

Chapter I

INTRODUCTION

1.1 Background

There have been specific reasons for the increasing importance of leisure for the youths in modern time. It becomes well clear if we try to look into the origin of the word 'leisure' itself. Originally the word 'leisure' comes from the Latin word 'licere' which means "to be permitted" or "to be free". In modern time, the term 'leisure' is used to refer to time free from employment. It necessarily means 'freedom from occupation'.

In old French language too, there is a word 'leisir'. French language being descended from Latin language, 'leisir' is similar to the Latin word 'licere'. Though the French 'leisir' first appeared in the early 14th century, the notions of leisure and leisure time are thought to have emerged in Victorian Britain in the late nineteenth century. That is, they emerged late in the Industrial Revolution that took place in Britain. Workers performed works for long hours, often up to eighteen hours a day. They were off work only on Sundays. Working hours decreased when more efficient machinery was used and trade unions emerged to relieve the burden of working hours. Industrialists were forced to give the workers resting days on Sundays and Saturdays. Workers enjoyed income facilities and invested it into their leisure activities. Gradually industrialized nations realized that entertainment industry should also be established. Today the system of weekend is being followed in all developed countries in the world. Thus, the leisure time is officially recognized.

Some fifty years before, Pokhara was just an area of villages. Occasionally there used to be bazaars for buying and selling the things that the villagers extremely needed. In such a rural setting, the youths did not have their problems. Their life was completely imbued with their family relations and domestic jobs. On certain occasions, singing and dancing mostly among their peers and age-groups was the most memorable type of recreation that the youths used to have. Among these minor types of recreation, mention may be made of swinging, especially during the *Dashain* and *Tihar* festivals, *Dandibio*, a type of game in which one throws a stick and the others defend it, and fighting themselves for the sake of recreation alone.

But with the development of town and city, the youths have no longer the opportunity to enjoy the freedom that the previous generations did enjoy in their rural settings. Here in the city of Pokhara, the open spaces for public purposes are limited. They have been changed into cultivating plots. Some plots have been used for educational purposes. A number of schools and colleges have been set up. What is more unnatural for the life-style of the youths is that a large number of rural population migrated to Pokhara. Modern facilities like the supply of electricity and drinking water, opportunities for education and health are available in the city. This is one of the reasons that income-oriented families from different neighboring districts have started to settle in Pokhara. The road services and air services too have contributed to the development of Pokhara town into a bigger city. As a result, the number of youths is ever increasing in the city and they have to face the problem of leisure and recreation that they could have enjoyed in their rural surrounding.

1.2 Statement of the Problem

Leisure and recreation should be the essential part of working life. Life without work is almost meaningless. Work without leisure and recreation too tends a man towards making him just a machine-like individual indeed. Life becomes bored and monotonous. Work alone becomes a binding force upon a human being. He feels chained without a desirable amount of freedom. Man without leisure and recreation tends to become depressed and pessimistic. So, there is a serious need to find out how the youths spend their time and energy to make their life meaningful and optimistic.

Youths in Pokhara have got opportunities for the best utilization of spare time. Educational institutions have been the gift for the educated youths. Apart from spending their time in formal education, they can spend the spare time in visiting public library, Public Park, cinema hall, lake-side restaurants or riverside hotels with chitchat with the foreigners. The youths are hardly under the control of their parents and guardians. The families and their children are passing through a transitional phase. In most of the migrated families, mainly the father is away from home to earn an income for family members. The youths lavishly spend the meagre income of their father. Excessively spending the money not caring for the future is seriously affecting the life-style of the youth. This is one of the main reasons that the youths in spite of having opportunities to guide themselves on a creative and recreational life are also on the verge of ruining themselves. So, there are opportunities and challenges too in the effective utilization of spare time by the youths in the city of Pokhara.

There are parents who have a good source of income and whose social status too is quite appreciable. They have provided a good care for their children's education. But the real expectations of some parents have not

been fulfilled. The main reason for the failure of their expectation might be that society or social environment is a powerful force. Not having effective control from their guardians, youths are spending the money as much as they can get from them. They feel that they gain prestige and honour before their peers if they are spending more. This type of behavior of the youth has established a social force among themselves. In English there is a popular statement that goes '*Birds of the same feathers flock together*'. 'Another statement goes, '*A rotten apple makes all the apples rot*'. So have been the cases that even the elite families in Pokhara have to face. Some of the youths belonging to the well-to-do families have followed the route/behaviour of those of the majority of youths in the migrated families in Pokhara. From this perspective too, spending of spare time deserves a serious study at the moment. Here is an attempt to find out how the youths in the city of Pokhara utilize their leisure time.

Research Questions

The following questions have a guiding force to lead the researcher ahead, and reach at a conclusion with reliable findings:

1. Do youths have a lot of free time in their social surrounding?
2. How do young people spend their free time?
3. Do they spend their time in a constructive way?
4. Has modern technology increased the leisure time among the youths?
5. In which sector/activity are the youths involved more in their leisure time?

1.3 Objectives

As already mentioned, leisure and recreation deserves a special study in this transitional phase of urbanization in the city of Pokhara. Old values and traditions are being changed giving place for the new ones. In such a transitional stage, the following have been set as the main objectives of this study.

1. To find out the leisure pattern of plus two students.
2. To find out the differences in the attitudes of the youth using the leisure time.
3. Finding out factors leading to motivations and causing hindrances for leisure and recreation.

