



ANALYSIS OF LEISURE TIME MENTAL ACTIVITIES OF SCHOOL STUDENTS

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ABSTRACT :

The aim of the present study was to analyse leisure time mental activities of school students. The study area of this study was Nagpur (MH). To conduct the study 500 school students from various schools operational in Nagpur were selected as sample. The age range of selected subjects was between 12 to 16 years. The selection of subjects was based on random sampling method. Mental activities done by school students in their free time were assessed by self structured questionnaire. Results reveal that leisure time mental activities namely playing chess, solving puzzles, painting reading books, solving crossword, playing musical instrument and listening to music were preferred by majority of students except that no consensus was observed on playing cards as leisure time mental activity. It was concluded that students are engaged in quite a few leisure time mental activities which may be looked as awareness of parents and school administration to foster overall development.

KEYWORDS : Leisure, time, mental activity, school students.

INTRODUCTION

According to Kelly and Godbey (1982), leisure can be expressed in three forms i.e. experience, activity or time.

Leisure may be defined as time spent by a person on non-compulsory activities entirely under his/her own discretion. It is free from compulsory activities such as homework, household work, employment, education or day to day work. That is why leisure time is also termed as free time. (Kelly, 1996) According to Laurent (2016) free time or leisure time is the time spent apart from doing business, education, household work, education and other necessary activities such as eating and sleeping.

Leisure has been defined by Baud-Bovy and Lawson (2002) as free time available to the individual when work that has to be completed, sleep and other basic needs have been met. They defined leisure as free time available to the individual when the disciplines of work, sleep and other basic needs have been met. It is time which can be used in ways determined by the individual's own discretion. Basic needs include essential cooking, shopping, housework, childcare and hygiene. Work includes travel time to and from work. The school age is a formative period for children in terms of physical as well as mental development which transforms the child into a promising adult. Children spend their time on various activities apart from certain activities i.e. schooling and studies. The other activities can be indication of potential and beneficial contribution as a whole to the society. The benefits of time spent in school and studying are important in economic terms universally accepted because investment in human capital enables the society to get economically stronger. In contrast to this, the benefits of non-academic activities of children during their free time known as leisure activities are less obvious. Researchers like Hollie A. Raynor (2009), Videnovic et al. (2010), Agnieszka Wartecka-Wazynska (2013), Paudel et al. (2014), Ignatov (2016) conducted

studies on leisure time covering lot of aspects but so far leisure time mental activities of school students in India has not be analysed. Hence the present study was conducted to fill this knowledge gap.

OBJECTIVE:

The objective of the present study was to analyse leisure time mental activities of school students enrolled in various schools operational in Nagpur.

HYPOTHESIS

It was hypothesized that students involvement in leisure time mental activities would be fairly high.

METHODOLOGY :-

The following methodological steps were taken in order to conduct the present study.

Sample :-

To conduct the study, 500 school going students from various schools operational in Nagpur were selected as sample. The age range of selected subjects was between 12 to 16 years. The selection of subjects was based on random sampling method.

Tools:

Leisure Time Activity Questionnaire: To assess leisure time mental activities of school students, a self constructed questionnaire was used. This questionnaire consists of five sections to assess physical, mental, social, cultural/spiritual and allied activities during leisure. This questionnaire is reliable and valid. Data pertaining to mental activities during leisure time was used in the present study.

Procedure:

Ethical considerations were followed in the present study. Before administering the questionnaire, the aims and objectives of the present study was explained to students and concerned teachers. They were assured that this survey research is only for betterment of society and individual data will not be disclosed. Leisure time activities questionnaire was administered in a group of 5 to 10 students in a comfortable environment. The scoring of obtained responses for statement which is in yes/no form is recorded for each subject and for each statement. χ^2 test is used as statistical tool to analyse the data. Results depicted in table 1.

RESULT AND DISCUSSION

Table 1
Response of Subjects on Questions Related to Leisure Time Mental Activities

Questions	Yes		No		χ^2
	N	%	N	%	
Do you like to engage yourself in playing chess in your free time?	330	66%	170	34%	51.2*
Do you like to solve puzzle in your free time?	422	84.4%	78	15.6%	236.67*
Do you like painting or drawing sketches in your free time?	331	66.2%	169	33.8%	52.38*
Do you like reading books / novels / magazines in your free time?	389	77.8%	111	22.2%	154.56*
Do you like to play cards in your free time?	251	50.2%	249	49.8%	0.009

Do you like to solve crossword in your free time?	336	67.2%	164	32.8%	59.16*
Do you like to play music or any musical instruments in your free time?	384	76.8%	116	23.2%	143.64*
Do you like to listen music in your free time?	458	91.6%	42	8.4%	346.11*

* significant at .05 level

Perusal of table 1 yielded following facts:

- 66% subjects want to play chess during their free time as compared to 34% subjects who do not prefer to play chess during their free time. Hence majority of the subjects prefer playing chess during their free time. ($\chi^2=51.2$, $p<.05$)
- 84.4% subjects certainly like to solve puzzle during their free time as compared to 15.6% subjects who are disinterested in solving puzzles during their free time. Hence majority of the subjects would like to solve puzzles during their free time. ($\chi^2=236.67$, $p<.05$)
- 66.2% subjects like to be involved in painting during their free time as compared to 33.8% subjects who do not prefer to be involved in painting during their free time. Hence majority of the subjects prefer painting as their mental activity during their free time. ($\chi^2=52.38$, $p<.05$)
- 77.8% subjects like reading books during their free time as compared to 22.2% subjects who do not prefer reading books during their free time. Hence majority of the subject's preference is towards reading a book as their mental activity during their free time. ($\chi^2=154.56$, $p<.05$)
- 50.2% subjects like to play cards during their free time as compared to 49.8% subjects who are against playing cards during their free time. Hence views of subjects regarding playing card as free time mental activity is divided. ($\chi^2=0.008$, $p>.05$)
- 67.2% subjects like to solve crossword during their free time as compared to 32.8% subjects who do not like to solve crossword during their free time. Hence majority of the subjects prefer crossword as their mental activity during their free time. ($\chi^2=59.16$, $p<.05$)
- 76.8% subjects like to play musical instrument during their free time as compared to 23.2% subjects whose dislike it. Hence majority of the subjects prefer playing musical instrument during their free time. ($\chi^2=143.64$, $p<.05$)
- 91.6% subjects like to listen to music during their free time as compared to 8.4% subjects who do not like to listen to music during their free time. ($\chi^2=346.11$, $p<.05$)

Results of the present study shows that overall percentage of students participating in various meaningful leisure time mental activities are high which shows the efforts of various governmental and non-governmental organization to inculcate leisure education in school students.

CONCLUSION

On the basis of results, it was concluded that leisure time mental activities namely playing chess, solving puzzles, painting reading books, solving crossword, playing musical instrument and listening to music were preferred by majority of students except that no consensus was observed on playing cards as leisure time mental activity.

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