

A Gender Study on the Leisure Time Activities (LTA) Pursued by the Youth

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ABSTRACT Time is a quantitative resource as it can be measured easily. Leisure time is one of the aspects of time along with work and rest. Activities engaged in leisure time are pursued for one's own sake. The present study was undertaken to find the gender difference of leisure time activities pursued by the respondents. The research design of the present study was descriptive in nature. The study comprised of 90 male and 90 female respondents. Findings of the study reported that all the male and female respondents ranked social leisure time activity first on the basis of leisure time activities pursued by them. It also revealed that the male and female respondents spent maximum time in pursuing leisure time activities related to "entertainment". The findings will be helpful to the youth of the nation, academicians and community in adopting different leisure time activities.

INTRODUCTION

Time is one of the easiest resources to measure quantitatively (Burk 1970). Time guides in carrying out the day's activities, in distributing work, rest and leisure, and in checking the progress during the day (Nickell and Dorsey 2002). Time can be divided into three categories as work, rest and leisure. Proper time management necessitates a proper balance among all these three (Durant 1938; Gross and Crandall 1967). Leisure time is free of practice commitments such as work or study, involving activities that are self-imposed and freely chosen, which the individual considers to be personally enjoyable (Browne 2006).

The society has specified the time when the youth are let off from formal activities such as college and home in order to engage in various activities of their own preferences. Productive leisure is fundamental for both pursued as well as social development of young people. The age has an obvious influence on the choice of leisure time activities.

Nickell and Dorsey (2002) have classified leisure time activities as sociability, art, association, mobility, games and sports, and immobility. By-

rne et al. (2006) have classified leisure time activities of youth into two, that is, structure leisure activities and unstructured leisure activities. Leone (1953) classified leisure time activities under four categories that are active sports, spectator activities, special activities and hobbies. Stebbins (1992, 1997) classified leisure activities as serious leisure and casual leisure. Miller (1963) has classified leisure time activities as entertainment, making, play, and spiritual, social and intellectual. Badami and Badami (1970) classified leisure activities into two that are home and outside activities.

The review of literature highlighted that there are studies have been conducted across the world. These researches have focused on homemakers (Rothe and Newmark 1958; Bafna 1979; Gulati 1982), employed women (Shetal 1994), rural homemakers (Mankad 1972), teenagers (McCarroll 2008), college students (Beville 2010; Sharma 2013; Eratay and Aydogan 2015), and their leisure time activities. These researches also focused on use of time and time management practices (Sharma 1978). The research trend also focused on gender wise studies (ATUS 2010; Fatemi et al. 2013), stress and leisure time (Walden 2007; Qian et al. 2014; Toyoshima et al. 2016), health and leisure time (Komal et al. 2010; Singh and Misra 2015; Pai et al. 2016), and relation of digital games with leisure time (Kinnermann et al. 2016). This century marked cross-

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sectional studies and decade studies (Aguilar and Hurst 2003; Steffen et al. 2006) on leisure time. Some other aspects like transition from adolescence to adulthood (Jose et al. 2011), and physical activity (Goel et al. 2014) in relation to leisure time were also explored.

It was felt crucial to find out that in which kind of leisure time activities does the youth are involved in, whether the leisure time activities of male and female youth are same or not, and at what extent they pursue number of times the leisure time activities and for how many hours per day. The present study was conducted in an attempt to find answers to these queries.

The investigator felt the need to pursue the research on the extent of number of times the leisure time activities pursued by the male and female youth in a month who were pursuing their bachelor's degree from gender perspective, as it is not explored much. Therefore the present study was planned.

Objectives of the Study

1. To compare the leisure time activities pursued by the male and female respondents.
2. To find out the number of times the leisure time activities were pursued by the male and female respondents in a month.
3. To determine the number of hours the leisure time activities were pursued by the male and female respondents per day.

Hypotheses of the Study

1. The number of times the leisure time activities are pursued by the male and female youth in a month will vary with their personal variables (age in years, ordinal position among siblings, class of study, and pocket money received per month in INR) and family variables (monthly family income in INR, size of the family, and type of the family).
2. The number of hours the leisure time activities are pursued by the male and female youth per day will vary with their personal variables (age in years, ordinal position among siblings, class of study, and pocket money received per month in INR) and family variables (monthly family

income in INR, size of the family, and type of the family).

3. The number of times the leisure time activities are pursued in a month will vary with the gender of the respondents.
4. The number of hours the leisure time activities are pursued per day will vary with the gender of the respondents.

Delimitation of the Study

The study was limited to the youth of Bhilwara city of Rajasthan who were pursuing their bachelor's degree in three disciplines of Arts, Commerce and Science.

METHODOLOGY

The research design of the present study was descriptive in nature. The study comprised of 90 male and 90 female respondents from three streams (Arts, Commerce and Science) pursuing bachelors' degree were selected through purposive sampling method. The data was collected through survey method by personally distributing the questionnaires to the respondents who willingly agreed to give the information.

