



A STUDY OF LEISURE AND RECREATION ACTIVITIES DURING THE EARLY DEVELOPMENTAL LIFE PERIOD

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Abstract

Leisure relates to that free time at the disposal of a person in which person can do whatever they feel like doing away from the routine (Veal, 1992). It is a condition of the mind marked by the time without obligations coupled with willing optimism (Veal, 1992). Leisure does not posit an activity; it can be the absence of activity too (Veal, 1992). At such times, an individual is not under any compulsion to do a particular activity but has discretion to choose (Veal,1992).

Whereas recreation is an activity of leisure, leisure being discretionary time. The “need to do something for recreation” is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be “fun”.

The present paper explores the differences between leisure and recreation activities among the youths. This paper also elaborate different means of recreation activities performed by the youths of society during their leisure time.

Keywords: leisure, recreation discretionary time, youths etc.

Introduction

Leisure has often been defined as a quality of experience or as free time. Free time is time spent away from business, work, job hunting, domestic chores, and education, as well as necessary activities such as eating and sleeping. Situations international proposes that Leisure does not evolve from free time, and free time is an illusory concept that is really fully “free”; economic and social forces appropriate free time from the individual and sells it back to them as the commodity known as “leisure”. Certainly most people’s leisure activities are not a completely free choice and maybe constrained by social pressures, e.g. people may be coerced into spending time gardening by the need to keep up with the standard of neighbouring gardens or go to a party because of social pressures.

Leisure as experience usually emphasizes dimensions of perceived freedom and choice. It is done for “its own sake”, for the quality of experience and involvement. Other classic definition include Thorsten veblen’s (1899) of “nonproductive consumption of time”. Different disciplines have

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definitions reflecting their common issues: for example, sociology on social forces and contexts and psychology as mental and emotional states and conditions. From a research perspective, these approaches have an advantage of being quantifiable and comparable over time and place. Leisure studies and sociology of leisure are the academic disciplines concerned with the study and analysis of leisure. Research has shown that practicing creative leisure activities is interrelated with the emotional creativity. Recreation differs from leisure in that it is a purposeful activity that includes the experience of leisure in activity contexts. Economists consider that leisure times are valuable to a person like wages that they could earn for the same time spend to towards the activity.

However, the distinction between leisure and unavoidable activities is not a rigidly defined one, example- people sometimes do work oriented tasks for pleasure as well as for long-term utility. A related concept is social leisure, which involves leisurely activities in social settings, such as extra curricular activities, examples- sports, clubs. Another related concept is that of family leisure. Relationships with others are usually a major factor in both satisfaction and choice.

The concept of leisure as a human right was realised in article 24 of the universal declaration of the human rights.

Recreation

Recreation is an activity of leisure, leisure being discretionary time. The “need to do something for recreation” is an essential element of human biology and psychology. Recreational activities for often done for enjoyment, amusement, or pleasure and are considered to be “fun”. Recreation is a pursuit that an individual engages in during leisure time. Recreation is an activity of leisure (human kinetics,2013).

Young generation has a key role in shaping the future of a nation. Any country can ride on high growth trajectory if it is blessed with the more number of youths on demographic chart. But sometimes the youth may cause big damage to the reputation of a nation and also may become biggest threat to the country itself if the youth get misguided with wrong human principle and belief. Why they can do so; is not difficult to guess. It is because the youth has huge amount of energy, ambition, new ideas, sky rising potential etc. If these applied by them in negative sense then it can result the negative impacts of positive and goodness. Recent few unfortunate events have completely hammered our feelings and imprinted it in our mind such that agony of these bad events is not getting erased from our mind. This is an example of badly nourished youth's mindset that created premediated offending.

Today's youth are also involved in various recreational activities basically includes the social media platform. With the rise of the entertainment and media industry there is a great rise in the youth involvement in various activities social media apps such as WhatsApp, Facebook, Snapchat, various kinds of games like pubg etc.

That has taken place of various outdoor activities and games that use to give healthy environment to youngsters. Outdoor games are been replaced by indoor video games. One serious problem that can arise from spending most time in shopping centres instead of other activities is the money

ravishment. The reason for it is that young adults spend money too much in their pleasures in shopping centres while they are too young in order to earning a living. As a matter of fact, psychologists argue that addition in shopping which creates adverse behaviour can lead to several criminal dire effects such as robbery and stealing. In addition, this trend can impact in young people's health. To be more specific, students who are playing sports have a healthy physique than other students, who enjoys spending time in shopping malls.

On the other hand, organising activities such as sports or music brings a great number of benefits to youngsters more than shopping. First and foremost, by engaging sports or arts helps the youngsters to improve their health and spirit. In other words, sports activities are the best way to keep their shape, while art and music are the motivation for the mind. For instance, the study recently says that the youngsters who are not interested in any sports and arts can lead to depression. Secondly, participating in activities can help young generation to relieve stress. It means that spending young adults leisure time in these activities is beneficial to the brain, which helps relieve pain, tension and make them happier in their life.

Research methodology

For the purpose of collecting all important data and information required to be processed for establishment of this report content, secondary data collection is chosen to gather all available information regarding involvement and contribution of youth in promoting as well as applying a concept of leisure activities in both governmental matter and their daily lives. Different sources ranging from journal papers to published news are used to extract and gather all factual information regarding youth involvement in leisure activities. A similar method is also used to gather all responses from various stakeholders towards youth and leisure activities. The sources are carefully chosen in order to ensure quality of the content, relevance, and ease of comprehension. Reason of choosing secondary data collection is based on a fact that varieties of sources are largely available in electronic network.

Findings and conclusion

From the above discussion we concluded that the youths of today's time are involved in various kinds of recreation activities that are significant to both the individual and the community. With the arise of social platforms and media coverage the lifestyle of youth is highly affected. Outdoor activities are being replaced by the indoor and virtual world activities. Youth of today spend most of their time on various social media activities, spending money on various games and lavish lifestyle. Recreation activities have become less in outdoor terms as a result of which many health hazards are also observed among the youths. Migraines, depressions, mood swings etc are common health hazards.

Recommendation

Leisure and recreation activities were built to remove tensions from daily life style and to make oneself healthy from mind, body and soul. But unfortunately today's youth is involved in various

social media platform that has disturbed their mental health and has also distracted them from their goals and studies. Today's youth spend most of their time on virtual world then on their dreams.

- Youth should be encouraged to play more outdoor games than indoor activities.
- Youth shouldn't be given mobiles in young age.
- They shouldn't be exposed to social media at young age.
- Government and parents should keep a check on youngsters activities and time slot.
- Parents should spend time with them as much as they can.

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