1.4 Definitions of the Terms

Leisure

Once again it would be still referential to come to the basic point of leisure. Leisure is the period of time when a person is not working and he can do things that he enjoys doing. It is a commonly used term in everyday life. Every person has his own leisure time and he can use it in any sector he likes. Particularly in the context of young generation, they have much more free time than others. During the growing stage of this group of population, the youths have quite normal sense of responsibility and they are not completely engaged in any particular area or profession.

If a man enjoys leisure, this does not mean that he simply enjoys sitting idle. He wants to do one thing or the other during his leisure time. So, Leisure may be categorized into two types: Active Leisure and Passive Leisure.

Active Leisure

Active leisure activities involve the exertion of physical or mental energy. Low-impact physical activities include walking and yoga, which require little energy to exert and have little contact or competition with others. They can be done alone. High-impact activities such as kick-boxing and soccer consume much energy and are highly competitive. Some active leisure activities involve almost no physical activity, but require a substantial amount of mental effort, such as playing chess or painting a picture. In such activities Active leisure and recreation overlap significantly.

Passive Leisure

Passive leisure activities are those in which a person does not exert any significant physical or mental energy, such as going to the cinema, watching television, or gambling on slot machines. Some leisure experts discourage these types of leisure activity, on the grounds that they do not provide the benefits offered by active leisure activities. For example, performing a role in a community drama (an active leisure activity) could build a person's skills or self-confidence. Nevertheless, passive leisure activities are a good way of relaxing for many people.

Recreation

The term 'recreation' refers to any enjoyable activity in which one does his physical exercises or uses his mental exercise when he is not working for his livelihood or profession. Recreation is an activity that people voluntarily pursue for personal enjoyment or satisfaction; particularly they pursue such activities during their free time. Recreation takes a variety of forms and occurs in many different places, depending on the choice of the individuals concerned. As mentioned above some recreation is passive as the watching

of television. Many people enjoy extremely active forms of recreation. They want to do them themselves and sometimes they also want the others to do them and become just interested to observe them. Such active forms of recreation may be those jogging or participating in sports. People can enjoy a lot watching the tennis and football games. It is active form of recreation for the participants actually involving in the game and it is the passive form of recreation for those who simply observe them sitting nearby.

Modern development of science and technology has brought significant changes in the field of recreation and the people's attitude towards it. If we consider the latest development of science and its impact on human life in respect to recreation alone, bewildering changes can be noticed at a glance. Since the 1940's recreation has become an element in modern life. As a result of higher incomes and improvements in working conditions and transportation, modern people are spending more time, more money and enjoying more comfortable mobility for recreation. Following the development of science and the needs of human beings, recreation has been a major industry for those who want to invest their money left idle in the bank. National capitalists in developed countries have been investing part of their incomes and profits in such industries. *“By the early 1980's Americans were spending more than \$200 billion annually on recreation. Many companies provide facilities and equipment for commercial recreational use. Popular facilities include motion-picture theaters, bowling lanes, campgrounds, resorts, golf courses, tennis centers and theme parks. A number of companies manufacture merchandise for recreation, such as sports equipment and camping supplies.”* (The World Book 2001: 183)

Recreation is a vital part of human life. It provides pleasure for millions of human life. It provides pleasures for millions of people, but it may also

make an important contribution to an individual's mental and physical health. It is for this reason that some well-equipped hospitals have made arrangement for recreational activities under trained supervisors as therapy for patients.

Kinds of Recreation

The most popular kind of recreation is watching television. It has become a great source of knowledge for modern people accumulating one by one the pictures of the whole world and providing pleasure to the mind. A TV has influenced the large part of human population of all modern countries whether they are the most developed or least developed ones. To cite the example of the most developed country, on the average a TV set in an American home is in use about seven hours a day.

Hobbies are important forms of recreation for millions of people. A large number of families are found fond of flowers and gardening. Stamp collecting is a very popular hobby. Games such as bridge, chess are a common type of recreation.

Local names for recreation and leisure are used in the sense in which they are used in the given locality. They are explained as they have got any special meaning.

Dandi Bio:

It is a game in which a piece of small stick is thrown hitting with a little big piece of stone. The small stick goes straight against the opponents who too defend it and return it in the same manner. If failed to return it, the runner of the stick wins the game. It is a game that used to be held in Nepal only by

the young generations. It is a most traditional game. With the establishment of schools and playgrounds, this system has now almost disappeared in Nepal.

1.5 Limitation of the Study

Basically, the present study is limited to Ward Nos. 10, 11 and 12 of sub-metropolitan city of Pokhara. Here and there by way of references related facts have been taken from the past and from any sources outside this region and location. They have been the contrastive points of evidence that have helped clarify the basic objective of the study concerned. The research has also got its time frame as provided by the department of sociology. So, the study is completed in view of the time, objectives and guidelines occasionally provided by the authority concerned.

1.6 Basic Assumptions

Basic assumptions can be the guide-lines for the research work. In this respect, the following were the basic assumptions for this study:

1. Youths are sensitive to make their future bright. They should also be sensible to use their leisure time as a supporting item for their life.
2. Youths are sensible enough to understand the importance of leisure and recreation.
3. The guardians and local institutions are sensitive enough to provide effective background for the improvement of the behavior of the teen-agers.

