



## Community Perception Regarding Factor Influencing Leisure Pursuits (A Case Study of District Okara)

### 1. Mujahid Ali

*Lecturer in Physical Education, Higher Education Department, Punjab*

[syedmujahid04@gmail.com](mailto:syedmujahid04@gmail.com)

### 2. Muhammad Ali Raza

*MPhil Scholar, Department of Physical Education and Sports Sciences, Islamia University*

*Bahawalpur, Bahawalpur*

[muhammadaliraza0123@gmail.com](mailto:muhammadaliraza0123@gmail.com)

### 3. Asad Mukhtar

*MPhil Scholar, Department of Sports Sciences and Physical Education, University of Central Punjab, Lahore*

[asadmalik705@gmail.com](mailto:asadmalik705@gmail.com)

### Abstract

*The purpose of this cross-sectional survey was to find the factors which affect the leisure pursuits in a Pakistani community. The researchers assumed there were significant social and cultural factors affecting the participation in recreational activities. Self-designed questionnaire was used for surveying 200 young adults (20-30 years) of Okara, Pakistan by using a convenience sample. The data were analyzed descriptively using frequencies and percentage. The results indicated that there was a high level of recognition of the leisure benefits, with 96.3% saying physical activity in leisure was essential and 95.4% saying that the best use of free time was recreational activities. Only 58.3% saw religious issues as a barrier, while 78.7% considered recreation as a basic need. Lack of facilities (81.5%), lack of time (77.8%) and limited awareness (78.7%) were the most reported challenges. These results confirm the hypothesis, suggesting social/cultural barriers can be a factor in participation. The authors find it important to raise awareness about recreational values and to combat time and resource limitations to help increase engagement.*

### Introduction

The human body needs rest and relaxation after doing any work for longer period. If proper rest and relaxation are not given then it leads to different health problems such as fatigue, weakness, and tension etc. Similarly, participation in recreational activities plays vital role in spending leisure time in a beneficial manner, so, what is recreation? The word recreation derived from Latin word 'Recreate' which means refreshment and reproduction of energy lost during the activities (Kaur et al., 2020). Sports and recreational activities help in reducing different immoral activities and developing various social values such as peace, equality, brotherhood, and fraternity etc. among its participants. It also helps with spending the leisure time in constructive manners. Simply it means that sports and recreational activities help in physical, mental, and social development of an individual (Khan et al., 2016).

Active Participation in recreational activities makes people fresh, relaxed and satisfied. Similarly watching television, movies and other electronic amusements provides entertainment and enjoyment to the participants. Recreational activities also improve co-operation among the participants. Recreational activities not only improve physical health but also improve mental

health. It means that recreational activities improve all aspects of our health. Participation in recreational activities plays a key role in the wellbeing of individuals by reducing different health levels (Zarotis et al.,2020). Different health problems among children are always caused by their little participation in recreational activities. For the wellbeing of children, it is necessary to provide different kinds of recreational activities for them (Sapic et al.,2025).

Choosing a leisure activity is based on a serious of interconnected reasons influenced by a few factors like the individual factor: the personality, the abilities, the capacities, the stage in one's life, the interests, etc.; the circumstances and situation that individuals find themselves in: the social class, the job, the revenue, the workleisure time availability ,etc.; the opportunities and support service available to the individual: facilities, resources, programs and its management, etc. (Fancourt et al.,2021). The free time or leisure time is presented to be the amount of time that is not occupied with mandatory tasks, all the activities that can take place after the closure of work time ones. This conception of free time is generally found in the industrialized societies that function after the dominator part of day-work hours. Hence, by eliminating the work time we encounter general free time. Unfortunately the notion of free time has yet difficulties in describing its full essence. For instance, activities like taking care of children, gardening, cleaning the house, etc. take place after work time, or regardless of whether the work represents or not the free time (Hester et al.,2023).

### **Statement of the Study**

The need for recreation and leisure in the context of physical, mental and social well-being has been well established. However, participation in leisure activities is still not high in many people's lives because of many personal, social, cultural, environmental and economic barriers. Active participation in recreational activities is discouraged by factors like lack of time, poor recreational facilities, limited awareness, busy lifestyle and bad weather conditions. Limited research had been done in Pakistan to gain insights into the community's perception of these factors, especially in District Okara. Hence, it is important to explore the determinants of leisure activities for the community to create appropriate strategies to motivate citizens to participate in leisure activities and enhance the quality of life.

### **Objectives of the study**

The main objective of this research study will be.

