt of Social Allowances during the month of December, 1961. The area of study included leisure time activities before and after retirement within five varieties: athletic; social; dramatic; artistic; and educational. The activities were further classified as to: spectator; participant; solitary; or group. In this study, relevant data was obtained from personal interviews and compiled on a schedule.

Major findings were that the occurrence of activities after retirement was markedly less as compared to the pre-retirement period. The athletic variety was most popular before retirement; solitary and spectator activities were the most important types within the athletic variety before and after retirement. Social activities were proportionately the most popular variety of activity after retirement; participant and group were the most important types of social activities. Dramatic activities occurred less frequently after retirement, yet its proportion of occurrence as compared to the total, increased after retirement. Solitary and spectator were the most frequent types of activities within this variety. The ranking of artistic and educational activities was the same for the two periods. On the other hand, artistic and educational activities occurred less frequently after retirement.

CHAPTER I

Longevity, with its protracted period of retirement, has not necessarily been an unqualified blessing, rather it has introduced a host of perplexing problems. Pertinent to this is the problem of making use of the leisure hours which suddenly have become the whole life of the retired individual. The use made of this leisure will depend on the individual, who in turn, is influenced by a variety of factors that interplay to determine his choice. In this research study, we will be concerned with the leisure time activities of aged, retired males. The aspect chosen for a closer scrutiny is the influence of pre-retirement leisure activities on the activities undertaken after retirement. For this purpose the activities of a selected number of aged males of Winnipeg, who were in receipt of Social Allowances during December, 1961, were studied.

Without question, the most significant development for the human species in the 20th century is the fact that it is becoming more and more difficult to die. As a result, an explosive increase in the population of the world is in the making...A major aspect of the problem of population expansion...is the fact that more and more people are passing the 65-year milestone into the era of life we commonly call old age. In 1900 only one out of ten Americans could expect to achieve this goal; today two out of three celebrate their 65th birthday.¹

The fact that more and more people are living beyond their sixty-fifth birthday has wide spread implications for many areas,

¹Edward L. Bortz, M.D., "Healthy Added Years", 1961 Britannica Book of the Year (Chicago: Encyclopaedia Britannica, Inc., 1961), Canadian Supplement, p. 66.

ranging from health and medicine, economics to social work. Some of the health and medical problems accompanying old age are well known, and at times strikingly obvious--decrease of physical strength, gradual loss of motor and mental skills, impairment of sight and hearing, increased chronic illness and degrees of disabilities. While of great concern to the aged, and an important factor that influences the use of leisure by the aged, we can do no more than recognize the existence of the problem of health and health care in this report.

The economic problems associated with the aged are indeed weighty. People over sixty-five may stop producing goods, but they do not stop consuming them. This group now demands--and its demands will grow proportionately greater as it increases in size--vast quantities of the necessities of living. The increasing magnitude may be inferred when the ratio of older persons is considered. At the turn of the century the proportion of aged persons in the population was estimated to be 5.01 per cent.¹ By 1955 the proportion of aged persons had increased to 7.8 per cent and was expected to increase with the years.² "The Royal Commission on Canada's Economic Prospects" estimated that Canada would have a total population of 26,653,400 by 1980; the ratio of aged persons was estimated to be 8.9 per cent.² A comparison of the Federal Census figures for 1901 and 1951 of the Manitoba

¹Dominion Bureau of Statistics, Census of Canada, 1901, Vol. IV, Population, pp. 6-7.

²Government of Canada, Royal Commission on Canada's Economic Prospects (Ottawa: Queen's Printer, 1957), p. 108, Table 6.3.

population is even more revealing of what this increase can mean for a given area. The percentage of the Manitoba population of those sixty-five years and over in 1901 was 2.39 per cent, but in 1951 it was 8.43 per cent of the increased population.¹ The large influx of adult immigrants, the falling birth rate and the decline in mortality were contributing factors in swelling the numbers of older people. To narrow this increase down to our own community, the Greater Winnipeg survey of our older citizens brought out the startling fact that "one person in 11 in Greater Winnipeg is sixty-five years of age or older, as contrasted with 1 in 17 in 1941."² This increasingly heavy economic burden of aged and their needs may eventually necessitate intensive study to find ways and means of keeping senior citizens productive. In addition, this increasingly higher ratio of persons over sixty-five, has focused greater interest and concern on the social problems of the aged. Thus the health, welfare and happiness of our senior citizens is a major problem not only because of their increasing numbers and proportion in the population, but because their status constitutes an enormous waste that the nation can ill afford.

Fundamental social forces have transformed the labor market in the present century so as to make it increasingly difficult for older people to find work.

¹Dominion Bureau of Statistics, Census of Canada, 1951, Vol. I, Population, Tables 1 and 19.

²The Welfare Council of Greater Winnipeg, Age and Opportunity (Winnipeg, 1953), p. 1.

In 1890, 68 per cent of men over 65 were at work. This was fairly close to 100 per cent of the men who were able to work efficiently. The proportion of older men at work decreased rapidly to 43 per cent in 1940, went up to 50 per cent under the stimulus of war production in 1945, and dropped back to 42 per cent in 1950. Today the employed older workers are mainly farmers or self-employed city dwellers or service workers.¹

The trend of the past years has been toward earlier retirement and a refusal to hire people as they come closer to sixty, and in many cases forty-five, years of age. Despite lower absenteeism and fewer accidents, hiring practices have largely remained unfavorable to the older worker. This is partly due to the higher costs of providing pensions and disability insurance for workers who begin employment at a more advanced age.

Retirement is a comparative newcomer on the scene of American living. For it is the product of scientific and technological advances that have lengthened life while shortening the work period. Thus, not so long ago, "retirement" in its contemporary sense was still a luxury, only the fairly well-off and wealthy could afford to contemplate. At the same time, there is some indication that the retirement-at-sixty-five principle was an outgrowth of the depression of the 1930's when it became important to create job opportunities for younger people. However the system has remained in force with but few exceptions, and with the constant extension of human longevity, it is promising to become a considerable problem because of the many years of relative idleness thus created. The extent of the problem can be gauged by the

¹R.J. Havighurst and R. Albrecht, Older People (New York: Longmans, Green and Co., 1953), pp. 102-103.

fact that a man presently sixty-five can expect to live at least twelve years more, while his wife can expect to outlive him by two or three years. The woman who is a couple of years younger than her husband can expect to live at least seventeen or eighteen years after her husband has retired.¹

The social implications of the problems arising from the process of aging are tremendous, and fortunately, are receiving more attention than ever before. As an example, we can consider the social implications arising as society changes from a work-centred to a leisure-centred society. This transition creates difficulties for the people who grew up with the idea that it was socially and personally desirable to work as much and as long as possible. It has been suggested that a person born after 1920 is in many ways quite a different person from one born around 1900, due to the changes in attitude toward work and leisure.² In view of this one would suspect that many of the persons presently over age sixty-five will have their days spotted with hours which they will feel are wasted; hours during which they merely exist; hours permeated with the feeling of the dreariness of life. It is well known that illness can develop from idleness and boredom.

The problem posed by retirement and the new demands of leisure may well affect the aged males more than aged females. For many of the females, who were not gainfully employed, or did housework, old age

¹Edward L. Bortz, M.D., op. cit., p. 74.

²R.J. Havighurst and R. Albrecht, op. cit., p. 103.

doesn't bring such great changes in social role as for the male.¹ Very often retirement for a man means the loss of social contacts enjoyed with his fellow workers and fewer outlets for his emotional energies; for many women their usefulness continues largely unabated well into the later years. On the other hand, the married aged males have an advantage socially over the widowed or unmarried men in that the relatives and old friends of each spouse are at least potential sources of social interaction. While recognizing this difference, we decided to include married, widowed, and unmarried aged males in our study. By doing this we hoped the findings of our research would have wider application.

It is within this context that we decided we would look at some of the factors that may determine the use of leisure by aged males. However, it became readily apparent that innumerable factors could influence the use of leisure. Factors that could be considered significant are: the influence of previous planning; health; financial resources; local opportunities for diversified activities; the present age of the individual; educational and cultural level; personality development; religious beliefs and values; and, activities and interests prior to retirement. While this is not a complete list of all possible factors, it did indicate that we could not deal with the total implications of the problem. Therefore, we sought to restrict our research by focusing on the relationship between the use of leisure

¹E. Cumming and W.E. Henry, Growing Old (New York: Basic Books, Inc., 1961), pp. 144-147.

time activities before and after retirement. The fact that other research had considered many of the other factors had a bearing on our decision. Studies have been made of the adjustment of the aged, their housing, role changes, recreation needs and recreation usage. However, the relationship between the use of leisure time activities before and after retirement had not received as much attention.

