
IMPORTANCE AND NEED OF LEISURE TIME GUIDANCE FOR SKILL DEVELOPMENT AMONG STUDENTS AT COLLEGE LEVEL IN KARACHI, PAKISTAN

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ABSTRACT

This research study emphasized on the importance of leisure time guidance as one of the vital element of development of student vis-à-vis the complexity of our life regarding it as a tool for professional skills in the current advancement. Leisure time guidance provides many potential benefits to concern students as it helps them to create valuable approaches towards employment opportunities as well as career prospects. The study aim to obtain in depth understanding to what extent guidance is supported by stakeholders and how it provide better knowledge and skills to the respective students to face prevailing challenges of globalized world. The methodology of study was based on survey method and population was students and teachers from government colleges at Karachi. Among them 120 students and 30 teachers were selected randomly from 12 colleges. The questionnaire was used as research instrument which was consisted of 30 items and data was interpreted by using SSPS. The results indicate that students gain valuable experience to hone in on further choices with practical approach. In the light of results, recommendations were presented regarding the need of leisure time guidance for the awareness to an

individual concerning personal development and skills for positive contribution within society.

KEYWORDS

Leisure time, skill, productive, development, approach

INTRODUCTION

The student spends only five to six hours a day in classes what he does during the rest of the time cannot be left to chance. Leisure time pursuits in which the students engage themselves are important in giving a direction to their lives during the holidays. The autumn break, the winter break, summer vacation & so many holidays in between it is estimated that only about 20% of the number of students in our college takes part in co-curricular activities. The rest are onlooker. The participation of even a small number is just a superficial level. The filling up the vacant hours of the students is one of the important tasks of education if they are not to drift in a sea of confusion, doubt, anxiety, aimlessness in their most formative years. Therefore The students need to be properly guided in the selection of working experiences, hobbies, co-curricular activities, games, and athletics , various emotional experiences and cultural programs so that the out-of classrooms hours become a means of development, instead of being a drag. These activities have to be so arranged as to provide the students with an opportunity to shape their interpersonal behavior and widen their outlook outside the class. The essential function of education is to increase people's ethics and mind-set as well as furnish them with the acquaintance and expertise which will facilitate them to experience more safe and get more pleasure and happiness out of living.

This assertion implies that not only is education pertinent to job and the financial system, but it is no less significant for the growth of the personality as an entirely contributing associate of the world and for the expansion of the excellence of living. A standard of living is the distinctive manner of existence of a person or a grouping, marked in their unique actions, in the desires they consider and the approach in which their requirements are fulfilled, in the manners they use their leisure time, track their wellbeing, convey views in addition to the worth which they pleasure as significant in their living and which they aim to accomplish. Leisure is constantly associated with the expansion and progress of living, both in its societal and person outward appearances. As the pace of expansion of current society and the vibrant transforms in the area of mass media, locals are often weighed down by their daily living. Majority locals expend their free time in front of the television, smart phones or internet. This is terrible. In this scenario numerous prospects formed by vacation are devastated and majority of individuals are divested of the advantages of leisure for government authorities to abstain from venturing a strategy of leisure. The collision of society and leisure on advancement procedures is very imperative to be left to itself. Besides this

throughout leisure, being fully free, everyone should be directed by the decisive factor of worth, interest and their individual requirements. Therefore it is essential to provide leisure understanding, expertise, sources, and communal abilities.

As now a day, we are aware that regarding the other area of guidance, such guidance that is leisure time guidance will become the need of today's complex life of the individuals at every stage especially at the college level for our youth. Guidance for leisure is basically a part of personal guidance. The individual should know how to utilize his/her leisure time fruitfully. Leisure time activities are generally to free time a person at his disposal. Leisure in modern time is available to those who are technical trained and efficient. But unfortunately most of us do not know how to utilize the leisure time that is why guidance for leisure is necessary that it is extremely important in modern society because it helps the individual to attain efficiency and become a useful member of the society.

