

休閒及休閒活動定義之詮釋：非規範及 規範性觀點

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【摘要】本文基於欲釐清休閒及休閒活動兩詞之概念，從有關文獻中分析對兩者之定義解釋範圍，嘗試以非規範性及規範性角度來詮釋休閒及休閒活動之概念。非規範性以時間、活動、內在條件、目的及外在條件等層面和二分的方式來詮釋；規範性以功能及行動實踐兩個觀點，提出價值取向的休閒觀。

【關鍵字】休閒、休閒活動、詮釋、非規範性、規範性

THE INTERPRETATION OF LEISURE AND RECREATION DEFINITIONS: NONNORMATIVE AND NORMATIVE

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【Abstract】The purpose of this article is to clarify the concept of two terms: Leisure and Recreation.

Analyzing their definitions from related references, the author tried to use two approaching, nonnormative and normative.

The nonnormative way used five dimensions to interpret, there were time, activity, inner condition, purpose and outer condition, each dimension had two directions on one category.

The normative way used functional and practical views to provide the definition of both leisure and recreation in value orientation.

【Key words】Leisure、Recreation、Interpretation、Nonnormative、Normative

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