# CONTENTS

### PREFACE

CHAPTER ONE

# A PURVIEW OF THE PROBLEMS

(1)

хi

Defining Play, 2 Managing Play, 2
Theorizing about Play, 4 Play as a Partner to Learning Technology, 4
Effects of Theory on Practice, 6

#### CHAPTER TWO

### **DEFINITIONS OF PLAY**

9

The Meaning of the Word-Play, 10
Play Defined by Motive, 12
Play as Voluntary Behavior, 13
Intrinsic Motives for Play, 15
The Nature of Intrinsic Motivation, 16
Play Defined by Content, 17
Play as Undefinable, 20
Summary, 22

#### CHAPTER THREE

### CLASSICAL THEORIES OF PLAY

23

The Nature of Theory, 24 Surplus Energy Theories of Play, 27

	Play as Relaxation, 33
Relaxation and Surplus En	nergy Theory Reconciled, 35
	Play as an Instinct, 36
Play as Preparation, 40	Play as Recapitulation, 42
	Summary, 45

#### CHAPTER FOUR

## RECENT THEORIES OF PLAY

49

Task Generalization and Compensation, 50
Cathartic Theories of Play, 54
Psychoanalytic Theory of Play, 57
Play Therapy, 61
Cognitive Dynamics and Play, 64
Play as Learned Behavior, 70
Overview, 76

#### CHAPTER FIVE

# MODERN THEORIES OF PLAY

80

Neophilia and Neophobia, 81
Play as Stimulus-Seeking: History of the Idea, 83
Recent Research Thrusts, 85
The Neural Mechanisms of Arousal, 89
Stimulus Events and Impact, 91
A New Drive for Optimal Arousal, 93
Arousal Seeking Behaviors, 96
Play and the Competence/Effectance Motive, 100
Boredom and Stereotyped Behavior, 104
Arousal Avoidance, 107
Redefinition of Play, 108

CHAPTER SIX

### AN INTEGRATION 112

Play and Evolution, 113 The Inheritance of Capacity to Change, 114

Variability in		Learning a		
Developm	ent—Inherita	ance and Ex	perience,	117

# CHAPTER SEVEN

IMPLICA	TIONS	FOR	PRACTICE	119

	People at Work or Play	, 120
Play in the Home, 127	Playthings, 134 Playgrounds	, 137
Play with Oth	ers: Cooperation and Competition	, 139
Adult Play, 141	Play and the Ill and Handicapped	, 146
	Concluding Comment	, 147

REFERENCES 149

INDEX 161