

## Similarities and Differences between Leisure and Aesthetics through the Analysis of Experience

By

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### Abstract

*Leisure experience is composed of pleasant sensation, the refreshing feeling and aesthetic feeling, while aesthetic experience is composed of pleasant sensation and aesthetic feeling. Since there is nearly no difference in obtaining both pleasant sensation and aesthetic feeling either from leisure activities or from aesthetic experience, it is worth discussing the similarity and differences between the two kinds of experience. The refreshing feeling and aesthetic feeling are same in regard to pleasant sensation as basic and content, including thinking involved and peak experience. The difference is that, although thinking exists in both, thinking in the refreshing feeling is "general cognition" while aesthetic thinking is "intuitive cognition"; the refreshing feeling is gained from dynamic participation in recreational activities while the aesthetic feeling is obtained from the static aesthetic activities.*

**Keywords:** *Experience, Leisure, Aesthetic Experience, Pleasant Sensation, Refreshing Feeling, Aesthetic Feeling*