- To determine major factors in participation in leisure and recreational activities.
- To make recommendations on how to encourage participation in recreational activities in the community.

### **Hypothesis of the study**

**H<sub>A</sub> 1** There is significant effect of social and cultural factors on leisure's pursuits among the masses.

### **Literature Review**

Humans spend their time in activities of daily living, work, sleep, social duties and leisure, the latter time being free from prior commitments to physiologic or social needs, a prerequisite of recreation. Leisure has increased with increased longevity and, for many, with decreased hours spent on physical and economic survival, yet others argue that time pressure has increased for modern people, as they are committed to too many tasks. Other factors that account for an increased role of recreation are affluence, population trends, and increased commercialization of

recreational offerings (Junova et al.,2020). While one perception is that leisure is just "spare time", time not consumed by the necessities of living, another holds that leisure is a force that allows individuals to consider and reflect on the values and realities that are missed in the activities of daily life, thus being an essential element of personal development and civilization. This direction of thought has even been extended to the view that leisure is the purpose of work, and a reward, and "leisure life" reflects the values and character of a nation. Leisure is considered a human right under the Universal Declaration of Human Rights (Spane, 2025).

Recreation is difficult to separate from the general concept of play, which is usually the term for children's recreational activity. Children may playfully imitate activities that reflect the realities of adult life. It has been proposed that play or recreational activities are outlets of or expression of excess energy, channeling it into socially acceptable activities that fulfill individual as well as societal needs, without need for compulsion, and providing satisfaction and pleasure for the participants. A traditional view holds that work is supported by recreation, recreation being useful to "recharge the battery" so that work performance is improved (Ofure, 2023).

Work, an activity generally performed out of economic necessity and useful for society and organized within the economic framework, however, can also be pleasurable and may be self-imposed thus blurring the distinction to recreation. Many activities in entertainment are work for one person and recreation for another. Over time, a recreational activity may become work, and vice versa. Thus, for a musician, playing an instrument may be at one time a profession, and at another a recreation (Kuusi et al.,2017).

From the first category, the personal factor determines greatly the way leisure activities are perceived, understood, and used. The personality, attitude, abilities form an individual behavior with needs and desires for involving in leisure activities and services. But all behavior is strongly based on age, gender and education and culture (Badia et al.,2011). The implication in leisure activities is more intense for children in their constant play and reduced for adults. Also, age and the moment are important in a lifetime cycle, for instance: a single person has more free time for leisure activities than a married one with children. Then the availability of free time also determines differences in leisure based on leisure criteria. The argument of a family with children can influence the implication degree of gender in leisure, as a woman takes care of children and therefore has little time for leisure activities (Craig et al.,2013).

In a large spectrum it appears that the participation rates do not differ substantially for men and women, though women tend to take part more in cultural activities and men tend to take part in more active activities such as sports. The level of education, its characteristics, the length of it also influences the engagement in a particular leisure activity such as arts, hobbies, etc. that require special knowledge skills (Dridea et al.,2010).

### **Methodology of the study**

To reach certain findings and conclusions, the procedure below will be adopted by the researcher

### **Population of the study**



According to Kothari (2004), “A research population is generally a large collection of individuals or objects that is the main focus of a scientific query”. The population of this study comprised of Okara.

### Sample and Sample Size

Sample size is an important feature of any experiential study in which the goal is to make inferences about a population from a sample. In practice, the sample size used in a study is determined based on the expense of data collection and the need to have sufficient statistical power (Lakens, 2022). There are around 1300 villages in Distt Okara, and thus the total number of people living in Distt Okara is around about 300000. It is very difficult to contact each member of the population. Therefore, to overcome this difficulty the researcher confined his population and selected samples of 200 young generation (Aged 20-30 years) by using available sample technique.

### Tool for Data Collection

For the collection of the required data, the researcher developed a closed form of questionnaire under the supervision of research supervisor.

### Mode for Data Collection

The developed scale was personally distributed by the researcher among the selected population and collected back after getting it filled by the respondents.

### Data Analysis

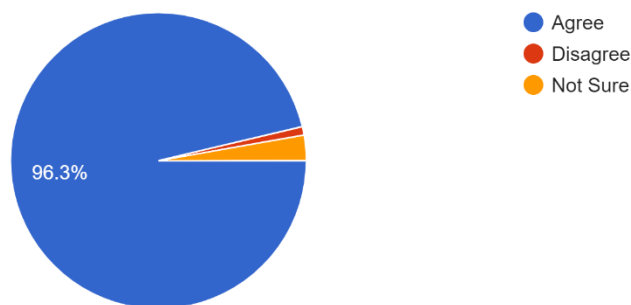
The collected data was tabulated and analyzed by using appropriate statistical tools

## Results

### Q No .01 Participation in any sort of physical activities in leisure time for satisfaction and enjoyment is known as recreational activities.

