

PalArch's Journal of Archaeology of Egypt / Egyptology

Knowledge and awareness about the male and female college students spending their leisure time

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Pravalika, R. Gayatri Devi, A. Jothi Priya. Knowledge and awareness about the male and female college students spending their leisure time--PalArch's Journal Of Archaeology Of Egypt/Egyptology 17(7), 1971-1980. ISSN 1567-214x

Keywords: Leisure time, sports, girls and boys

ABSTRACT

Leisure has often been defined as a quality of experience or as free time. Free time is time spent away from business, work, domestic chores, education as well as necessary activities such as eating and sleeping. As both females and males have different opinions on spending their leisure time. The aim of the study is to create awareness and knowledge about the activities done during leisure time by males and females. A questionnaire was prepared and administered to 100 participants through survey monkey – an online survey. The study participants included the age group of 17 -25. Before the start of study, a detailed explanation of the study was shared with the participants. Once the participants were completed the survey, data was collected. Leisure time is spent differently by girls and boys. From this survey, the common leisure activity done by boys was getting involved in sports. The common leisure activity done by girls was getting involved in social media. Even males accept that females use their leisure time more productively. Mostly all students are aware that leisure time can help to maintain physical, mental health by acting as a buffer to stress. Based on this survey, both boys and girls use their leisure time based on their will. Both boys and girls spend their free time in sports but boys are more involved in physical activities than girls.

INTRODUCTION

Leisure is important, because people need freedom to become and to express themselves. However, no consensus exists of what leisure really is. While

there is no considerable amount of literature available on the subject of time management, most of it does not actually present examples of what might be a reasonable way to spend one's time [1]. One of the most frequently done leisure activities is sports among both the population [2]. The difference in behaviour to use their leisure time is based not only because of their gender, it is also based on a particular individual. Nowadays it is clear to see that there has been an improvement in individuals' living conditions [3]. Proper time management necessitates a proper balance of an individual. Leisure time is free of practice commitments such as work or study involving activities that are self imposed and freely chosen [4].

Past research has generally defined Leisure as time off work, and the study of leisure has focused on behaviour during non-work time or non-work activities [5]. As most leisure time during work time does not allow people to do many activities which they want to [6]. This is mainly to know what males and females feel in general. In past researches it is said that women report having less free time than men [7].

Not only gender, even leisure time is spent in a different way based on their age. It is commonly believed that boys are more physically active than girls, which is not true all the time [8]. For many students and young adults, the college years are a period of expanding freedoms and focusing on interests [9]. College is seen as the last stage of formal education for most people and it is also one of the last structured opportunities for individuals to form leisure time behaviour patterns before they move into the workplace [10]. In the study age is taken into consideration and their behaviour variance is seen. One to the variation is their sex, the classical view might be differently applicable [11]. Therefore the aim of the survey is to assess the male and female college students' leisure time.

MATERIALS AND METHOD

Self-administrated questionnaire was designed based on awareness. The questionnaire was distributed through an online survey monkey link. The study population included people belonging to the 17-25 age group to about 50 boys and 50 girls (college students). The participants were explained about the purpose of study in detail. The questions were carefully studied and the participants marked the corresponding answers. The data was collected and statistically analyzed.

RESULT AND DISCUSSION:

It is important to know that leisure time activities are necessary in everyone's life to keep themselves stress less and this must be chosen wisely which depends on their age and gender.

These were the following result obtained through this survey. (As common results from males and females)

Based on the survey conducted, the majority of the boys and girls were not spending their leisure time studying. Among 50 boys and girls, only 8 girls were liked to spend [Figure 1]. 16% of girls and 0% of boys responded that they spend their time in studies, 8% of girls and 44% of boys responded that they spend their time in play, 30% girls and 36% boys responded that they spend their time in sleep and 46% of girls and 20% of boys were involved in

