

An Education on the Importance of Comfort Sociology

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Introduction:-

Sociological work on leisure and life course really began with the Rapoport's pioneering study in London in the 1970s (Rapoport and Rapoport, 1975). These investigators observed how the family life-cycle created different preoccupations and interests at successive life stages, which interacted with employment careers to produce characteristic uses of leisure.

Shortly afterwards, in the USA, Estes and Wilenski (1978) identified the 'lifecycle squeeze'. This refers to the squeeze on adults 'time and money when they embark on new household and family formation. Family life events are still the main junctures when leisure patterns unfreeze and are reconstituted (Gershuny, 2003).

Leisure as a social phenomenon

Leisure is considered a complex social phenomenon that affects many social institutions and should not be considered only as a past time activity. Recreation and leisure have a significant impact on many social institutions. However, if used incorrectly, they can have negative effects on many aspects. Relaxation can be practiced in different ways in our society. It can be done alone or in solitude, or it can take place in a social setting that can be private or community based. We can all participate in distraction in its various forms, and that doesn't mean it doesn't affect or affect other people. Your rest doesn't really affect other people.

Our leisure can also be violated by others, for example competing with an older brother or sister on the television when your favorite show is on. Our environment and environment can influence our privacy in three ways: by supporting it, by violating it, and by forcing it upon us. Parents can support their children's leisure activities by purchasing toys, which can motivate them towards a particular career or cause in life.

Circumstances may also force us to take solitary breaks, for example writing. A famous example is JRR Tolkien, author of The Lord of the Rings novels. In the trenches of World War I, he began recording episodes of war that horrified him.

He used it as escapism from the harsh reality he was facing. These recordings of the hardships he experienced were later transferred to The Lord of the Rings books. Writing his books not only gave him a sense of entertainment and relaxation. It has also provided these benefits to millions of people around the world.

It shows how a person's leisure directly and indirectly affects the people around them. His books have been developed into multi-million dollar movies. The movies have led to kids and adults collecting memorabilia and figurines as a hobby.

The premieres of these films are crowded. It shows the domino effect of his entertainment and passion on the rest of the world. It has also positively impacted many people and economies. Rest is not only

found in solitude. Other people may be directly involved in this. They can take the form of spectators and participants. Both the audience and the participants contribute to the activity together.

Primary groups include many factors such as social customs, family beliefs, and relationships that influence leisure activities. Secondary groups on the other hand not only influence the group but individuals within it can influence the group. The groups we belong to as individuals influence our leisure activities. It will also affect the people in that group. Our role in these groups will affect the society in which we exist. It will have individual effects as well as group effects.

Leisure, recreation and sex

In our post - modern era, gender categories are gradually breaking down and multiple categories of gender are emerging. Post-modernism allows people to express their gender and sexuality with fewer boundaries and limitations. History tells us that men are the superior sex in most western cultures. In past centuries recreational activities were reserved for men only. There was also a general segregation of the sexes.

Men were bread winners and women were in charge of the household. Because of this, most women did their recreational activities at home. Men desire rest because it is motivated by their hard work. They consider it a reward for the work they endure. Women generally have a weak motivation for this because they have to deal with domestic problems first. Women associate their leisure time with household chores, such as decorating or supervising children. We certainly think there are leisure opportunities for women outside the home but other duties and concerns take precedence.

There may be cases where equal opportunities exist for men and women but women still perform feminine tasks. They will naturally take care of meals and children among various activities. Another problem facing women's participation in these activities is that they find it difficult to participate. Other women may be too busy with family, lack physical ability, or don't know where to learn activities. It is important for women to empower themselves in aspects of leisure and recreation.

This will ensure that they also get the benefits of entertainment and relaxation. Men need to accept them into programs and provide equal opportunities in our communities. In recent times there has been an increase in lesbian, gay , bisexual and transgender individuals. People are now free to reveal their alternative gender identity. In the past, however, leisure time was not associated with issues of sexuality.

