

A STUDY OF LEISURE TIME ACTIVITIES OF POST GRADUATE STUDENTS

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ABSTRACT

Life satisfaction and well being are generally conceptualized and assessed in terms of happiness, satisfaction, moral, quality of life, self-esteem and mental and physical health. Thus leisure is operationalised either objective as an external behaviour that can be defined and measured or subjectively according to the individual's internal psychological state. Every person experiences leisure in his life in some form. A great deal can be learnt about a person by finding out what he does during his leisure. In fact, the progress of a person depends upon the way he utilizes his leisure. Activity is performed to pass the time satisfy our interests and/or fulfill our responsibilities. With this purpose this study has been conducted.

INTRODUCTION

Every person experiences leisure time in his daily life in some form. The progress of a person depends upon the way he utilizes his leisure time. Hobert Hoover beautifully stated, "This civilization is not going to depend on what we do as work as much as we do in our spare time". Life satisfaction and well being are generally conceptualized and assessed in terms of happiness, satisfaction, moral, quality of life, self-esteem and mental and physical health. Thus leisure is operationalised either objective as an external behaviour that can be defined and measured or subjectively according to the individual's internal psychological state.

When a student graduate from senior high school and is about to attend a college, he must face a problem- how to use leisure time in a productive way. In a college there are more spare time and more temptation than those in senior high school, one must think it carefully about your leisure time, otherwise you will find that you have last too much valuable timer to richer your experience and improve your knowledge. From ancient time to modern society, study is considered to be the most important task of a student; young students have much time every day. They have much energy and potential. If their leisure time is not used productively or constructive, they will indulge themselves into antisocial and destructive activities. This time can be used to keep them away from stress or develop their personalities to lead a happy and purposeful life.

Leisure Time:

The dictionary meaning of the word 'leisure' is ease, relaxation, and freedom from employment or duties. So it can be considered free time. Every person experiences

leisure in his life in some form. A great deal can be learnt about a person by finding out what he does during his leisure. In fact, the progress of a person depends upon the way he utilizes his leisure. Although the concept of leisure has varied in some respect from time to time.. It has always carried with the idea of free time that is spare time at one's disposal. It is interpreted as time not spent on the activities of making a living, keeping alive or maintaining one's efficiency- eating, sleeping and the ordinary care of body.

Joffre Dumazedier (1974), "Leisure is activity apart from the obligation of society to which the individual turns at will, for relaxation, diversion or broadening his knowledge and his spontaneous participation, free exercise of his creative capacity."

Activity:

Activity is defined as purposeful and having an expected outcome. It may be incorporated into your routine and performed unconsciously or deliberately. Activity is performed to pass the time satisfy our interests and/or fulfill our responsibilities. Family and friends may be included in the activities of obligation and meaning, such as daily household and family responsibilities. Family and friends may be included in the Activities of obligation and meaning such as daily household and family responsibilities. 'Work' (for our purpose) is considered an Activity for which we receive payment. Volunteerism, household chores and family care giving are also examples of activities.

Significance of the Study:

If the time is money than leisure time is gold for a student for developing sound and well balanced Personality. "Leisure is the most powerful possessions of mankind. Civilization have built and destroyed through its use. He who would destroy man seeks first to control his leisure and institution which serve the interest of full choice." It can fairly said that proper guidance and with proper utilization of these leisure time activities of our students, we can enhance the total impact of education that we give them in school and then uplift the good qualities in our young generation. Increasingly the area of leisure and recreation has come to be recognized as an important context for child and adolescent development. It is beneficial to young people because of the opportunities for socialization and peer interaction that leisure activities offer and because of psychological and physical health benefits. Participation in organized leisure and recreation by young people is also seen as having positive benefits for society since it reduces the amount of time available in anti-social behaviour. Young people living in these areas may have high level of exposure to the sale and use of illicit drugs, criminal activity and anti-social behaviour. In general these social environments provide little in the way of leisure and recreational amenities for children and young people. Playgrounds and playing areas are often minimal, inadequate or non-existent and the preferred and often only option for young people is to 'hang around' on the street. It is important to understand the way in which young people think about leisure, their beliefs about, and attitudes to leisure, the meaning of leisure to them and the forces that influence and shape their involvement in leisure activities. **Liana Sayer (2006)**, found that men who have more free time feel less rushed than men with less leisure time. But even woman have more time free from paid work and household tasks, they do not feel less rushed. **Rebecca Shrage (2010)**, studied that the college students have too much

