

Ancient Recreation Activity Patterns in Asian Countries

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Abstract: Recreation is an activity of leisure and the refreshment of mind and body. Recreational activities are essential for healthy physical and social development. It has been observed that recreation activities accumulate under such headings as active-passive, closed-open, or mental-physical recreation activity patterns. Accordingly this research and, through this literature review it is evident that recreation patterns had been done decades ago and There were many Asian country's leisure time spares with recreational activities altogether.

Objectives of this study to identify recreation patterns in ancient Asian countries and to recognize the most popular ancient recreation patterns in Asian countries. This research is qualitative observation because this research does not involve measurements or numbers but instead, characteristics, and its main purpose is to identify past recreational activities.

Secondary data and information are collecting through literature were identified and also all concepts were constructed through literature review. Following a literary review system that helps gather information from contemporary books, reports, magazine articles, textbooks, and other academic work. Through this literature review identified that there were few recreation activities in countries with a short history and that there were a large number of recreation activities in countries with a long history.

Keywords: Recreation, Recreation Activity patterns, Ancient Asian Countries

INTRODUCTION

What is recreation? Collins Australian Pocket English Dictionary says that recreation is any form of play, amusement, etc. used for the refreshment of body or mind. (Veal, 1992) Recreation comes from the Latin word 'recreatio', which means: holiday, rest, freshness. The English language played a major role in the further expansion of this concept, and the origin of the term is considered to be the English concept of 'recreation'. (Boda, n.d.) The most commonplace explanations may identify recreation with leisure culture, but it is more favorable to additionally talk about how leisure time is spent as a result of physical and mental recharging. (Boda, n.d.) It has been observed that leisure activities accumulate under such headings as active-passive, closed-open, or mental-physical leisure activities. Activities within this scope were defined as closed area activities, social activities, cultural and artistic events, sporting events, and open area activities. (Optimization & Architectural, 2017). Recreation activities beginning long ago to an ancient time in B.C. (Boda, n.d.). The history of recreation shows the rich people, places, events, and social forces of the time, religion, education, and the role and culture of the state, their arts and customs, and values in sports. (Titus, 1840). Comparatively little is known about the nature of leisure, recreation, and play in beforehand periods. Archaeologists have discovered mementos that provide some first-hand evidence of the creative, athletic, and recreational activities of ancient peoples from around the world. (Titus, 1840) According to the article this, there had been many articles recreation patterns in ancient countries, and have been published or investigated and this is the first article by the University of Kelaniya in Sri Lanka. The aim of

the study is to examine the recreation activities in ancient asian countries. According to the this article, the main purpose of this article is to identify recreation patterns and most popular recreation activities in ancient asian countries.

OBJECTIVES

To identify ancient recreation patterns in Asian countries.
To identify the country where ancient recreation activities abounded.

RESEARCH QUESTIONS

What are the recreation patterns in ancient Asian countries?
What is the country where ancient recreation activities abounded?

PROBLEM STATEMENT

Today, recreation is not a new concept but a modern business model of the 21st century. The origins of leisure activities often date back to antiquity. However, now that we have free time we can use it meaningfully so that we can decide what we do in our spare time. (Boda, n.d.). Many countries have been involved in recreational activities since ancient times, including Greece, England, Egypt, America, Assyria and Babylonia, Israel, and Rome. (Play & Early, 2000). The ancient Greeks and Early Athens had developed the art of town planning in including the parks and gardens, open-air theaters and gymnasiums, baths, exercise grounds, and stadiums. As well as that Young children enjoyed toys, dolls, carts, skip ropes, kites, and seesaws. (Titus, 1840). According to the above facts have revealed the ancient recreational activities of each country. But someone has not studied in detail what are recreational activities in ancient Asian countries and it is a research gap in this study.

METHOD

The primary aim of this research is to identify the recreation activities in ancient Asian countries. This research is qualitative observation because this research does not involve measurements or numbers but instead, characteristics, and its main purpose is to identify past recreational activities. The design of this research primarily has its base of research objectives and research problem, on which the data collection is carried out. Secondary data and information are collecting through literature were identified and also all concepts were constructed through literature review. Following a literary review system that helps gather information from contemporary books, reports, magazine articles, textbooks, and other academic work.