other activities during leisure time [Figure 2]. 86% of boys and 20% of girls were involved in sports during their leisure time and 80% girls and 14% boys responded that they were not involved in sports [Figure 3]. 74% of the population spend leisure time indoors which involves the majority of girls. But boys were involved equally both in indoors and outdoors games [Figure 4]. 90% of the whole population were aware that leisure time can help to maintain physical and mental health by acting as a buffer to stress [Figure 5]. 7% of girls use to read, 18% of girls use to watch TV, 50% of girls use social media, 9% of girls use to spend time with family, 7% of girls use to study and 9% of girls use sports in their free time. [Figure 6]. 16% of boys use to watch TV, 35% of boys use social media, 7% of boys use to spend time with family and 42% of boys use sports when they have free time [Figure 7]. 42.9% of the total population were involved in household activities during their leisure time which involved mostly girls [Figure 8]. 55% of the population spend leisure time by playing different instruments other than guitar, violin and keyboard. 6 girls and 10 boys responded to play guitar, 4 girls and 2 boys responded to play violin, 13 girls and 9 boys responded to play keyboard [Figure 9]. 86% of girls agree that females use leisure time more productively and 40% of the boys agreed that females are more productive [Figure 10].

Anna Shostya has reported that 83% of the college going students use social media networking sites. It also presented that female students were more among the population taken [12]. According to Norberto David Bassan males had more availability of leisure time and were more involved in sports [13]. Forough F Masrour concluded that females usually spend 26 hours a week studying or doing assignments during leisure time [14]. Mario Renato Azevedo concluded that men and women have different levels of physical activity [15]. As this study concluded that girls spend leisure time more productively but from other articles it is geared towards the complete and varied development of a person [15,16]. Health also plays a vital role to consider the levels of their activities [17]. Based on the other articles which finds socialising at home as a very common activity among both girls and boys [18]. Where as social media is said to be more according to this study.

FIGURE 1: The graph showing girls and boys who spend their leisure time studying -yes and no. 8 girls and 0 boys said yes and 42 girls and 50 boys said no. Blue represents girls and orange represents boys. X axis represents yes or

no and Y axis represents the number of participants.

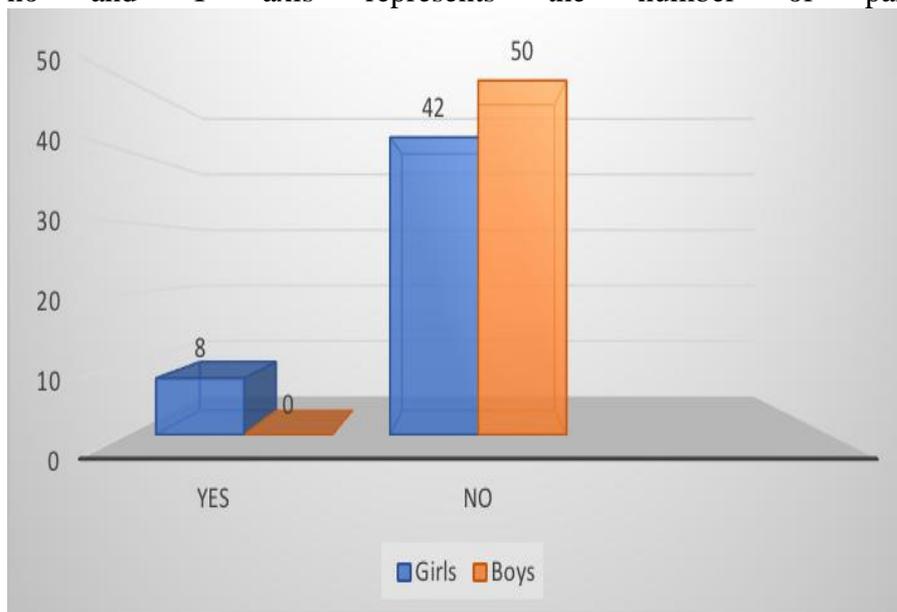


FIGURE 2: The pie charts showing what girls and boys do frequently in their leisure time -study,play,sleep and others. 16% of girls and 0% of boys study, 8% of girls and 44% of boys play, 30% girls and 36% boys sleep and 46% of girls and 20% of boys are involved in other activities during leisure time. Blue represents study, orange represents play, grey represents sleep and yellow represents others.

