

# RESEARCH CONNECTIONS

## AUSTRALIA AND NEW ZEALAND

### THE LUXURY OF LEISURE IN ABORIGINAL SOCIETIES: A COMMENTARY (2019)

**Author** Colin Tatz

**Abstract** Johan Huizinga (1872-1945), distinguished Dutch historian and philosopher of culture, called the play element in human culture *Homo ludens* [Huizinga, Johann. 1938. *Homo Ludens: A Study of the Play Element in Culture*. London: Routledge and Kegan Paul. (1945 edition)]. Play involves time out from work - leisure embracing respite, repose, amusement, fun and games, even watching games. Leisure and physical exertion are key moderators of stress-illness relationships, significantly safeguarding against suicide. For Aborigines it is also an avenue out of anger. Australia's Aborigines once had a multitude of traditional pastimes, most now lost, some re-found [see Edwards, Ken. 2009. *Traditional Games of a Timeless Land: Play Cultures in Aboriginal and Torres Strait Islander Communities*. Australian Aboriginal Studies (2): 32-43]. Many men took to Western sports, excelling in Australian Rules football, boxing, cricket, darts, professional athletics and rugby league. Traditionally, food-gathering was essential but also leisure and pleasure. Whether leisured respite or organized sporting competition, clans beset by serious illness need venues - and Aboriginal access to facilities falls far short of what is needed and what is available to mainstream Australia.

**Published** Annals of Leisure Research, 17 November 2019

**Download** doi.org/10.1080/11745398.2019.1691801

**Cost** \$44 (US)

### EMPOWERMENT THROUGH DIGITAL HEALTH TRACKERS: AN EXPLORATION OF INDIGENOUS AUSTRALIAN WOMEN AND PHYSICAL ACTIVITY IN LEISURE SETTINGS (2019)

**Authors** Hazel Maxwell, Michelle O'Shea, Megan Stronach & Sonya Pearce

**Abstract** Drawing on a strengths-based empowerment approach and Indigenous traditions of 'yarning', this research explores how digital health technologies might contribute to Indigenous Australian women's increased participation in

physical activity in leisure settings. While people have long controlled their bodies, conventionally through diaries and weight scales, digital self-tracking of one's bodily states and activities continues to expand. No previous studies have addressed how these technologies influence physical activity among this population and there is limited research about Indigenous Australian people's leisure experiences and the meanings they attribute to them. Accordingly, this research contributes to an under researched area of health and leisure studies concerned with understanding the social, narrative and affective facets of individuals' practices and experiences. Key findings from the pilot study include intersections between the use of health trackers and Indigenous women's prioritizing time for leisure, increased physical activity, enhanced health literacy, and greater personal accountability for lifestyle choices.

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**Cost** \$44 (US)

### ASSOCIATIONS BETWEEN ENVIRONMENTAL ATTRIBUTES OF FACILITIES AND FEMALE PARTICIPATION IN SPORT: A SYSTEMATIC REVIEW (2019)

**Authors** Clare Hanlon, Claire Jenkin & Melinda Craike

**Abstract** Purpose: To examine the association between environmental attributes of facilities, female participation in sport and according to life stage. Design: Articles were identified through seven databases and included if female specific results were reported on the association between attributes of the physical environment and sports participation. Findings: The search yielded 3118 articles, 24 met the criteria. Most studies were moderate quality and in terms of life stage focused on adolescent girls. Environmental attributes of facilities including perceived safety, convenient location and suitable amenities in sport and school facilities were associated with female participation in sport. Practical implications/research contribution: Attributes of the physical environment may influence female participation in sport. Conclusions are tentative based

on minimal studies in this area. More attention to identify environmental attributes of facilities associated with encouraging female participation in sport across their transitional life stage is required to enhance understanding and guide facility development.

