



## ANCIENT RECREATIONAL ACTIVITIES IN SOCIETY OF SRI LANKA FROM 10<sup>th</sup> TO 15<sup>th</sup> CENTURY

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### AUTHORS' CONTRIBUTIONS

This work was carried out in collaboration between both authors. Both authors read and approved the final manuscript.

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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. Many of the leisure activities that emerge from literary works can be seen in the Kingdom from Polonnaruwa to Kotte. The study aims to examine the recreation activity activities in Sri Lanka, categorize recreation activities, identify the new recreation categories, and recognize the most popular recreation pattern in Sri Lanka from the 10<sup>th</sup> to 15<sup>th</sup> century. This research used the relevance sampling method as a sampling method. Followed a literary review system that helps gather information from contemporary books, reports, journal articles, textbooks, and other academic work. The qualitative content analysis method used the collected data, analysis, and presentations, and then that data categorizing on inductive categories make the information and results. The people of Sri Lanka had the opportunity to identify many recreational activities performed during the period from the Polonnaruwa period to the Kotte period and they were classified under fourteen main categories. It also identified three new classifications of recreational activities. Out of all these activities, the most popular were the physically and mentally important recreational activities under the category of nature activities/ outdoor activities.

**Keywords:** Recreation activities; recreation categories; 10<sup>th</sup> to 15<sup>th</sup> century in Sri Lanka.

### 1. INTRODUCTION

What is recreation? The origins of most of the contemporary views on leisure and related cultural customs can be traced from the traditions and practices of ancient cultures [1]. Collins Australian Pocket English Dictionary says that recreation is any form of play, amusement, etc. used for the refreshment of body or mind [2]. Recreation comes from the Latin word 'recreation, 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' [3]. 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 [3]. 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 [4]. Sri Lanka is a

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country with specialized knowledge of urban construction and with the migration of the “Aryans” cities and kingdoms came into being. They are the kingdoms of Anuradhapura, Polonnaruwa, Dambadeniya, Yapahuwa, Kurunegala, Gampola and Kotte. These kingdoms were from time to time taken to various places for protection. These cities were built according to proper plans and adequate attention was paid to beautifying and entertaining the cities [5]. One of the fields that prospered under the king's rule was literature and art. Many of the leisure activities that emerge from literary works can be seen in this kingdom from Polonnaruwa to Kotte. The king was so fond of it that it gave royal patronage to literature that dates back to the golden age of island literature (Lanka, n.d.) According to the article, there had been many articles about recreation activities and categories in Sri Lanka from kingdom Polonnaruwa to Kotte, and have been published or investigated and this is the first article by the University of Kelaniya in Sri Lanka. The study aims to examine the recreation activities in Sri Lanka from the kingdom Polonnaruwa to Kotte. According to this article, the main purpose of this article is to identify recreation categories and the most popular recreation activities in Sri Lanka from the kingdom Polonnaruwa to Kotte.

### **1.1 Objectives**

1. To identify recreation activities in Sri Lanka in the 10<sup>th</sup> to 15<sup>th</sup> century.
2. To categorize the recreation activities in Sri Lanka in the 10<sup>th</sup> to 15<sup>th</sup> century.
3. To recognize the most popular recreation activity in Sri Lanka in the 10<sup>th</sup> to 15<sup>th</sup> century.
4. To identify the new recreation categories in Sri Lanka from the 10<sup>th</sup> to 15<sup>th</sup> century.

### **1.2 Research Questions**

1. What are the recreation patterns in Sri Lanka in the 10<sup>th</sup> to 15<sup>th</sup> century?
2. What is the most popular recreation pattern in Sri Lanka in the 10<sup>th</sup> to 15<sup>th</sup> century?
3. What are the new recreation categories in Sri Lanka from the 10<sup>th</sup> to 15<sup>th</sup> century?
4. What are the most popular recreation activity in Sri Lanka in the 10<sup>th</sup> to 15<sup>th</sup> century?

## **2. LITERATURE REVIEW**

Several aspects need to be considered in determining recreation as a subject concept. Definitions in the specialized literature vary, and their common denominator is health promotion, leisure, recreation and entertainment, moving activities, playing sports, and positively living a short life. (Boda, n.d.)