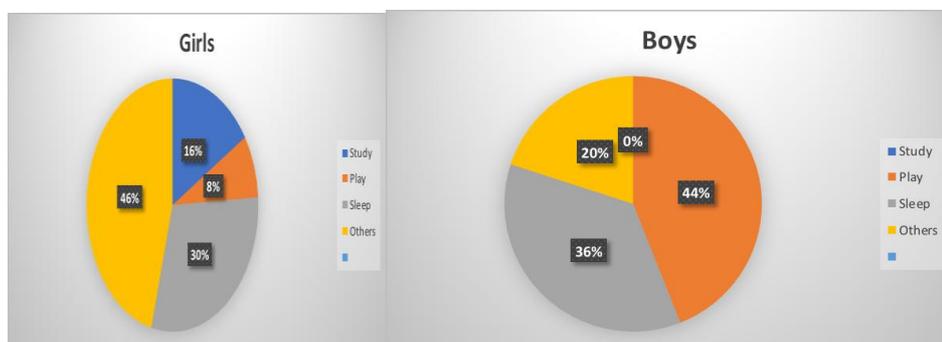


FIGURE 3:The pie charts showing girls and boys getting involved in sports during free time-yes and no. 20% of girls and 86% of boys said yes and 80% girls and 14% boys said no. Blue represents yes and orange represents no.

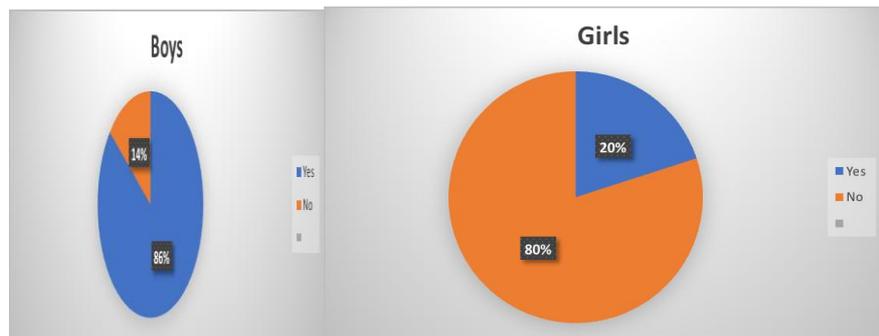


FIGURE 4: The graph shows girls and boys who spend their leisure time outdoors or indoors- indoor and outdoor. 49 girls and 25 boys said indoor, 1 girl and 25 boys said outdoor. Blue represents girls and orange represents boys. X axis represents indoor or outdoor and Y axis represents the number of participants.