Just as numerous factors presented themselves for consideration, so also the variety of possible subjects for study required that we restrict ourselves to one group from within the total aged population. The choice that presented itself included: a study of aged males and/or females; a selection from any or all of the different social and economic levels; one or more of the cultural groups within the city; or again each of the described individual groups could have been combined with other groups to permit a wide range of possible subjects. For our purpose, however, we have concentrated on retired aged males on Social Allowances as the subjects for our study.¹ This group was chosen for several reasons. The possibility that aged males may have greater problems with leisure, and therefore require more help, has already been mentioned. A further reason relates to the inception of the Social Allowances program by the Province of Manitoba. As a result of this new program, the staff of the Department of Welfare came into active contact with the aged in the Province. This soon highlighted the lack of verified, tested information about the aged.

¹See Appendix A for a brief description of the Social Allowances program.

One of the problems recognized was that of the single man living in a room in the downtown section of the City of Winnipeg. Aside from his financial circumstances, it was felt that more should be known about the daily routines of their lives, of the use made of their time, in order to ensure that legislative provisions might more accurately meet their particular needs. Other agencies, as the Age and Opportunity Bureau, were also interested in learning more about the aged in order to be more effective in meeting the leisure time needs of the aged. As a consequence, a suggestion was made to the Research Director of the School of Social Work, University of Manitoba, that studies of problems of the aged might be useful. In view of this we decided to use the aged males on Social Allowances as our research subjects; the fact that this was a readily accessible group for research also played some part in the final decision. Restricting the study to recipients of Social Allowances should help to equalize the factor of financial resources. On the other hand, their limited income might indicate that, as a group, they require additional help from the various concerned agencies in using their leisure time in a way most satisfactory to themselves.

Solutions to the problem posed by our rapidly aging population cannot be long delayed. While the social and economic aspects of the aged have received more attention during the last decade, nevertheless, the possibility still persists that too-long neglect of the problem of the aged may result in narrowly focused political pressures on the part of the aged as a group. Some of the groups that have been formed to

provide the elderly with recreational and social outlets have already been altered into political pressure groups designed to secure larger pensions, special housing and other benefits for the aged.¹ While recognizing the validity and desirability of these benefits, such interests may not always be compatible with the interests of the nation as a whole, and do not strike at the root of the problems. It would seem, therefore, that the solution to the problems of the aged should not be divorced from a program that takes into account the needs and opportunities of the whole population. Thus all levels of our society must be made aware of the problems and be induced to make constructive efforts at their solution. E. L. Bortz, president of the American Geriatrics Society, has written:

The problems of aging are a personal concern of people who are now in their 30s, 40s, or 50s, for the solutions to the problems of the aged in the 1970s, 1980s and thereafter must have their basis in actions taken in the 1960s by individuals, by business, by government and by society as a whole.²

In view of the recognized need to do something about the problems of the aged, and the need to prepare for retirement, the suggestion has been made that education should be provided to teach citizens avocations, or perhaps a second vocation that will provide satisfaction and help fill with meaning their increased leisure time after retirement.³ However, this suggestion possibly produces as many problems as it hopes to solve. In the case of the group studied in

¹Edward L. Bortz, M.D., op. cit., p. 79.

²Ibid., p. 80.

³Ibid., p. 66.

this research, since most of them are probably drawn from the laboring class, many may have but a limited educational background. Furthermore, to follow this suggestion, our knowledge about the use made of leisure needs to be expanded by research. Thus we need to know, among many other things, which factors most significantly determine the use of leisure after retirement. Knowing this, we may receive some indication of how to approach the task of educating younger and older people to prepare for old age so that the aged years may be used intelligently and happily. Thus if research should indicate there is a meaningful carry-over from previous leisure time activities into the retirement period, this would be very useful and important information for the planning and the undertaking of any effort to prepare individuals for the leisure time of old age.

Growing out of the chosen problem and the particular focus of this study, we wished to test the proposition that leisure time activities after retirement, of aged males on Social Allowances, are related to the leisure time activities before retirement. In seeking to answer this several supporting hypotheses were formulated for testing. Firstly, the ranking of leisure time activities according to their occurrence within the varieties after retirement, by aged males on Social Allowances, is the same as the ranking of leisure time activities according to these varieties before retirement. We thought that over all our group of males, if they had been active in several varieties of activities, be they athletic, dramatic, artistic, social or educational, would probably tend to keep up, though with some

abatement, their interest and activity within the different varieties even after retirement.

The second sub-hypothesis is: the occurrence of leisure time activities after retirement, by aged males on Social Allowances, is less than the occurrence of leisure time activities before retirement; in addition, this occurrence will differ for each variety of activity. It was presupposed there would be a difference in the occurrence of leisure time activities before and after retirement. However, it was thought this over all difference would be greater or smaller depending on the particular variety of activity.

Further, the proportion which each variety is of the total occurrence of activities after retirement will be different than the proportion each was before retirement. Even though it was presupposed that the ranking of leisure time activities would remain the same before and after retirement, the proportion of the activities as related to the total occurrence of activities would be changed during the two periods.

The fourth supporting hypothesis is: the occurrence of leisure time activities, by types after retirement by aged males on Social Allowances, is less than the occurrence of leisure time activities before retirement; in addition, this occurrence will differ for each type. We expected that the difference in the occurrence of leisure time activities before and after retirement, as seen in the hypothesis respecting variety, would also hold true for the types of activities, be they spectator and participant or solitary and group. In addition,

the difference in the occurrence of leisure time activities would not be constant for the different types of activities.

The final sub-hypothesis is: the proportion which each type is of the total occurrence of activities after retirement, by aged males on Social Allowances, will be different than the proportion each was before retirement. The presumption was that the proportion of the activities, by types, if related to the total occurrence of activities, would show a difference in proportion.

Many questions had to be answered to draw a picture of the leisure time activities of aged males and to determine the occurrence of leisure time activities before and after retirement. What are some of the different leisure time activities of the aged? Which variety of activity is most popular before retirement: athletic; dramatic; artistic; social; or educational? Which variety of activity is most popular after retirement? If there are differences in popularity, what may be the significance of this fact? What proportion of activities are represented by the different varieties? Is there a difference in the occurrence of leisure time activities before and after retirement? Is there a larger proportion of solitary activities after retirement than before retirement? Is there a larger proportion of spectator activities after than before retirement? Is there a larger proportion of participating activities before than after retirement? Is there more solitary than group activity before retirement? What about after retirement? Is there more spectator than participating activity prior to retirement? Does the same hold true

to the post-retirement period? What is the significance of these facts in understanding the needs of aged males, or in planning for their needs? While many more questions could be posed, these were some of the ones that received consideration as we planned how we would test our hypothesis.

Some of the terms appearing repeatedly in this report should be defined. By the term, "the aged" we refer to those persons within the age range of sixty-five years and over. This age range was chosen since it is the one used in many industrial retirement policies. Old Age Assistance is granted to those sixty-five and over whose need is proven, while every one seventy years and over is entitled to Old Age Security. Social Allowances are paid as a supplement on a needs basis to recipients of Old Age Assistance and Old Age Security. In addition, the local survey on the aged included those sixty-five and over.¹

"Retirement" is interpreted as "separation from paid employment which had the character of an occupation or career."² If a person has part-time employment, which, however, does not disqualify him for Social Allowances, he was considered to be retired, and the part-time employment a use of his leisure. "Leisure" is considered to be "the time we are free from more obvious duties which a paid job or other obligatory occupation imposes on us."³

¹The Welfare Council of Greater Winnipeg, Age and Opportunity (Winnipeg, 1953).

²Wilma Donahue, H. Orbach, Otto Pollak, "Retirement: The Emerging Social Pattern" in The Handbook of Social Gerontology (ed.) Clark Tibbits (Chicago: University of Chicago Press, 1960), p. 330.

³Quoted from Lundberg by Max Kaplan, "The Use of Leisure", Ibid., p. 410.

The second chapter will give a general picture of the growing emphasis on leisure in our society. Some of the implications of the increased leisure will also be outlined. Following this will be a review of pertinent research findings regarding the influence of various factors in the use made of leisure.

