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RECREATION HOBBIES OF KANSAS CITY SCHOOL TEACHERS

Recreation defined means relief from toil in activities pleasurable and wholesome. These selected activities may be either active or passive in nature, but regardless of their type should serve definitely as a means of mental, physical and emotional relaxation for the participant. The number of recreation hobbies in which one may engage is almost without limit as any community provides opportunities for its people to engage in some form of athletic games and sports, music, arts and crafts, nature study, dramatics and other worthwhile activities that should be used as a profitable hobby by those interested.

It has been found true that the old adage "All work and no play makes Jack a dull boy" applies to adults as well as children, and that if given the opportunity, adults invariably take advantage and actively participate in worthwhile programs of recreation.

The Recreation Department of the Kansas City, Missouri Public Schools, in an effort to serve the teachers of the school system in a definite way, recently sent out a questionnaire to all teachers in the city. The reason for this research was two-fold: First: That the Recreation Department be able to provide a program of varied recreational activities, passive and active in nature, for all teachers, this program to be set up in accordance with capabilities and desires of those interested in the promotion. Second: That the Kansas City, Missouri Teachers College, desirous of offering in extension classes any type of physical education or recreation courses, might have a more definite knowledge of the real needs and set their program accordingly.

The questionnaire returns, I believe, supplied knowledge of what actually was needed and desired by the teachers. The questionnaire was entirely optional, the request being made that inasmuch as a program was being planned for the benefit of the teachers, those interested could make as complete returns as possible. The signing of the questionnaire was also optional as we were interested only in receiving frank and honest returns. This questionnaire was divided into five main divisions, as follows: Home Recreation, Activities Away from Home, Reasons Why I do not Engage in Recreation Activities, Recreation Activities a Teacher Desired to Have the Recreation Department Promote, The Types and Kinds of Recreation Courses Desired at Teachers College.

More than fifty per cent of the teachers voluntarily filled out and returned the questionnaire to the Recreation Office. The returns proved to be quite interesting and served our purpose amazingly well. It was found that fifty per cent of those making returns were living at home, twelve and one-half per cent living in private homes, twenty-five per cent in apartments or hotels, while the remaining twelve and one-half per cent rented homes or lived in boarding houses.

It was also found that individual doctor bills of the teachers ran from an average of \$30.50 per year to the unusual \$125.00 per year.