

**A SURVEY ON LEISURE TIME ACTIVITIES OF BHAGWANPUR II BLOCK
WORKING WOMEN**

PURPOSED SYNOPSIS

PRESENTED TO THE VIDYASAGAR UNIVERSITY

IN LIEU OF A THEORY PAPER

FOR THE DEGREE OF MASTER OF PHYSICAL EDUCATION

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AUGUST 2023



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CERTIFICATE BY THE SUPERVISOR

This is to certify that, miss Usha Gurung is a regular student of M.P.Ed. semester 4th department of physical education, Mugberia Gangadhar Mahavidyalaya under Vidyasagar University, in the session of 2021-2023. This thesis has been carried out under my supervision and guidance for partial fulfilment of the requirements for the Master of Physical Education under Vidyasagar University. I am forwarding her thesis entitled "A survey on leisure time activities of Bhagwanpur II block working women" for the examination of M.P.Ed degree conduct by Vidyasagar University. The material and data composed from local women in this study are genuine and were collected by her. I, therefore recommended that the same may please be accepted for the examination of M.P.Ed degree.

Date: / /


21.07.2023.
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INTRODUCTION

1.1 **General Introduction** - Leisure time is important for everyone after working and studying hard. One can try out different leisure time activities during their free time. Practising recreational activities keeps our minds busy when we are free and gives us happiness.

Leisure activities are activities people participate in when free, maybe in the evenings or weekends. Activities are taken during free time outside the mandatory time. These are activities taken for pleasure, relaxation, or other satisfactions, typically after work and completion of other responsibilities. Mostly, it is what people choose to do in their free time after their daily chores and duties.

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. Leisure as an experience usually emphasizes dimensions of perceived freedom and choice. It is done for "its own sake", for the quality of experience and involvement.

There are both physical and psychological benefits of leisure time, with reduced levels of stress, anxiety, and depression, improve mood and higher levels of positive emotion. Engaging in recreational activities should be encouraged throughout one's life to preserve and improve one's health.

Definitions of Leisure

Leisure refers to the free time that people can spend away from their everyday responsibilities to rest, relax and enjoy life. It is during leisure time that people participate in recreation and sporting activities.

There is debate about how to define leisure. However, there is a consensus that there are three primary ways in which to consider leisure: leisure as time, leisure as activity, and leisure as state of mind.



Leisure as Time

By this definition leisure is time free from obligations, work (paid and unpaid), and tasks required for existing (sleeping, eating). Leisure time is residual time. Some people argue it is the constructive use of free time. While many may view free time as all nonworking hours, only a small amount of time spent away from work is free from other obligations that are necessary for existence, such as sleeping and eating.

Leisure as Activity

Leisure can also be viewed as activities that people engage in during their free time activities that are not work oriented or that do not involve life maintenance tasks such as housecleaning or sleeping. Leisure as activity encompasses the activities that we engage in for reasons as varied as relaxation, competition, or growth and may include reading for pleasure, meditating, painting, and participating in sports. This definition gives no heed to how a person feels while doing the activity; it simply states that certain activities qualify as leisure because they take place during time away from work and are not engaged in for existence. However, as has been argued by many, it is extremely difficult to come up with a list of activities that everyone agrees represents leisure—to some an activity might be a leisure activity and to others it might not necessarily be a leisure activity. Therefore, with this definition the line between work and leisure is not clear in that what is leisure to some may be work to others and vice versa.

In the conclusion we can say that leisure activities are important not only for certain people, but also for the general public's health. Leisure activities should be encouraged throughout one's life to preserve and improve one's health.

Statement of the problem

The purpose of the study is to find out how working women of Bhagwanpur II block spend their leisure time.

1.2 Aim of the study

The main aim of the study is to know how working women spend their leisure time and suggest them for good habits.

1.3 Limitation of the study

1. The diet and food habit of the subject cannot control by the researcher.



2. Normal physical activity of the subject cannot be control by the researcher.
3. Mentality of the subject cannot be control.
4. The socio -economic status of the subject consider as limitation of study.

1.4 Delimitation of the study

1. The investigator selects only working women for her study.
2. The study is delimited to Bhagwanpur II block.
3. The investigator selects 100 houses for the study.

Methodology

Sample – To achieve the purpose of the study investigator will select 100 working women ranging the age below 50 years from Bhagwanpur II block in East Medinipur.

Data collection - The data will be collection through primary and secondary source by using interview method.

SUMMARY

The purpose of this study was to find out how working women of Bhagwanpur II block spending their leisure time. A survey study was carried out on 100 those working women who are live in Bhagwanpur II block. The investigator has constructed 10 self - made questionnaire which guided by three experts of different institution was used to collect the data. Data analysis was performed using bar diagram and pie chart. After the study it was concluded that 29% working women of the study area those who are spending 10 to15 years of their married life response in a logical way where 52% family have more than 4 family members. The study concluded that only 11% of working women have no idea regarding physical education and sports. Although 51% of working women have very good and well knowledge regarding that. 34 percent working women spending their leisure time by watching television and rest of all subjects spending their leisure time by doing another activity like making handicraft products, time spend with their family, gardening, dance practice, listening to music, cooking some special discs, visiting friends, helped her child for do homework's, reading Noval /newspaper, etc. From the result it was seen that most of the women are directly or indirectly perform physical activity in regular basis. Only 6% working women are feeling not well during their leisure time according to them they feel very much disturbance and rest of all are very happily spend their leisure time by doing their desire activities. Finally, it was summarised that most of the occasion the working women spend leisure time with family members.



CONCLUSION

Based on the findings of this study, the following conclusions were drawn:

The study showed that those working women who are live in Bhagwanpur-II block have more than 4 members in a family and most of the working women have knowledge about physical education and sports. someone said that they were good player and participated in sports competition during their childhood but after married life due to insufficient time and due to various types of social rules they are not permission to do any kind of activities which they desire to do.

RECOMMENDATION

Based on the finding the following recommendations were made:

1. Apart from daily life at least the working women 1 to 2 hours should spend leisure time as like playing minor game party game with children, funny recreational game, watching funny video, educational movie, reading books.
2. The rural area working women should be aware about leisure time activity for their mental relaxation.
3. The head of the family member should allow the working women to involve in different types of leisure time activities.
4. The government Should take decision to make park in this area and also arrange verity types of leisure time activities in this locality focusing specially for women.

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21.07.2023

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