

SL IB Geography



Your notes

8.1 Changing Leisure Patterns

Contents

- * 8.1.1 Growth of Leisure Time
- * 8.1.2 Economic Development & Leisure
- * 8.1.3 Personal Participation in Sport & Tourism

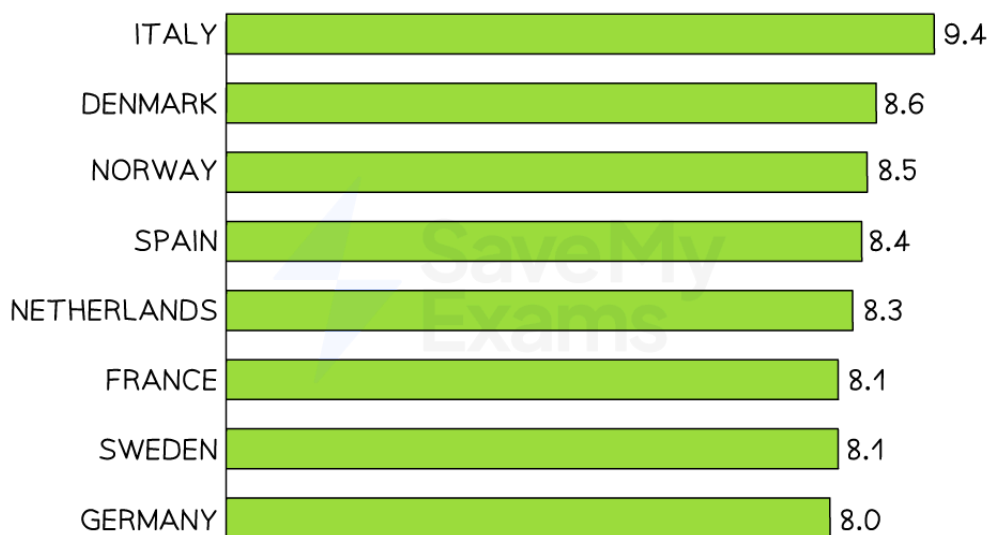


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8.1.1 Growth of Leisure Time

Growth of leisure time

- Leisure can be defined as
 - The different types of activities people participate in, such as watching TV, participating in sports, reading books etc
 - A specific state of mind, such as engaging in pleasurable activities
 - The amount of free time away from work
- Leisure pursuits can be:
 - Informal
 - Formal
 - Short term
 - Long term
- Leisure can also include hobbies
- Leisure time is not equal for people, it depends on their wealth and gender
- Personal care includes sleeping, eating and drinking
- Work-life balance is the division of time between working and family or leisure time