4. The finding of the research is expected to be fruitful to all urban-oriented societies in and outside Nepal.

1.7 Significance of the Study

As the saying goes 'Prevention is better than cure,' this study certainly makes people aware of preventing their children if they are misusing their spare time. This study will keep its significance for those who are a bit conservative for not realizing the essence of recreation and leisure in their busy life. It will also be significant for the local authorities who can make certain management for the youths to effectively utilize their leisure time. It will make the decision-makers conscious about making Public Park, public buildings for delivering public speeches. The individuals will also be equally conscious about recreation and leisure so essential for human life. It will provide a way out to solve the problems that the youths are facing. Ultimately, this study will be fruitful to all youths to make their future life bright.

Chapter II

REVIEW OF LITERATURE

2.1 Conceptual Development of Leisure

Having differentiated leisure from recreation and having seen 'leisure' as active leisure and passive leisure, we can now arrive at a more definite concept of leisure.

'Leisure' should not be confused with the activity-less free time. Leisure is free time but it is not the time that is spent in going to and returning from work place. Free time should include leisure and all other activities that take place outside the context of gainful employment. A person can do various things for his personal needs and interests in his free time. He does them not as a matter of outside compulsion but wholly from his inner urge. At least four characteristics of leisure can emerge from such a concept. Two of them can be called negative as they refer to the absence of certain social obligations and two of them can be called positive as they can be defined in terms of personal fulfillment.

2.1.1 Nature of Leisure

The social forces or the consciousness of the individual concerned must not be bent on machinating the working capacity of human beings. Before the beginning of the industrial society, the concept of leisure had not been taken seriously in any society in the world. A slight mention of leisure may have been made in ancient religious, philosophical and literary texts. They made just the implications but not the systematic study about the importance of leisure in human life. In ancient societies, human population was much

limited in all parts of the globe. Working together and playing together satisfied the communities everywhere. There used to be occasional conflicts. But most of these conflicts among the masses were minimized or wiped out by means of public ceremonies held in the form of rites and rituals. So, the term 'leisure' is not applicable to them.

As the agricultural life started, working peasants got exhausted. They had also to work from morning to evening and that they had also to work following the seasons of the year. Then, the concept of leisure and relaxation came to be realized as an essential thing. Resting and singing at some moments of working life were considered desirable. Games for entertainment were held. For public entertainments, ceremonies were held. The seasons to be followed were different in accordance with the part of the globe in which they were living together. Working and resting life towards the southern and northern poles differed from those of the equatorial regions. Extreme cold and extreme heat both became unfavorable to human beings. They had to design the working and resting periods as the seasons got changed in accordance with the changes in Nature.

Nature remains equally favorable and unfavorable to human beings. But with the origin of money, property and wealth, and also division of land into separate pieces for individuals, some people became rich and richer; others became just the workers, poorer and poorer again. Then the public ceremonies (either social or religious) became the properties of the rich alone. Those religious ceremonies and festivals are still followed by the poor and the rich. But those ceremonies involve expenses which only the rich can offer. Leisure as a result of religious ceremonies and festivals involving expenses is considered defective as the ceremonies themselves are considered a burden (an economic burden) among poor. Just to mention the

case of *Bada Dashain* in Nepal, it is considered a burden for the poor mass and a blessing for the richer lots. The poverty-stricken people say ‘It is not *Dashain* but a problem’.

Considering the work load of the working class people during the whole year, religious ceremonies and festive occasions certainly provided a sense of relief and leisure. But the growing lust of power and money, such occasions are exploited in favor of the rich. The rich and aristocratic elites thought that enjoyment of leisure and freedom is their basic right and goal. From their point of view, workers and servants are just the slave-like persons. The concept of leisure for such idle rich is to remain away from work. The moments of idle living of those rich and elites are not to be taken as leisure in the true sense of the term. So, it is rightly said “*Leisure is not a suitable term for referring to the activities of those idle elites, since leisure in the modern sense presupposes work.*” (Joffre Dumazedier 1962)

In the modern sense, leisure is automatically related to work. It is a relief from work and it is the prerogative of the workers. The society or the organization of the factory can not impose whole time responsibility to go on working. For certain days or hours the individuals enjoy complete freedom from any social or institutional responsibility or work. Any work done at leisure time is not the one that a man does in his official hours. A work done at leisure can be easily separated from his responsible job or main business of his surviving.

2.1.2 Freedom from Obligations

Leisure implies freedom only in a specific sense. It does not imply the absolute freedom or the worthless type of freedom. In leisure too, obligations have got certain role to play. Certain types of obligations exist

because during the period of leisure certain activity must be done. Such activities depend on social relationships and therefore there are certain interpersonal obligations which automatically need to be fulfilled. So, leisure should not be supposed to be free from such interpersonal relationships that are completely voluntarily established. Likewise, obligations to be fulfilled should also be distinguished from the institutional obligations, which are forceful. Those obligations are imposed by organizations or societies or authoritative institutions. From such consideration, it should be clear that leisure consists in freedom from any gainful employment in a place of business. It implies freedom of studies that are part of educational institution. Leisure also means freedom from fundamental obligations like the institutional obligations.