LITERATURE REVIEW

The history of entertainment is important because it is widely used to keep people mentally and physically healthy. There was Roman sport in history in which running was more popular. The Greeks were a little more advanced in their entertainment. Theater played an important role in his entertainment, through which he organized drama and other entertainment programs. It is the largest sports center in the world with numerous sports and people from all over the world take part in it but there has never been an event in Asia where people have spent most of their time at work and leisure. There was not much time for the way they are together. As industry changed, so did working hours. People felt they didn't have time for fun, so the people there had time for fun.

In today's world, leisure time is combined with work which was not the case in earlier times and having a separate time for leisure is part of human need which was not considered in earlier times. There is a variety of recreational activities that suit the individual, as the Chinese insistence family unity. In cities, parks are often crowded with families who spend time together, the Japanese like to take part in sports in their spare time, skiing is a popular recreational sport in Canada, and Germans travel and travel with friends. Like to meet there are other countries as well. Therefore, it is recommended that the school curriculum be taught about various recreational activities so that students can learn about them. Other extracurricular activities play an important role in a child's overall development as well as foster a positive attitude towards his or her leisure time. As far as Pakistan is concerned, there are a large number of people who are enjoying their daily lives, but the duration and time may vary from school going students to adults. Here people engage themselves in various activities such as short training courses, watching television, socializing, etc.

Problems in our socio-economic situation are the proper use of our free time. Therefore, it is the responsibility of both the public and private sectors to provide students with the necessary opportunities for recreation and to take the initiative in transferring their energy and skills in a productive direction. In this way, students have been given various experiments in the areas of concern within the institutions. Schools should be given more time and attention so that students can develop skills for recreational activities and to that end, intelligent choices and wise planning of leisure time activities depend on a variety of knowledge, student use skills, and genuine interest in participating.

This will help them deal with their practical life and integrate their leisure life with other aspects of their existence so that they can make constructive use of their free time. Because people in less developed countries usually have more time for leisure work according to their work responsibilities, it is important to use such time in a constructive way with better outlets and provide guidance so that they can be proud of themselves and build a prosperous society.

Importance

In every aspect of life, the individual needs guidance in different areas. It depends on the need and desire for when, where and how to fulfill it. So there are different types such as educational, social, personal, professional 'awareness' especially leisure time guidance because it is an essential requirement that one should know how to use one's leisure time purposefully and effectively. - Entertainment brings peace to our minds and bodies. Turning your mind to something else that you enjoy working on is a happy ending to the day's work. One can easily forget the stress and pressure in the workplace and change the mind in a creative and constructive way. It is very helpful in improving health. Recreational activities are about engaging in anything that makes our minds happy.

Leisure time decreases the risk of diabetic and high blood pressure, improves physical and psychological health and boost quality of life. Recreational time is a variety of activities that people choose according to their desire, time, environment, ability, such as literary, artistic, educational, professional, scientific, creative, killing time, watching television, physical sports, etc.- free-time activities also assist to accord students the opportunity to showcase their talents and creativity. Activities such as art, cooking or photography enable you to showcase your talents and increase people's self-confidence and self-awareness, as well as respect for others. Attitude enhances students' mutual skills in addition to recreational activities as team games and group activities allow them to demonstrate skills such as leadership, active listening relationships, adaptation and teamwork. Recreational activities also allow individuals to spend quality time with their family. Sometimes students put a lot of work pressure to achieve their goals,

which makes them completely stressed and mentally exhausted.

So the recreational activities here provide them with a platform from which they can easily deal with the current situation. According to the World Laser and Recreation Association's Charter of Recreational Education, the main motive of education is to flourish people's worth and attitudes and to provide them knowledge and expertise that will make people safer and enjoyable. It shows that education is not only related to work and the economy and it is also not essential for the evolution and upgrading of the quality of life of an individual who is fully integrated into society. Way of life is the specific technique of an individual or a group, which is reflected in their activities, their requirement in which their needs are met, how they spend their free time, their interests. Adopt, show opinions along with the values that are important in their lives and want to achieve.

