

**LEISURE AND RECREATION AMONG URBAN
YOUTHS**

(A Case Study of Plus-two Students in Pokhara City)

**A Dissertation Submitted to
The Faculty of Humanities and Social Sciences
Department of Sociology/Anthropology in Partial Fulfillment of the
Requirements of Degree of Master of Arts in Sociology**

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Letter of Recommendation

This is to certify that Mr. Rajendra Bahadur Chhetry has completed this dissertation entitled “**Leisure and Recreation among Urban Youths**” (*A Case Study of Plus-two Students in Pokhara City*) under my supervision and guidance. I, therefore, recommend this dissertation for the final approval and acceptance by dissertation committee.

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Letter of Acceptance

This dissertation entitled “**Leisure and Recreation among Urban Youths**” (*A Case Study of Plus-two Students in Pokhara City*) submitted to the Department of Sociology and Anthropology, Tribhuvan University, Prithivi Narayan Campus, Pokhara by Mr. Rajendra Bahadur Chhetry has been accepted as the partial fulfillment of requirements for the Degree of Master of Arts in Sociology by the undersigned members of dissertation committee.

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Recommendation of Language Editor

This is to certify that I have read through the draft of dissertation entitled “**Leisure and Recreation among Urban Youths**” (*A Case Study of Plus-two Students in Pokhara City*) by Mr. Rajendra Bahadur Chhetry and as a language editor I have made necessary correction and improvements. I have been impressed by this intelligible presentation on the facts through the medium of plain and correct English.

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Abstract

The research 'Leisure and Recreation among Urban Youths' was conducted in the eastern part of the city of Pokhara during a period extending August 2008, to May 2009. The study aimed to find out the leisure pattern of plus-two students and the factors of motivation and hindrances for leisure and recreation.

The youths living in the city of Pokhara that is ever growing with all modern facilities, are supposed to enjoy comparatively much free time. It was a curiosity to know their recreational activities. Even the youths from neighboring villages and adjoining districts first enter into this town for the purpose of their study and recreation. The city attracts many more to utilize time in their transitional phase of life.

For a reliable generalization, the leisure can be divided into two ways: Active Leisure and Passive Leisure. Among several activities, mainly the commonly used activities are selected for generalization. Activities fallen into the first choice of the youths are taken in terms of leisure activities in general. The research work shows that highly popular activities are relaxing listening to music in the musical waves, getting together with intimate friends, watching motion picture and television programmes, playing games, visiting places on a short-term travel, surfing with internet and involving in extra-curricular activities.

Pubs, disco/dohori restaurants are also some recreational factors in the urban areas but the selected groups in this research are found less interested to enter into such recreational places. Moreover, females are completely

uninterested participating in such recreational activities. In spite of their unwillingness to participate in the indoor activities, the youths in Pokhara have got various recreational sites to visit and entertain themselves and utilize their spare time.

In terms of leading factors of motivation toward leisure and recreation, interest and imagination appeared as the main motivating factor than leisure facilities. Though money matters more in the urban society, as a motivating factor money stands the third. Absence of motivating factors may also hinder the enjoyment leisure and recreation. Other than that, there appeared some specific reasons for hindering the enjoyment of leisure. Desired thing not being available to the youths came to be one of the leading hindering factors. Lack of money was found the second most important factor for hindering the youths to enjoy the recreational activities in Pokhara. Lack of intimate friends is the third important factor for hindering the enjoyment of leisure and recreation.

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ACRONYMS

| | |
|--------|--|
| Ads | Advertisements |
| CD | Compact Disk |
| DVD | Digital Video Disk/ Digital Versatile Disk |
| et.al | and others |
| E-mail | Electronic mail |
| Gig | Performance/ Appearance |
| HSS | Higher Secondary School |
| ISP | Internet Service Provider |
| TV | Television |
| No. | Number |
| PCs | Personal Computers |
| SACD | Super Audio CD |
| VDC | Village Development Committee |
| WWW | World Wide Web |