

Examining Leisure Time Management Practices Among University Level Students in Pakistan

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Abstract

Leisure is one of the most cherished and challenging resources at one disposal. Leisure time management strategies have emerged to help individuals fit in more of their desired and necessary activities. We present a review of these employed strategies. The aim of this study was to examine leisure time management practices among university level students in Pakistan. The sample constituted a total of 290 students (196 male and 94 female), determined by circumstantial method. The leisure time activity questionnaire developed by Prezepiorka & Biachnio (2017), was used as data collection tool. Frequency and percentage of the data were calculated, independent t test was used for data analysis. Significant level was accepted as $p < 0.05$ in statistical analysis. SEM was applied to examine the relationship between research variables. Consequently, significant differences were found between genders in terms of "Preferences" dimension, "Importance", "Access" and "Self-esteem" where they participate in leisure activities ($p < 0.05$). When the effect of age on participating in recreational activities was examined, no statistically significant differences were found in terms recreational entertainment, environment, technology and place ($p > 0.05$).

Key Words: *Leisure Time, Self Esteem, Recreational Environment*

Introduction

Literature witnessed leisure as a gift of industrialization and free time as product of cultural and technological change. The former is determinant to work productivity while social and economic circumstances indicates the spending pattern of individual free time (Siu, 2018). However one must understand the concept of work and leisure, do what you have to do, gain resources, and leisure will provide what you enjoy most (Weybright et al., 2019). On the other hand the skills one learned at school may not be enough at the time of recruitment. This changing 24/7 work and leisure pattern (Ciochetto, 2015) & (Granter, 2008), perceived time scarcity (Pala, 2016), limited resources (Mahony et al., 2004), false planning, and greater expectation from the outcome (Weybright et al., 2019) are few at the top of the list that often turns into undesirable results from physical health

and mental health to stingy wallet. Thus leisure management skill is essential. Free time in the leisure domain is a relatively new concept in developing countries. Nonetheless, people have to relax one way or other. Because of an overly limited time and resource, people are constantly cope with a desire to do many things. This has led to an increased valuation of productivity and busyness. Things to do in working and non-working waking hours is overwhelming: socializing, hobbies, entertainment, just a name to few. Changing work pattern and leisure 24/7 availability make People strive to make leisure productive. Recent research shows more people spending more time on Facebook (Zaheer, 2018), whose business model is not at all that very much different from a tobacco industry. It addict users, it denies its own harmful effects by expanding users and targeting young children in developing countries. According to Bryce, (2005), the ambiguity of internet and virtual communities resulted in ideographic leisure communities, which may not be legally and morally accepted. Lehto et al., (2014), said people participation in free time activities are heavily influenced by their own perceived anticipation benefits (Weybright et al., 2019), and the learner behavior may not be always constructive (Motamedi et al., (2019).The very tool of human success if make things more difficult and depressing, and we, as we are, as a society barely conscious of it, than sociologist argued that there is something gone serious, and if these issues are not addressed properly may result into the serious consequences for future development of the society. However, regardless of positive or negative aspects, internet will clearly be the part of the contemporary society (Leug & Paul, 2004). Perhaps it is too easy to blame technology but not fair as it always reactionary.

Although there is no known local study available, but it seem like students are also bound to their desk, and it has been noticed that students in Pakistan, do spend increasing time on their online activities (Zaheer, 2018), with their friends, classmates and performing academic tasks like doing research, however the use of internet is boundless. And the addictive potential of internet with harmful consequences could silently rampart in our school, university, and our home (Bryce, 2005) & (Louis & Paul, 2004). The greater use of Internet, the greater time spend in home based digital activities (ciochetto, 2015), which decline outdoors recreation activities especially among young people (Lynne, 2012). Leisure as previous research shows is a greater phenomenon related to the freedom of choice (Hall & Page, 2001), and very much depends on the activities available, however there is no known studies available regarding why they do so in the context of cultural and institutional ways of work and free time concept in developing country like Pakistan. Moreover, according to Chich (2009), & Elizabeth et al., (2019), single under research population data will be helpful in understanding leisure behavior more broadly in context of social and culture environment.