Participation in any sort of physical activities in leisure time for satisfaction and enjoyment is known as recreational activities.

108 responses



| Sr No. | Agree | Disagree | Not Sure | Total |
|--------|-------|----------|----------|-------|
|--------|-------|----------|----------|-------|



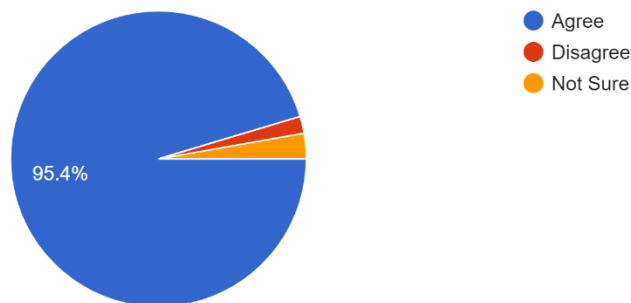
|   |       |      |      |      |
|---|-------|------|------|------|
| 1 | 96.3% | 0.9% | 2.8% | 100% |
|---|-------|------|------|------|

The above table and figure show that responses of respondent about the statement are: Agree 96.3%, Disagree 0.9%, Not Sure 2.8%.

**Q No 2. Recreational activities are the best use of leisure time and surplus energy.**

Recreational activities are the best use of leisure time and surplus energy

108 responses



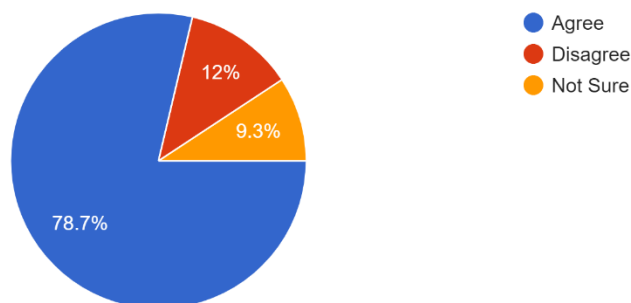
| Sr No. | Agree | Disagree | Not Sure | Total |
|--------|-------|----------|----------|-------|
| 2      | 95.4% | 1.9%     | 2.8%     | 100%  |

The above table and figure show that responses of respondent about the statement are: Agree 95.4%, Disagree 1.9%, Not Sure 2.8%.

**Q No 3. Participation in recreational activities is the basic need of every individual**

Participation in recreational activities is the basic need of every individual

108 responses



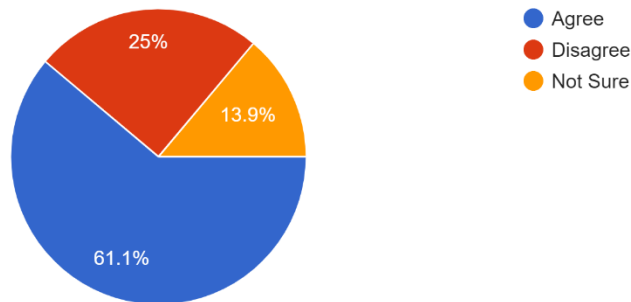
| Sr No. | Agree | Disagree | Not Sure | Total |
|--------|-------|----------|----------|-------|
| 3      | 78.7% | 12%      | 9.3%     | 100%  |

The above table and figure show that responses of respondent about the statement are:  
Agree 78.5%, Disagree 12%, Not Sure 9.3%.

**No 4. Watching movies, games such as cricket, football, volleyball etc. are included in recreational activities**

Watching movies, games such as cricket, football, volleyball etc. are included in recreational activities

108 responses



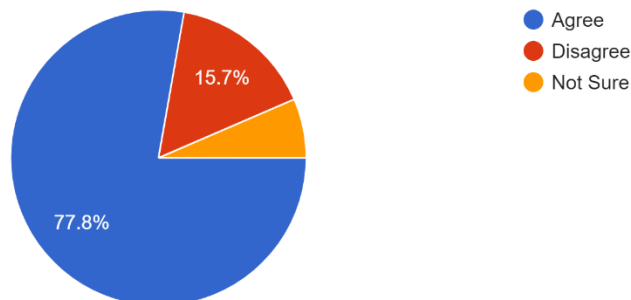
| Sr No. | Agree | Disagree | Not Sure | Total |
|--------|-------|----------|----------|-------|
| 4      | 61.1% | 25%      | 13.9%    | 100%  |

The above table and figure show that responses of respondent about the statement are:  
Agree 61.1%, Disagree 25%, Not Sure 13.9%.

