

# Alternative Approach of Alleviating Juvenile Delinquency: Benefits-Based Management of Recreation Services

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**【 Abstract 】** Since early 1990s, a new recreational model was developed to help at-risk youths enhance their ability to defeat adversity they may encounter daily, and ultimately solve the social issue of juvenile delinquency. This model was called Benefits-based Management of Recreation Services (BBM). The theoretical foundation of BBM was based on concepts of resiliency, risk factors, and protective factors. The rationale behind BBM was that leisure, with its relative freedom and un-threatened environments, is capable of helping at-risk youths face and overcome risk factors. Texas A & M University and Clemson University have developed a BBM activity planning model as well as valid measuring instruments. The purpose of this article was to introduce the BBM concepts with the hope that recreation researchers and practitioners can become more interested in the benefits-based approach of leisure and recreation field. This article intended to share both U.S. and Taiwan BBM experiences. Some implications and applications of BBM research were discussed.

**【 Keywords 】** BBM, Risk factors, Protective factors, Resiliency

## 壹、前言

休閒遊憩祇能提供孩子「好玩與遊戲」的功能，抑或仍具有其他之功能？自九十年代初期美國休閒遊憩領域發展出一個全新的節目規劃模式，不但不會減低遊憩活動應具備的趣味性和放鬆感，還能透過活動的體驗有效地解決行為偏差青少年的問題，這個新的模式稱為『以利益為管理導向的休閒遊憩服務 (Benefits-based Management of Recreation Services)，簡稱BBM』。BBM模式的相關研究證明休閒遊憩具有預防、發展、治