Problem statement

Pakistan is ranked as 6th in population in the world with around 170 million people (Zahir, 2018), and one of the young country, by young means where birth rate is higher

than Europe, and USA, where it is negative (in the cases so far). 65 percent of the country population is below age of 30 years and this increase is predicated for the coming next three decades (UNDP, 2018). It has now the largest workforce available ever recorded in history. Opportunities are never been so greater for social and economic development, so is the challenges more depressing. National Human Development Report (2018), published by UNDP, Pakistan, come up with outcome that for sustainable human development growth in the country it is very important today to empower youth through knowledge of education, gainful learning, and meaningful engagement activities. This report also suggest that youth should be placed at a very center of all developmental policies. Unfortunately due to factor like "Terrorism", political instability, poverty, and lack of national level policy (Zaheer, 2018), less attention have been paid therefore a comprehensive study is needed to better understand how these free time activities are really playing their role in the development of youth in the society.

Literature review

In 20th century leisure has become important concern for government area for research, because leisure has important social and economic implications (Cannon, 1996). Poser, (2018), explain leisure time is constitutes of a period of time, that one may be spent at one own disposal. However, it also provide a framework of individual leisure activities with a very wide scope, from passive pursuit to pro-active, from relaxing to sedentary. Ciochetto (2015), identified and reported three key criteria for defining leisure: state of mind, activities, and time. He also argued that consumer spending is the strong indicator of the economy or overall employment level However, these activities comes in luxury goods in developing economies, and in order to spend more consumer must have enough confidence and financial circumstances surround must provide enough disposable income to spend on these non-necessary activities. According to Ciochetto, (2015), migration of digital activities in our daily life has significantly impacted on people what they do in their perceived leisure time. Technology increase leisure options, like games, net surfing, social networking, consequently less time for outdoor healthy activities. Albrechtsen, (2001), argued that technology has facilitated inactive form of leisure by removing labor from daily life activities. He further added we entered in new millennium more sedentary, stressed, and as a busy society.

However, people live in hurry, they need to relax one way or other, increasing working pressure, perceived time scarcity effect people choices and restrict to availability and outcomes (Leung and lee, 2005) technology advancement and use creating more time for leisure. Demanding more work at home. New media positively correlate with social support. The new media forms have the capacity to reshape our work, leisure, lifestyle, social relationship (Koen & bertine, 2003). Traditional boundaries related to gender is losing their relevance in many area. Age and education are becoming more important factor not always immediately visible in participation rate or general but they point out import shift. The abundance and verity of option available through connectivity one can

virtually go anywhere however sociological and socialization make direction more than others. Albrechtsen (2001) stated that, technology has increased productivity both in work and home, which creating continuously expanding opportunities for leisure. Which resulted in less labor work form our daily activities as machine are doing most of the work which decline physical activities in daily life with more free time for leisure. Which means more digital engagement and society is getting more sedentary with people life becoming more stressed and busy. Due to the changing work and leisure pattern, and its 24/7 availability, perceived time scarcity, and greater expectation from outcomes (Dilce et al., 2010). Leisure activities become commodities which can be bought and sold. Public place plays important roles it provide wider range of activities as well as shopping, food, entertainment. Thus attract a lot of people with their changing needs and wants. Spending time is become an important aspect of leisure behavior.

Korkmaz et al., (2011), recreational activities could enhance self-esteem and can positively affect physical and psychological parameter of students with greater quality of life. Educational institutions consider it on education curriculum base and should redesign campus in order to enable recreational activities. Palula (2016), due to huge potential for business organization and technology innovation industry is becoming more dynamic and expanding way for business. Marketers with integrated strategies concentrating more on changing preferences this increased intensity of competition. Decrease free time as result of engagement in more technological leisure activities. Education institutional and municipalities role are crucial in terms of providing facilitation and encourage organized activities so maximum people can benefit. Bulent et al., (2014), stated that research should be more than just replicating and updating statistics about an increasing no of activities in country. Home activities increasing because of its availability. Malkoc & Tonietto, (2018), argued that for enjoyment maximization the use of time management in leisure domain is relatively new approach, people use strategies like scheduling, however, participation does not guarantee for leisure. According to Sheykhi, (2004), increased discretionary time does not make everyone in position to take it up. According to Pala, (2016), it is linked to the social and economic development of the nations. But only possible when people have access to active leisure in the framework of free time and leisure. it can promotes the quality of life in different groups. According to Professor Godbey, leisure studies, at university of Pennsylvania “*when leisure time comes on weekend instead of all week. It will become less satisfying*”. Albrechtsen, (2001), stated that technology removed labor task from our daily life and facilitated inactive form of leisure. He further added that we entered in new millennium as a busy, stressed, and sedentary society. Due to the migration of people to big cities within the country, conversion of land into big building (Palula (2016), and grounds into class rooms, economic and politically instability, are pretty much reasons witnessed literature behind the decline in the outdoors organized healthy activities (Motamedi et al., 2019). According to Elizabeth et al., (2019), people are becoming

bound in certain leisure time activities, which they seek for social, restoration benefits. Hence understanding of to what degree unhealthy leisure preferences planned and unplanned and what the expectation of positive outcomes.