Leisure, entertainment, race and ethnicity

Participation in recreation and leisure activities is influenced by race or ethnicity. These factors also contribute to how programs are delivered to people in the community. Race and ethnicity both influence recreation and leisure but have different meanings. Race is a person's genetic makeup. These include characteristics such as eye color, skin color, and hair. Ethnicity refers to our social and cultural heritage. Ethnic groups can be distinguished by language, customs and religion; this is what separates them from other groups.

It also creates segregation between groups within programs. One reason is that the South African Department of Sport and Recreation has created the Indigenous Sports Project. This project seeks to discover and bring alive local heritage among the people of South Africa. Western cultures mainly oversee these programs. Space services should aim to integrate diverse groups to give people the opportunity to learn together about different races, cultures and ethnicities. This will create an

understanding of the differences that people may experience. This will prevent representation from different races and ethnicities.

It is important to ensure that all groups feel comfortable and develop a sense of belonging while participating in these events. Everyone should be invited, included and involved. By having programs that include these elements, we can build understanding and positive relationships between groups. This will enable us to overcome the prejudices and racial differences that exist in our communities. This can lead to them developing an attitude in which they believe they are part of a group. We should strive to provide programs that eliminate inter-group misunderstandings and promote harmonious relations.

Socio-economic status and its influence on leisure and recreation

Socio-economic status is a means of classifying people into categories based on income, education, occupation and wealth. People in a particular class have similar attitudes, values and interests.

These factors can affect the choice of recreation and leisure. Socio-economic status can affect leisure in several ways. First, the amount of education and/or an individual's income influences the amount of free time and income available for recreational purposes. The lower classes are generally in the minority when it comes to participating in recreational activities. They also rarely participate in health and fitness programs. The upper classes, who have more education and disposable income, seek more refined and prestigious leisure.

For example, in the United States it has been found that the poor working class and the middle class are the major users of public and non-profit services. Agencies operating in various sectors provide programs for all income levels but particularly target the lower and middle classes. This is a rational approach as it provides opportunities for those who cannot afford more expensive entertainment options. However, the upper class may have access to these programs but often choose to go the vocational route. They can use these services as most of them provide high quality service. The upper class may also opt for professional services due to status issues. Status can be assigned for things like exclusive club memberships or exotic travel destinations. There are also activities that can appeal to all social classes such as reading or socializing but there are some that can only be held by each social class. For example, attending the opera or yachting would often be assigned to the upper class, where a camping trip would be a middle-class activity.

Is rest good or bad?

Most all leisure activities do not have positive consequences. Leisure activities are good, however, only if they are carefully controlled. Some of the activities people participate in during their free time include sports, cultural activities, technology, and socializing with friends. Sports activities eg. Swimming or playing soccer gives good positive results in the sense that we exercise, relax, forget our problems for a while and meet people. I think that leisure activities that involve sports should keep the element of competition as low as possible. The emphasis should be on having fun and experiencing. Cultural activities such as learning to play a musical instrument, read or write can have many positive outcomes. Many people use music to express their thoughts and feelings. This can help provide an outlet for the individual. There are many traditional instruments that people of different ethnic or racial backgrounds can learn to play.

Technology provides us with alternatives to traditional leisure and entertainment. It sometimes removes the physical element but can stimulate the mind. Playing video games, browsing the web, and watching television can be very entertaining as well as educational. There are video games that can give us an idea of what it takes to fly a plane in World War II or become a front line soldier. It creates an experience like the real thing and provides escapism from the reality of life. Most people enjoy spending time with friends, such as going to the movies, going out to dinner, or going out on a night out. These activities benefit us a lot but there are also problems associated with it. Alcohol and drug abuse is a major problem in night time hangouts. Science and technology have provided a high level of comfort to our societies. Technology has also given us more time. Vacations and holidays have also increased and the duration is longer.

How is rest beneficial for a person in society?

Leisure has many effects on individuals in our society and it does not discriminate between race, class or gender while providing positivity to people in our society. Society needs to be educated about how recreation and leisure programs can benefit them. This will promote participation and increase its importance in our society. People are now spending more money every year on sports, tourism, outdoor recreation and many other past activities. Changes in basic living conditions and competition in our preferences have also led to organized leisure.