**Q No 5. Lack of time is the main hurdle in the way of participating in recreational activities**

Lack of time is the main hurdle in the way of participation in recreational activities

108 responses



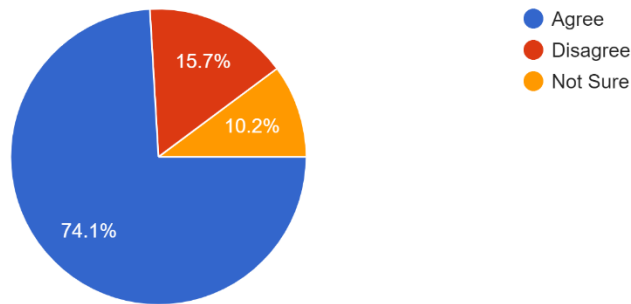
| Sr No. | Agree | Disagree | Not Sure | Total |
|--------|-------|----------|----------|-------|
| 5      | 77.8% | 15.7%    | 6.5%     | 100%  |

The above table and figure show that responses of respondent about the statement are: Agree 77.8%, Disagree 15.7%, Not Sure 6.5%.

#### Q No 6. Weather extremities influence leisure time activities

Weather extremities influences leisure time activities

108 responses



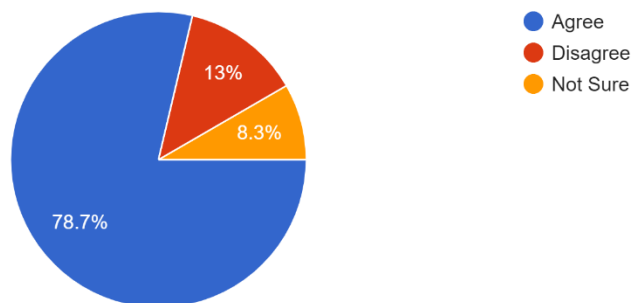
| Sr No. | Agree | Disagree | Not Sure | Total |
|--------|-------|----------|----------|-------|
| 6      | 74.1% | 15.7%    | 10.2%    | 100%  |

The above table and figure show that responses of respondent about the statement are: Agree 74.1%, Disagree 15.7%, Not Sure 10.2%.

#### Q No 7. Lack of proper awareness among the people is the hurdle in participation in recreational activities

Lack of proper awareness among the people is the hurdle in the way of participation in the recreational activities

108 responses



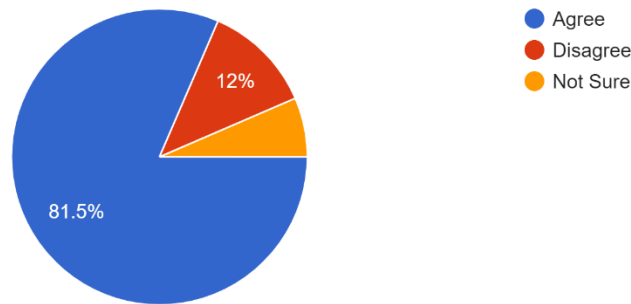
| Sr No. | Agree | Disagree | Not Sure | Total |
|--------|-------|----------|----------|-------|
| 7      | 78.7% | 13%      | 8.3%     | 100%  |

The above table and figure show that responses of respondent about the statement are: Agree 78.7%, Disagree 13%, Not Sure 8.3%.

**Q No 8. Lack of facilities is the main hurdle for participation in recreational activities**

Lack of facilities are the main hurdle for participation in recreational activities

108 responses



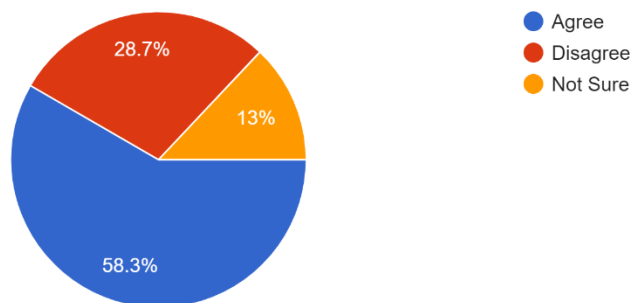
| Sr No. | Agree | Disagree | Not Sure | Total |
|--------|-------|----------|----------|-------|
| 8      | 81.5% | 12%      | 6.5%     | 100%  |

The above table and figure show that responses of respondent about the statement are: Agree 81.5%, Disagree 12%, Not Sure 6.5%.