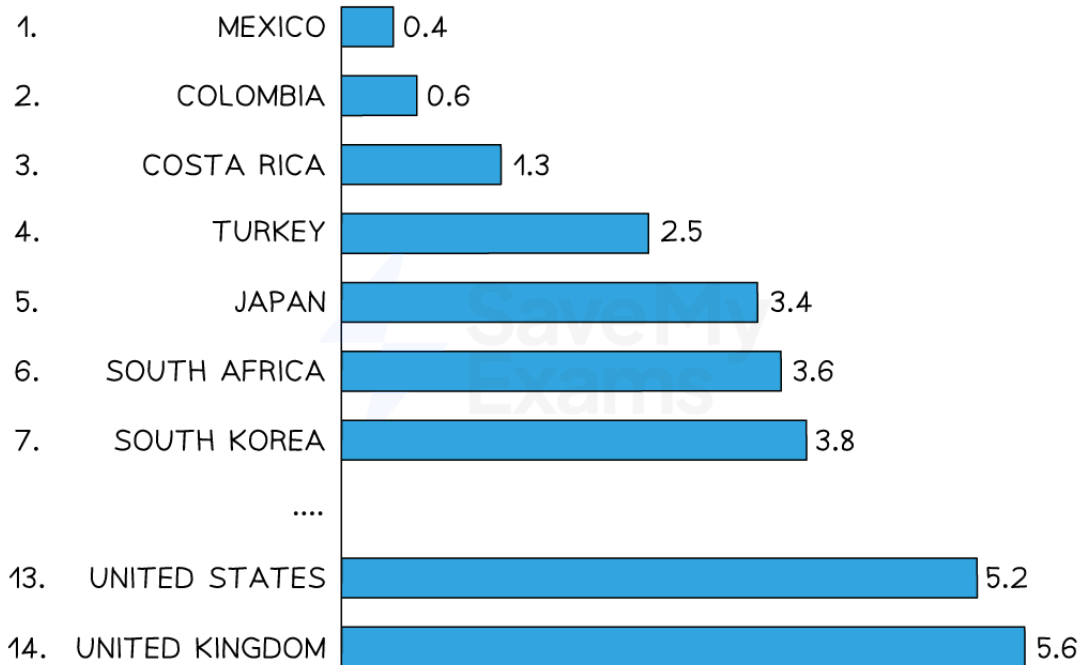


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work life balance



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worst work life balance

Factors affecting leisure time

Factor affecting leisure	Impact
Higher-income countries	<p>More opportunities for extreme day trips where people fly to another city for one day</p> <p>Paid activities and hobbies are common activities</p>
Lower-income countries	<p>There are fewer opportunities for leisure activities that have a cost, e.g. paying for the gym</p> <p>For some indigenous people, leisure time activities may include storytelling and playing traditional music</p>



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Gender	Men generally have more leisure time in Western nations In Europe and the USA, men have more than 9 hours per week more leisure time than women Women's status in society may affect how much leisure time they have
Age	In Higher-income countries, leisure activities are targeted at people who have retired

- Paid work includes all work that is paid for
- Unpaid work includes all household work

Changing purpose of leisure time

- The growth of leisure time is the result of the following factors:
 - Developments in technology (such as washing machines and freezers) means people spend less time on household chores
 - An increase in self-employment and flexitime
 - The growth of leisure activities
 - An increase in **disposable income**
 - An increase in wages
 - More early retirement
 - A reduction in the length of the working week
 - A reduction in the length of the working day
 - Growing desire by the wealthier population to escape the pressures of urban living
 - Wide-bodied jet planes, large cruise ships and faster trains will widen **economies of scale** and time-space convergence
 - Increase in advertising of leisure activities
 - Social media/influencers promoting leisure activities