The third chapter describes the method used in this study. The primary source of the information regarding the use of leisure time was obtained by the completion of a schedule through personal interviews of aged males in receipt of Social Allowances from the Department of Welfare, Province of Manitoba. The limitations of the study, and definitions used, will be given as well.

An analysis of the collected data is given in the fourth chapter. The total number of athletic, dramatic, artistic, social and educational activities will be compared against each other to indicate the ranking of leisure time activities before and after retirement. The occurrence of activities will be considered and the relationship to activities before and after retirement shown in percentages. Finally the type of leisure activities will be examined by comparing the solitary, spectator, group and participatory activities before and after retirement.

The final chapter (five) will bring out such generalizations as can be drawn from the material in relation to the hypothesis and the questions raised regarding the relationship between the use of leisure before and after retirement.

CHAPTER II

Within relatively recent years we have been forced to give further consideration to the use of leisure time.¹ The effects which industrialization has had upon the patterns of social living is partly responsible for this increased interest. The traditional work week of seventy hours has been gradually reduced to forty hours with indications of further reductions in the near future. Vacation periods have been extended. Civil servants are now granted a three week holiday period, whereas previously, this was restricted to only those employees who could claim some twenty to twenty-five years experience with the particular agency. Retirement policies are forcing compulsory retirement at age sixty-five for men. If the present trend in unemployment continues, this age limit may be further lowered. Extensions for continued employment after the age of sixty-five are not granted as readily. Modern homes are planned to include physical opportunities for the increased use of leisure time, i.e. rumpus rooms are becoming an essential feature in planning. Opportunities for participation in leisure time activities have increased. No longer are we restricted to the social opportunities provided through church affiliations but we can extend our interests through enrolment in a varied selection of adult education classes. Further interest has developed in travel and particularly so since the costs can be extended over a period of

¹Leisure has been defined as: "The time we are free from more obvious duties which a paid job or other obligatory occupation imposes on us" quoted from Lundberg by Max Kaplan, loc. cit.

time. The expenditures for leisure time activities are no longer viewed as luxury items but rather as necessities and essential to the promotion of healthy living.

There is more money available for leisure time activities. In the United States, "total estimates for leisure expenditures in 1955 went from \$35 billion to \$281 billion ... Over \$331 billion went to federal taxes in 1952 from entertainment admissions."¹ The Canadian Consumer Price Index gives the percentage of the rise in cost for Recreation and Reading. If the year 1949 is considered as being 100%, the estimate for 1951 was 109.7% to 144.3% in 1960. The most significant differences occurred in 1957-58. In 1957 the total was 129.8% and this increased to 138.4% in 1958.² Undoubtedly these percentages do indicate a general rise in the cost of living but also imply that there are increased expenditures in the particular area of leisure.

While this trend toward increased expenditures for leisure time activities will affect the various age groups, the question remains: what does this increased leisure time mean to the aged individual in terms of his over all adjustment to the retirement period? It means different things to different people. Some have found themselves with more leisure time than they really wanted or could profitably use.

Retired individuals, gradually bereft of companionship, characteristically become lonesome, complaining and self centered, and may make excessive demands on children, physicians, caseworkers, ministers and others.³

¹Max Kaplan, op. cit., p. 307.

²Dominion Bureau of Statistics, Canada Year Book 1960, (Ottawa: Queen's Printer, 1961,) p. 495.

³R.J. Havighurst, "Flexibility and the Social Roles of the Retired," American Journal of Sociology, Vol. LIX, 1953, p. 310.

In this respect their leisure has perhaps contributed to further physiological and psychological deterioration. There are others who try to duplicate the frenzy of their working years by becoming as active as is physically and mentally possible. They are actually afraid of this leisure, of losing the status which their previous employment had given to them and of losing their many sources of companionship. Between these two extremes, we find the aged individual who looks forward to this increased leisure and regards it as a "golden opportunity." He is able to substitute the satisfactions which he received from employment by an interest in creative arts and by participation in social clubs and groups. The routine which he has established in his work pattern is now filled by the routine which he has made out of his leisure time activities. If his occupation was primarily geared to service, he may find a similar satisfaction in civic activities. It seems fair to assume that adjustment to old age and use of leisure are related, "adjustment being facilitated by the use of leisure time activities."¹

Some of the factors which could influence the use of leisure in the retirement period are: previous planning for the use of these activities; health; financial resources; local opportunities for a reasonable number and variety of activities; present age; interests and activities prior to retirement; educational and cultural levels; personality development; sex; marital status; religious beliefs and

¹L. C. Michelon, "The New Leisure Class", American Journal of Sociology, Vol. LIX, 1953, p. 371.

values and mental ability. Since we could not test the validity of each of these factors, our study was restricted to the relationship between the use of leisure time activities before and after retirement. Some of these factors, previously referred to, have been tested in other research studies and reference will be made to their specific findings.

That leisure time activities differ according to age, sex, social status and personality among the aged is illustrated by Robert Havighurst in his study, "The Leisure Activities of the Middle Aged". The subjects included men and women in the age group forty to seventy. The conclusions indicated "that age, sex, social status are more closely related to the content of leisure than they are to the significance of leisure. On the other hand, personal adjustment and social mobility are more closely related to the significance of leisure than to its content".¹ Significance was related to the meaning of the leisure activity for the individual, i.e. enjoyment versus time killer; service versus pleasure; new experience versus repetition. Content referred to the actual activity in which they participated.

Michelon, in his study of "The New Leisure Class", studied the use of leisure time activities of a group of retired males at the Trailer Court in Melbourne, Florida. The average age of this group was sixty-one. All socio-economic levels were represented. Of the five questions posed for consideration, two had special

¹Robert Havighurst, "The Leisure Activities of the Middle Aged", American Journal of Sociology, Vol. LXIII, 1957, p. 152.

significance for our study. "What is the significant difference between the use of leisure in the working years and in retirement?"¹ This question was closely related to our study; however, it was only raised for consideration and was not fully explored.

The second question which was of special significance was:

"Does experience justify the development of hobbies as a mode of adjustment?"² The conclusion was that

the hobbies recommended to a person during his working years will not necessarily facilitate his adjustment to retirement since they are for the most part isolating. They may help a person relax from his work but they may not contribute to adjustment.³

The third conclusion was that "the isolating hobbies and other recreational activities contribute to adjustment in retirement when the community contains many and varied stimuli for social intercourse."⁴ One of the factors considered in the scope of our problem was that community opportunities for a reasonable number of diversified activities would affect the use of leisure time. The conclusion in this particular study gave some indication of the significance of this factor.

¹L. C. Michelon, op. cit., p. 371.

²L.C. Michelon, Ibid., p. 371.

³L.C. Michelon, Ibid., p. 378.

⁴L.C. Michelon, Ibid., p. 378.

The meaning of leisure was studied by Marjorie Donald and Robert Havighurst in a stratified random sampling of the age group forty to seventy. The socio-economic groups were classified as upper-middle, lower-middle, upper-lower, and lower-lower. The study aimed to discover the meanings of these leisure activities and the relationship of these meanings to the content of leisure, age, sex, social class or personality. The approach was to ask the favorite leisure time activities and the satisfaction derived from such activities. It was concluded that upper-lower and lower-lower class people tend to stress the meaning, "helps to make the time pass". Lower-lower class people tend to stress the meaning, "helps me financially". The conclusion indicated was that the use of leisure seems to depend more upon their personalities than upon their age, sex or social class characteristics.¹ A different emphasis in these factors is indicated in the findings of Clyde R. Whyte who, in his report, "Social Class Differences in the Use of Leisure", concluded that "the uses of leisure are conditioned by social class and to some extent by age and sex".²

Previous research studies have indicated that different activities are preferred by individuals according to their particular socio-economic status. Robert Havighurst in his study of "The Leisure Activities of the Middle Aged" found that

lower class people prefer the manual-manipulative activities and television. Fishing is a special favorite of lower-middle and upper-lower classes. Lower-lower class people exceed other classes in their preference for visiting friends and

¹Marjorie Donald and Robert Havighurst, "The Meaning of Leisure", Social Forces, Vol. XXXVIII, 1959, p. 360.