2.1.3 Disinterestedness

Disinterestedness is the behavior and attitude of a person who is not involved in any gainful activity or who is not likely to benefit from a particular situation. Leisure is not motivated basically by gain, like a job. It has no utilitarian purpose as do domestic obligations. It does not have any ideological or missionary purpose. "If leisure is governed in part by some commercial, utilitarian or ideological purpose, it is no longer wholly leisure. Such leisure retains only part of its nature. We will, therefore, call it 'Semi-leisure'. If an athlete plays for pleasure and enjoyment, it is an activity of his leisure time. But when the athlete is paid for some of his appearances, his activity is the result of semi-leisure. In this way leisure is clearly an activity of free time that offers no direct gain or project as in any job or business.

2.1.4 Leisure and Diversion

Leisure has its relationship to the needs of the individual, though the individual fulfills these needs as a willing member of a group. A person enjoys leisure when his mind is diverted from what he is actually doing. Naturally another action attracts his attention away from what he is concentrating on. He diverts his mind from his usual work for a separate state of satisfaction. Such a state of satisfaction is sought as an end in itself. This activity is of a pleasure-seeking nature.

Leisure, in fact, is not the only source of pleasure and satisfaction. There are several other sources for a state of satisfaction to an individual. But the search for pleasure and delight is one of the fundamental characteristics of leisure in modern society.

2.1.5 Leisure and Personality

Leisure is intimately related to the personality of a man who enjoys it. The right use or the misuse of leisure determines the personality of a man. Leisure is directly associated with the possibility that the individual may deteriorate himself by indulging in something like gambling or alcoholic drinking. Leisure is also associated with the fact that the individual is free to defend the integrity of his personality against the attacks of an urban industrial society that is being less and less natural and more and more regulated by the strokes of the clock. It is associated with the realization of unbiased human potentialities. Such realization may or may not accord with the social needs. But it is conceived as an end in itself.

The positive functions of leisure can be summed up in the following points: First of all, leisure offers the individual a chance to shake off the fatigue of work. It is because work is imposed and it interferes with his natural biological rhythms. Leisure is a type of curative force for all types of imposed obligations.

Secondly, leisure opens up new world by means of entertainment, it does not matter whether the society permits or detests. The individual can escape from the daily boredom of performing the routine tasks and thus he can enter into a world of his own whether it is a real or imaginary one.

Lastly, as leisure makes it possible for the individual to leave behind all sorts of routine works, it allows him to enter into a realm of self-transcendence. In such a realm, his creative powers are set free either to oppose or reinforce the dominant values of his civilization. In the true sense of the term, leisure fulfills all these basic functions and satisfies the human need. These functions are the needs of human personality. Leisure that fails to offer the above mentioned three kinds of choice must be considered seriously defective.

2.1.6 Leisure: A Major Concern of Sociologists

It was the social thinkers who had foreseen the importance of leisure in the development of modern civilization. The concept of leisure occurred to them from the very beginning of industrial society. Industries provided workers with opportunities for work. Work was the first primary need of man. Because of the disparity between the work and his level of income, workers were not all satisfied with their employers who mainly exploited the labour-classes.

Karl Marx was the first great philosopher who deeply realized that work is the first need of human beings. As the capitalists and industrialists exploited the workers by giving them the remuneration that was just sufficient to maintain just the body and soul together, he conceived that work would become fit for man only when it had been transformed by collective ownership. He observed that workers were made the slaves to the machinery work. They were not allowed leisure and free time and thus they were compelled to work like the parts of a single machine. In such a working condition the workers were alienated from the capitalist society. So, Marx emphasized that there should be great increases in free time and remuneration for the workers.

By allowing the required free time and desirable amount of wages, workers can be freed from their monotonous life. Then, they can be made unalienated 'whole man'. Following the philosophy of Marx and averting the strikes of workers, other philosophers and social thinkers also realized the importance of leisure for the workers in the industrial fields. They all came to realize that industrial and technological progress must contribute to the worker's progress and their social emancipation. They all associated the growth of leisure with raising the workers level of education and increasing the part played by them in public life.

2.1.7 Sociologists on Leisure all over the World

In both socialist and capitalist societies, sociologists have observed that the realities of leisure in the twentieth century have turned out to be more complex. Those who wanted to propagate the welfare of workers in any way turned to improve the economic condition of workers as well as their leisure and living standard.

The first modern pamphlet that appeared in favour of leisure for the workers was written in Europe by **Paul Lafargue** (1883). He was a militant sociologist. The English version of the title of his pamphlet was “The Right to Be Lazy”. It simply recognized the right of workers to enjoy leisure and urged to establish the right of workers to be lazy too. In 1899, **Thorstein Veblen**, a sociologist of the United States laid the foundations for the sociology of leisure by publishing a text ‘*The Theory of the Leisure Class*’. In this theory, Veblen analyzed the different types of idlers that he found among the bourgeoisie. He did not, however, mention the requirement of leisure for the working class people. He only exposed the conspicuous consumption indulged in by the rich middle class people in quest for their social status.

In the 1920’s and 1930’s both in Europe and United States, there appeared not just the theory of leisure but the empirical studies of leisure by some sociologists. They introduced the concept of eight-hour day weekend. This appeared as a revolutionary concept only at the beginning of its introduction. With the introduction of this concept, there appeared hopes and anxieties among the social reformers. They hoped that the workers would be able to improve their lifestyle if they rightly used the free time legally allowed to them.