Opportunities are always associated with the development and improvement of social and individual life. Due to the rapid growth rate of present civilization and the positive changes in the subject of media communication, people are often affecting by their daily lives. Many people spend their free time in front of the TV. It's a pity while having fun, being fully free, and people should be directed by the value, hobby and quality of their requirement. At present, many people, the old structure is broken and no institution is able to create new structures. This fact and some personal non-fulfillment do not clarify why millions of people cannot manage their daily lives wisely. Life needs not only discipline as well as feeling.

The speedy re-evaluation of basic social principles, the elimination of lines defining the limits of character, status and power, the immersion of man in digital culture and, the beating of the whole industrial way of thinking - this is all our current imagination disturbs the world As a result, when surveying the world around them, most people see only chaos and a sense of personal power and purposelessness. Coordinated activities are urgently needed for the effective implementation of recreational education in societal and educational policy of person status of particular importance for the implementation of this process is the development of a strategy that will affect the entire population in terms of population, demographic diversity.

Motive of education makes the space that mobilizes mental, physical, and social balance with circumstances and possibilities - all for a better quality of life. Encouraging interest as a motivating factor to strengthen the learning activity is one of the key features of the educational process. Therefore, it is important to make opportunities for the child's physiological, sociological and psychological cognitive experiences. This will be the basis on which later emotions will be affected, attitudes towards them, especially those associated with positive emotional attitudes. Such

emotions are characterized by considerable persistence. Even if they are suppressed for a certain period of time, it can be revived refresh when those favorable situations seem. The situation for learning experiences for young children should be created as soon as possible through learning experiences as part of a variety of sports repositories and upbringing processes. Reading to children, engaging in a variety of adult activities such as playing music, tourism, sports, family, school and the local community are of notables importance have vital impact on the recreational child education and adolescents.

Home is an important spot for free activities. Parents and other family members should support young children as teachers so that their raising can lead to proper growing the role of psychological and social characteristics. Appropriate situation should be created for these actions that it is free from unneeded depression and in an environment that favors uninterrupted participation in different activities. These situations include awareness, intended educational impact of parents and teachers, the encouragement of conscious contact with peers, the appropriate space at home and on the playground, and the overall climate of the educational process. As soon as kindergarten begins, schools begin to influence the process of recreational education. The school should communicate with parents and guardians through formal communication with the child in advance and in fact become a "school for parents" at the same time. Only balanced cooperation in the development and implementation of educational strategies should help the kid to use his free time properly and filled with solidity that support in development of the child's identity.

Before starting a child's formal education, it is important to consider the cooperation of "school parents" in the field of education (such as one year before formal education). This international charter is clearly stated in 1993. When it comes to resolving issues related to life during recreation, the society addresses its educational activities to all residents. However, it must be prioritized the requirements of all kind of people. Properly selected forms of communication, its distribution and availability should create conditions for young people to adapt to the territory in which they live. It relates to the use of playgrounds and play areas, premises or facilities for children and adolescents where young people can have meetings and various activities during recreation or through adults, libraries, hobby clubs, etc. A residential information system is set up about the options available and activities are activated during the recreation, new interests are created and taking part in recreational programs is motivated. Volunteers should be recruited from the tenants, animators should be prepared and appropriate attitudes should be made for educational effects during recreation.

Currently, people use up more time in entertainment than other thing. However, they

spend it have consequences for them and community: cheapness can lead to crime. Motivational participation in sports, music, or other recreational actions can improve health and strengthen social cohesion. Therefore, education is essential for recreational activities and all relevant stakeholders should be involved in formulating appropriate guidelines and principles. The amount of time people spend at work is constantly decreasing and life expectancy is constantly increasing, as a result people observe themselves having more leisure time and cannot all the time make the best usage of it. Governments are responsible for creating the best possible standards of living for their citizens. It is linked to the quality of entertainment in its various forms active participation is better than passive attendance, for example in music or sports. The average person spends most of his life in entertainment. Research shows that higher levels of participation in adolescent abuse are closely associated with increased contribution in communities with fellow and lower contribution in organized free and sports activities at home. Thus, education for recreational activities will increase social cohesion and help prevent antisocial behavior and crime. Therefore, the implementation of leisure policies requires joint efforts of all sectors. Recreation policy, as an integral part of the social policy of the state, must establish the objectives, functions, for meeting the recreational needs of the population, taking into account cultural differences and unequal demographical status while preserving its original habitat.