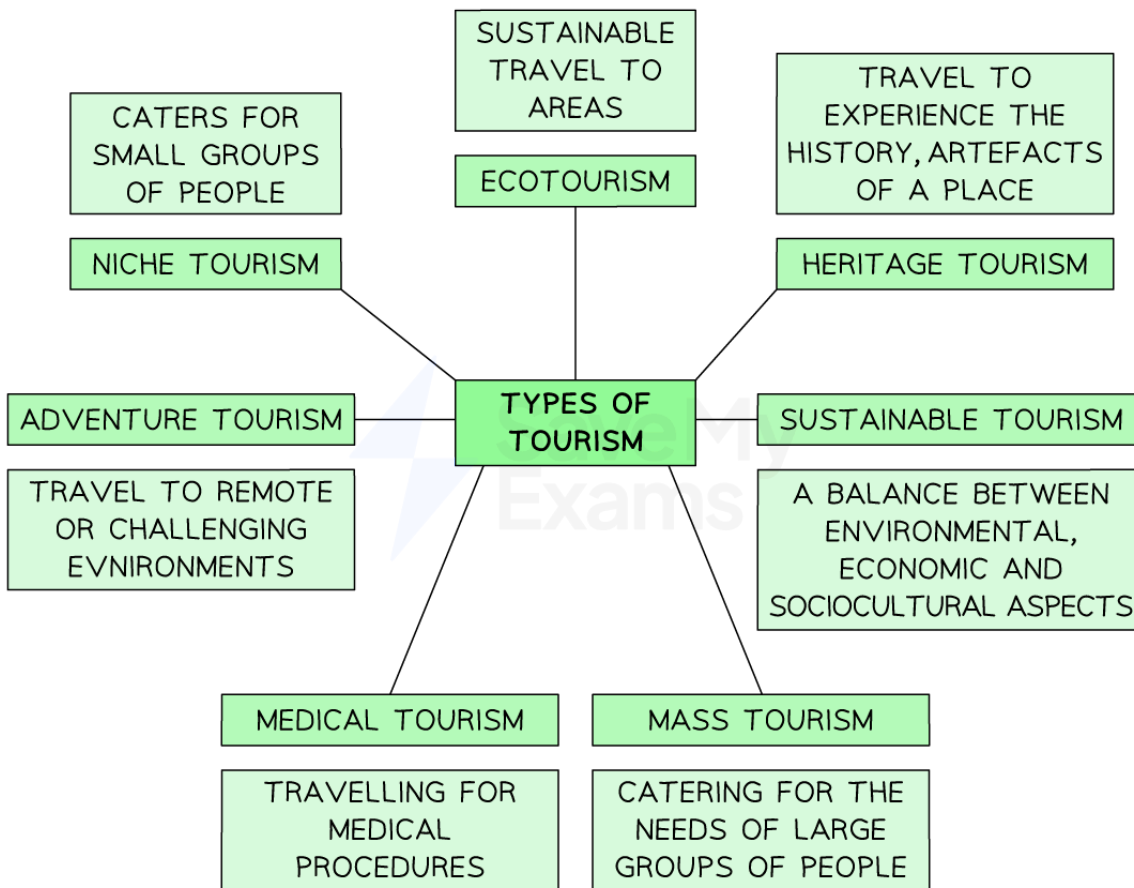
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Categorisation of Tourist Activities

- The beginning of tourism does not have a start date
- Ancient civilisations travelled past their borders
 - Archaeologists have found artefacts from ancient civilisations in places beyond their border

Types of tourism

- There are many different types of tourism
- The main types are shown in the diagram below



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Types of tourism

Categorization of tourism

- Tourism can be categorized in several ways

Primary and secondary resources

- Tourist resources can be divided into two categories - primary and secondary



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- **Primary resources** are pre-existing attractions for tourism, such as the climate, cultural and heritage sites
- **Secondary resources** include entertainment and accommodation
- Secondary resources will develop in areas where primary resources form the main attraction for tourists

Urban areas

- In urban areas, primary resources are usually found in the area around the **Central Business District (CBD)**
- Secondary resources may be spread more evenly through the urban area but many hotels and restaurants tend to be focused in the CBD
- Some secondary resources may be found on the **rural-urban fringe** for example theme parks

Rural areas

- In rural areas, the landscape itself may be the primary resource but there are also ancient ruins, castles etc... located throughout the landscape
- Secondary resources in rural areas tend to be built around the primary resources for example a castle may have a cafe, shop to provide for tourists

Categories of sport

- Tourism can be categorized into sport and tourism

Sport	
Group 1	Athletics and rugby
Group 2	Dancing and yoga
Group 3	Outdoor sports
Group 4	Swimming, cycling and gym
Group 5	Racquet sports and running
Group 6	Bowling
Group 7	Cricket, pub sports such as pool
Group 8	Boxing, martial arts, and weightlifting
Group 9	Minor team sports
Group 10	Water sports

- Some sporting activities can be expensive and require dedicated space available:
 - Swimming in a pool usually requires a swim membership