Susana & juni, (2009) there is need to rethink many of the existing beliefs about leisure and its practices. Adopt a life of “being” rather than “doing” “having”. Need to promote healthy recreational activities with solid policy and implementation. Work and leisure are segmentally or as polar opposite. Modern leisure is escape oriented. It is standardize, oversimplifies, homogeneous, production one size fit for all. “World where leisure is work and work is leisure”. Cannon, (1996), to manage time effectively, need the management of other resources to be managed in relation to the time. Because time cannot be manage like other resources. He further added, time on hand is a resource, but it cannot be saved. Neither exchange. However, increase in free time and leisure as concept of commodity, become greater interest of business organization, who provide entertainment and other leisure services (Pala, 2016). While with evolution of mass leisure and technological innovations contributed to the modern world leisure industry, the increase receptivity altered the existing institutions in different societies. Cannon, (1996), our work becoming more complex, employer concern and expectation requires more time. He argued that depressing issues are shaping our perception at social and economic level.

Research Methodology

Represents detailed information of the research model, data collection techniques used, and analysis of the data collected in the study.

Research model

Descriptive research model was implemented in the study, in order to determine leisure time activities, and interest of student at Numl University, Peshawar campus. Unfortunately, there is no known local study available, however theoretical information was included by reviewing relevant international literature. Data was collected by using Questionnaires as tool.

Population and sample

The population of the survey consisted of students enrolled at NUML University in Peshawar campus, while opting random sampling technique a sample of 94 females (32.4%) and 196 (67.6%) males totally 290 students, participated in this study.

Data collection tool

Leisure time preferences was assessed through questionnaires developed by Prezepiorka & Blachnio (2017). The questionnaires divided mainly into three sub-dimension (preferences, importance, and access), consisted of total 21 items. Likert scale from 1 point to 5 points was used to record each item measurement. The survey respondents were supposed to indicate how often they participate in free time activity, as never (1), rarely (2), sometimes (3), often (4), and very often (5). The sub-dimension importance consisted of total seven items to measure the outdoor, indoor spending free time pattern.

While to sub-dimension preferences comprised of 06 items on Visit Park, evening time, net surf, indoor, outdoor, and plan recreational trips. The index for access consisted of six items asking whether the participants regularly in physical activities like sports, walk for pleasure, lawn games, social connectivity, exercise, and recreational trips. The higher score represents, the more an individual participate in free time activities. Cronbach alpha was .91 for preferences, .87 for importance, and .88 for access was recorded in this study. Korkmaz et al., (2011), recreational activities affected self-esteem of university students. Moreover, Self-esteem according to Guçray, (1989), is basic determinants of self-confidence, self-respect, and self-worth. Thus, to assess self-esteem level, Rosenberg self-esteem Scale by Morris, (1989), was used in this study. This contained 20 items questions such as the following: “Do you manage your leisure time well?” “Do you get up early to have a long day? Do you agree that you have fair chances in life to visit zoo?” Do you have nearby access to open place? Do you often feel boredom in your free time? Do you spend most of your leisure time indoor? Do you think leisure is important aspect of life? Do you believe social media is now most trustable source of information? Do you agree the standard of Tv programs have been improved in last few years? Do you prefer to spend evening time in home? 0 was coded as “NO”, and 1 was assigned coded to “Yes”. Each participant of the study was ranged from 0 to 20. Higher total score represents lower level of total self-esteem. For this instrument reliability, Cronbach alpha was recorded as .77 in this study.

Data analysis

For the interpretation of characteristics of the study, descriptive statistics like, percentage, frequency, standard deviation and mean were analyzed. Difference in measured variables (preferences, importance, access and self-esteem) by differences in gender, t test was used for data analysis. Structural equation modeling (SEM) analysis were conducted with AMOS in order to access the fitness of the research model, and relationship among research variables. 94 females (32.4%) and 196 (67.6%) males, totally 290 students participated in the study. The ages ranged between less than or = 23 (n=100), 24-25 (n=130) and over 26 (n=60), respectively. Table 2 represents gender differences in terms of importance of leisure time, preferences, access and self- esteem.