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 [4]. 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 [4]. Munson and Savickas (1998) conducted a study of leisure activities of university students and identified three categories of leisure. The categories of this study include publishing activities (e.g., sports and games, listening to music, arts and hobbies), relaxed activities (e.g., socializing, reading, and watching television), and learning activities (e.g. D., Thinking and contemplating) (Munson & Savickas, 1998). Yen also explores leisure participation and leisure barriers in the lives of students in Taiwan. The results of her factor analysis found 59 activity items that were forced into nine patterns. She founded that the student is more likely to participate in social recreational activity patterns, followed by media and education, music and social activities, sports, outdoor recreation, art and hobby activities, sports, youth culture and meditation, and religious activities (Yen, 1997). This study was based on Lightner & Lightner's (2004) study of the definition of recreational classes. Lightner and Lightner are classifications. Listed as entertainment, mental activity and self-awareness, sports and exercise, music, art, dance, hobbies, sports/video games, leisure, social activities, human services, nature activities / outdoor recreation, and travel and tourism [4]. Taki Can Metin, Hakan Katirc, Arif Yuce were made a new taxonomy approach is based on merging the categories listed above and removing them from the categorize.

## **3. METHODOLOGY**

Implementing the relevant methodology will prove the assumptions made by the study to be right or wrong. The inductive approach was used for this research. This research used the relevance sampling method as a sampling method. Data and information are collecting through literature were identified and also all concepts were constructed through literature

review. Followed a literary review system that helps gather information from contemporary books, reports, journal articles, textbooks, and other academic work. The qualitative content analysis method used the collected data, analysis, and presentations, and then that data categorizing on inductive categories make the information and results.

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#### 4. RESULTS

##### 4.1 List of the Selected Books

It has been identified that the number of books written in Sri Lanka during the period from the 10th century to the 15th century is about 61 books. Ten books were identified for data collection according to the data sample. The contents of the books also identify fourteen major types of leisure activities carried out by the people of Sri Lanka during the period from the 10th century to the 15th century [7-10].

- 1) Poojawaliya
- 2) Dhambadeni Asna
- 3) Mayura Sandeshaya
- 4) Thisara Sandeshaya
- 5) Parevi Sandeshaya
- 6) Kokila Sandeshaya
- 7) Selalihini Sandeshaya
- 8) Gira Sandeshaya
- 9) Hansa Sandeshaya

##### 4.3 Categorized Data

- 10) Perakumba Siritha

##### 4.2 List of Activities

This study was based on Lightner & Lightner's study of the definition of recreational classes. Lightner and Lightner are classifications. Listed as entertainment, mental activity and self-awareness, sports and exercise, music, art, dance, hobbies, sports/video games, leisure, social activities, human services, nature activities / open-air recreation, and travel and tourism. Taki Can Metin, Hakan Katirc, Arif Yuce were made a new taxonomy approach is based on merging the categories listed above and removing them from the taxonomy. Thus The travel and tourism class included in Lightner's work was deleted and a hedonic entertainment class was added. Furthermore, the use of secondary sources expands the recreational activities that are not included in the study. This study makes the new categorizing approach is based on merging the categories listed above and removing them from the categorize [11-12]. Thus The Play/ Video games included in the above research works were deleted and a Landscaping, Music Instrument Playing and Military Activities were added. This study makes the new categorizing approach is based on merging the categories listed above and removing them from the categorize. Thus The Play/ Video games included in the above research works were deleted and a Landscaping, Music Instrument Playing and Military Activities were added [13-15].

- 1) Landscaping
- 2) Mental Activity, Relaxation, and Self Awareness
- 3) Singing
- 4) Music Instrument Play
- 5) Dancing
- 6) Basic Entertainment
- 7) Art
- 8) Military Activities
- 9) Nature Activities/ Open Air Recreation Activities
- 10) Social Activities
- 11) Human Services)
- 12) Hobbies
- 13) Sports and Exercises
- 14) Hedonic Activities

**Table 1. Categorized data**

No	Categories	Activities
01	Landscaping	City Planning- Garden, Landscaping, Dams, Moats, Gems Wall, Balconies, Ponds, Lakes, Castles Home Gardening- Ponds, Garden