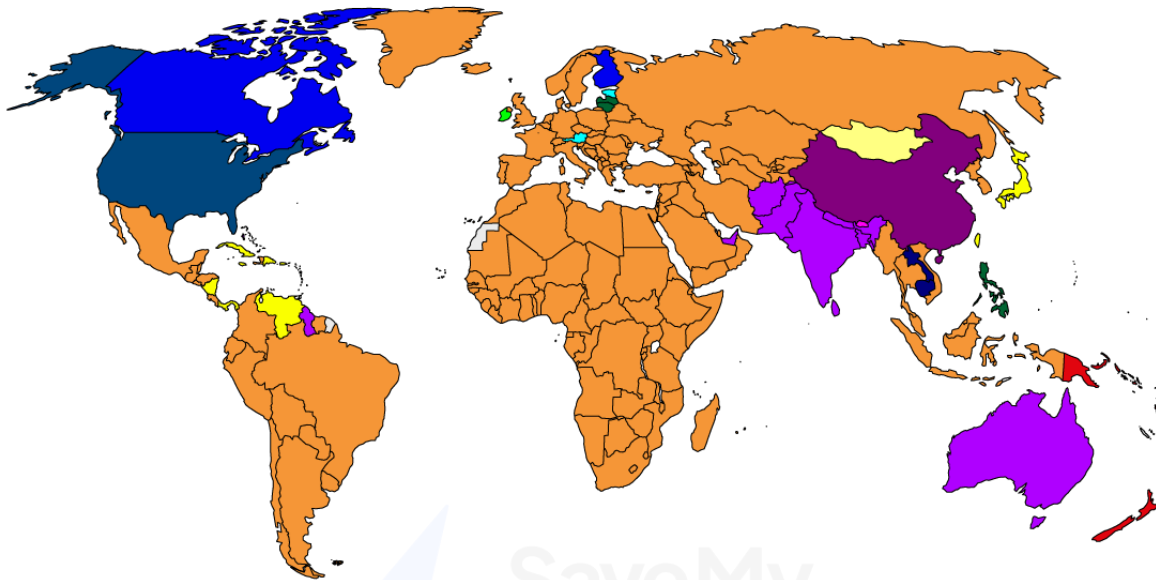
- Outdoor bowling needs a dedicated site

Popularity of sports

- The popularity of sports differs by country
- It is measured by how many people participate or the number of interested people



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KEY:			
	AMERICAN FOOTBALL		HORSE RACING
	ARCHERY		ICE HOCKEY
	AUSTRALIAN RULES FOOTBALL		KICK BOXING
	BASEBALL		SKIING
	BASKETBALL		TABLE TENNIS
	CRICKET		RUGBY
	FOOTBALL (SOCCER)		WRESTLING
	GAELIC FOOTBALL		NO INFORMATION

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Most popular sports

- Site is an important consideration because, in urban areas, land can be expensive
- Participation can be either individual or in a group

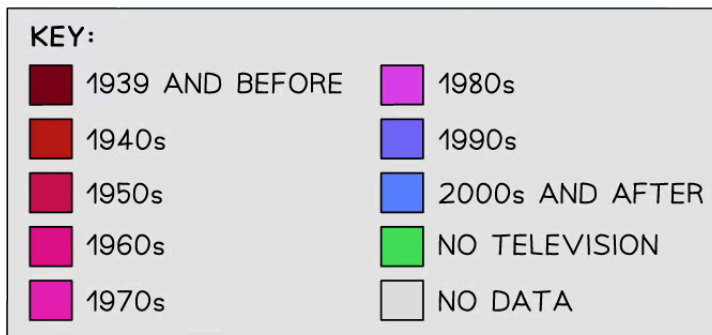
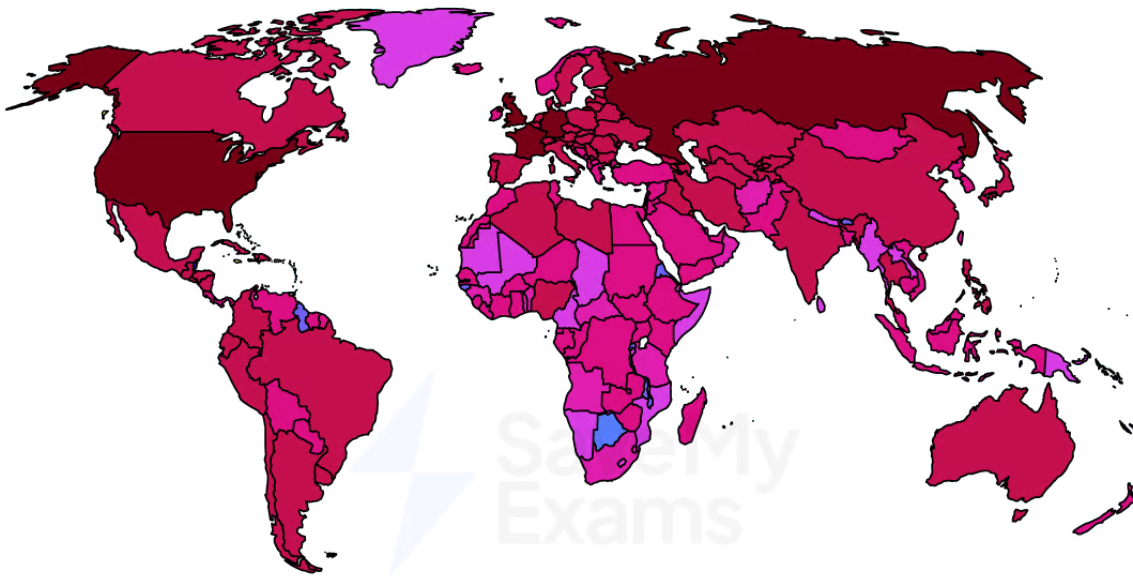