Table 2 Gender differences in terms of preferences, importance, access, and self-esteem.

Sub-dimensions	N	Mean score	Ss	t	P
Gender					
Self-esteem		13.98	4.25	-1.72	.000
M	196				
	F	94	12.71	3.46	
Importance	M	196	16.77	5.90	
-2.96					.000
	F	94	14.83	4.79	

Preferences	M	196	12.62			-2.38
	F	94	11.56	3.25	.018	3.17
Access		196	12.81			-2.34
	M			4.20		.020
	F	94	11.61		3.89	

.Findings

An independent–sample-t-test was conducted (Table 2) to compare the self-esteem score, leisure time importance score, access score, and leisure preferences score of male and females student There was significant difference in scores for males (M = 13.98, SD = 4.25) and female (M = 12.71, SD = 3.46; [t (290) = -1.72, p = .006] in terms of self-esteem, and leisure time importance, males (M = 16.77, SD = 5.90) and female (M = 14.83 SD = 4.79; [t (290) = -2.96, p = .003], for access males (M = 12.81, SD = 4.20) and female (M = 11.61, SD = 3.89; [t (290) = -2.38, p = .018], and for preferences score males (M = 12.62, SD = 3.25) and female (M = 11.56, SD = 3.17; [t (290) = -2.34, p = .020] Table 2.

CFA model fitness was performed, according model fit indices, absolute fit, and incremental fit indices in SEM (structure equation modeling). Which included (χ^2/df) (the chi- square statistic ratio to degree of freedom), GFI (goodness fit index), RMSEA (root mean square error of approximation), NFI (normed fit index), CFI |(comparative fit index), and TLI (tucker-Lewis index). The value of chi-square for the model CFA was 178.507 (p < .001), and 72 value for the degree of freedom was recorded. This fitness indices shows that model fit was good. For absolute fit indices recorded were, GFI = .918. CMIN/df = 2.479, and RMSEA = .072 (RMSEA; low 90: .058; high 90: .085). The value for incremental indices fit were, NFI = .938, CFI = .962, and TLI = .952. In this study the goodness-of-fit of the research model was assessed by using these indexes. For convergent validity of the research constructs, the each measured latent variable reliability was greater than .70 in the study (.88 for Importance, .711 for preferences and .74 for access). In addition, the average variance extracted of each latent variable was .760 for importance, .58 for preferences and .56 for access. The significant correlation value between for all construct were below .85, which shows no issue in term of discriminant validity see Figure 1. However, correlation were not statistically significant between access (p = .385), and importance (p = .328).

The hypothetical model analysis result are presented in Table 3, and Figure 2. The hypothesis were (a) Importance of recreational activities increases self-esteem in the youth; (b) preferences effect self-esteem level; (c) access support importance of participation in recreational activities; and (d) the increase in recreational activities participation enhances self-esteem. The statistically model fitness was examined first.

Factor loading on each construct, direct and in-direct effects and total effect among combination of sub-dimensions were examined. The value of chi-square was 179.515 ($p < .001$) with df (degree of freedom) recorded was 74. The research model was well developed and statistically significant as per absolute fit indices. The value were, CMIN/DF = 2.246, RMSEA = .070, and GFI = .917. The result of incremental fit indices also supported and were. TLI = .954, CFI = .962, and NFI = .938.

Table 2: Standardized Path Coefficients.

			Estimate	S.E.	C.R.	P
Esteem	<---	Preferences	.629	.283	13.885	.000
	<---	Importance	.695	.226	17.927	.000
Preferences	<---	Access	-.056	0.56	-.869	.385
	<---	Importance	-0.49	.056	-.862	.328

The standardized regression weights among measured variables were shown in Figure 2. Table 3 shows the direct effects, the standardized regression weight .695 ($p < .001$) from importance and .629 value was observed from preferences to esteem. Whereas the standardized factor loading value among access and esteem was .000. However, the value of standardized factor loading between access and importance was not statistically significant. There were two indirect effects in research model as shown in Table 3. A standardized value from importance to esteem was .041 and from access to esteem standardized value were -.035. Preferences was the mediating factor of each indirect effect path. As no direct effect among access and esteem was observed so the total effect were the same. Moreover, no statistically significant direct effect among importance and preferences were observed (Table 2). An insignificant result was observed in total effect. The result can be interpreted as shown in Table 2, that access affected esteem only indirectly through preferences. Furthermore, the correlation among constructs access and importance was also not statistically significance (Table2).

