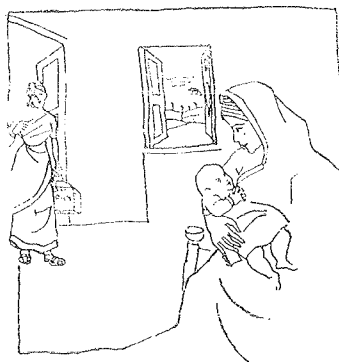




RECREATION FOR NURSES

BY

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RECREATION is absolutely essential for nurses. Recreation means refreshing oneself agreeably, occupying oneself, entertaining oneself or amusing oneself. It can be any form of leisure-time activity in which the individual engages from choice, because of the enjoyment or satisfaction which it brings to oneself.

Leisure is free time and recreation concerns with the uses made of such time. This involves organisation and administration.

A nurse, particularly, a student nurse, after a care-free life at home, feels heavily taxed and overwhelmed with the routine of the Hospital and full programme of the Nursing School. The entirely new atmosphere of pain, illness, distress, sorrow, agony and the routine programme without diversions tends to produce a sense of boredom, tiredness, monotony and even aversion towards the profession. An organised programme of recreation will be of immense value throughout her career, particularly during the training period.

Recreation is a tonic for mental exhaustion and promotes rapid recoupment of lost energies. Games, sports and other extra-curricular activities help her to recover from her emotional upsets and equip her for facing numerous problems in life.

Recreation is an 'out-let' for the expression of her inborn qualities. It unfolds her personality. Physical and moral resourcefulness, courage, adaptability, leadership, team spirit, etc. are moulded through recreational activities.

Recreation is a very interesting

and valuable source of social contact. By coming in close contact with others the nurse becomes more friendly and relaxed and thereby forgets reticence and cultivates wholesome social habits. She tries to understand other peoples' nature, peculiar habits, abilities, weaknesses etc.

Recreation teaches her to be patient, to be conscious of others' rights, and to admit her faults. These valuable impacts silently lead her to an emotionally mature and rewarding life.

Recreation helps a nurse to create interests in other things besides hospital routine. It helps to widen her horizon by reading newspapers, periodicals, professional magazines, listening to radio programmes, moving with others, knowing their interests etc.

Recreation provides a 'spirit of competition', which is essential particularly for a student nurse, to develop her stature.

Recreational activities provide an 'out-let' not only for good qualities, but also helps in sublimation of undesirable and unhealthy habits, like jealousy, coarseness, vain or morbid associations etc.

Recreation helps to forget self-conceit and self-indulgence, and cultivates the habit of co-operation.

It also develops in the nurses, the capacity of organisation and administration as in the case of :

Organisation of indoor and outdoor games, sports etc.

Formation of educational activities e.g. debates, discussions etc.

A Tentative Programme for Nurses Recreation

Between 4 p.m. and 7 p.m. many

nurses have leisure and that can be utilised for recreation. at least 3 days in a week.

Badminton, Volley Ball, Deck Tennis, etc. can be organised as 'out-door' games, and chinese checkers, Table Tennis, Whist Scrabbles etc., can be arranged as 'in-door' pastimes.

A weekly 'get-together' of all the off duty staff and students is desirable, preferably on every Saturday evening.

Occasional fellowship parties of Staff, Students, Doctors and others, inviting and entertaining guests, encourage hospitality.

Kitchen gardening is a very useful and interesting activity for stimulation of competitive spirit. It can specially be a project of the probationer nurses.

Yearly outing for picnic and excursion to interesting and historical places will be a good recreation.

Important festivals, national and international days like, Christmas, Diwali, Independence Day, Republic Day, Florence Nightingals Day, World Health Day, etc. should be celebrated and V.I.Ps may be invited on such occasions. Participation in such activities stimulates responsibility of citizenship.

Good library with various interesting magazines and books will be most valuable.

Painting, music etc. can be included in extra-curricular activities.

Regular, well organised and supervised recreational activities will undoubtedly make for the creation of energetic, zealous and strong band of nurses, holding aloft the ideals of the profession.