No	Categories	Activities
02	Mental Activity, Relaxation, and Self Awareness	Storytelling, Magul Keli
03	Singing	Songs, Poems, Four Verses, Two Verses
04	Music Instrument Play	Veena, Pancha Thurya, Hakgediya, Flutes, Gem Flutes <sup>1</sup> , Gatabera, Thammattama, Udakki, Thalampata, Horanawa, Maddala Bera <sup>2</sup>
05	Dancing	Group, Soulo, Dual
06	Basic Entertainments	Drama, Acting, Dance Show, Concert
07	Art	Art and carvings
08	Military Activities	Horse riding, Elephants, Infantry, Vehicles, Military training
09	Nature Activities/ Open Air Activities	Water Activities- Home-based ponds and in the River, Ponds, and Lakes, Kitesurfing, Uyan Keli, Boating
10	Social Activities	Religion Activities, Perahera, Vesak Keli <sup>3</sup> , Conducting sacrificial ceremonies and Worship an Adam speak
11	Human Services	Giving Alms and Donations for Laypeople, monks, and beggars, for Industry Ingredients
12	Hobbies	Literary Activities, Education, Written the books
13	Sports and Exercises	Drills of Angampora, Sword Drill, and Archery, Laali Sports <sup>4</sup> , Ruwan Keli <sup>5</sup> , Cattle Wrestling, Ball Sports)
14	Hedonic Activities	Rathi Keli <sup>6</sup> , Using Drugs, Women take a Drink

<sup>1</sup> It is a popular music instrument not seen today but in the past

<sup>2</sup> It is a one of the music instrument of ancient times in Sri Lanka

<sup>3</sup> In Sinhala, 'Keli' means 'Sport'

<sup>4</sup> It is a popular leisure activity not seen today but in the past.

<sup>5</sup> It is a popular leisure activity not seen today but in the past.

<sup>6</sup> Sexual Activities

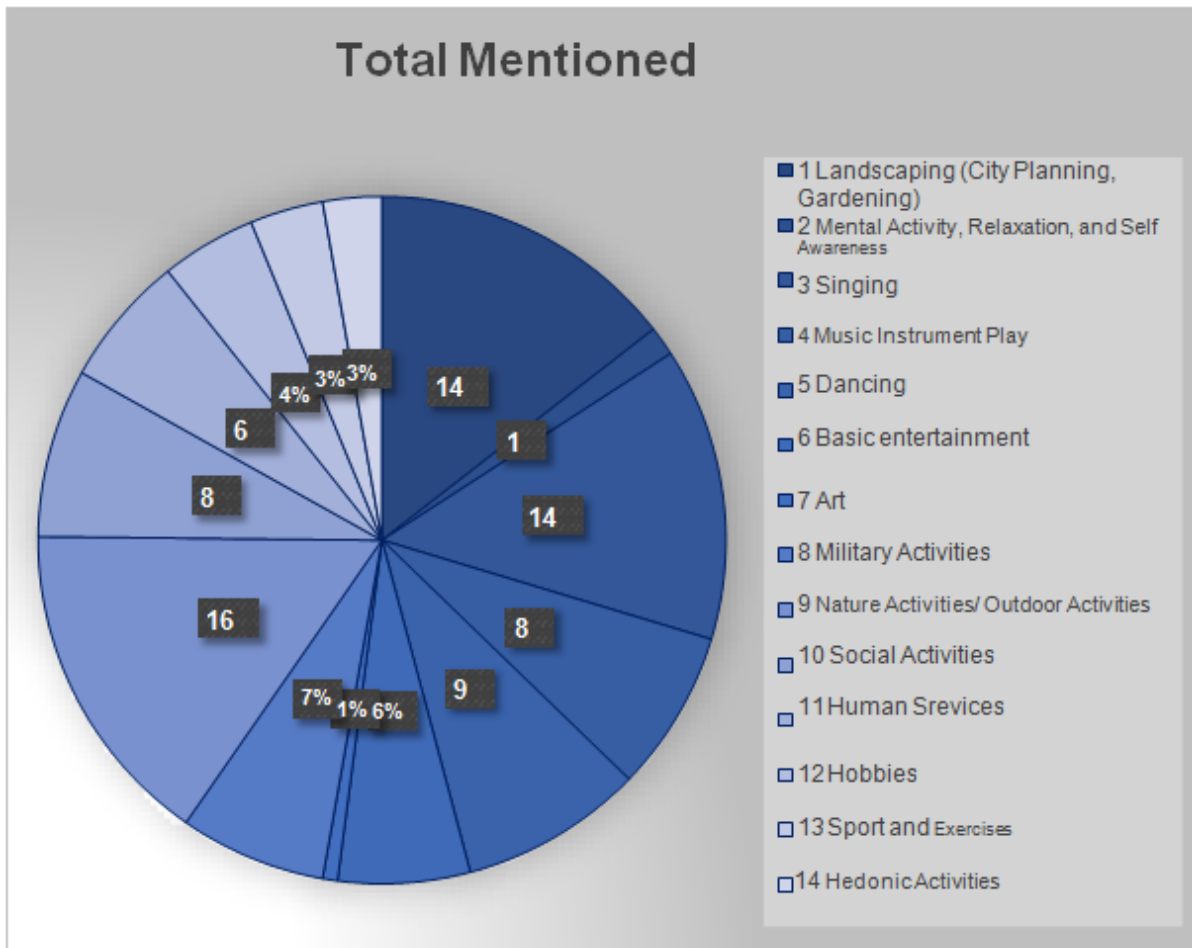
#### 4.4 Most Popular Recreational Activities