Effective use of a recreation policy requires relevant work programs, adequate and generally available infrastructure, professional staff and trained volunteers. Successful recreational policies require systematic monitoring and adjustment, setting new priorities, adapting and evaluating work programs, all with the active members of representatives from various fields of social sciences. The purpose of recreational counseling is to enhance the knowledge and skills of those you are targeting and to enable to use spare time to enhance their quality of life. It includes cultural, sports, social and innovative activities. The state's priorities including social policy should be for people to use the max potential of free time, to achieve a best of life during leisure, for their intellectual, psychological, physical and social development, and to learn appropriate values.

RESEARCH OBJECTIVES

1. To emphasize the importance of leisure time guidance to channelize the potentials among students towards productivity at college level.
2. To what extent it supports to maintain and enhance concern knowledge and skills regarding academics and results among students.
3. Evaluate the level to which it gives opportunities to the students for better socioeconomic status.
4. To what extent it enables the students to generate resources as per their own

interest / desires.

5. Bring awareness to concerned that how much it engage students for practical approach and constructive activities.
6. Evaluate how much it is beneficial for the progress and expansion of the worth of life and society within globalized world.

RESEARCH QUESTIONS

1. What would be the role of leisure time guidance in best use of student's potential towards productivity and creativity?
2. What is the importance of leisure time guidance to boost their academic performance?

REASEARCH HYPOTHESES

1. The importance of leisure time guidance will be due to productive role of students in the society.
2. It will be helpful to indicate the resources by themselves.
3. It will be beneficial for satisfactory socio-economic adjustment to the students.
4. It will be helpful to enhance academics and individuality among students
5. It will enable to direct them towards positive approach and activities.
6. It will be due to give the awareness of new trends and innovations regarding the quality and globalization of world.

RESEARCH METHODOLOGY

The method that was employ in the study was the descriptive research and questionnaire was used for data collection. Within a certain geographical limit, 12 colleges from government sector were chosen for due purpose. The sample comprised of 150 respondents made up of 30 teachers and 120 students. The questionnaire had 30 items for both respondents. The collected data was analyzed through graphs and grids. Some applicable suggestions were made on the basis of the analyzed data to highlight the importance of leisure time guidance for students at college level.

DATA ANALYSIS AND RESULTS

Statistical evaluation of student's and teacher's questionnaires

Table 1: The results by students were as follow

S#	Statements	Yes	No	Total
1	Attain free time on daily basis (approximate 2-4 hours)	97.4%	12.5%	99.9%
2	Time (hours) a day you spend on activities regarding your interest	60%	40%	100%
3	Engage within indoor activities in which you are interested	46%	54%	100%

4	Involvement in outdoor activities related to your interest	66.4%	32.5%	99.9%
5	Leisure guidance is beneficial for socialization process	79.1%	20.8%	99.9%
6	Help your parents with any chores or work	76%	24%	100%
7	Time you spend helping with house chores or work	43.3%	57.7%	100%
8	Hours you spend in your studies on daily basis	68%	32%	100%
9	Get time to interact with your family	83.3%	16.6%	99.9%
10	Leisure time activities boost your confidence	87.5%	12.5%	100%
11	Helps to satisfy your psychological needs	79.1%	20.8%	99.9%
12	Enables you to get better adjustment within the society	83.3%	16.6%	99.9%
13	Helpful to enhance professional skills	83.3%	16.6%	99.9%
14	Workout to overcome your educational weakness or problems	62.5%	37.5%	100%
15	Improve decision making powers among yourself	79.1%	20.8%	99.9%
16	Give awareness about the individual differences	87.5%	12.5%	100%
17	Provides guideline to maintain health & fitness	87.5%	12.5%	100%
18	Motivates you towards positive activities	90.8%	9.1%	99.9%
19	Develop positive thinking among individuals	87.5%	12.5%	100%
20	Assist & direct towards various professions/fields	79.1%	20.8%	99.9%
21	Helps in developing concern skills among you	79.1%	20.8%	99.9%
22	Engage in different kinds of recreational activities	66.6%	33.3%	99.9%
23	Helps to overcome unemployment within the society	54.1%	45.8%	99.9%
24	Encourage you to generate resources for the better future	83.3%	16.6%	99.9%
25	Get any support from your parents regarding leisure time	91.6%	8.3%	99.9%
26	Your teacher directed you towards leisure time activities	75%	25%	100%
27	Leisure time promotes the exhibit talents	87.5%	12.5%	100%
28	Provide awareness about new innovations in concern areas	53.1%	46.8%	99.9%
29	Helpful to attain social status	62.5%	37.5%	100%
30	Identify satisfactory outlets to channelize energy	94.6%	5.3%	99.9%