THEORETICAL FOUNDATION

History is the study of the past of society, in every aspect of it, concerning present developments and future aspirations. It is the story of man over time, an inquiry into the past based on evidence. (Stebbins, 2017) Recreation comes from the Latin word 'recreatio', which means: holiday, rest, freshness. The English language played a major role in the further expansion of the concept, and the origin of this term is considered to be 'recreation'.(Boda, n.d.) Collins Australian Pocket English Dictionary says that recreation is Any form of play, amusement, etc. used for the refreshment of body or mind. (Veal, 1992) Recreation, health, exercise, sports, leisure, physical culture, health, health culture, leisure, recreation, tourism, wellness, fitness, well-being and well-being, and sports activities will often appear among recreation activities. Each of these concepts can be linked to the concept of recreation. (Boda, n.d.) In line with the basic classifications, leisure activities appear to be grouped under such headings as active-passive, closed-open, or mental-physical leisure activities. Activities within this scope were defined as closed area activities, social activities, cultural and artistic events, sporting events, and open area activities.(Optimization & Architectural, 2017) When examining the classifications of demand for all types of recreational activities, recreational activities are evaluated under different definitions according to their purpose and activity, and the basic classifications of these activities by space are Home-based recreation, recreation away from home, and Travel and Tourism recreation.(Optimization & Architectural, 2017).

ANCIENT RECREATION PATTERNS IN ASIAN COUNTRIES

Ancient Recreation Activities in Sri Lanka

Sri Lanka is a country with specialized knowledge of urban construction. This is clear from examining the town plans of ancient Ceylon. With the migration of the "Aryans" came cities and towns. (Sugunaseela & Dhammissara, 2015) These kingdoms were moved to different places from time to time for security arrangements. These cities have been built in accordance with efficient planning and have given adequate attention to the beautification of cities and the recreational activities of such cities. Plants and water have been adapted for urban landscape recreation. (Senarathna, 2015) In ancient Sri Lanka, outdoor recreational activities such as gardening, water sports, and blood sports were common. Sigiriya Fort is a World Heritage Site and the only entertainment city built for the beauty, rest, and relaxation of ancient Ceylon. Architects have pointed out three key factors in the ancient town planning process. (Senarathna, 2015) These are security measures, landscaping, aesthetic beauty, and ease of access to water sources. The other important thing they considered in building the ancient forts was recreational activities. (සිංහල ජනක, n.d.) Compared to modern cities, they pay special attention to entertainment. The Sigiriya Rock Fortress was identified as the Archaeological Structure of Sri Lanka in the 5th century and is rich in urban planning, landscaping, engineering, hydraulic technology, and security. (සිංහල ජනක, n.d.) Amusement parks, ponds, and blood sports were popular during the Anuradhapura period, but during the Polonnaruwa period, due to the influence of Buddhism, blood sports were abandoned and island parks and pavilions were renovated. Holding a water park is a special feature of Sigiriya. (Sinhalese, 2016) An island park was built for the amusement of the Kandyan kingdom. The construction of ponds has been abandoned since the Kandyan period. Its specialty is that the concept of a garden city has been in practice from the Anuradhapura period to the Colombo period. (Sinhalese, 2016) From the Kingdom of Anuradhapura to the Kandyan period, only the royal family and their relatives enjoyed the benefits of entertainment. (Senarathna, 2015) But by the Colombo era, the general public had the opportunity to enjoy the benefits of entertainment. Nowadays, despite the increase in recreational activities, the quality of facilities in urban areas seems to be lower than standard. (Senarathna, 2015)

Ancient Recreation Activities in India

The oldest known texts are the Mahabharata and the Ramayana. Also, many books can be used to identify many of the activities that took place in India in the past. Mahabharata says special mention is made of sports and gymnastics during this period. Jumping, wrestling, playing ball, hiding, and chasing animals were popular sports during this time. (Punam, 2015)

Ball games were popular and it is said that Lord Krishna played ball with the girls on the banks of the Yamuna. "Itidanda" or "Gulidanda" is a single sport consisting of one long and one short stick. Bhima was well aware of this and this is similar to the current game of cricket. There is also a reference to the Kauravas and Pandavas playing guli in Mahabharata. People also loved water sports. (Punam, 2015).

Ramayana says during this time people became more and more interested in activities. Ayodhya, Kyskinda, and Ceylon The three-places associated with this period were many sports and sports centers. Horseback riding and horseback riding were popular. Hunting was considered a royal sport. (Punam, 2015) Swimming was also popular and it was learned that Ravana had a beautiful swimming pool in the Ashoka Vatican. There he used to play. Chaturang or Chess is what we call today and this period is evolving and India is this great. Proud to be known as the homeland of the sport. Ball sports were popular among women. (Punam, 2015).

Buddhist and Jain literature says the game of chess is mentioned in the canonical texts of Jainism. Chess was found at the Nalanda camp. Another aspect of the fun was swimming. The pleasure of bathing took place. Boxing was also popular. With the prosperity of Buddhism in the country, Indian sports reached the pinnacle of excellence. (Punam, 2015) Gautama Buddha is said to have mastered archery, races, equations, and hammer throwing.