time and they do not know to spend their time. A recent survey found that of the 63,000 UC students on average dedicate 41 hours per week to social and leisure Activities, allocating 28 hours, according to the study are spent on non-academic computer usage. Though the largest amount of time was dedicated to the internet usage on sites like facebook, 10.5 hours were spent on average per week on socializing with friends and parting.

OBJECTIVES OF THE STUDY

1. To study the leisure time activities of male /female, urban/rural and arts/science students.
2. To make recommendations and suggestions for the further studies.

Sampling:

The representative of the population is called a sample. By observing the characteristics of the sample, one can make certain inference about the characteristics of the population from which it is drawn. To obtain a representative sample, there are several methods of sampling.

In the present study, a representative sample of 200 post graduate students was selected from Ludhiana District of Punjab. The sample was taken for comparison of male-female students, rural-urban, and arts and science students.

Tool Used:

To study the leisure time activities of post graduate students, the scale was prepared by investigator and it was used to collect data.

CONCLUSION

It is find that there is very less percentage of science students who spend their leisure time in sleeping and shopping as comparison to arts group of students who have more time from their studies and they prefer to sleep and shopping for their leisure time.

The results of present study is male and urban post graduate students have high and equal amount of interest to spend their leisure time in physical activity at least 30 min in a day.

Analysis of 3rd activity and 7th activity which deals with go to clubbing and night parties during their leisure time shows that all students irrespective of their gender, group and locale have difference among leisure time activities.

The present study shows that music is feed of soul and listening music during leisure time has every individual's activity. No doubt some differences are there but it clearly shows that listening music is the best activity to spend leisure time.

It is concluded that most of male students are interested in surfing on internet and most of male students have account on antisocial site and they prefer to spend their leisure time in front of computer with using facebook, yahoo and gmail.

The results show that near about some responses given by male/ female, urban/rural, arts/science students to spend their leisure time in participating in any volunteer work for enjoyment and social service. It is present form of the data that reading is the most common leisure time activity among young people.

It is concluded from the data that most of post graduate students prefer to spend their leisure time with their family. This data shows that family is the most part of everyone's life as compare to other aspects. But students who have jolly and talkative nature they prefer to spend their leisure time with other people. Female students are strongly interested to gossiping in their leisure time due to their talkative nature but male students have less interest in gossiping.

Male students in comparison to female students and urban students have strongly interested to play with pet during their leisure time. The data shows that female students have high interest in gardening as compare to their male counterparts.

It is highlighted from above discussion that all Post-Graduate students irrespective of their gender, group and locale have near about equal interest in talking and chatting on phone.

Results indicate that all post graduate students have near about same response to the statement that boys and girls spend their leisure time differently.

It is interpreted that female students feel bored as compare to male students. It is also found that science students have less response that they feel bored during their leisure time. Female students have high interest in spending their leisure time in participation in cultural events as compare to others.

Educational Implications:

The findings of present study will be helpful in-

1. Volunteer work providing also right incentive structure in programs that aims to increase the educational attainments of students.
2. The activities that are worth considering in this research include learning as well as leisure work.
3. The findings of present study will be helpful for students to know the importance of leisure time.
4. Some of the activities that are included under the leisure category can be viewed as compliments to more standard types of learning which include time spent on sports and listening music.
5. Some of the activities as for pleasure as well as structured time spent on sports and social activities are associated with high achievements.
6. The present study will be helpful for the teachers to organize the good and healthy leisure time activities.
7. With the help of study, teacher can organize a guidance programmemes for students to make a good use of leisure time.
8. Time spent on learning will depend on quality of school/college.

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