**Published** Managing Sport and Leisure, 24:5, pp 294-306

**Download** doi.org/10.1080/20518196.2019.1578469

**Cost** \$44 (US)

### IMPACT OF EXERCISE TRAINING PROGRAM ATTENDANCE AND PHYSICAL ACTIVITY PARTICIPATION ON SIX MINUTE WALK DISTANCE IN PATIENTS WITH HEART FAILURE (2019)

**Authors** Julie A Adsett, Norman R Morris & Alison M Mudge

**Abstract** Background: Exercise training is recommended for all people with stable heart failure (HF) however adherence is poor. This study sought to describe exercise participation in recently hospitalized HF patients who participated in a 12-week exercise training program. The association between exercise training variables and improvement in 6-min walk distance (6MWD) was also investigated. Methods: This study is a secondary analysis of results from the intervention arm of the EJECTION-HF trial (ACTRN12608000263392), (n = 140). Exercise program attendance was defined according to session frequency (< 12 sessions vs ≥ 12 sessions) and attendance duration (< 6 weeks attendance vs ≥ 6 weeks) over the 12 weeks. Physical activity at baseline and follow up were reported according to self-report of 150 min of moderate intensity exercise per week. Primary outcome was change in 6MWD at 12 weeks. Results: Being physically active (OR 3.8, CI 1.3-11.5) and frequent program attendance (OR 2.7, CI 1.2-5.9) were associated with significant improvements in 6MWD. Program duration and baseline physical activity were not significantly associated with the outcome. Conclusions: Attainment of 150 min of moderate intensity exercise per week and at least weekly attendance at the program, were associated with significant improvements in 6MWD at follow up. Efforts should be made to assist patients with HF to achieve these targets.

**Published** Physiotherapy Theory and Practice

**Download** doi.org/10.1080/09593985.2019.1669232

**Cost** FREE

### WESTERN BULLDOGS SONS OF THE WEST PROGRAM RIPPLE EFFECTS: BUILDING COMMUNITY CAPACITY

**Authors** Lucio Naccarella, David Pickering-Gummer, Dimity Gannon, Catherine Dell'Aquila, Alyssa Huxtable and Kieran Keane

**Abstract** Professional sporting organisations can provide lifestyle-based community health improvement programs. Since 2014, the Western Bulldogs Australian Football League Club, through its Western Bulldogs Community Foundation (WBCF), has invested with community partners in the Sons of the West (SOTW) Program, a 10-week program targeted at hard-to-reach men aged ≥18 years living in Victoria's West. The SOTW Program aims to increase its participants' physical activity, social connectedness and overall health. Evaluations by the WBCF revealed the SOTW is positively contributing to improved healthier lifestyles and health of participants. Anecdotal reports revealed the SOTW was creating ripples far beyond the Program's expectations. In 2016–17, the WBCF funded the University of Melbourne to evaluate the SOTW Program ripple effects. An adapted 'Ripple Effect Mapping' approach was used, including 13 focus group discussions with 100 SOTW participants. The SOTW Program is improving men's social connections, health promoting behaviours, health literacy and creating ripple effects including: local community participation; increased volunteerism; enhanced reciprocity; and increased leadership. Community capacity-building frameworks can explain the SOTW Program ripple effects. Professional sporting organisations can provide lifestyle-based health improvement programs and empower men to contribute to building community capacity.

**Published** Australian Journal of Primary Health 25 (4), pp 325–331

**Download** doi.org/10.1071/PY18184

**Cost** \$25 (AU)

### FROM GREEN SPACES TO VITAL PLACES: CONNECTION AND EXPRESSION IN URBAN GREENING (2019)

**Authors** Lisa de Kleyn, Laura Mumaw & Helen Corney

**Abstract** Urban greening, the improvement or increase of green spaces in cities,

has purported environmental, individual, social and cultural benefits. The extent and qualities of urban green spaces, and our opportunities to engage with them, reflect and shape human responses to those spaces. Planning scholars recognise the traditional role and obligation of planning to help reduce social problems and see the potential for the public to be leaders in defining responses. However, use of technical, scientific and economic approaches by urban land managers can limit recognition of diverse connections to urban green and advance narrow conceptions of nature. We sample people's responses to different forms of urban green and greening in three case studies from Melbourne, Australia. We show that modern connections and expressions are personal, social and dynamic. Human experiences are embedded in nature and connections develop from interactions with and about nature, in formal and informal spaces. Diverse connections prompt responses to nature, and actions affecting nature itself. Accordingly, we propose ways to develop more receptive, responsive, inclusive and connected forms of urban greening. These include recognising diverse connections and expressions, encouraging dynamic relationships with nature, and providing varied ways of engaging with urban green spaces that foster stewardship.

