

### Introduction

The main aim of leisure, play and recreation is to render a refreshing and one of a kind experience away from the busy routines of life. Though many people have leisure time, they do not necessarily engage in recreational activities. To understand the dynamics of leisure, play, and recreation, there is need to define variables.

**Leisure.** Scholars have time and again argued on how best to define leisure. However, leisure can best be explained in relation to time, activity and state of mind (Tribe, 2015). With regards to time, leisure is taken to be the constructive use of unobligated time away from duties, work or engaging errands. As an activity, leisure involves engaging in non-work oriented errands meant for relaxation, competition or growth. Nevertheless, leisure as a state of mind encompasses perceived freedom, intrinsic motivation, perceived competence as well as positive effect. Leisure activities include socializing, pleasure, meditating, painting, sports etcetera

**Play.** Unlike leisure, play is an imaginative, intrinsically motivated, interactive and rigorous activity (Schlag, Yoder & Sheng, 2015). Play is fun oriented, socially motivated and guided by rules and regulations.

**Recreation.** Recreation is best understood to be the engagement in activity or experience (Coleman & Kohn, 2013). Primarily, recreation involves engagement in socially acceptable activities such as sports, music, games, travel, art, and craft, studying as well as dancing.

### Similarities and Differences between leisure, play, and recreation

Leisure, play, and recreation are similar in the sense that they involve refreshing interactive activities necessary to maintain a balanced lifestyle. Moreover, leisure, play, and recreation aim at development of self. On the contrary, recreation unlike play is more diverse and