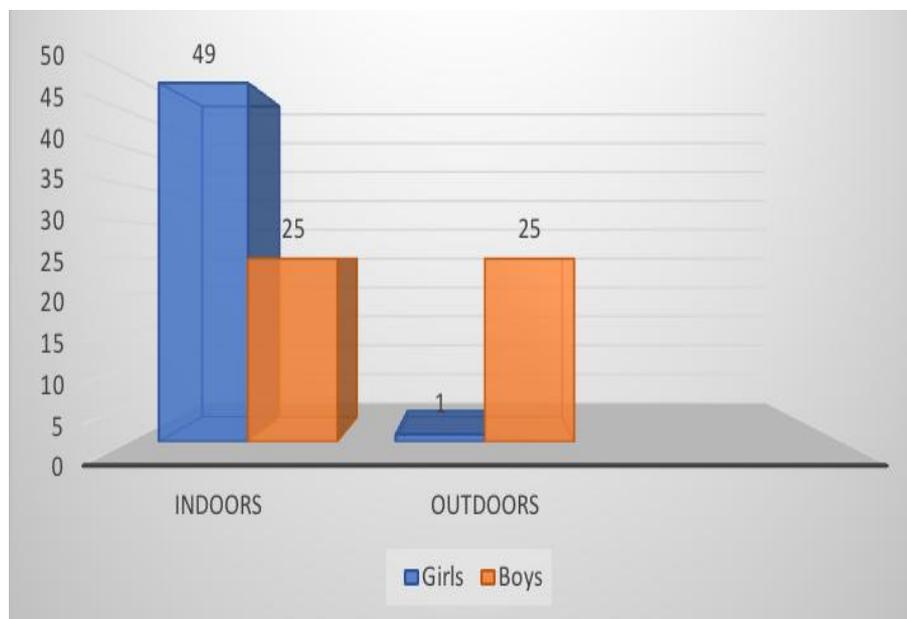


FIGURE 5:The graph shows girls and boys who are aware that leisure time can help maintain physical and mental health by acting as a buffer to stress - yes and no.46 girls and 45 boys said yes and 4 girls and 5 boys said no. Blue represents girls and orange represents boys.X axis represents yes or no and Y axis represents the number of participants.

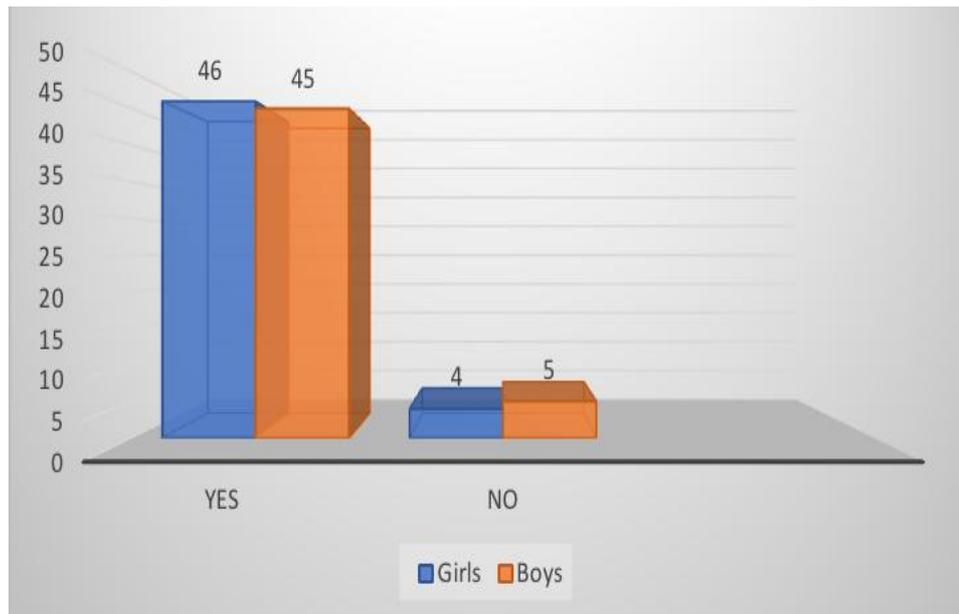


FIGURE 6: The pie chart shows the responses from girls on the most popular or commonly interested activity during leisure time among girls-reading, watching tv, social media, spending time with family and sports. Dark blue represents reading, orange represents watching tv, grey represents social media, yellow represents spending time with family, light blue represents studying and green represents sports.