²Clyde R. Whyte, "Social Class Differences in the Use of Leisure", American Journal of Sociology, Vol. LXI, 1955, p. 145.

relatives and for gardening. The imaginative activities, mainly reading, are favored by upper-lower but the lower-lower class expresses little interest in it. Formal associations lose attractiveness as age changes from forty to seventy. Informal groups are most attractive to men in the fifty to sixty group. In participator sports there is a sharp falling off for men in their sixties. People in their sixties favor the solitary interest in gardening and manipulative activities.¹

This study can be compared to "Social Class Differences in the Use of Leisure" by Clyde R. Whyte. He concluded that

The upper-middle class selects libraries, home diversions, and lecture study groups more often than the other classes, whereas the two lowest classes use parks and playgrounds, community chest agencies, churches, museums and commercial entertainment relatively more often.²

We included those activities in our schedule in which participation by the lower class groups were expected to be relatively high. Gardening was included in the artistic category while reading was included in the educational category. We did not include such activities as visiting and watching television as we considered that these activities would be common to all older people. In the educational section of our schedule we included library membership and study groups although we anticipated that participation in these activities would be limited.

Information pertaining to our particular study was limited. We were able to obtain research studies which considered such factors as age, sex, social class and personality characteristics. This in itself added interest to our study even though we did not attempt to consider

¹Robert Havighurst, "The Leisure Activities of the Middle Aged", American Journal of Sociology, Vol. LXIII, 1957, p. 152.

²Clyde R. Whyte, op. cit., p. 145.

these factors. Although some studies considered leisure time activities after retirement, and while some recreation studies had looked at leisure time activities prior to retirement, however, the particular focus of this study, which was that leisure time activities after retirement are related to the leisure time activities before retirement, has apparently not been considered previously.

CHAPTER III

The sources for our data were retired males, age sixty-five to seventy-five, in receipt of Social Allowances, and residing in the City of Winnipeg proper. Since there would be additions and deletions to the total eligible population during the course of the project, it was decided to limit our population to Social Allowance recipients as determined when the population lists were drawn up in December, 1961. The total population of five hundred and sixty-seven was determined by transcribing from the records of the Department of Public Welfare, Province of Manitoba, all the names, addresses, and ages of males on Social Allowances, who fell within the age sixty-five to seventy-five group, or who were born between November, 1886 and November, 1896. With a population of such proportion, it was felt that a sample of one quarter would be sufficient for our purposes. This decision was reached after consultation with Dr. C. Paul, Assistant Professor of Actuarial Mathematics and Statistics, University of Manitoba. Thus our total sample population was set at one hundred and forty-one. To select the individuals for interviewing, a random sampling technique was used to select the first person; thereafter, every fourth person was chosen. The method of sampling at regular intervals was chosen since it was thought this would be most representative of the total population distribution as to: single or married males; residence in the downtown or in the residential area; and cultural and ethnic background.

Since two research groups were using the recipients of Social Allowances for the purpose of data collecting, there was the possibility that both groups might have selected the same individual for an interview. Thus after the two sample lists were completed, they were compared to determine the extent, if any, of duplication. While there were no cases of duplication, the plan had been, if there had been such cases, to have the first interviewer determine if another interview on a different aspect would be accepted. If the answer was in the negative, this would be treated as a refusal and the reason for refusal noted.

Since we are studying activities of retired aged males on Social Allowances, our final conclusions will be restricted to this group, and may have only a very limited application to other groups in other locations. It is conceivable that certain aspects of our findings could be applied to a similar group of men aged sixty-five to seventy-five in receipt of a similar Social Allowance¹ in some other urban centre with cosmopolitan characteristics resembling those of Winnipeg.

Our survey could very well indicate possible trends within a much wider age range, say age sixty to eighty. This wider age range group would likely exhibit many of the characteristics found in the group of aged males, age sixty-five to seventy-five, studied by our research team.

It is generally accepted that there is a difference between living

¹See Appendix for the description of the Social Allowance program as found in the Province of Manitoba.

in the city and in the country, and in view of this we feel our findings are applicable primarily to the urban dweller.

Women, aged sixty-five to seventy-five, also in receipt of Social Allowances, would likely prove to differ markedly from the men of the same age group in a similar survey, for women's use of leisure time activity would vary according to their use of the day-time hours prior to attaining the age of sixty-five. Some may have been housewives primarily, while others may have been employed on a full or part-time basis.

The data was collected by interviewing the sample population of one hundred and forty-one. In order to test the five sections of our sub-hypotheses we decided to examine leisure time activities under five varieties. These varieties were arrived at by referring to the Winnipeg Board of Parks and Recreation Manual for 1959. With some adjustments, we found the varieties suitable for the purposes of our project. However, we were unable to determine varieties which would include our activities and still be completely mutually exclusive. A schedule was set up, which determined leisure time activities before and after retirement within the five varieties of athletic, dramatic, artistic, social and educational. The individual's activity was classified as to whether it took place, before or after retirement, under each of the preceding varieties. Within each variety, the individual's type of activity was determined to be either that of spectator or participant, and whether it was a solitary or group activity. These will be our subclassifications.

Leisure time activities of males age sixty-five to seventy-five, in receipt of Social Allowances, will be analyzed in this research project in relation to the following factors: the variety within which the activity falls; whether the activity was a solitary or group activity; a spectator or participant activity; and whether it took place before or after retirement.

To avoid ambiguity, the principal terms used in this research project have been defined. Terms used in the construction of the schedule may be defined as follows: For an individual to be a participant means that he shares or takes part in an activity. To be a spectator is to be an interested observer, or one who looks on activities performed or undertaken by others. Solitary activities are undertaken and carried out by oneself. Group activities require the interaction of two or more people with some common interest, purpose, or goal. Athletic activities are characterized by varying degrees of physical activity. Dramatic activities are performed upon a stage, generally telling or depicting a story or event. Artistic activities require previous interest and taste to produce visual objects. Social activities are characterized by relationships with others. Educational activities are distinguished by the emphasis on mental activity.

Our main varieties are athletic, dramatic, artistic, social and educational, within which all our activities have been grouped. We will be testing the sub-hypothesis related to variety, by determining the occurrence of one variety of activity, i.e. athletic as compared to the occurrence of another variety of activity, i.e. social. We will then rank

each variety in the post-retirement and pre-retirement periods. By ranking the varieties of activities, we are arranging them in a systematic order, which will depict preference or popularity of one variety as compared with another.

We will also be comparing the total occurrence of leisure time activities as well as their occurrence within each variety, in order to test our sub-hypothesis relating to the occurrence of activities before and after retirement.

We will be calculating the proportion which the occurrence of each variety of activity is of the total occurrence of activities, in order to test the sub-hypothesis relating to proportion of varieties of activities occurring before and after retirement.

The formal subclassifications of spectator and participant activities, and solitary and group activities were referred to in the sub-hypothesis as type of activities. We will be testing this sub-hypothesis related to type, by comparing the occurrence of one type of activity as against the occurrence of another type of activity before and after retirement.

In relation to our sub-hypothesis concerning the proportion of each type of activity occurring before and after retirement, we will calculate the proportion which each type is of the total occurrence of activities.

The setting up of our schedule was a major problem, for we found during the preliminary testing of the schedule, duplications of activities within different varieties, which necessitated the removal

of one activity or the combination of two or more within one variety in order to be mutually exclusive. We found also, activities taken part in by so few men that it was not considered practical to list them as a specific activity within a certain variety, but rather, these activities could be included under the general heading of "others". The term "others", therefore, appears in each variety as the last item below the list of specific activities. The second heading of dramatic and musical was arrived at by combining two headings, dramatic and musical, for it was found during our preliminary testing, that these two varieties had much in common as to content. The term "musical" was not defined as such for we felt the meaning was self-evident. For the purposes of our survey, therefore, this variety will be referred to in future as dramatic.

Our survey has included fishing and hunting in our schedule under the variety of athletic activity. We felt in this case that a certain degree of physical activity was involved in both hunting and fishing, and thus they were included under this broad heading of athletic. There is also the question as to whether gardening could be considered within the variety of an artistic activity. It was not felt that gardening as such, fully satisfied the requirements as set forth in the definition of artistic, but it was included in this variety for want of a more suitable variety.

We found that we had to be arbitrary regarding the placing of activities within certain varieties, realizing fully, that one activity placed within a certain variety would give a different weighting to that variety, and consequently show a different relationship in the final

analysis. For example, if gardening was placed in the variety of athletic, rather than artistic, our results would be greatly influenced. It would then be assumed that artistic would be less popular a variety, after retirement, and athletic more popular a variety, after retirement.

According to the definition of a social activity as being characterized by relationships with others, we have found it necessary to exclude the solitary forms of a social activity, whether it be as a spectator or as a participant, before or after retirement. It was felt by our research group that a person could not take part by himself in a social activity, for he would not be in interaction with others, and, therefore, he would not be within the boundaries of our definition of a social activity.