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8.1.2 Economic Development & Leisure

Economic development and leisure

- There is a **positive correlation** between economic development and participation in sports
- As countries develop, there is a change in leisure activities
- As a person's income increases, a television is one of the first appliances people purchase



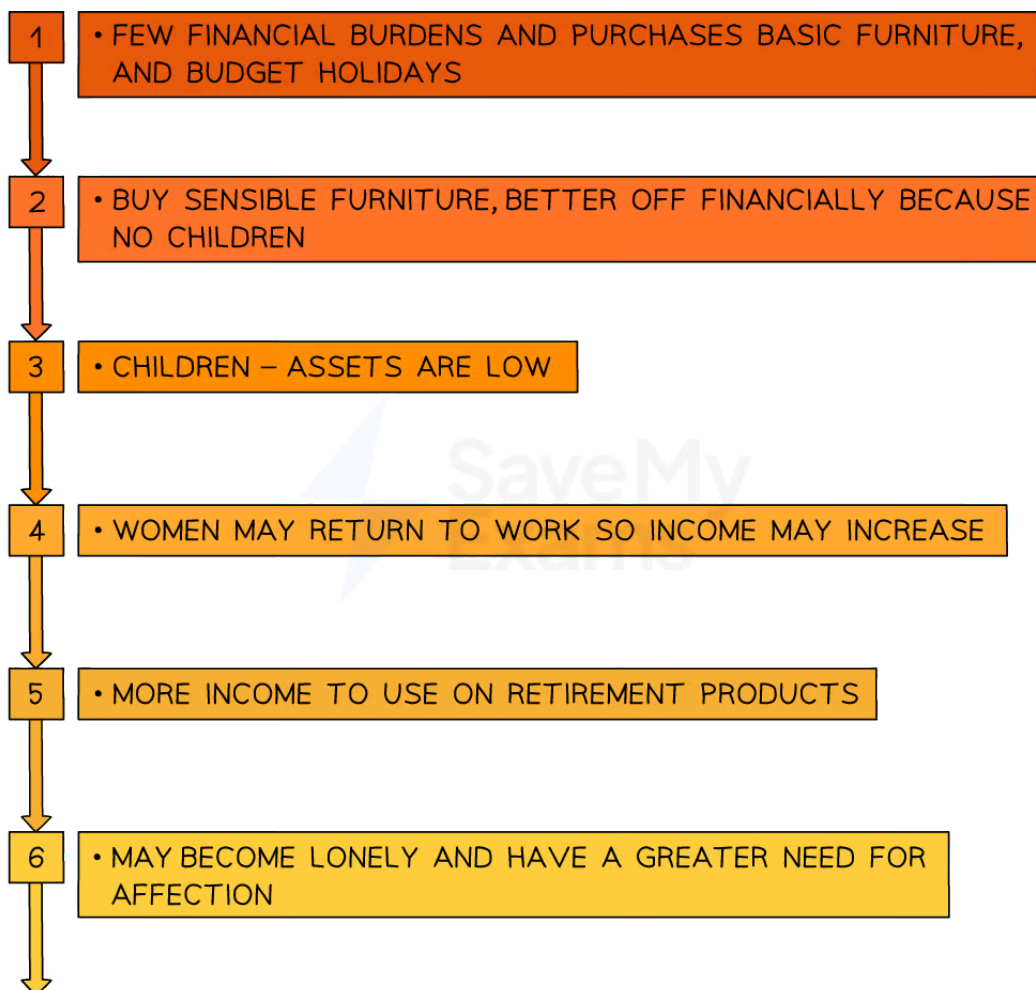
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Television ownership by country