RESULTS

Demographic Data

The mean age of the male respondents was 19.9 years and for female respondents it was 19.8 years. More number of the male respondents were eldest among their siblings and more number of female respondents were positioned second in their ordinal number among their siblings. More number of the male respondents were studying in third year, whereas more number of the female respondents were studying in second year. The mean monthly family income of male respondents was INR 78,478 and INR 99,711 of female respondents. It was found that the majority of the respondents were living in small families. Majority of the respondents were living in nuclear family.

Leisure Time Activities Pursued by the Male and Female Respondents

The findings on leisure time activities pursued by the male respondents revealed that all the male respondents pursued social activities, outdoor games and entertainment activities. The

social leisure time activities included chatting through mobile phone, visiting friends, face-to-face conversation with friends. The major outdoor games as leisure time activities pursued by the male respondents were cricket and football. Watching television and watching movies in theatre were pursued as entertainment leisure time activities. The findings further highlighted that all the female respondents pursued social leisure time activities and entertainment leisure time activities. Majority (97.8%) of the female respondents pursued artistic and creative leisure time activities. The female respondents pursued chatting through mobile phone, face-to-face conversation with friends and visiting friends. The major entertainment related leisure time activities pursued by them were watching television and listening to music. The artistic and creative leisure time activities included singing, dancing and sketching (Table 1).

The comparison between the leisure time activities pursued by male and female respondents showed that the artistic and creative leisure time activities and the miscellaneous leisure time activities (specially reading) were pursued more by female respondents and outdoor games were played more by male respondents.

Number of Times the Leisure Time Activities Pursued by the Male and Female Respondents in a Month

The social leisure time activities pursued by the male and female respondents ranked first in the order of frequency of pursuing leisure time activities followed by “entertainment” as second in order, “moving and travelling” as third

and “artistic and creative” as fourth. The lowest number of times the leisure time activities pursued by male respondents was reported to be “miscellaneous” and games and sport, specially outdoor games among female respondents.

The social leisure time activities were pursued very often by all the male and female respondents. Majority of the male (90.0%) and female respondents (96.7%) pursued leisure time activities related to “entertainment” very often. An in-depth analysis of the findings revealed that most of the male respondents (67.8%) pursued moving and travelling leisure time activities very often, whereas majority of the female respondents (81.1%) pursued moving and travelling leisure time activities very often. The leisure time activities under the category moving and travelling included riding two-wheelers, and going for long drives on two-wheelers was pursued by the male and female respondents (Table 2).

The findings on the basis of overall weighted mean score obtained by the respondents clearly made it evident that the male respondents comparatively pursued more number of leisure time activities as compared to female respondents.

Number of Hours the Leisure Time Activities were Pursued by the Male and Female Respondents per Day

The data regarding the number of hours the leisure time activities pursued by the male and female respondents per day revealed that male and female respondents pursued leisure time activities related to the maximum amount of time is “entertainment”. The further analysis revealed

Table 1: Frequency and percentage distribution of respondents according to the leisure time activities pursued by them

Leisure time activities	Respondents (n=180)			
	Total			
	Pursued by male (n=90)		Pursued by female (n=90)	
	f	%	f	%
Social	90	100	90	100
Artistic and creative	85	94.4	88	97.8
Moving and travelling	84	93.3	84	93.3
Games and Sports				
1. Indoor games	87	96.7	86	95.6
2. Outdoor activities	90	100	57	63.3
Entertainment	90	100	90	100
Miscellaneous	73	81.1	85	94.4

Table 2: Extent of number of times the leisure time activities pursued by the male and female respondents in a month