It has been depicted by the statistical results that mostly students have leisure time during their study period and they are willing to get such guidance facility to avail this opportunity to explore and sharpen their hidden talent and skills. This will also improve their personality and may be supportive for their family economically, and socially.

The graphical presentation is also indicating the results obtained by students.

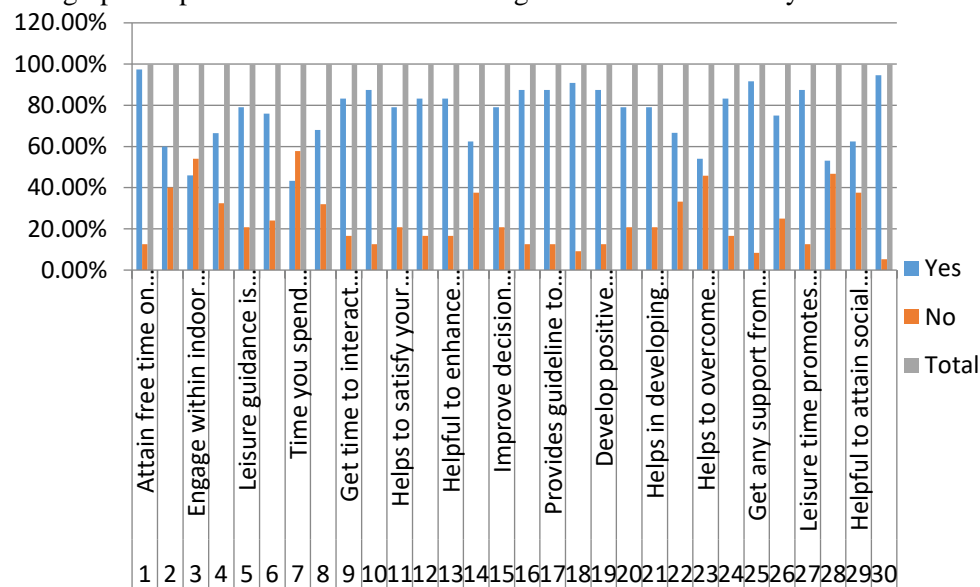
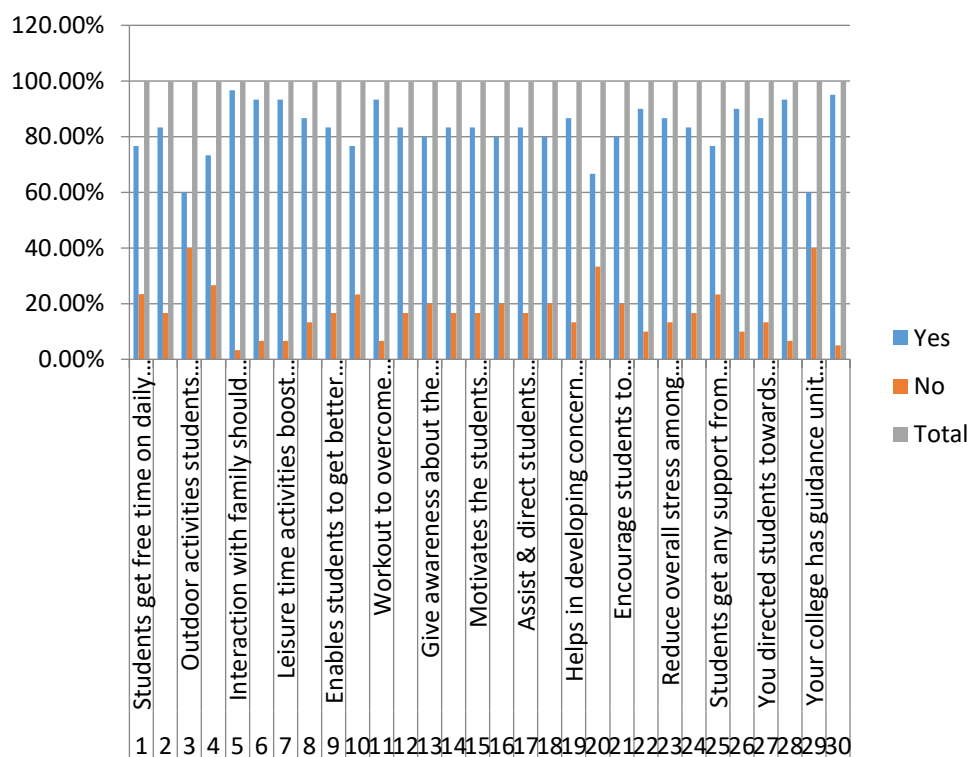