Other activities carried out by males, aged sixty-five to seventy-five, on Social Allowances, could not be classified according to our varieties of leisure time activities. These activities include watching television, writing letters, visiting friends, and walking in the park. The above activities, we felt, were common to all older people, and hence we did not feel the findings would be significant for our purposes. A further limitation arose from the use made of the schedule. While we have chosen five varieties, these do not exhaust all the possible means of classifying leisure time activities. In addition, the types of activities considered under each variety are not exhaustive, but represent some of the more popular uses of leisure.

As we thought of the problem and of our particular focus, we recognized there would be other limitations to our inquiry and to the

conclusions that could be drawn from the study. Various factors such as interests, cultural background, religion, or personality, will influence the use of leisure time activities and their relationships. However, by our method and particular focus we have been unable to isolate the influence of these factors. We were also unable to give any weight to the frequency with which an activity occurred. For our study we have had to consider as equal the occurrence of an activity once or an innumerable number of times. In addition, we have not tried to measure the significance or meaning of the various activities for the individual. Our method has also confined us in that we have been unable to determine the exact time in a person's life history that the activity occurred. We have, therefore, used the broader time element, that of whether the activity occurred before retirement, or whether the activity occurred after retirement. Another very important limitation arose from the fact that the study was focused on the relationship between leisure activities occurring before and after retirement, and thus we were unable to draw any conclusions or to make valid generalizations as to the reasons why the activity occurred in the first place.

We are not attempting to see a relationship between activities and the individual. We could have measured individual differences as this was within the scope of the study. However, as our focus was limited to leisure time activities, and not to the individuals themselves, the measuring of individual differences was ruled out.

In our analysis also, we will expect that some cases of our total number of one hundred and forty-one, will not be available for the

completion of our schedule for any number of reasons.

In order to test the first sub-hypothesis, "that the ranking of leisure time activities according to their occurrence within the varieties, after retirement, by aged males on Social Allowances, is the same as the ranking of leisure time activities according to varieties before retirement," we will rank each variety of activity within the classification of before and after retirement.

In order to test the second sub-hypothesis, "that the occurrence of leisure time activities after retirement by aged males on Social Allowances, is less than the occurrence of leisure time activities before retirement, and in addition, this occurrence will differ for each variety," we will be showing the comparison of the total occurrence of activities which fall within each of the classifications of before and after retirement. We will also indicate this occurrence according to varieties.

In order to test the third sub-hypothesis, "that the proportion which each variety is of the total occurrence of activities after retirement will be different than the proportion each was before retirement," we will be calculating the proportion of the occurrence of each variety of activity, as compared to the total occurrence of these activities in the post-retirement and pre-retirement periods, and will express these proportions in percentages.

In order to test the fourth sub-hypothesis, "that the occurrence of leisure time activities after retirement by aged males on Social Allowances is less than the occurrence of leisure time activities before

retirement, and in addition, this occurrence will differ for each type," we will indicate the total occurrence of spectator and participant activities before and after retirement, and also the total occurrence of solitary and group activities before and after retirement. This procedure will be followed also within each variety of athletic, dramatic, artistic, social and educational activity.

In order to test the fifth sub-hypothesis, "that the proportion which each type is of the total occurrence of activities after retirement, will be different than the proportion each was before retirement," we will be calculating the proportion of the occurrence of each type of activity as compared to the total occurrence of these activities in the post-retirement and pre-retirement periods, and will express these proportions in percentages.

Where necessary, in our analysis, we will illustrate our findings through the use of tables.

CHAPTER IV

Before proceeding with the analysis, an explanation should be given of the size of the sample population.

Our data will be obtained from the completed schedules of the interviews with each man of our sample population. Of the original one hundred and forty-one cases selected from the Social Allowances caseload of the Department of Welfare, Province of Manitoba, as our sample population, we were able to interview only one hundred and twenty-one, for the following reasons: twenty cases were not available for the completion of the schedules; ten had moved from the area within which our study was taking place; four were deceased; two were in hospital and could not be interviewed for medical reasons; two were unable to provide information for the adequate completion of the schedules because of language barriers; the address of one man was unknown, and we were unable to contact one other man.

The analysis of the data will firstly compare the ranking of the varieties of activities in the period after retirement with the ranking of the varieties of activities before retirement. The varieties are: athletic; dramatic; artistic; social and educational. Next we will compare the total occurrence of activities before and after retirement, and we will also compare the occurrence of activities within each variety. Thereafter, we will compare the proportion which each variety is of the total occurrence of activities after retirement, and the proportion each was of the total before. Following this, we will analyze activities

by type. These are: spectator and participant, solitary and group. We will compare the total occurrence of activities before and after retirement by type and then we will compare the proportion which each type is of the total occurrence of activities after retirement, and the proportion each was of the total before. We will also compare the occurrence of activities by type.

This section will compare the ranking of varieties of activities in the post-retirement period with that in the pre-retirement period.

TABLE 1
RANKING OF ACTIVITIES BY VARIETY
BEFORE AND AFTER RETIREMENT

Before	After
Athletic	Social
Social	Athletic
Dramatic	Dramatic
Educational	Educational
Artistic	Artistic

Before retirement the most popular variety of activity was athletic. However, after retirement athletic ranked second, and was replaced by social, which in the pre-retirement period ranked second. The remaining three varieties, dramatic, artistic, and educational, ranked in the same order in the two periods.

The next section will compare the total occurrence of activities before and after retirement, and will also compare the occurrence of activities within each variety.

TABLE 2

OCCURRENCE OF ACTIVITIES BY VARIETY
BEFORE AND AFTER RETIREMENT

Occurrence		
Variety	Before	After
Athletic	851	273
Social	537	311
Dramatic	325	168
Educational	152	107
Artistic	136	69
Total	2,001	928

When the total occurrence of activities after retirement was compared with the total before retirement, it was apparent that there was a marked difference. There were 928 activities after retirement, whereas there were 2,001 activities before retirement. Within each variety the occurrence of activities after retirement was less than it was before.

The most marked difference was in the athletic variety: 273 as compared to 851. The least difference was in the educational variety: 107 as compared to 152. The difference between the two periods for the social, dramatic, and artistic varieties were similar.

The following section will compare the proportion which each variety is of the total occurrence of activities after retirement with the proportion each was of the total before.

TABLE 3

PROPORTION OF ACTIVITIES BY VARIETY
BEFORE AND AFTER RETIREMENT

Percentage		
Variety	Before	After
Athletic	42.5	29.3
Social	26.8	33.6
Dramatic	16.3	18.2
Educational	7.6	11.5
Artistic	6.8	7.4
Total	100.0	100.0

Before retirement, athletic activities made up the largest proportion of activities, forty-two and one half per cent of the total activities, whereas after retirement it made up twenty-nine per cent. In contrast, social activities, which made up only twenty-six per cent before, made up thirty-three per cent after. The remaining three varieties each made up a larger proportion of the total activities after retirement than they did of those before, but the difference in proportion was not as marked as for the social variety.

A comparison of the total occurrence of activities before and after retirement by type will be made in the following section. The types are: spectator and participant; solitary and group.

The occurrence of each type of activity after retirement was less than its occurrence before retirement. There was a more marked difference in the participant type, 527 to 1,299, than in the spectator type, 401 to

702. There was a more marked difference in the group-type, 507 to 1,194, than in the solitary-type, 421 to 807.

TABLE 4

OCCURRENCE OF ACTIVITIES BY TYPE
BEFORE AND AFTER RETIREMENT

Type	Before	After
Spectator	702	401
Participant	1,299	527
Solitary	807	421
Group	1,194	507

In the next section there will be a comparison of the proportion which each type is of the total occurrence of activities after retirement, with the proportion each was of the total before.

TABLE 5

PROPORTION OF ACTIVITIES BY TYPE
BEFORE AND AFTER RETIREMENT

Type	Percentage	
	Before	After
Spectator	35.1	43.2
Participant	64.9	56.8
Total	100.0	100.0
Solitary	40.3	45.4
Group	59.7	54.6
Total	100.0	100.0

In comparing spectator and participant activities, participant activities, while showing a decline, nevertheless made up the largest proportion of activities both before and after retirement. In contrast, spectator activities made up a larger proportion of activities after retirement than before.

In comparing solitary and group activities, group activities, while showing a decline still made up the largest proportion of activities both before and after retirement. In contrast, solitary activities made up a larger proportion of activities after retirement than before.