Leisure time activities	Respondents (n=180)													
	Male (n=90)					Female (n=90)								
	Social	Artistic and creative	Moving and traveling	Games and sports Indoor games	Games and sports Outdoor games	Entertainment	Miscellaneous	Social	Artistic and creative	Moving and traveling	Games and sports Indoor games	Games and sports Outdoor games	Entertainment	Miscellaneous
	f (%)	f (%)	f (%)	f (%)	f (%)	f (%)	f (%)	f (%)	f (%)	f (%)	f (%)	f (%)	f (%)	f (%)
Very often (≥17 days in a month)	90 (100)	48 (53.3)	61 (67.8)	41 (45.6)	43 (47.8)	81 (90)	32 (35.6)	90 (100)	54 (60.0)	73 (81.1)	32 (35.6)	22 (24.4)	87 (96.7)	21 (23.3)
Often (9-16 days in a month)	-	14 (15.6)	5 (5.6)	13 (14.4)	9 (10)	3 (3.3)	5 (5.6)	-	13 (14.4)	-	9 (10)	1 (1.1)	2 (2.2)	7 (7.7)
Sometimes (4-8 days in a month)	-	16 (17.8)	12 (13.4)	16 (17.8)	24 (26.7)	2 (2.2)	11 (12.2)	-	13 (14.4)	9 (10)	31 (34.4)	22 (24.4)	1 (1.1)	35 (39)
Rarely (once in 15-30 days in a month)	-	7 (7.7)	6 (6.6)	18 (20)	14 (15.5)	4 (4.5)	29 (32.2)	-	8 (9)	2 (2.2)	14 (15.5)	12 (13.4)	-	22 (24.4)
Never	-	5 (5.6)	90 (100)	2 (2.2)	-	-	13 (14.4)	-	2 (2.2)	6 (6.7)	4 (4.5)	33 (36.7)	-	5 (5.6)
Total	90 (100)	90 (100)	90 (100)	90 (100)	90 (100)	90 (100)	90 (100)	90 (100)	90 (100)	90 (100)	90 (100)	90 (100)	90 (100)	90 (100)
Weighted mean scores out of 5 (range 1-5)	5	4	4.2	3.8	3.9	4.8	3.2	5	4.2	4.5	3.6	2.6	4.9	3.2
Overall weighted mean	4.14						4.00							

that almost one-half of the male respondents (50.9%) and majority of the female respondents (77.8%) pursued entertainment activities often. The “outdoor games” pursued by the male respondents stand second in the order of number of hours the leisure time activities pursued. It was further highlighted that slightly less than two-third of the male respondents (64.4%) pursued it sometimes only. Cricket as an outdoor game was pursued by majority of male respondents. The third leisure time activity in order of number of hours spent on it that was pursued by the male respondents was reported to be the “social leisure time activities”. An in-depth analysis of the same revealed that it was pursued sometimes by the majority of the male respondents (80.0%).

The “social leisure time activity” pursued by the female respondents ranked second in the order of extent of time spent on it. It was also revealed that majority of the female respondents (87.8%) pursued it sometimes only. The leisure time activity as “indoor games” ranked third among female respondents in order of extent of time spent on it. The further analysis of the findings highlighted that majority of the female respondents (73.4%) pursued indoor games sometimes only. The most popular indoor game reported to be played by the female respondents were mobile games (Table 3).

On the basis of the findings of the research based on weighted mean scores it can be concluded that the male and female respondents spent maximum time in pursuing leisure time activities related to “entertainment”. The second in order to the extent of number of time spent on leisure time activity was found to be “outdoor games” among the male respondents and “social activities” among female respondents. The lowest extent of time spent in pursuing leisure time activity among the male respondents was “miscellaneous leisure time activities” and that of female respondents as “outdoor games”. The male respondents were found to be spending more time pursuing their leisure time activity as compared to female respondents.

Statistical Findings

Analysis of Variance (ANOVA), ‘t’-test, and Scheffe’s test were computed for analyzing the findings statistically. The statistical findings re-

vealed that there existed no significant variation in the extent of number of times the leisure time activities pursued in a month by the male and female youth with their personal (age in years, ordinal position among siblings of male, class of study, and pocket money received per month in INR) and family variables (monthly family income in INR, and size of the family). The female respondents significantly varied in their extent of number of times the leisure time activities pursued in a month by their ordinal position among their siblings (F-ratio= 3.86, 0.05 level of sig.). The findings of Scheffe’s test confirmed statistically with the 0.05 level of significance that the ordinal position of female respondents among their siblings significantly differed with the extent of number of times the leisure time activities by them.

The computed ‘t’ value depicted that the number of times the leisure time activities pursued in a month did not differ due to family type of the male and female respondents.

The computed ANOVA revealed that the extent of number of hours of leisure time activities pursued by the male and female youth did not vary with their personal and family variables. The computed ‘t’ value depicted that the extent of number of hours the leisure time activities pursued per day did not differ due to family type of the male and female respondents.

The computed ‘t’-test reflected that the male and female respondents differed significantly on the extent of number of times the leisure time activities pursued by them in a month (‘t’ value= 2.02, 0.05 level of sig.). The ‘t’-value revealed that the extent of number of hours the leisure time activities pursued did not differ with gender.

CONCLUSION

The findings revealed that the male and female respondents were pursuing different leisure time activities. The findings of the research also revealed that the extent of number of times the leisure time activities pursued by the respondents differed significantly due to their gender as the male respondents pursued more leisure time activities than female respondents. The findings of the study will be helpful in creating awareness regarding different leisure time activities and will be helpful for youth in adopting leisure time activities productively.

RECOMMENDATIONS

It is recommended that the male youth should shoulder the responsibility of household chores to help their family in their leisure time. It is also recommended that the male and female youth should participate in different e-learning and personal grooming courses for the productive use of their leisure time.

NOTE

- Figures shown in parentheses are percentages in Tables 2 and 3.

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