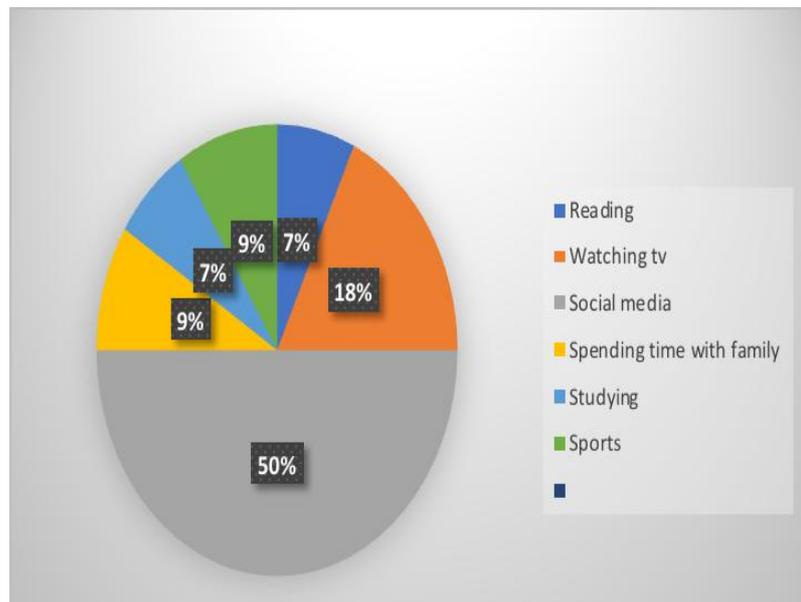


FIGURE 7: The pie chart shows the responses from boys on the most popular or commonly interested activity during leisure time among boys -reading, watching tv, social media, spending time with family and sports. Dark blue represents reading, orange represents watching tv, grey represents social media, yellow represents spending time with family and light blue represents sports.

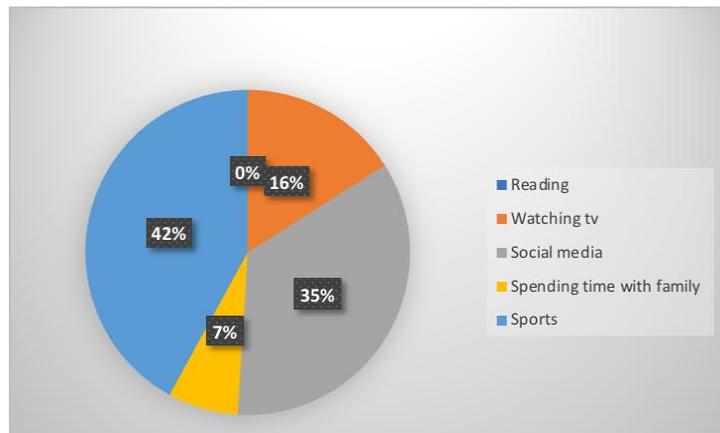


FIGURE 8: The graph showed girls and boys who spend their leisure time in household activities -yes and no. 49 girls and 8 boys said yes and 1 girl and 42 boys said no. Blue represents girls and orange represents boys. X axis represents yes or no and Y axis represents the number of participants.

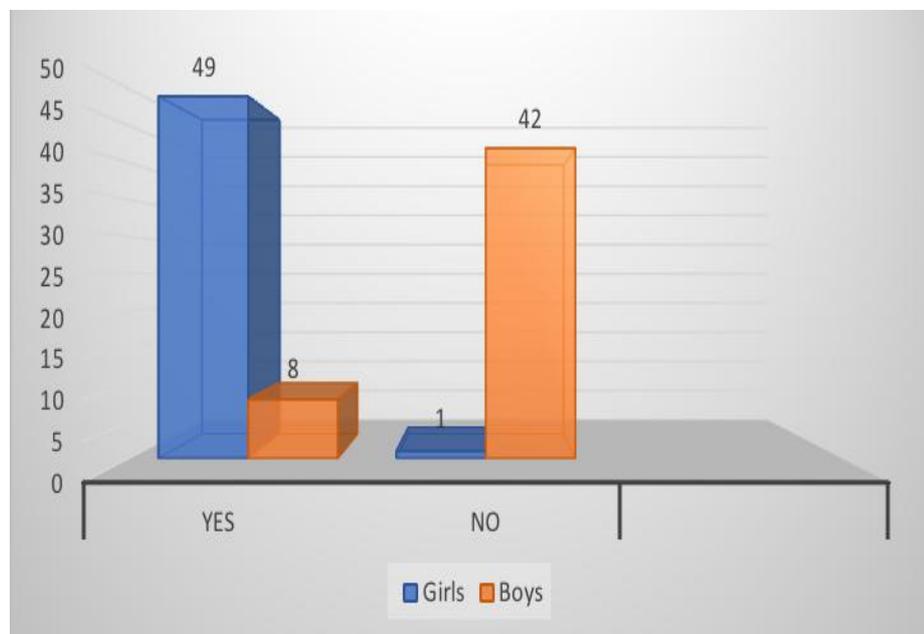


FIGURE 9: The graph shows girls and boys who spend their leisure time playing musical instruments like Guitar, violin, keyboard and others. 6 girls and 10 boys said guitar, 4 girls and 2 boys said violin, 13 girls and 9 boys said keyboard and 22 girls and 29 boys said others. Blue represents girls and orange represents boys. X axis represents yes or no and Y axis represents the number of participants.