Finally, a comparison will be made of the occurrence of activities by type within the varieties of athletic, dramatic, artistic, social and educational.

Athletic Activities: When the occurrence of athletic activities after retirement was compared with the total before retirement, it was apparent that there was a marked difference between the two. There were 221 spectator activities in the post-retirement period as compared to 387 in the pre-retirement. Participant type activities showed an even more marked difference in 52 after as against 464 before retirement.

Comparing the total spectator and participant activities, there were 273 in the period after and 851 in the period before retirement.

In the solitary activities there was also a marked difference in the two periods: 171 after as compared to 393 before. The difference was more notably marked in respect to group activities: 102 after and 458 before retirement.

Total solitary and group activities in the post-retirement period were 273, as compared to 851 in the pre-retirement period.

Social Activities: In the occurrence of social activities there was also a difference in the post and pre-retirement periods. The comparison was: 34 spectator activities after and 54 before retirement.

A more marked difference was shown by the participant type activities. After retirement the count was 277, as against 483 before.

The comparison of the total spectator and participant activities after and before retirement was 311 as against 537.

By definition social activities exclude solitary activities.

Group activities in the post-retirement period were 311, compared with 537 in the pre-retirement.

Dramatic Activities: A marked difference was observed in the comparison of the occurrence of dramatic activities before and after retirement. Spectator activities totalled 136 in the post-retirement period, as compared to 242 in the period before retirement. Participant-type activities totalled only 32 after and 83 before retirement.

Comparing the total spectator and participant activities of the two periods, there were 168 in the period after and 325 before.

In the solitary and group activities there were also quite notable differences for each period. In the solitary it was 85 to 148, and in the group 83 to 177.

Total solitary and group activities were 168 in the post-retirement period and 325 before.

Educational Activities: In the post-retirement period there were 10 spectator activities, as against 16 in the pre-retirement. Participant activities totalled 97 after, compared to 136 before.

The total of spectator and participant after retirement showed the figure 107, as against 152 before.

In the solitary activities, the difference was shown in 99 after and 141 before; the group activities counted were 8 after and 11 before.

Total solitary and group activities in post-retirement was 107, compared with 152 in pre-retirement.

Artistic Activities: There were no spectator activities recorded at all in the post-retirement period. The participant type counted 69 activities in the after and 133 before.

Comparing the total spectator and participant activities within the two periods, there were 69 in the post-retirement period and 136 in the pre-retirement.

In the solitary and group activities a marked difference could be observed for each period. In solitary activities it was 66 to 125, and in the group 3 to 11 after compared to before retirement.

The total count of solitary and group activities in the post-retirement period was 69, as compared to 136 in pre-retirement.

CHAPTER V

In this chapter, the data from Chapter IV will be evaluated with reference to the main hypothesis, and sub-hypotheses.

It had been presupposed that the ranking of varieties would be the same after as before retirement. It was found that this was invalid for the athletic and social varieties of activities, whereas, it was found to be valid for the dramatic, artistic and educational varieties. The findings indicated that athletic activities were most popular before retirement, followed by social activities. After retirement, however, the ranking of these two activities was reversed; social activities were most popular followed by athletic activities. The remaining three varieties, dramatic, artistic, and educational, ranked in the same order for the two periods.

The occurrence of leisure time activities after retirement was anticipated to be less than that before retirement; in addition, this difference in occurrence would alter according to the particular variety of activity. This supposition was substantiated, as was shown in Table 2. The most marked difference was observed in the occurrence of the athletic variety, whereas the educational variety showed the least difference after and before retirement. Since reading was included within the educational variety of activities, and since reading showed only a slight difference in occurrence in the two periods, this would largely account for the educational activities showing the least difference of all the varieties.

As previously assumed, the proportion which each variety was of the total activities after retirement was different than the proportion each variety was before retirement. The proportion of athletic activities was considerably smaller after retirement in comparison to the pre-retirement period. On the other hand, it is interesting to note that the proportion of social, dramatic, and educational varieties was greater after retirement; of the three, social activities showed the most marked increase in proportion to the total occurrence of activities after retirement. The difference in the proportion of the artistic variety, before and after retirement, was inconclusive. The relatively insignificant role of artistic and educational activities can be readily seen for their total proportion is about equal to the proportion of dramatic activities, which ranked third in relation to the total occurrence of activities.

It was found that the occurrence of leisure time activities was less for each type after retirement than before. Also, this occurrence differed for each type of activity within the varieties. These findings, therefore, validated the expectation as expressed by the fourth sub-hypothesis. Participant and group types of activities showed the most marked difference in the two periods, the occurrence of these types of activities being considerably less after than before retirement. Conversely, spectator and solitary types of activities showed a less marked difference in the two periods. A similar trend was established for each of the types of activities within the five varieties.

There was a difference in the proportion each type was of the total occurrence of activities before and after retirement. Despite the fact that spectator and solitary types of activities make up a higher proportion of activities after retirement than before, nevertheless, participant and group types of activities constituted the largest proportion of activities both before and after retirement.

As previously stated, the main hypothesis was, "leisure time activities after retirement, of aged males on Social Allowances, are related to the leisure time activities before retirement." The nature of this relationship was more precisely tested and expressed in the sub-hypotheses, which considered the ranking, occurrence, and proportion of the varieties and types of activities before and after retirement. Since the supporting hypotheses were found to be valid, it was concluded this substantiated the validity of the main hypothesis.

In evaluating the reliability of the study, several factors should be considered. Despite the use of a sample survey and several discussions in respect to the scoring of the schedule, situations still occurred which required the interviewer's personal judgment. These may have influenced the findings. It is conceivable that with further experience in research, these difficulties could have been avoided to a greater degree. Another factor that may influence the reliability of the findings pertains to the choice and number of activities represented in the schedule. As outlined in Chapter III, the inclusion of certain activities within some varieties, as for example, gardening in the artistic variety, and reading in the educational, greatly influenced

the results of those particular varieties. Also, in the schedule there was not a uniform number of activities for each variety. To illustrate, the athletic variety had twenty-nine different activities, whereas the educational variety included only six activities. The extent to which this influenced the findings is difficult to determine. On the other hand, it was recognized that some varieties would have a more limited range of activities.

The findings of this study are considered to be pertinent to urban settings with cosmopolitan characteristics similar to those of Winnipeg, and to aged males with an economic level equivalent to that of the sample population.

Suggestions for further research studies might include: preferences of the aged for the various activities and the reasons for these preferences; aged of other income levels; other subjects, as females, males and females, and a comparison of the two; or, rural versus urban settings. The results of our findings suggest the possible influence of other factors on the leisure time activities of the aged, and emphasizes the need for more extensive studies within this area. The marked difference in the occurrence of athletic activities before and after retirement could be attributed to the individual's physical and mental condition, financial resources, and other factors. The continuation of social activities will similarly depend upon a combination of factors: the presence of friends and relatives; personality characteristics; financial resources; culture; religion; and, state of health.

While our data was analyzed on the basis of the occurrence of activities, it could also have been analyzed in relation to the individual.

We could have measured individual differences as this was within the scope of the study. As an illustration, it would have been possible to examine whether individuals initiated new activities after retirement, or which activities were discontinued with retirement. However, as our focus was limited to leisure time activities and not to the individuals themselves, the measuring of individual differences was ruled out.

This particular study was initiated for several different reasons. One possibility was that aged males, especially those with a more limited income, may have greater problems with leisure, and therefore require more help in using their leisure time in a way most satisfactory to themselves.

Agencies interested in the problems of the aged had also suggested that studies of this age group might be useful. In relation to this, one of the significant findings was that the occurrence of activities after retirement was markedly less as compared to the pre-retirement period. With respect to the athletic variety, solitary and spectator activities were the most important types in both periods. Social activities were proportionately the most popular variety of activity after retirement; participant and group were the most important types of activities. Dramatic activities occurred less frequently after retirement, yet its proportion of occurrence in relation to the total, increased after retirement. Solitary and spectator were the most frequent types of activities within this variety. These findings could be used in planning for recreational facilities and programs for the aged. Within the artistic variety, the most significant finding was the interest shown in gardening. Finally, within the educational variety, reading was the most

frequent activity. Thus, the value of encouraging library memberships and providing reading material, particularly in various foreign languages, might be further investigated. For the purposes of this project there was no occasion to refer to the particular activities listed in the schedule. As this detailed information might prove useful to some agencies, the tabulated findings are included in Appendix C. In other respects, too, the findings might have implications for organizations interested in helping older people make more rewarding use of their leisure time.