**Published** Australian Geographer

**Download** doi.org/10.1080/00049182.2019.1686195

**Cost** \$44 (US)

### DESIGNING THE SUBTROPICAL CITY: AN EVALUATION OF CLIMATE-SENSITIVE POLICY EFFECTS IN BRISBANE, AUSTRALIA (2019)

**Authors** Renuka Bhoge, Hannah Nolan & Dorina Pojani

**Abstract** Faced with global warming, Australia aims to wean itself from mechanical approaches to cooling homes. Cities are searching for passive solutions to residential development. These involve the use of porches, basements, natural ventilation, tree shading and the like. In 2016, the Brisbane City Council introduced the New World City Design Guide: Buildings that Breathe (BtB), a non-binding policy document to guide new development in a subtropical climate. The aim of this study was to establish the effectiveness of BtB on overall development outcomes in Brisbane. We found that development applications received after the implementation of the BtB policy incorporated more subtropical design elements than those applications received before the

policy. However, overall designers and developers had responded poorly to subtropical design guidance due to various path dependencies. We conclude that discretionary and flexible planning may not be in the public interest in the present era of climate emergency.

**Published** Australia, Journal of

Environmental Planning and Management

**Download** doi.org/10.1080/09640568.2019.1689934

**Cost** \$44 (US)

### UTOPIAN RESORT LIVING: ISLANDS OF RECLAMATION AND ENVIRONMENTAL RESISTANCE IN BALI AND WESTERN AUSTRALIA (2019)

**Authors** Thor Kerr & Agung Wardana

**Abstract** This article provides a comparative analysis of localised contests over the reclamation of new islands for resort-style development projects in waters near tourist destinations in Bali and Western Australia. The research focuses on the Tirta Wahana Bali International Resort proposed for a seabed site in Benoa Bay, Bali, and the North Port Quay development proposed for a seabed site off the coast of Fremantle, Western Australia. The investigation finds that proximity plays a common critical role in the shaping of discourses, environmental alliances and planning determinations around the resort-island reclamation projects. Representations of the proposed new islands stimulated local community resistance movements because the projects reflected the utopian desires of their developers to create resort lifestyle communities that were geographically near yet socially far from people already enjoying the coastal waters targeted for reclamation. By comparing discourses around the two projects, we identify how the artful reimagining of environmental and cultural heritage within each of the resistance movements has influenced local politics and created opportunities for bringing Indigenous perspectives into public view to unsettle nationalist and colonial nativist views of lands and waters in tourist areas.

**Published** Journal of Tourism and Cultural Change

**Download** doi.org/10.1080/14766825.2019.1694534

**Cost** \$44 (US)

### INTERNATIONAL

### PARK USE AND PARK-BASED PHYSICAL ACTIVITY IN LOW-INCOME NEIGHBORHOODS

**Authors** D A Cohen, B Han, S Park, S Williamson, K P Deroose

**Abstract** Routine physical activity is important for everyone, and most urban areas have an infrastructure of neighbourhood parks that are intended to serve as a setting for recreation and leisure. However, parks are not used proportionally by all age groups, genders, and socioeconomic groups. This paper explores factors associated with park use by different age and gender groups in low-income neighbourhoods in Los Angeles, CA. We found that women's visits to parks generally centered around children, whereas men's visits were more likely to be associated with their own physical activity. Barriers for seniors are associated with limited facilities and programming that meet their needs. Park managers should consider park renovations that include social meeting places, comfortable sitting areas, and walking paths to better serve women and seniors.