**Q No 9. Lack of religious awareness among the masses is the main problem for participation in recreational activities**

Lack of religious awareness among the masses is the main problem for participation in recreational activities

108 responses



| Sr No. | Agree | Disagree | Not Sure | Total |
|--------|-------|----------|----------|-------|
|--------|-------|----------|----------|-------|

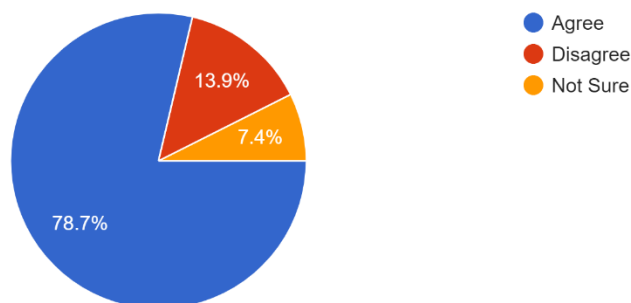
|   |       |       |     |      |
|---|-------|-------|-----|------|
| 9 | 58.3% | 28.7% | 13% | 100% |
|---|-------|-------|-----|------|

The above table and figure show that responses of respondent about the statement are: Agree 58.3%, Disagree 28.7%, Not Sure 13%.

**Q No 10. Busy lifestyle is the main hurdle in the way of participating in recreational activities**

Busy lifestyle is the main hurdle in the way of participation in recreational activities

108 responses



| Sr No. | Agree | Disagree | Not Sure | Total |
|--------|-------|----------|----------|-------|
| 10     | 78.7% | 13.9%    | 7.4%     | 100%  |

The above table and figure show that responses of respondent about the statement are: Agree 78.7%, Disagree 13.9%, Not Sure 7.4%.

**Findings, conclusion & recommendations**

**Major Finding**

1. Responses of respondent about the statement (Participation in any sort of physical activities in leisure time for satisfaction and enjoyment is known as recreational activities) Agree 96.3%, Disagree 0.9%, Not Sure 2.8%.
2. Responses of respondent about the statement (Recreational activities are the best use of leisure time and surplus energy) are: Agree 95.4%, Disagree 1.9%, Not Sure 2.8%.
3. Responses of respondent about the statement (Participation in recreational activities is the basic need of every individual) are: Agree 78.5%, Disagree 12%, Not Sure 9.3%.
4. Responses of respondents about the statement (Watching movies, games such as cricket, football, volleyball etc. are included in recreational activities) are: Agree 61.1%, Disagree 25%, Not Sure 13.9%.
5. Responses of respondent about the statement (Lack of time is the main hurdle in the way of participation in recreational activities) are: Agree 77.8%, Disagree 15.7%, Not Sure 6.5%.
6. Responses of respondent about the statement (Weather extremities influences leisure time activities) are: Agree 74.1%, Disagree 15.7%, Not Sure 10.2%.



7. Responses of respondent about the statement (Lack of proper awareness among the people is the hurdle in the way of participation in the recreational activities) are: Agree 78.7%, Disagree 13%, Not Sure 8.3%.

8. Responses of respondent about the statement (Lack of facilities are the main hurdle for participation in recreational activities) are: Agree 58.3%, Disagree 28.7%, Not Sure 13%.

9. Responses of respondent about the statement (Lack of religious awareness among the masses is the main problem for participation in recreational activities) are: Agree 58.3%, Disagree 28.7%, Not Sure 13%.

10. Responses of respondent about the statement (Busy lifestyle is the main hurdle in the way of participation in recreational activities) are: Agree 78.7%, Disagree 13.9%, Not Sure 7.4%.

### Conclusion

The study arrived at conclusion that participation in recreational activities helps in spending the leisure or free time in a beneficial manner among the students because it enables a person to perform the routine tasks without feeling any tension, worry and fatigue. The study also reached the conclusion that two main factors, i.e. lack of time and lack of proper awareness about the benefits of recreational activities, may cause issue of lethargic participation among the students

### Recommendations

Based on findings following recommendations were made:

- Different awareness campaigns may be conducted among the students about the value and importance of recreational activities.
- All the required facilities for recreational activities should be made available for the students
- Time may be reserved on daily basis for students for participation in recreational activities.

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