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APPENDIX A

The following is a brief summary of the Social Allowances Act, especially those parts pertaining to our study of aged males.

The Social Allowances Act came into effect on February 1, 1960.

One of the conditions of eligibility is age. Each applicant has to prove satisfactorily that he is sixty-five years of age, or more.

It is stated in the regulations that the "budget deficit" method of determining need should be employed. This means balancing available resources against the cost of basic necessities determined by the use of a schedule set up in the regulations. For example, a single adult, living alone is allowed \$23 a month for food, \$5 a month for clothing, \$7 for utilities, \$10 for household and personal needs, \$25 for rent, and \$15 for fuel if he lives in an unheated room or house.

If the cost of basic necessities exceeds the available resources a budgetary deficit exists and this is considered to be the extent of the applicant's needs. Thus, if a pensioner's needs were established at \$65 a month, and his only income was \$55 a month Old Age Pension, then his Social Allowance is \$10.

The same approach is applied in determining applicant's eligibility for health care needs or "Medicare". But an additional \$5 per adult per month is counted as an expense for medical purposes. In other words, if an applicant's needs were established at \$55 a month, and his resources also amounted to \$55, technically he would not be eligible, but allowing him \$5 extra, he would qualify for

"Medicare" only, and a cash grant is not made.

It should be added in conclusion that a person on Social Allowance is allowed to earn up to \$20 per month by part-time work and still retain his eligibility for assistance.

APPENDIX B

GROUP IV

Code #

Interviewer's
Initials

1. What type of athletic activity have you taken part in before and after retirement?

	Spectator		Participant	
	<u>B</u>	<u>A</u>	<u>B</u>	<u>A</u>
1. Badminton	_____	_____	_____	_____
2. Baseball-softball	_____	_____	_____	_____
3. Basketball	_____	_____	_____	_____
4. Bowling (indoor)	_____	_____	_____	_____
5. Bowling (lawn)	_____	_____	_____	_____
6. Boxing	_____	_____	_____	_____
7. Curling	_____	_____	_____	_____
8. Fencing	_____	_____	_____	_____
9. Fishing	_____	_____	_____	_____
10. Football	_____	_____	_____	_____
11. Golf	_____	_____	_____	_____
12. Gymnastics	_____	_____	_____	_____
13. Hand ball	_____	_____	_____	_____
14. Horseback riding	_____	_____	_____	_____
15. Horseshoes	_____	_____	_____	_____
16. Hunting	_____	_____	_____	_____
17. Ice hockey	_____	_____	_____	_____
18. Judo	_____	_____	_____	_____
19. Lacrosse	_____	_____	_____	_____
20. Skating	_____	_____	_____	_____
21. Skiing	_____	_____	_____	_____
22. Soccer	_____	_____	_____	_____
23. Swimming	_____	_____	_____	_____
24. Table tennis	_____	_____	_____	_____
25. Tennis	_____	_____	_____	_____
26. Track and field	_____	_____	_____	_____
27. Volleyball	_____	_____	_____	_____
28. Wrestling	_____	_____	_____	_____
29. Others _____	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

2. What dramatical and musical activities have you taken part in before and after retirement?

	Spectator		Participant	
	B	A	B	A
1. Ballet dancing	_____	_____	_____	_____
2. Band concerts	_____	_____	_____	_____
3. Choral groups	_____	_____	_____	_____
4. Community singing	_____	_____	_____	_____
5. Instrumental groups	_____	_____	_____	_____
6. Motion pictures	_____	_____	_____	_____
7. Playing musical instrument	_____	_____	_____	_____
8. Plays (live performances)	_____	_____	_____	_____
9. Puppets and Marionettes	_____	_____	_____	_____
10. Story telling	_____	_____	_____	_____
11. Others _____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

3. What types of artistic activities have you done before and after retirement?

	Spectator		Participant	
	B	A	B	A
1. Ceramics	_____	_____	_____	_____
2. Gardening	_____	_____	_____	_____
3. Leather craft	_____	_____	_____	_____
4. Metal craft	_____	_____	_____	_____
5. Needle craft	_____	_____	_____	_____
6. Painting	_____	_____	_____	_____
7. Weaving	_____	_____	_____	_____
8. Woodwork	_____	_____	_____	_____
9. Others _____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

4. What social activities have you taken part in before and after retirement?

	Spectator		Participant	
	<u>B</u>	<u>A</u>	<u>B</u>	<u>A</u>
1. Board games (chess, checkers)	_____	_____	_____	_____
2. Bingo	_____	_____	_____	_____
3. Camping	_____	_____	_____	_____
4. Card games	_____	_____	_____	_____
5. Clubs, social groups	_____	_____	_____	_____
6. Dancing	_____	_____	_____	_____
7. Visiting fairs, exhibitions	_____	_____	_____	_____
8. Hiking	_____	_____	_____	_____
9. Holiday observances	_____	_____	_____	_____
10. Outings (formal or informal)	_____	_____	_____	_____
11. Parties	_____	_____	_____	_____
12. Picknicking	_____	_____	_____	_____
13. Pool, billiards	_____	_____	_____	_____
14. Tours	_____	_____	_____	_____
15. Others _____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

5. What educational activities have you taken part in before and after retirement? (Does not include formal education)

	Spectator		Participant	
	<u>B</u>	<u>A</u>	<u>B</u>	<u>A</u>
1. Book clubs	_____	_____	_____	_____
2. Correspondence course	_____	_____	_____	_____
3. Library membership	_____	_____	_____	_____
4. Night classes	_____	_____	_____	_____
5. Reading	_____	_____	_____	_____
6. Study and discussion groups	_____	_____	_____	_____
7. Others _____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

APPENDIX C

TABULATION OF UNANALYZED DATA

I. What type of athletic activity have you taken part in before and after retirement?

	Spectator				Participant			
	Before S.#	After G.*	Before S.	After G.	Before S.	After G.	Before S.	After G.
1. Badminton	<u>1</u>	<u>2</u>	<u>1</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>
2. Baseball-softball	<u>22</u>	<u>24</u>	<u>21</u>	<u>10</u>	<u>3</u>	<u>21</u>	<u>—</u>	<u>1</u>
3. Basketball	<u>2</u>	<u>4</u>	<u>—</u>	<u>—</u>	<u>1</u>	<u>1</u>	<u>—</u>	<u>—</u>
4. Bowling (indoor)	<u>7</u>	<u>6</u>	<u>5</u>	<u>2</u>	<u>1</u>	<u>21</u>	<u>—</u>	<u>5</u>
5. Bowling (lawn)	<u>1</u>	<u>3</u>	<u>1</u>	<u>1</u>	<u>—</u>	<u>5</u>	<u>—</u>	<u>2</u>
6. Boxing	<u>23</u>	<u>19</u>	<u>20</u>	<u>11</u>	<u>3</u>	<u>12</u>	<u>—</u>	<u>—</u>
7. Curling	<u>13</u>	<u>10</u>	<u>10</u>	<u>6</u>	<u>—</u>	<u>9</u>	<u>—</u>	<u>1</u>
8. Fencing	<u>—</u>	<u>—</u>	<u>1</u>	<u>—</u>	<u>1</u>	<u>2</u>	<u>—</u>	<u>2</u>
9. Fishing	<u>3</u>	<u>2</u>	<u>1</u>	<u>1</u>	<u>38</u>	<u>18</u>	<u>11</u>	<u>3</u>
10. Football	<u>23</u>	<u>11</u>	<u>19</u>	<u>11</u>	<u>4</u>	<u>8</u>	<u>1</u>	<u>—</u>
11. Golf	<u>2</u>	<u>3</u>	<u>1</u>	<u>—</u>	<u>2</u>	<u>6</u>	<u>—</u>	<u>—</u>
12. Gymnastics	<u>2</u>	<u>4</u>	<u>—</u>	<u>—</u>	<u>3</u>	<u>5</u>	<u>2</u>	<u>—</u>
13. Handball	<u>1</u>	<u>1</u>	<u>—</u>	<u>—</u>	<u>1</u>	<u>4</u>	<u>—</u>	<u>—</u>
14. Horseback riding	<u>3</u>	<u>1</u>	<u>—</u>	<u>—</u>	<u>31</u>	<u>8</u>	<u>—</u>	<u>—</u>
15. Horseshoes	<u>7</u>	<u>5</u>	<u>4</u>	<u>—</u>	<u>6</u>	<u>34</u>	<u>—</u>	<u>5</u>
16. Hunting	<u>1</u>	<u>1</u>	<u>1</u>	<u>—</u>	<u>20</u>	<u>20</u>	<u>4</u>	<u>4</u>
17. Ice hockey	<u>21</u>	<u>19</u>	<u>25</u>	<u>12</u>	<u>—</u>	<u>9</u>	<u>1</u>	<u>—</u>
18. Judo	<u>—</u>	<u>2</u>	<u>—</u>	<u>1</u>	<u>—</u>	<u>3</u>	<u>—</u>	<u>—</u>
19. Lacrosse	<u>—</u>	<u>4</u>	<u>—</u>	<u>—</u>	<u>1</u>	<u>2</u>	<u>—</u>	<u>—</u>
20. Skating	<u>13</u>	<u>6</u>	<u>4</u>	<u>1</u>	<u>25</u>	<u>16</u>	<u>—</u>	<u>—</u>
21. Skiing	<u>3</u>	<u>2</u>	<u>—</u>	<u>—</u>	<u>4</u>	<u>7</u>	<u>—</u>	<u>—</u>
22. Soccer	<u>13</u>	<u>11</u>	<u>5</u>	<u>3</u>	<u>2</u>	<u>14</u>	<u>—</u>	<u>—</u>
23. Swimming	<u>6</u>	<u>4</u>	<u>1</u>	<u>1</u>	<u>35</u>	<u>19</u>	<u>5</u>	<u>5</u>
24. Table tennis	<u>2</u>	<u>2</u>	<u>—</u>	<u>1</u>	<u>—</u>	<u>10</u>	<u>—</u>	<u>—</u>
25. Tennis	<u>3</u>	<u>5</u>	<u>—</u>	<u>2</u>	<u>—</u>	<u>5</u>	<u>—</u>	<u>—</u>
26. Track and field	<u>2</u>	<u>8</u>	<u>—</u>	<u>1</u>	<u>2</u>	<u>4</u>	<u>—</u>	<u>—</u>
27. Volleyball	<u>4</u>	<u>2</u>	<u>2</u>	<u>1</u>	<u>—</u>	<u>1</u>	<u>—</u>	<u>—</u>
28. Wrestling	<u>31</u>	<u>16</u>	<u>25</u>	<u>9</u>	<u>1</u>	<u>14</u>	<u>1</u>	<u>—</u>
29. Others	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>1</u>	<u>—</u>
Rugby	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>1</u>	<u>—</u>
Racing	<u>—</u>	<u>1</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>1</u>	<u>—</u>	<u>—</u>