**Published** J Aging Phys Act, 1 June 2019, 27(3), pp 334-342

**Download** doi.org/10.1123/japa.2018-0032

**Cost** \$24.95 (US)

### THE OTHER SIDE OF SUICIDE LOSS: THE POTENTIAL ROLE OF LEISURE AND MEANING-MAKING FOR SUICIDE SURVIVORS (2019)

**Authors** Julia E Froese, Lisa McDermott & Yoshitaka (Yoshi) Iwasaki

**Abstract** Suicide rates are on the rise and subsequently more people, also known as suicide survivors, are left to grieve these types of losses. Yet, there has been limited examination and understanding of how individuals living through such experiences can potentially cope with and grow from this type of loss. Meaning-making through and engagement in leisure activities has been identified as a potential resource that

may help individuals make sense of their lives and provide them with a liberating and healing opportunity. Therefore, the purpose of this conceptual paper is to identify the ways in which leisure may help individuals grieving suicide loss in their recovery, with a particular emphasis on how meaning-making and engagement through leisure may help to reinstate a more (a) joyful life, (b) connected life, (c) discovered life, (d) composed life, and (e) empowered life for suicide survivors.

**Published** Annals of Leisure Research, May 2019

**Download** doi.org/10.1080/11745398.2019.1616572

**Cost** \$44 (US)

### THE DUAL ROLES TECHNOLOGY PLAYS IN LEISURE: INSIGHTS FROM A STUDY OF GRANDMOTHERS (2019)

**Authors** Galit Nimrod & Loredana Ivan

**Abstract** Focusing on older women—a highly challenged group of information and communication technology (ICT) users—this study aims to explore the roles ICT plays in later life leisure. The study is based on 27 focus groups conducted in seven countries (Canada, Colombia, Israel, Italy, Peru, Romania, and Spain), with the participation of 184 grandmothers (age  $\geq 65$ ) who use ICT. Findings indicate that ICT plays dual roles in the women's leisure. On the one hand, it helps them remain active and socially engaged by saving time that could be used for leisure, facilitating participation in various activities and allowing for more meaningful leisure experiences both online and offline. On the other hand, its use often entails wasted time and disrupted involvement, or simply serves as "time filler." These findings suggest ICT affects all defining

aspects of leisure, namely time, activity, and experience. The impact of technology may be similar in other age and other gender groups.

**Published** Leisure Sciences

**Download** doi.org/10.1080/01490400.2019.1656123

**Cost** FREE

### GENDER, MILLENNIALS, AND LEISURE CONSTRAINTS: EXPLORING GOLF'S PARTICIPATION DECLINE (2019)

**Authors** Lee Phillip McGinnis, James W Gentry & Trenton M Haltom

**Abstract** This paper addresses the dearth of research regarding why the golf industry, specifically in the United States, is stagnating and, in some cases, losing participants. We focus on why Millennials are not playing golf to the same extent as previous generations. This is a conceptual paper, drawing upon literature in sports, leisure, gender, and marketing to track the current trends in sports participation, leisure, and household production to determine the constraints that might limit golf participation. In this paper, we highlight gender as an important social structure and conceptual lens for understanding social changes, particularly among Millennials, which could also contribute to the reductions in golf participation. We offer practical solutions for the golf industry to grow, especially among the Millennial audience. We suggest, among other actions, that golf should improve its appeal to the entire family.

**Published** Journal of Policy Research in Tourism, Leisure and Events

**Download** doi.org/10.1080/19407963.2019.1662427

**Cost** FREE

## BOOK REVIEW

### AERIAL ADVENTURE ENVIRONMENTS

By Elizabeth Speelman, Mark Wagstaff, Scott Jordan and Kathy Haras

This text combines the theory and practice of high and low ropes challenge courses, zip lines, canopy tours and aerial adventure parks into one resource. Students will learn about this exciting and fast-growing sector of the outdoor industry; the history, navigating and understanding current practices, philosophies and trends, programming fundamentals, and operational perspectives.

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### CALL FOR ARTICLE ABSTRACTS

Abstracts of research projects of interest to PLA members on forthcoming themes are welcome, in particular research relating to:

- Parks, Gardens and Conservation
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- Arboriculture
- Climate Change and the Effect on our Parks
- Sustainable Environments
- State and National Parks
- Water Efficiency Usage Systems
- Cemetery Open Space Management

Abstracts are required by 15/06/2020.

Please forward material or enquiries to John Wood at: [jwcs@bigpond.net.au](mailto:jwcs@bigpond.net.au)