- In **newly emerging countries**, people often work long hours, leaving little time to complete leisure activities
- In **HICs**, leisure activities vary with age and stage in the family life cycle



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Family life cycle



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Case Study: Saudi Arabia

- Over two-thirds (**67%**) of Saudi Arabia's population is **under 35 years of age**
- To encourage more tourism Saudi Arabia now has an **e-visa** to simplify tourism
- Saudi Arabia made sports a priority in 2016 as part of the **2030 Vision Programme**
- There are three main objectives of this vision
 - Achieve a **40% participation rate** by encouraging engagement
 - Develop Saudi elite performance athletes at international competitions
 - Grow and empower the sports community
- Saudi Arabia has invested **\$1.8billion** in the sports industry
- In 2019, Saudi Arabia spread awareness of more than 50 sports
- Mass participation and activity levels have increased to 23% from 13% in 2015
- Saudi Arabia is now home to 9 international sporting events, such as the **WWE Super Showdown** and **Formula E**
- Saudi Arabia is undertaking the construction of a new \$100 million Olympic village in the Kingdom's capital, Riyadh
- Saudi Arabia is constructing **Qiddiya** which:
 - Aims to position itself as a premier tourist destination, attracting visitors globally
 - Focuses on developing a range of tourism-specific attractions, such as theme parks, cultural experiences, and entertainment facilities
 - Seeks to contribute significantly to economic diversification by fostering tourism as an alternative to the oil industry
 - Aims to create a substantial number of jobs within the tourism industry, including roles in hospitality, travel, and entertainment
 - Aspires to be a hub for cultural and recreational tourism, offering diverse experiences that showcase Saudi culture and heritage

Engagement in Sport and Leisure in Saudi Arabia

Factor	Impact on engagement in sport and leisure
Historical Constraints	<p>Traditionally, Saudi Arabia had strict societal and cultural norms that limited women's participation in public sports and recreational activities</p> <p>Women faced legal and social restrictions. Their access to sports facilities and events was highly regulated</p>
Recent reforms	<p>Saudi Arabia has implemented a series of reforms aimed at increasing women's participation in sports and leisure</p> <p>The government has introduced initiatives to encourage physical activity among women, recognizing the importance of sports for health and well-being</p>
Sports education and facilities	<p>Efforts have been made to enhance sports education for women in schools and universities</p>

	Sports facilities for women have been established, including dedicated gyms and sports clubs
International participation	Saudi Arabia has started sending female athletes to international competitions, such as the Olympic Games
Challenges and opportunities	Conservative attitudes and the need for continued cultural change remain Opportunities for women to engage in sports and leisure are expected to expand further with ongoing initiatives and reforms



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Case Study: USA

- The USA has a population of over 331 million people
- Participation rates in sports and leisure activities are high
 - In 2022, 95% of people engaged in sport or leisure activities on a daily basis
 - The rates of engagement are slightly higher for men than women
- Engagement in physical activity has been at around 73% over the last two decades
- There is a link between income and activity levels
 - People with incomes below \$25,000 are less likely to engage in physical activities - 60%
 - People with higher income levels of over \$75,000 are more likely to engage in physical activity - 80%