**Table 2. Most popular recreational activities**

Activity No	Categories of Activity	Total Mentioned Occasions
01	Landscaping (City Planning, Gardening)	42
02	Mental Activity, Relaxation, and Self Awareness	04
03	Singing	40
04	Music Instrument Play	22
05	Dancing	25
06	Basic entertainment	18
07	Art	02
08	Military Activities	20
09	Nature Activities/ Outdoor Activities	45
10	Social Activities	23
11	Human Srevicees	18
12	Hobbies	13
13	Sport and Exercises	10
14	Hedonic Activities	08
Total		290

Based on the data and information obtained from this study, the table and the following chart make it easier to understand and how many of those activities were mentioned in the books written at the time, and what were the most popular sports, recreational activities,

or leisure activities? Can be easily identified. It also makes it easier to describe the results revealed by the data analysis and achieves the objectives of this research study.



**Fig. 1. Total mentioned occasions**  
Create By Researcher

## 5. DISCUSSION

Previously, the literature review identified the recreational activities in each other countries. Very little information had been available on seeking and categorizing recreational activities in ancient times. Ten books were identified for data collection according to the data sample. The contents of the books also identify fourteen major types of leisure activities carried out by the people of Sri Lanka during the period from the 10th century to the 15th century. Finally, this research identified 14 main types of recreational activities and 290 total mentioned occasions in this period from the 10th century to the 15th century. In the meantime, some fun activities that existed in the past but are not seen today are identified. Ruwan Keli and Lali Keli can be seen here. This study makes the new categorizing approach is based on merging the categories listed above and removing them from the categorize. Thus The Play/ Video games included in the above research works were deleted and a Landscaping, Music Instrument

Playing and Military Activities were added. According to the chart above, Nature Activities/ Outdoor Recreation Activities is one of the most popular recreational activities among recreational activities listed above. Second, the recreation activity categories of landscaping and singing were found to be the most popular. Thus, outdoor recreation activities from the Polonnaruwa period to the Kotte period or from the 10th century to the 15th century have been given priority by Sri Lankans in their leisure time over other recreational activities.

## 6. CONCLUSION

According to this study, the people of Sri Lanka had the opportunity to identify many recreational activities performed during the period from the Polonnaruwa period to the Kotte period and they were classified under fourteen main categories. It also identified three new classifications of recreational activities. It was also possible to identify some recreational activities that existed in the past but are not seen today. Out of

all these activities, the most popular were the physically and mentally important recreational activities under the category of nature activities/outdoor activities. This study can be cited as one of the most useful studies for all individuals involved in the study of sports and recreation management.

### **COMPETING INTERESTS**

Authors have declared that no competing interests exist.

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