

## CASE STUDY ON THE PHYSICAL RECREATION IN A URBANIZING LOCAL COMMUNITY

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The purpose of this study is to find the changes of leisure time activities, especially physical recreation activities, in the process of urbanization.

Our point of view is to make it clear that there is a difference in leisure time activities between rural and urban area even in the rapidly changing city area.

Oyama city, Tochigi prefecture, was chosen as a typical city which is rapidly urbanizing city located 30 kilo-meters towards north from Tokyo metropolitan area.

Survey was made in 1964 and 1970.

### Findings

1. Rural area residents lack the desire for physical recreation activities because of the traditional way of living. Therefore physical recreation activities are less prevailing in rural area than urban area in a community.
2. This lack of desire and the difference of physical recreation activities in rural area residents could not be influenced by the urbanization of this local community as a whole, from 1964 to 1970.
3. Therefore, the urbanization of this local community as a whole did not fulfilled the gap between urban and rural area in physical recreation activities.