

5-7 DECEMBER 2023 – AUCKLAND, NEW ZEALAND

ANZALS 30TH ANNIVERSARY CONFERENCE

‘LEISURE FOR LIFE’



AUT



**Tātaki
Auckland
Unlimited**



‘LEISURE FOR LIFE’

Proceedings of the Australian and New Zealand Association for Leisure Studies (ANZALS) 30th Anniversary Conference

5-7 December 2023

Proceedings of the Australian and New Zealand Association for Leisure Studies (ANZALS) 30th Anniversary Conference
Leisure for Life.

This publication contains double-blind peer-reviewed abstracts from the 2023 ANZALS Conference held in Auckland, New Zealand, 5-7 December.

Edited by Brielle Gillovic, Richard Wright, Pola Wang, and Heike Schänzel.

Published and reproduced by School of Hospitality and Tourism, Auckland University of Technology.

The contents and any opinions expressed represent the views of the authors only. This publication is copyright. Apart from fair dealing for the purpose of private study, research, criticism, or review as permitted under the New Zealand Copyright Act 1994, no part may be reproduced without the prior written permission of the School of Hospitality and Tourism, Auckland University of Technology, 55 Wellesley Street East, Auckland CBD, Auckland 1010, New Zealand.

Copyright © 2023 School of Hospitality and Tourism, Auckland University of Technology

ISBN: 978-1-99-101130-5

Image credits:

Image of yachts on Hauraki Gulf, Auckland CBD skyline [portrait] by Matthew Buchanan (2019) – free to use under Unsplash Inc. License.

Image of Devonport Yacht Club [drone shot] by Jamie Richards (2021) – property of Devonport Yacht Club.

All other images are the property of AUT, members of the ANZALS@AUT Organising Committee, or ANZALS Board.

ANZALS@AUT Organising Committee:

Richard Ajiee, School of Hospitality and Tourism, Faculty of Culture and Society

Mike Brown, School of Sport and Recreation, Faculty of Health and Environmental Sciences

Brielle Gillovic, School of Hospitality and Tourism, Faculty of Culture and Society

Sophie Hayden, School of Hospitality and Tourism, Faculty of Culture and Society

Heike Schänzel, School of Hospitality and Tourism, Faculty of Culture and Society

Pola Wang, School of Hospitality and Tourism, Faculty of Culture and Society

Richard Wright, School of Sport and Recreation, Faculty of Health and Environmental Sciences

More than plain and purl: Knitting

Tracy Harkison (Auckland University of Technology)

The aim of this research is to explore and explain why people knit for leisure and how for some this can become a lifelong pursuit. For centuries knitting was all about making useful and sensible garments but now it is a leisure activity that can be done almost anywhere. Being a knitter for some can be a way of life, for some it is just part of their life, and for others it enhances their life. Research has shown that knitting helped a vast amount of people with mental health issues while they were in lockdown during the COVID-19 pandemic. But this is only one recent reason why people knit and to date there has been very little research conducted on why people knit for leisure. Data was gathered and collated from focus groups using semi-structured open-ended questions from two different knitting groups. The initial findings suggest that knitting gives people a sense of connection, this can be to the person who taught them to knit or to their family as they can knit for them, a feeling of being part of a wider community, being able to contribute to society by knitting for charity, it's fun and a way to make friends. The full impact of knitting for leisure has not been fully realised, researched, or previously studied.

Keywords: *creations; knitters; knitting; needles; yarn*