Extra facilities could also be provided to them instead of the free time. Or that they could be paid more for their overtime working load. They hoped that the workers would utilize their extra free time for their self-improvement. On the other side, there were also anxieties expressed by the social reformers. They got worried on the assumption that extra time allowed for the workers might also be used for dissipation or be wasted for

nothing else. This was also the fear or the other side of the picture at that time.

A more significant work by Strumilin appeared in the U.S.S.R in 1925. The work inspired research on the “time budgets” of individuals. Under the influence of this work Soviet Government developed an official policy on the organization of leisure. It was an achievement for all concerned as to how best people can spend their leisure time.

Still more significant affair was performed by Institutional Labour Office in 1924. The office organized the first international conference on the free time of the workers. Being significant, the conference was attended by 300 delegates from 18 nations. After this conference there was a general feeling among the participants. It was the feeling that as the time spent on work decreased, leisure activities would have to become organized. With this feeling the result of the conference, research projects were launched in the United States. In this respect, Robert Lynd and Helen Lynd contributed much to the study of leisure activities: both traditional and modern. In 1934, George A. Lundberg made another study on leisure activities. This study has been a classic for the modern researchers. ‘Lundberg defined leisure as the opposite of those activities that are on the whole instruments to other ends rather than ends in themselves’. (Lundberg et. al.1934:252)

After the Second World War, the sociology of leisure took a new dimension. The meaning of leisure was searched at a deeper level. In fact, new levels of meaning were searched. At this time, the United States had made progress in every field of knowledge and production. It was trying hard to solve the problems of mass society. As the production was high, consumption had also to be high. In order to tackle with the problems of

new situation, new theories were being developed. It directed its attention on mass production (huge production) and mass consumption. This process led to the development of mass culture in the United States. The concept of leisure was, thus, diverted to a large amount of production and consumption of goods.

In 1950 David Riesman published his work 'The Lonely Crowd'. Symbolically, it signified that the crowd (mass) of people lacked communication among themselves. Obviously it emphasized the importance of mass media and mass communication. He based his argument on the fact that ever since man has experienced two revolutions.

The first is the revolution brought about by the Renaissance spirit. Before it, man was governed by tradition. And as such man was 'tradition-directed'. Later with the beginning of Renaissance, man began to be governed by the norms and values of the family. Then gradually man became 'inner-directed'. The second revolution appeared in those countries that had entered the stage of mass consumption and mass culture. In this period, man has begun to be governed by the norms and values that are conveyed by the mass media of communication. Man is also governed by the feeling of his peer groups. In modern times, therefore, man is 'other-directed'. In this way, historically it is found that reflections on leisure are shifted from individual to the mass.

Since, the publication of 'The Lonely Crowd' in 1950, there appeared several collections of reading on the topic of 'Mass Leisure'. The new ideas on leisure were verified and there appeared further works showing the relationship of leisure and culture in mass society.

In 1950's in Europe too, the place of man was searched as the civilization was changed. Modern civilization was dominated by the progress in science and technology. The European sociologists tried to 'relocate' the position of man in such a civilization. In England, two writers (B.S. Rowntree and G.R. Lavers) jointly published 'English Life and Leisure' (1951). This work inspired the other writers to a series of sociological monographs and research studies.

Importance of Leisure

Regarding the importance of leisure, public opinions were formed pressurizing the government for favor of creating favorable situation for the young people. As a result, the government began to set programs for character building of the youth. The government was also forced to make provision of facilities for leisure. In 1962, Joffre Dumazedier published his research work 'Towards a Civilization of Leisure'.

The study of leisure has also been seriously taken in the socialist countries. During the period 1956-1964, the government of the U.S.S.R gradually replaced the eight-hour working day by seven-hours. Leisure theories developed earlier had to be modified and improved. The first empirical study of leisure in a socialist setting took place in Yugoslavia in 1963.

In the context of Nepal, research on 'Leisure and Recreation' is still a new adventure and it is rare to find out topics that are closely related to this research. But leisure pattern of people has been investigated in several countries in the world. In the process of finding leisure pattern of people in various countries, some information is available.

Regarding the leisure time, some studies have been done in China. “According to the ‘China Youth Research Centre and Central Committee of Communist Youth League of China’, China’s young people seem to have a lot more time on their hands.”

According to the jointly released report on China’s youth development, “students in China have no regular school classes for 160 days every year. The report has made it clear that leisure time has also increased with the advent of modern technology which has reduced the burden of housework. With the extra spare time China’s students are finding more free time for extra-curricular activities”.

It is a good source of information for the indication that those modern youths in developed countries have been in a better condition to enjoy their free time. In North Korea leisure and leisure activities and cultural activities have continued to be regimented. Organized group activities like rallies and museum tours have continued to be held.

In Italy generally men enjoy more free time than women, who spend more time shopping, working and attending to the needs of their families. The women spend an average of four hours per day doing domestic work and they spend only 50 minutes for their recreational work. Girls over the age of 14 do study more than three times longer than boys of the same age. Increasing number of Italians has owned video recorders. They enjoy it at home. It is also notable that fewer Italians go to cinema than before and participation in sport and physical activities is low.

In case of Canada, people enjoy ever-increasing amount of leisure time. They are able to participate in wide array of sports and other recreational

activities. In Greece, television and other forms of video entertainment have become the daily life of the people. These modern means of entertainment are threatening the traditional leisure patterns.

The role of leisure and youth in cities is of special interest for the urban people. University students are young and generally they are more active personalities. They hold an important place in the society. The time available for the students is mainly affected by the subject they choose to study and by their perception of the city where their institution is located.