Solitary
* Group

II. What dramatic and musical activities have you taken part in before and after retirement?

	Spectator				Participant			
	Before		After		Before		After	
	S.	G.	S.	G.	S.	G.	S.	G.
1. Ballet dancing	<u>4</u>	<u>6</u>	<u>5</u>	<u>2</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>
2. Band concerts	<u>30</u>	<u>19</u>	<u>19</u>	<u>9</u>	<u>1</u>	<u>2</u>	<u>—</u>	<u>2</u>
3. Choral groups	<u>13</u>	<u>14</u>	<u>12</u>	<u>10</u>	<u>1</u>	<u>16</u>	<u>—</u>	<u>4</u>
4. Community singing	<u>6</u>	<u>9</u>	<u>4</u>	<u>8</u>	<u>4</u>	<u>18</u>	<u>—</u>	<u>7</u>
5. Instrumental groups	<u>3</u>	<u>5</u>	<u>2</u>	<u>2</u>	<u>1</u>	<u>4</u>	<u>—</u>	<u>2</u>
6. Motion pictures	<u>51</u>	<u>44</u>	<u>36</u>	<u>19</u>	<u>2</u>	<u>3</u>	<u>1</u>	<u>—</u>
7. Playing musical instrument	<u>2</u>	<u>—</u>	<u>1</u>	<u>—</u>	<u>12</u>	<u>6</u>	<u>4</u>	<u>1</u>
8. Plays (live performances)	<u>11</u>	<u>17</u>	<u>—</u>	<u>6</u>	<u>2</u>	<u>1</u>	<u>1</u>	<u>1</u>
9. Puppets and marionettes	<u>4</u>	<u>4</u>	<u>—</u>	<u>1</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>
10. Story telling	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>1</u>	<u>9</u>	<u>—</u>	<u>9</u>

III. What types of artistic activities have you done before and after retirement?

	Spectator				Participant			
	Before		After		Before		After	
	S.	G.	S.	G.	S.	G.	S.	G.
1. Ceramics	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>1</u>	<u>—</u>	<u>1</u>
2. Gardening	<u>3</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>70</u>	<u>6</u>	<u>43</u>	<u>1</u>
3. Leather craft	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>4</u>	<u>—</u>	<u>2</u>	<u>—</u>
4. Metal craft	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>11</u>	<u>1</u>	<u>5</u>	<u>—</u>
5. Needle craft	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>6</u>	<u>1</u>	<u>2</u>	<u>—</u>
6. Painting	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>4</u>	<u>—</u>	<u>2</u>	<u>—</u>
7. Weaving	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>2</u>	<u>—</u>	<u>1</u>	<u>—</u>
8. Woodwork	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>24</u>	<u>2</u>	<u>11</u>	<u>1</u>
9. Others	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>
Photography	<u>—</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>1</u>	<u>—</u>	<u>—</u>	<u>—</u>

IV. What social activities have you taken part in before and after retirement?

	Spectator				Participant			
	Before		After		Before		After	
	S.	G.	S.	G.	S.	G.	S.	G.
1. Board games (chess, checkers)_____	—	<u>2</u>	—	<u>1</u>	—	<u>49</u>	—	<u>42</u>
2. Bingo_____	—	<u>3</u>	—	<u>2</u>	—	<u>30</u>	—	<u>21</u>
3. Camping_____	—	—	—	—	—	<u>23</u>	—	<u>9</u>
4. Card games_____	—	<u>1</u>	—	<u>1</u>	—	<u>72</u>	—	<u>60</u>
5. Clubs, social groups_____	—	—	—	—	—	<u>32</u>	—	<u>24</u>
6. Dancing_____	—	<u>8</u>	—	<u>4</u>	—	<u>50</u>	—	<u>8</u>
7. Visiting fairs, exhibitions_____	—	<u>16</u>	—	<u>8</u>	—	<u>9</u>	—	<u>3</u>
8. Hiking_____	—	—	—	—	—	<u>14</u>	—	<u>4</u>
9. Holiday observances_____	—	<u>9</u>	—	<u>6</u>	—	<u>40</u>	—	<u>39</u>
10. Outings (formal or informal)_____	—	—	—	—	—	<u>25⁵</u>	—	<u>15</u>
11. Parties_____	—	<u>1</u>	—	<u>1</u>	—	<u>43</u>	—	<u>17</u>
12. Picnicking_____	—	<u>11</u>	—	<u>8</u>	—	<u>54</u>	—	<u>24</u>
13. Pool, billiards_____	—	<u>3</u>	—	<u>3</u>	—	<u>33</u>	—	<u>5</u>
14. Tours_____	—	—	—	—	—	<u>8</u>	—	<u>5</u>

V. What educational activities have you taken part in before and after retirement? (Does not include formal education)

	Spectator				Participant			
	Before		After		Before		After	
	S.	G.	S.	G.	S.	G.	S.	G.
1. Book clubs_____	—	—	—	—	<u>7</u>	<u>1</u>	<u>4</u>	—
2. Correspondence course_____	—	—	—	—	<u>3</u>	<u>3</u>	<u>1</u>	—
3. Library membership_____	<u>1</u>	—	—	—	<u>13</u>	<u>1</u>	<u>6</u>	<u>1</u>
4. Night classes_____	<u>1</u>	—	<u>1</u>	—	<u>3</u>	<u>2</u>	—	<u>1</u>
5. Reading_____	<u>14</u>	—	<u>8</u>	<u>1</u>	<u>92</u>	—	<u>75</u>	—
6. Study and discussion groups_____	—	—	—	—	<u>1</u>	<u>5</u>	<u>1</u>	<u>5</u>
7. Others: Stamps_____	—	—	—	—	<u>2</u>	<u>1</u>	<u>1</u>	—
Current events_____	—	—	—	—	<u>1</u>	—	<u>1</u>	—
Crossword puzzles_____	—	—	—	—	<u>1</u>	—	<u>1</u>	—