Table 3 Direct, Indirect, and Total effects between constructs

Variables		Direct effect	indirect effect	Total effect
Esteem	Preferences	.629	.000	.629
	Importance	.695	.041	.736
Preferences	Access	.000	-.035	-.035
	Access	-.056	.000	-.056
	Importance	.066	.000	.066

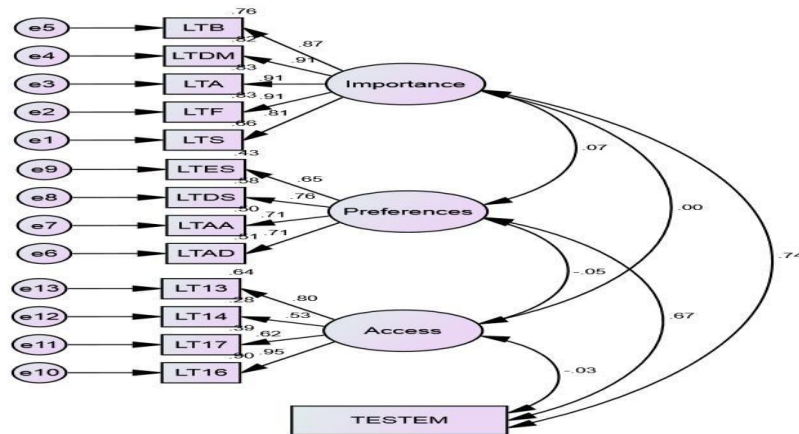
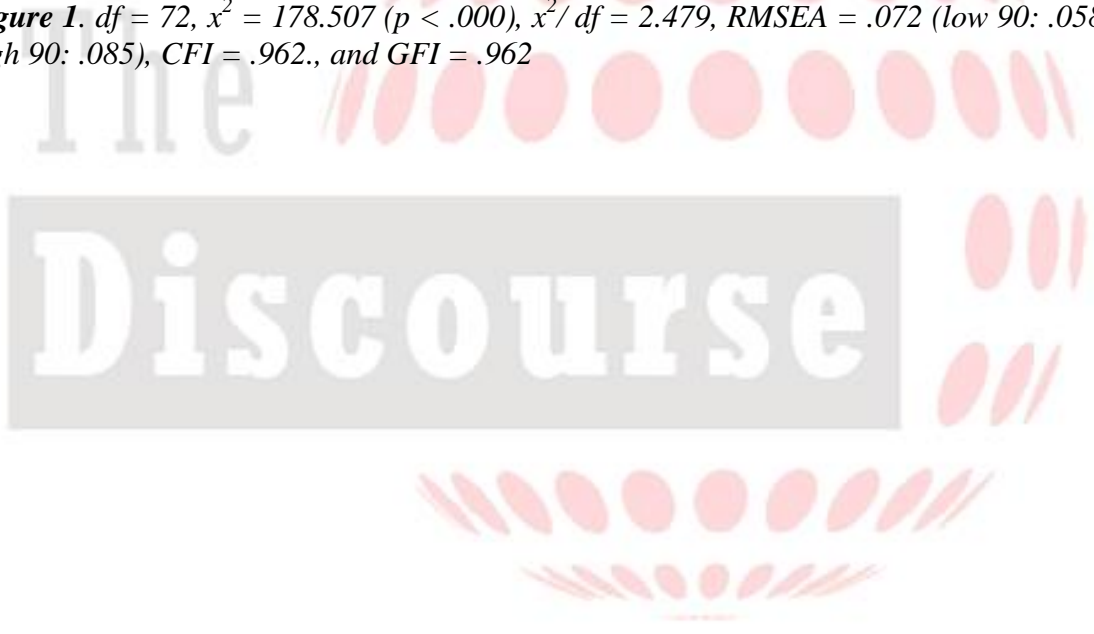


Figure 1. $df = 72$, $\chi^2 = 178.507$ ($p < .000$), $\chi^2/df = 2.479$, $RMSEA = .072$ (low 90: .058; high 90: .085), $CFI = .962$, and $GFI = .962$