Jataka stories say archery is mentioned in Jataka stories. Bhikku Jataka says that Thakshila is the Bodhisattva archery. Wrestling was popular and details about such breathable boots can be found in Jataka stories. (Punam, 2015) There are two types of sports known as home gardening, gardening, and salila sports or water sports.

In the Hindu era, Thakshila and Nalanda prospered during this period. Takshila was famous for his military training, wrestling, archery, and mountaineering. Swimming, breathing exercises, and yoga were an integral part of the curriculum in Nalanda. (Punam, 2015) Harshawardena was a great player of the Gupta dynasty and he encouraged his subjects. Another contemporary of Harsha, the ruler of Palla, Narasinghe Mamalla was also a great wrestler.

Ancient Recreation Activities in Israel

Music and dance were performed among the ancient Israelites for ritual purposes as well as for social activities and celebrations, and the early Hebrews distinguished between dances of sacred or sacred characters similar to pagan festivals. (Titus, 1840) Although there are no walls or paintings to describe the dance as it was done by the ancient Hebrews, this ritual is often mentioned in the old testament and was used specifically for ceremonies and victories. (Chapter 3, n.d.) Like other ancient societies, the ancient Hebrews used weapons such as hunting, fishing, and wrestling, as well as weapons such as swords and spears for recreation and protection. The Sabbath, the seventh day of their principal contribution to their leisure, was set aside as a time for people to rest from work and worship. (Play & Early, 2000)

Ancient Recreation Activities in China

During the period from May 1986 to June 1987, archaeologists from the Jianhu Stone Age in Jianhu, Henan Province, China discovered 25 flutes dating back 7,000 to 9,000 years. Many flutes were found in cemeteries. Six instruments remain unchanged and are now believed to be the oldest multipurpose instruments that can be played. (Play & Early, 2000) Tubes made of bone contain seven holes corresponding to the scale of eight western notes. This tone scale shows that about 7000 musicians lived. Music can be composed and played. Archaeologists are still struggling to gather enough evidence before reaching conclusions about the location of the pipeline in China. (Chapter 3, n.d.) Some believe that flutes are part of religious rituals; Others believe that music is simply a part of community life. However, the discovery of these flutes helps us to identify the old tradition of using music as a medium of personal expression and cultural celebration. (Titus, 1840)

Ancient Recreation Activities in Singapore

Singapore's economic wealth and the fact that English is the primary language contribute to the importance of literature relative to its population size. In the case of Southeast Asia, leisure activity has experienced radical transformations and high integrity before and after colonialism, and allows us to examine the same set of experiences in different historical periods (see Borsk 2006; see Berk 1995). The effect of leisure is more pronounced in urban areas than in society. Particularly in the latter part of the colonial era, leisure activities such as music, water sports, festivals, and competitions had commonalities. They still exist today.(Spracklen, Lashua, Sharpe, & Swain, 2017)

Item No:	TYPES OF RECREATION ACTIVITIES	COUNTRIES				
		Sri Lanka	India	Israel	China	Singapore
01	Gardening	✓	✓			
02	Landscaping	✓				
03	Water ponds	✓				
04	Gymnastic		✓			
05	Wrestling		✓	✓		
06	Horse riding		✓			

07	Hunting		✓	✓		
08	Playing Ball		✓			
09	Jumping		✓			
10	Swimming		✓			
11	Chess		✓			
12	Boxing		✓			
13	Archery		✓			
14	Yoga		✓			
15	Breathing Exercise		✓			
16	Water Sports		✓			✓
17	Races		✓			
18	Weapons training			✓		
19	Fishing			✓		
20	Music			✓	✓	✓
21	Festivals			✓		✓
22	Throwing Activities		✓			
23	Hiking		✓			
24	Dance			✓		
25	Painting			✓		

CONCLUSION

Accordingly, through this literature review and chart, it is evident that recreation patterns had been done decades ago and there was many Asian countries' leisure time spare with recreational activities altogether. Thus, it is well-identified that there were few recreation activities in countries with a short history and that there were a large number of recreation activities in countries with a long history. Accordingly, it is confirmed that a large number of recreation activities took place in India which has a long history. It has been established that leisure activities such as gardening, wrestling, music, water sports, and hunting are practiced in many countries, with music taking precedence. Literary studies have shown that only musical recreation activities in Chinese history survive well and it has a long history. Apart from this, finally, it is clear that the people of each country are engaged in all these forms of leisure activities to maintain their mental and physical well-being.

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