In some developing countries, the leisure time as spent by students of one institution is compared with those of another institution in the same country. The leisure preferences of students in the capital city Greece (Athens) are compared with those of medium-sized city in central Greece (Larissa). The impacts of leisure in their quality of life are also determined. A questionnaire-based survey revealed that important inequalities exist in most of the popular activities according to the place of study. It is a major finding for the fact that the environment of the urban society has its impact upon the youths and their leisure activities. (Britannica Encyclopedia, 2005)

Regarding leisure time certain encouraging types of information are available. Synovate is a leading market research agency. Julian Rolfe, manager of the agency, commented, *'The findings from the study demonstrate that with an increasing lack of faith in the education system and employment market, young people across Europe are investing more and more of their time and energy in their leisure activities in order to give themselves a sense of identity and belonging.'*

The research shows that for today's youth, friends are THE most important thing- more than family, career or education. Statistically the research has revealed that 58% of the respondents agreed with the statement, 'My friends are the most important thing in my life'. (www.synovate.com)

Recreational activities of some of the well-known countries are also cited here.

Recreation in Canada

Canadians take part in a wide variety of recreational activities. During the long winters, many people enjoy both downhill and cross-country skiing, snowboarding, skating, and tobogganing. Popular summer sports include swimming, canoeing, fishing, hiking, tennis, and golf.

Canada's extensive national park system includes areas ideal for many recreational activities. (World Book 2001:108)

Recreation in Germany

The people of Germany enjoy hiking, reading, gardening, swimming, and watching television. Many young people take bicycling, hiking, or hitchhiking, trips. They carry knapsacks and spend the night in the open or at inexpensive inns called youth hostels. Germany has many lakes and rivers for canoeing, rowing, sailing, and swimming. The high, snow-covered mountains help make skiing a favorite winter spot. (World Book 2001: 150)

Recreation in United Kingdom

The British love the outdoors. They flock to Blackpool, Brighton, and other seaside resorts on vacation. Several million vacationers prefer mountain climbing or walking in Wales or in the beautiful Lake District of

northwestern England. Still others enjoy automobile or bicycle trips through the country.

The British are enthusiastic sports fans. The most popular spectator sport by far is soccer, which the British also call *football*. During the football season, thousands of fans jam the stadiums every Saturday. Cricket has been popular in England for hundreds of years. It is played with bats and a ball and two 11-player teams. Schools, universities, and almost all towns and villages have cricket teams. Others popular sports include archery, bowls (a sport similar to bowling), golf, hockey, horseback riding, horse racing, rugby football, sailing, and tennis. (World Book 2001: 55)

Recreation in London

During the day many Londoners enjoy shopping at the city's large department stores, its many small specialty shops, and the colorful street markets that sell everything from fresh fruits and vegetables to bargain jewelry, clothing, and antiques

In the evening many Londoners enjoy watching television on at home, seeing a film at one of London's many cinemas (motion-picture theaters), eating at a restaurant, or going to the theater. On summer evenings, gardening is a popular pastime. Many people also like to spend the evening at there neighborhood pub (public house). The pubs serve beer and other drinks, and in many of them, patrons can play games of darts or pool. (World Book 2001: 434)

Recreation in United States

Most Americans have great deal of leisure time, and they spend it in a variety of ways. They pursue hobbies, take part in sports, attend sporting and cultural events, watch movies and television, and listen to music, and read books and magazines. They enjoy trips to museums, beaches, parks, playgrounds, and zoos. They take weekend and vacation trips, eat at restaurants, go on picnics, and entertain friends at home. These and other activities contribute to the richness and diversity of American life.

Sports rank as a leading American pastime. Millions of Americans enjoy watching such sports events as automobile races, horse races, and baseball, basketball, and football games-either in person or on television. Many Americans, especially children and other young people, play baseball, basketball, football and soccer. People of most of ages participate in such sports as bicycle riding, boating bowling, fishing, golf, hiking, hunting, running, skiing, softball, swimming, and tennis.

Motion pictures, plays, concerts, operas, and dance performances attract large audiences in the United States. Americans find entertainment at home, as well. Almost all American homes have a television set. On the average, a set is in use in each home for about seven hours a day.

Hobbies occupy much of the leisure time of many Americans. Large numbers of people enjoy raising flower or vegetable gardens or indoor plants. Other popular hobbies include stamp collecting, coin collecting, and photography. In the last half of the 1900's interest in such crafts hobbies is increased sharply.

Most Americans spend part of their leisure time traveling. Many take annual vacations, as well as occasional one-day excursions or weekend trips. Some have vacation homes near lakes or seashores, in the mountains or in other recreational areas. Others own motor homes or trailers, which provide living and sleeping quarters during trips. Some people enjoy camping in tents. Others prefer to stay in hostels or motels while on trips.

(World Book 200: 114)

Recreation in Australia

Most of the Australians enjoy such recreation as visiting with friends, going for a drive or walk, or watching television. Outdoor sports are extremely popular. Many people enjoy skin diving, surfing, swimming, or boating; many also play golf and tennis. Team sports are a national pastime, Australians begin to play team sport in elementary school, and many continue to play them throughout life. The best players may work their way up through local and state competitions and perhaps win a position on one of the national teams. The national's professional sports teams have large and enthusiastic followings. (World Book 2001: 904)

Recreation in India

The favorite sport in India is cricket. Field hockey and soccer are also popular. Indians enjoy playing cards and chess. Kite flying is also a common recreational activity. Many people spend their evenings watching television or going to motion-picture theaters. In large cities, people also attend concerts and plays. (World Book 2001: 119)

From the above it is clear that comprehensive studies have been done for leisure and recreational activities from different angles and perspectives.