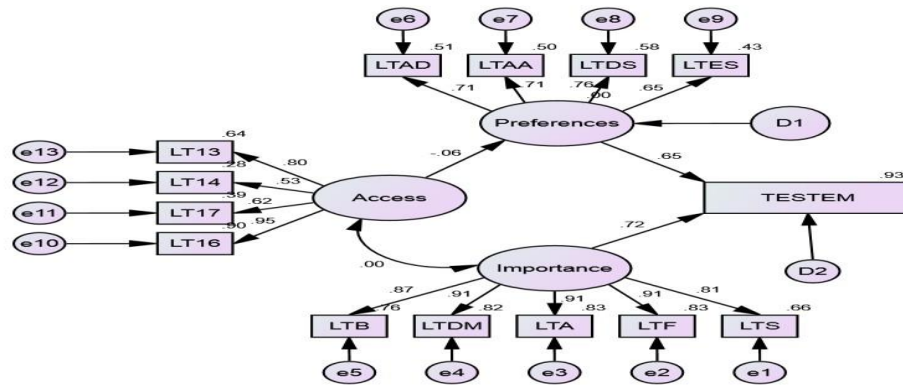


Figure 2: Standardized factor loading value: $df = 73$, $\chi^2 = 178.558$ ($p < .000$), $\chi^2/df = 2.446$, $RMSEA .071$ (low 90: .058; high 90: .084), $GFI = .917$, $NFI = .938$, $TLI = .938$, $CFI = .962$,. $GFI =$ goodness of fit index; $RMSEA =$ root mean square error of approximation; $CFI =$ comparative fit index; $TLI =$ Tucker-Lewis index, and $NFI =$ normed fit index. Note. $E19 =$ disturbance of Esteem; $e20 =$ disturbance of preferences.

Discussion

Millennials notion of being considered as a “digital native”. How accurate it is? But yes they may navigate the web better than any other generation and yes, they happens to be more engaged socially. It is not a revolutionary concept to connect virtually anything or anywhere. However, the evolution of social media has put power into the people hands which has rapidly developed the competitive socializing market in leisure sector (Pala, 2016). Today people are connected more than ever, however, this connectivity also create window for constant competition among business firms. Digitalization make very day task done more quickly, which means more free time. Increase in population, migration of people to big cities within the country, conversion of land into big buildings, and grounds into class rooms, home is becoming favorite place for free time activities. Free time activates among youth are like the mirror of all other aspects of daily life style. Recreational activities provides opportunities to individual to develop skills and to form positive formation of social relationship during period of adolescent. According to Elizabeth et al., (2019), due to development of unhealthy lifestyle, lack of physical organized activities resulted in increased frustration especially among young people. In developing economies, people struggle for their basic necessities, however, they have to relax one way or other. Recreational activities greatly depend on the facilities available, therefore institutional role is important in term of providing facilitation so that majority

of the people can benefit from it (Sheykhi, M. (2004).

Conclusion

According to a Gilani Research foundation survey conducted by Gallup & Gilani Pakistan (2019), majority of people in the country prefer to spend evening time in home, with 47 percent of respondent reply watching TV as favorite time pass activity. While 42 percent respondent of the survey have no near access to open green places for recreational purpose. This study also witnessed the lack of access to structure facilitation to outdoor healthy activities are the biggest challenge faced in highly populated cities in Pakistan, and especially where gender base motive is behind. Due to the migration of people to big cities within the country, conversion of land into big building, and grounds into class rooms, economic and politically instability, are pretty much reasons behind the decline in the outdoors organized healthy activities. Leisure is not a temporary phenomenon of life. Digitalization make everyday tasks quicker, means more free time, which business organization see an opportunity, and there is much for online sector to play for. Leisure is not a temporal dimension of modern life, however, the advancement in technology and consumer changes make its future more unpredictable. How will the increase mobility, digital platforms and other innovations affect the work and leisure? How it will change the way we define work and leisure. What are the leisure for tomorrow? What can we do with more free time? Previous research shows people conceived leisure could be ultimate social safety. What are the leisure activities that can lead us in the direction of what we are all in essence looking for? A joyful, a meaningful, and happy life.

This is an exciting area, fastest growing industry, and truly entrepreneurial. This study view unemployment as a biggest emerging challenge for youth, therefore contribute to the quality of employment by focusing on reducing unpaid employment by proposing innovative ways for young, energetic entrepreneur, not only from economic prospective, but also from human development prospective, by increasing self-worth, and enhanced capability for positive social impacts in the society. Leisure is the central focus of today and central importance of the future (Granter, 2008). The finding of this study will help interested parties in making better policy by understanding current leisure activities among youth and address constraints if any which may prevent participation of the learner in healthy activities (Majdehiet al., 2019).

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