

**Leisure and Aging: Ulyssean Living in Later Life, 5th ed.**  
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# Research Paper Guidelines

**SAGAMORE**  
P U B L I S H I N G

## Research Paper Guidelines

### Overall Description:

The overall purpose of this paper is for you to explore the relationship between a leisure activity and older adults' health and wellbeing. You will choose an activity that interests you and write a brief research report on how it can influence older individuals' health and well-being. You may write about one of the activities listed below, or choose another activity that interests you, but you should get the topic approved by midway through the semester. The final paper will be approximately 4-5 pages long (excluding the cover page and reference list). Your paper should be double-spaced, with one-inch margins, in 12pt Times New Roman font.

### Paper Components:

- **Introduction:** In the first section of your paper, introduce the activity that you chose to research. This would be a good place to include what the activity is and what it entails, and statistics about its use in the older adult population (if available). Is there a group of adults (e.g., gender, race) who more commonly participate in this activity based on your research? This section will be approximately 1 page depending on what activity you pick.
- **Research on Health Benefits:** This component of the paper will provide an overview of the research that has been done on this activity with the older adult population (preferably) and how the activity has been related to health and well-being. You must use at least 3 scientific journal articles for this section of the paper in addition to your other resources. This section of the paper should be approximately 2 to 2.5 pages long.
- **Constraints and Barriers:** We have spent some time discussing constraints or barriers (i.e., intrapersonal, interpersonal, structural) to different leisure activities. Identify (either based on research or what you know about the activity) what some potential (and likely – not necessarily “creative” like we did in class ☺) barriers to participation might be for older adults. What are some common factors that might keep older adults from engaging in this activity? This section should be approximately 1 page long.
- **Conclusion:** In this section, provide some practical recommendations for how we might be able to get more (or less) older adults involved in this activity to enhance their health and well-being. Do you think this activity will become more or less popular (or stay the same) with the upcoming Baby Boomer generation? Why or why not? At the end, make sure to include a conclusion paragraph that ties it all together – completes the thoughts you have been expressing in the last several pages. This section will be approximately 1 page long.
- **Reference List:** Make sure to provide a list of your references (in APA style preferably) that you used throughout your paper.

### Potential Leisure Activity Topics:

Broad categories of activities (such as “exercise”) will not be allowed. Listed below are some specific activities that you could use for your research paper. Of course, you are also welcome to come up with a topic of your own as well!

1. Walking
2. Biking
3. Swimming or Water Aerobics
4. Gardening
5. Reading
6. Watching TV

7. Arts & Crafts, Painting, Woodwork, etc
8. Playing board games, cards, bingo
9. Socializing, visiting with friends/family
10. Volunteering, civic engagement, community service
11. Religious or spiritual activity
12. Lifelong learning, Elderhostel, continuing education
13. Traveling
14. Playing with pets (Pet therapy)
15. Cultural activities, Attending Performing Arts, Museums, Theatre, etc
16. Senior games/ competitive sports
17. Video games or Wii
18. Intergenerational programs
19. Tai Chi
20. Meditation
21. Yoga
22. Golf
23. Flexibility and Stretching exercises
24. Dancing
25. Singing, Playing an instrument
26. Strength training (weight lifting)
27. Social activism (e.g., Raging Grannies, Gray Panthers)
28. Red Hat Society
29. Lawn bowling
30. Gambling
31. Other