However, relaxation can still be spontaneous, solitary and wonderful. Apart from physical needs such as sleep, rest is what we primarily engage in. According to Leitner and Leitner (2004) if you are 18 years old now, you will potentially live 60 years, with 18 years spent in full-time retirement. This may be an alarming statistic but it is very accurate. Recreation and leisure have the potential to educate and provide the elements we need for our health and growth from birth to death. In this sense, relaxation provides us with wellness, satisfaction and an improved quality of life.

Stress is a big problem for everyone. Numerous studies have shown relaxation's ability to help people cope with stress. Stress often makes us very ill and can lead to complications such as heart disease, high blood pressure and body aches. The effects of these complications can be minimized by recreation and relaxation. Research in the field of recreation and leisure has confirmed that enjoying the joys of life, having satisfying social relationships, and self-expression can help reduce behavioral stress and have a positive effect on our immune system.

This suggests that we should support our recreation and relaxation to avoid these complications. Psychological well-being – can be promoted by activities that are meaningful, fulfilling and active. It provides balance to the demands of life even in times of crisis. Our physical health is closely related to our emotional health. Rest and recreation can greatly benefit your physical health. Being active in recreational and leisure activities can provide many physical benefits. Cardio-vascular, respiratory, musculo-skeletal and metabolic systems are greatly benefited. Recreation and relaxation can help the body respond favorably by reducing the risk of heart disease, high blood pressure, colon cancer, and diabetes.

An active lifestyle helps reduce fatigue, protect against obesity, maintain bone density and joint mobility, and even protect against urinary tract infections. Regular physical activity promotes happiness, encourages support from others, and builds confidence in your ability to participate regularly. It also helps reduce any negative perceptions of being physically active.

Due to the developments in technology, social activities are not the same in our society. People are moving away from the concept of socialization. Some prefer to watch movies alone at home on a DVD player rather than going to the cinema with others. People invest in home gym equipment instead of going to a gym at a recreation center or health club. It is important to preserve old practices to promote social benefits to individuals in our society.

The many benefits of recreation and leisure combine to create a sense of well-being in people. This is important because it emphasizes the vitality of our surroundings and the world. It helps us develop vibrant and caring communities and has the power to create harmony in the diversity that exists. Contentment in life is what we strive for every day. It is hard to define but we can recognize it when it is there. It is an emotional and visceral experience. Recreation and relaxation help us achieve this satisfaction. When we are satisfied with our lives, we are less self-centered, less hostile and abusive, and generally less vulnerable to disease. These are qualities that should be removed from our society. We need to be more loving, forgiving, faithful, creative and friendly. Recreation and relaxation can help you provide these qualities. This will lead to a snowball effect as happy people are more positive about their leisure activities. They feel positive and embrace the belief that these activities are actually helping them and those around them.

In order for people in the community to experience the importance and benefits of relaxation and recreation, we need to have recreation professionals with the necessary skills to implement it effectively. Whether you work at a hospital, camp, theme park, national organization, or a resort, you must be able to give people a positive experience. You should be able to personify qualities that reflect professionalism. He should also possess qualities that enable him to carry out the program or activity successfully.

The leisure professional should base his efforts on the needs and interests of the focus group. He should try to develop programs based on their needs rather than his own. Even if he is employed in a profit-making organization, he must focus on the wants and needs of the customers or else he will fail in his endeavors.

Conclusion

The importance of recreation and leisure for individuals in our society is meaningful in many ways. As discussed earlier it is related to race, gender, socio-economic status, etc., all factors affecting a wide range of people and institutions. We should try to educate people through these kinds of activities to overcome the various obstacles that our societies face. It is one of the best developments of the last century to help overcome barriers such as diversity and health-related issues. The reality is that recreation and leisure programs work. This is true to the point that certain assumptions are made about what recreation and leisure can achieve.

There are national divisions with multi-million dollar budgets around the world to make it a part of everyone's life. It is altering the life of many people more or less the globe. All these changes are important for human life to sustain its existence.

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