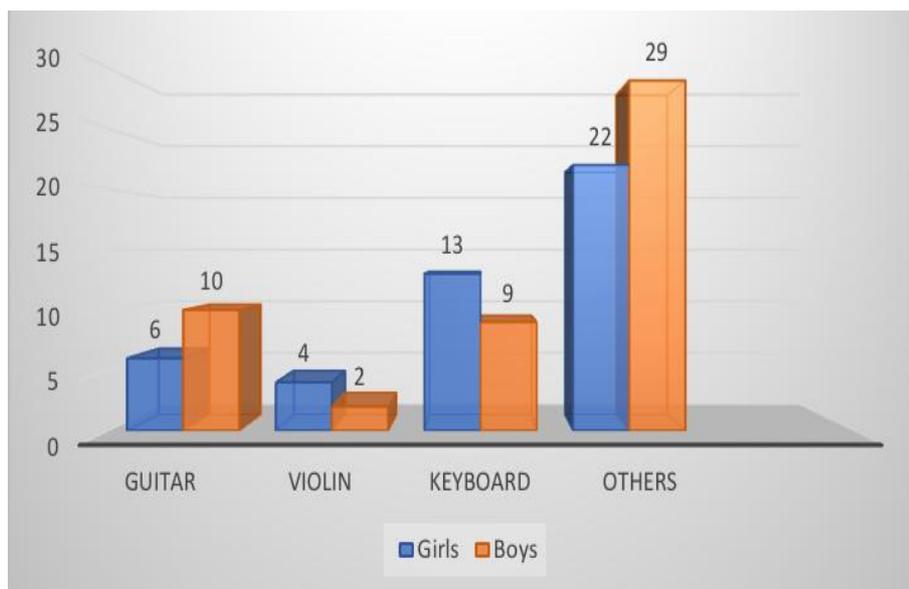
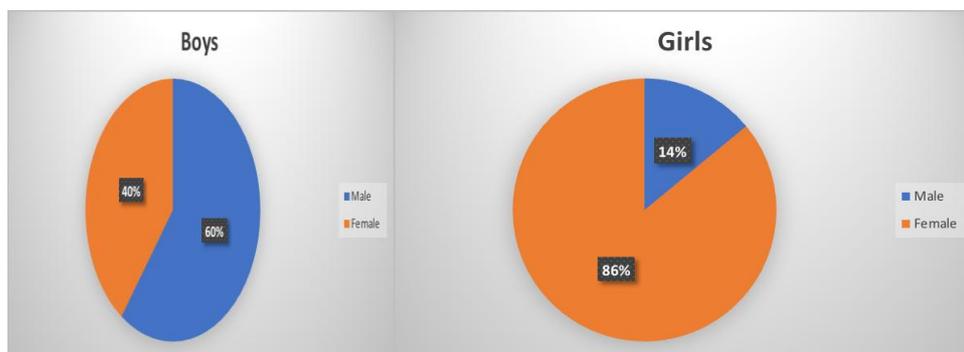


FIGURE 10: The pie charts showing girls and boys choosing which gender are more productive during leisure time- male and female. 60% boys and 14% of girls said male and 40% boys and 86% of girls said females. Blue represents male and orange represents females.



CONCLUSION:

Mostly all students are aware that leisure time can help to maintain physical, mental health by acting as a buffer to stress. Based on this survey, both boys and girls use their leisure time based on their will. Both boys and girls spend their free time in sports but boys are more involved in physical activities than girls.

ACKNOWLEDGMENT

The author would like to thank the study participants for their participation and kind cooperation

FUNDING SUPPORT

The authors declare that they have no funding support for this study

CONFLICT OF INTEREST

The author declares that there is no conflict of interest in the present study.

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