The term 'leisure' has been defined as free time but spent doing some activities in a place and situation outside the context of gainful employment. The concept of leisure is a relative concept too. There was a time in the long past when people enjoyed leisure without any systematic arrangement. It was not systematically studied. But in modern times, there have been efforts for its systematic study too. Human beings are the product of Nature and natural environment. They have adapted themselves to their natural environment and it has also its impact on their leisure and recreation. Leisure activities are also influenced by the social and cultural environment too. Affected by natural environment and social development, leisure is ultimately defined in relation to work and freedom from workload and compulsive obligations.

Leisure is associated with the personality of an individual who can have the right use and misuse of leisure. If leisure is missed, the individual badly ruins his personality. When rightly used, leisure is a type of curative force for all types of imposed obligations. An individual enjoys a world of his own whether it is a real or imaginary one. He can develop his creative power that has remained dormant within the load of his professional work. Industrial development curtailed the freedom of the workers and they were chained with working load and exploited from the industrialists. To maintain the suffering of the working class and maximize the optimum period of leisure, philosophers and sociologists formulated theories of leisure for the workers and forced the capitalists formulated the theories of leisure for the workers and forced the capitalists to apply them. After the Second World War, the meaning of leisure was searched more intensively at a deeper level. As more amount of leisure was granted to the workers and labourers, their efficiency was increased. As a result, not only the workers but also the capitalists and industrialists benefitted from a large amount of

production and consumption of goods. These days' organizations like International Labour Organization have been established partly to ensure the right to work and right to leisure for the workers in all countries in the world.

However, the present study mainly focuses on the leisure and recreation for the urban youths. In Nepal 'Leisure and Recreation' is still a new area of research. A lot of information in black and white is still lacking. But in developed countries like China, Korea, Canada, Germany, Britain, U.S.A, Australia, there have been serious studies on the requirement of recreation for the modern youth in the urban areas.

In China, students have been allowed 160 days for their extra-curricular activities that can contribute to their recreation. North Korea has also recognized leisure activities and cultural activities going together for their recreation. Canadians take part in a wide range of recreational activities. In one way or another, all developed and developing countries have realized the importance of leisure and recreation for urban people and urban youths.

Researchers so far done covered various groups of people and presented in a nation-wise basis. But research about requirement of recreation for the young generation is much limited. The present research is mainly focused on urban youths especially in plus-two level. Compared to the rest of the others groups, plus-two students have more free time to spend to spend for recreation activities. This is the age in which the urban society is growing more and more. The adult people have to take interest in the activities of the young generations and provide them all sorts of means of recreation and entertainment.

Chapter III

RESEARCH METHODOLOGY

How urban youths spend their leisure time and enjoy recreation or otherwise are a social concern. Required data for this purpose have to be taken from the urban society. What is happening to them, what compels them to act and do in the way they have been doing? Why certain things are constantly happening to them? There are answers to such questions. The findings are checked and explained and also verified. In order to do such things and arrive at a conclusion, a thorough scientific process is followed here.

3.1 Locale of the Study

The problem that the researcher tried to find out and solve relates to the actual society. The proper area of study is the urban society of sub-metropolitan city of Pokhara. Specifically, the study is limited to the three wards (Ward Nos. 10, 11 and 12) of the metropolitan city.

3.2 Physical Description & Climatic Conditions of Study Area

The climate condition of Pokhara valley is moderate and temperate all the year round congenial to human health. The valley lies at the foot of the Himalayan range. It is really at the top of *Machhapuchhre* Mountain, also known as Fish-tail Mountain. During the winter, it is a bit cold. But on an average, the climate of this valley is all the year round moderate and temperate.

The *Seti River* originated from the Himalaya flows through the valley of Pokhara. It divides the valley into two parts: eastern part and western part.

The study area of this research belongs to the eastern part. In this area modern facilities are ever increasing. Western Regional Hospital and Manipal Hospital are located in this area. There are also dispensaries and clinics around them.

Several educational institutions are also established in this locality. There are colleges like Medicine Campus, Kalika Multiple Campus. There are Higher Secondary Schools like Amarsingh Higher Secondary School, Kalika Higher Secondary School, Tops Higher Secondary School, Golbal Collegiate Higher Secondary School etc.

Because of the facilities for health and education, the population in this area is increasing year to year. Income-oriented people from several districts have migrated and permanently settled here. The society of this area has become a cosmopolitan society. Here are *Gurungs, Magras, Brahmans, Chhetris, Newars, Sharki, Bishokarma, Damai*, etc

3.3 Research Design

The emphasis in this study is to find out the leisure pattern of the youths in the urban areas. Emphasis is also laid on finding out the differences in the attitudes of the youth using the leisure time. For this purpose, descriptive and exploratory research design will be used. The data collected will be classified as the need arises.