Table 2: *The results by teachers of Need of leisure time guidance for skills development among students*

S#	Statement:	Yes	No	Total
1	Students get free time on daily basis (approximate 2-4 hours)	76.6%	23.4%	100%
2	Indoor activities usually students opt regarding free time	83.3%	16.6%	99.9%
3	Outdoor activities students engage themselves in free time	60%	40%	100%
4	Helps to create recreational activities among students	73.3%	26.6%	99.9%
5	Interaction with family should be needed during free time	96.6%	3.3%	99.9%
6	Leisure guidance is beneficial for socialization process	93.3%	6.6%	99.9%

7	Leisure time activities boost the confidence among students	93.3%	6.6%	99.9%
8	Helps to satisfy the psychological needs of individuals	86.6%	13.3%	99.9%
9	Enables students to get better adjustment within the society	83.3%	16.6%	99.9%
10	Helpful to enhance professional skills among the students	76.6%	23.3%	99.9%
11	Workout to overcome student's educational weakness or problems	93.3%	6.6%	99.9%
12	Improve decision making powers among yourself.	83.3%	16.6%	99.9%
13	Give awareness about the individual differences.	80%	20%	100%
14	Provides guideline to maintain health & fitness	83.3%	16.6%	99.9%
15	Motivates the students towards positive activities	83.3%	16.6%	99.9%
16	Develop practical approach among the students	80%	20%	100%
17	Assist& direct students towards various professions/fields	83.3%	16.6%	99.9%
18	Engage students in different kinds of recreational activities	80%	20%	100%
19	Helps in developing concern skills among students	86.6%	13.3%	99.9%
20	Assist to overcome unemployment within the society	66.6%	33.3%	99.9%
21	Encourage students to generate resources for better future	80%	20%	100%
22	Increase the sense of self value among students	90%	10%	100%
23	Reduce overall stress among students	86.6%	13.3%	99.9%
24	Provide experiences to students to attain social status	83.3%	16.6%	99.9%
25	Students get any support from their parents regarding leisure time	76.6%	23.3%	99.9%
26	Develops effective relationship among students	90%	10%	100%
27	You directed students towards leisure time activities	86.6%	13.3%	99.9%

28	Provides the exhibit talent among the students	93.3%	6.6%	99.9%
29	Your college has guidance unit for students	60%	40%	100%
30	Identify satisfactory outlets for students to channelize energy	95%	05%	100%



Results and graphical presentation is indicating that teachers of colleges are also in support of the leisure time guidance for the wellbeing of students and to sharpen their capabilities. It is also suggested by teachers to engage teachers in recreational type activities to not only save their energies from spoiling but also for best use of their time.