Engagement in Sport and Leisure in the USA

Factor	Impact on engagement in sport and leisure
Leisure time increases	American adults have gained 4–9 extra hours per week of leisure time since the 1960s due to shorter working weeks
Impact on Low-Wage Earners	Low-wage earners have experienced a more significant increase in leisure time
Single-Person Households	In 2022, about 30% of households in the U.S. were single people
High Wage vs. Low Wage Workers	High-wage workers may allocate a higher proportion of income to eating out, while the low-wage group is less likely to eat out The average American household spends \$3,008 per year on dining out
Income Inequality Growth	Income inequality has risen significantly, with the wealthiest 1% accounting for over 20% of wealth in 2010, compared to 1% in 1969
Black-White Income Gap	A median Black household income is 61% of median White household income in 2018
Ethnic Variation in Leisure Activities	Research has shown leisure activities show some ethnic variation, with differences likely tied to education and wealth 71% of whites, 60% of African Americans, and 56% of Hispanics reported playing video games
Shift to Individualized Leisure	Team sports participation has declined, while jogging and health club attendance have increased, reflecting a shift towards more individualized leisure
Student Leisure Habits	Students spend, on average, 15 hours per week watching television and about 5 hours per week participating in organized activities

Changes in Facility Size	Cinemas and theatres are being replaced by multiplexes. Home TVs have increased in size. Online TV streaming has increased; e.g., Netflix had over 77 million subscribers in 2022
Evolution of leisure	<p>In the 19th century, leisure was often at home and the 20th century saw a shift to cinemas, theatres, restaurants, and sports matches</p> <p>In the early 21st century, there is a trend towards more home-based leisure, such as online streaming services or hobbies</p> <p>COVID-19 saw an increase in leisure options being promoted, such as streaming exercise programmes</p>



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8.1.3 Personal Participation in Sport & Tourism

Factors Affecting Personal Participation in Sport and Tourism

Affluence

- People's wealth impacts their participation in sports and leisure activities
- In HICs like the UK:
 - Affluent UK individuals like those at London's Hurlingham Club enjoy elite sports facilities
 - Golf's popularity among the wealthy is evident at exclusive clubs like Wentworth, known for substantial fees
 - Wealthy Britons often visit luxury resorts such as Gleneagles and attend prestigious events like Wimbledon
 - Demand for top-quality sports gear is seen in the popularity of premium brands like Burberry Sport and Stella McCartney's Adidas line
 - Elite memberships, such as Soho House (a chain of membership-only clubs), reflect a desire for exclusive social and leisure environments in the UK
 - Ownership of luxury assets like yachts is common among the UK's wealthy population, as seen in marinas like those in the Solent

Gender

- Around the world, the participation of women in sports and leisure activities is lower than that of men
- Women often spend more time on childcare and household tasks, restricting the time available for sports and leisure activities
- There may also be cultural factors which have led to lower participation by women
 - Women in Saudi Arabia have previously experienced challenges to sports and leisure facilities
 - Vision 2030 aims to boost women's participation in sports and leisure activities
 - Women from Saudi Arabia participated in the Olympic Games for the first time in 2012
 - Dedicated women's sports clubs have been established
 - The Women's Football League, launched in 2020, provides national-level opportunities for women in football
 - Women have received licences to participate in motorsports events
 - Financial support and sponsorship for female athletes demonstrate the government's commitment to women's sports
 - Sports for All launched a campaign to encourage more Saudi women to participate in sports

Stages in lifecycle

- Children and young people participate in sports more than those who are working full-time
- There has been an increase in leisure activities and sports for retired people over the age of 65 in wealthier countries

Personality

- Whether you are an introvert or extrovert may affect your participation in sports and leisure activities
- Introverts may want to do quiet activities such as running, whereas extroverts may be thrill seekers

Place of residence

- Physical factors may affect participation in sport
 - Reliable snow is needed for skiing
 - Plunging breakers are needed for surfing
 - Healthy rivers and lakes for fishing



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