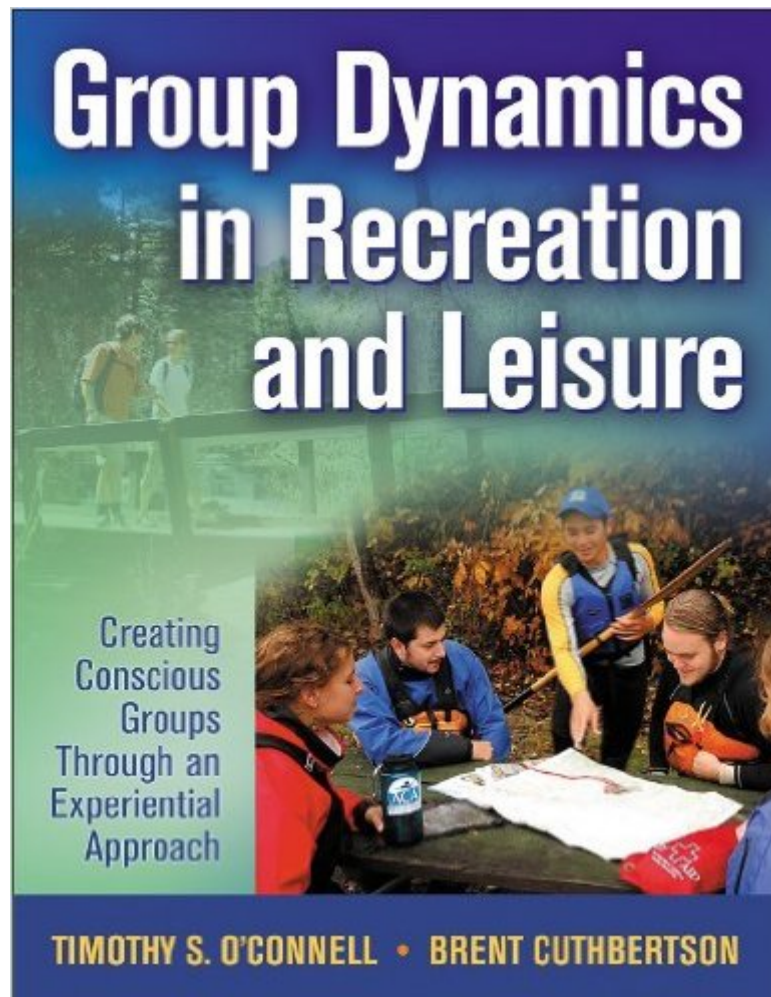


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# Group Dynamics In Recreation And Leisure: Creating Conscious Groups Through An Experiential Approach



## Synopsis

People who choose a career in the recreation or leisure fields will spend a large amount of their time in groups. *Group Dynamics in Recreation and Leisure: Creating Conscious Groups Through an Experiential Approach* builds skills not only in working in group settings but also in creating and facilitating conscious groups. A conscious group is one that recognizes the personal growth of its members as the main group objective. Most people in recreational activities and events are looking to meet people and take part in positive group interaction, providing recreation professionals with a perfect opportunity to develop successful conscious groups. *Group Dynamics in Recreation and Leisure* introduces group dynamics theory and current research as it applies to recreation and leisure settings. It presents the key concepts and terms, a brief history of the field, and the various theories and models of group development. The text then explains the concept of the conscious group, describes the nature and components of a conscious group, and applies experiential learning theory to working with these groups. *Group Dynamics in Recreation and Leisure* also moves beyond the theory to show students that their understanding of group dynamics can be a meaningful and realistic tool. They'll learn to apply the theory to the practical factors and issues involved in leading and working with conscious groups. They'll explore group goal setting; clarification of objectives and expectations; processes for decision making and problem solving; positive communication; ethics, morals, and values; effective leadership of recreation groups; and the effects of conflict, power, gender, and environment on group functioning. Students will also find a thorough examination of common issues that arise when working with groups, including potential pitfalls and strategies for dealing with or avoiding those pitfalls. They'll learn about the strengths, weaknesses, and myths of group interaction, including signs of "illness" within groups; working with alternative groups, such as cooperative living groups, as well as involuntary groups and unwilling participants; and capitalizing on diversity and difference. Because those in recreation professions so often work with large groups, crowd dynamics is also discussed. The authors describe how individual and small-group behavior can affect larger groups and also look at mob behavior and riots. Throughout the book, case studies, scenarios, and examples from leisure services, parks, tourism, and experiential education help students better understand and apply the information. These are some other student-friendly features: -Toolbox Tips on strategies and techniques for working with groups -Learning activities that apply the principles discussed in the text -Web sites for further exploration of the ideas in the text *Group Dynamics in Recreation and Leisure: Creating Conscious Groups Through an Experiential Approach* provides a new view of group dynamics with a unique focus on recreation, leisure, and experiential education settings.

Through its concentration on skill development to facilitate productive group work, Group Dynamics in Recreation and Leisure renders the topic of group dynamics as meaningful, realistic, and applicable for both students and practitioners.v

## Book Information

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