CONCLUSION

The whole research is focused over the importance of leisure time guidance and its need for the betterment of students at college level. As the students get free time during their studies, so they must be engaged in constructive and recreational activities. Due to the proper leisure time guidance we can save our young generation to be indulged

in anti social or unethical type of activities due to the excessive use of internet and social media. For this purpose teachers and parents have to contribute their efforts equally at school and home. These activities can also supportive to students in future and also help them as entrepreneur.

DISCUSSION

The need & importance of leisure time guidance cannot be denied at any stage in a human life as it becomes the need of individual life for the better social and economic adjustment. Therefore like other areas of guidance leisure time, guidance will be also mark & regard as an essential need of the students at every level especially at college level as it is the step towards practical life. These activities are connected with the personal and social aspects of individual lives. As we observe that beside academic performance and record, professional abilities and eligibility are required more in every field so students need to be guided in such a way that they should involve themselves in various types of activities and professional skills and trainings to support their academic & to get the edge in their future life. It is essential to draw up guidelines for leisure time by involving all stakeholders throughout the country. Recreational activities and situations must include all period's life, from infancy to declining years, and be a factor in the formal and informal system of social effect. The part and aims of recreational activities in educational institutions and the local community should be followed. In particular, the role of NGOs should be recognized and students should be encouraged to develop various skills and knowledge at the university level to enhance counseling in their spare time. Recreational time guides and activities will not only assist students but also families with appropriate management advice, special arrangements, and distribution of appropriate recreational facilities in residential areas. This guidance and counseling focuses on educational institutions, but also on the adult category, offering different aspects of recreational participation during and after work and during vacations. In addition, special attention should be paid to recreational activities and programs, such as the disabled, those working in difficult conditions or naked, housewives, temporary workers and the retired. Particular concern for the quality of life of the elderly, among other benefits of this age group, should be show in terms of the chance of using a different service offering adapted to their needs for persons of this age. Encourage the activities to move forward. Before retirement, counseling should be encouraged to highlight the importance of various activities in old age.

Therefore while creating such activities for students the focus should be on channelizing their energy as well as to redefine the expectation of students within society. For this purpose teachers and parents have to contribute their efforts equally at school and home. If students get the proper and timely assistance from the concern they will able to manage and utilize their time in a productive and constructive manner.

The significance of leisure time guidance regarding activities vis-à-vis student's participation as a means for skill development is needed for advancement and progress for individuals as well as society.

RECOMMENDATIONS

1. Educators or teachers should reassure that students focus more on learning activities and give guidelines regarding studies so they can make best use of their skills.
2. The colleges should enlist in their curricula such informative topics that enable student to be more productive in the society as well as support them for different kinds of recreational activities regarding leisure time.
3. The college administration should encouraged students to participate in sports as it will make them stronger, more reflexive and faster as well as lead them towards healthy life.
4. Vocational education should be provided to the students regarding their leisure time as it prepares them for specific trades, craft, nursing. In fact it is a platform which enables them initially to take up as a hobby and convert it into professional skills.
5. The parents should also provide guideline to their children towards the leisure time activities so they can select an appropriate field related to the occupation according to the interest level which is beneficial for them.
6. Online courses, short online daily quizzes related to subject being studied, launch websites which should provide online courses accordance with college syllabus so this type of activities is help to overcome the unemployment within the society.
7. The administration should provide guideline to the students about the entrepreneur week because the students who want to organize and operate small business or sort of things for the promotion of their professional skills can get the platform through their own colleges.
8. Colleges should arrange visits to community resources such as galleries, exhibitions, clubs, sports and welfare organization to provide exposure to various leisure time activities and thus add to their store of knowledge.
9. Leisure time activities should not be imposed on the students. They should be provided freedom to choose according to their individuality besides their personal desires, ability and interests.
10. Painting, embroidery, cooking, flower arrangement, collection activities should be arranged in the college to provide opportunities to know various leisure activities.
11. Placement cell to keep the data of students who have special talent in various activities must be established in every college. The students having excellence in various activities should be refers by the administration to related organizations/ institutions for advance training and career opportunities.

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