3.3.1 Nature and Sources of Data

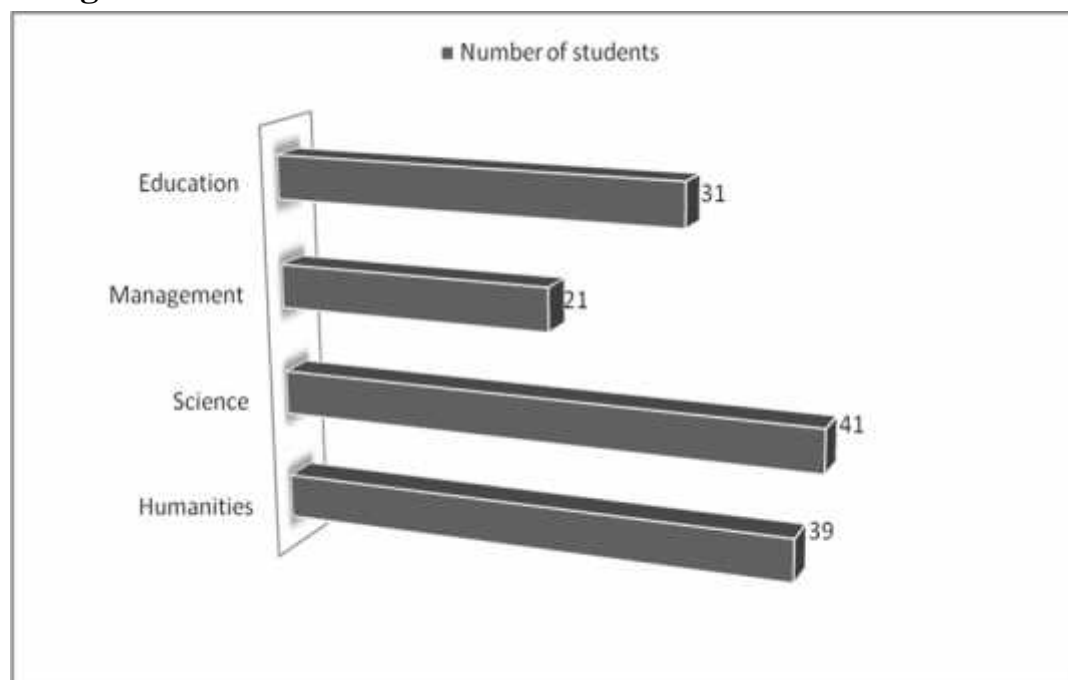
Doing this research work both primary and secondary data were collected. Primary sources of information were fully utilized as the main source for this research work. Primary and secondary data both were qualitative as well as

quantitative. Quantitative data were collective mainly from interview schedule and qualitative data from group discussions, key informants interviews etc. Some secondary data and information were also extracted from different articles and from the library books and internet sources too.

3.3.2 Demographic Data

Students of 11 classes were the respondents from different faculties with 45 percent being male and 55 percent female. There are 132 students views are being selected for study. Samples were taken over 16 percent from Management, 30 percent from Humanities, 31 percent from Science and 23 percent from Education Faculty. The total numbers of students were 132.

Figure: 3.1 Total number of students from various faculties

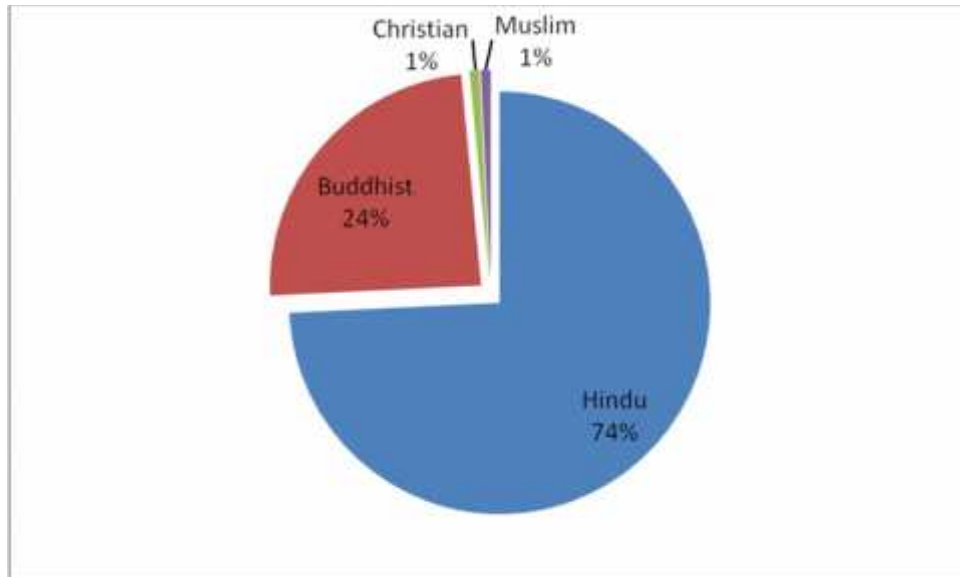


Field survey 2008

The students were taken from different religions. Among them 74 percent were from Hinduism, 24 percent from Buddhism and one percent each from

Christianity and Muslim. The students were taken from 16 years to 18 years of age.

Figure 3.2: Respondents from various religions



3.3.3 Sampling Procedure

Sampling keeps special importance in research as the data collected on the basis of observation are simply the representatives of the total population or the universe under examination. Out of 18 wards of Pokhara sub-metropolitan city, wards no. 10,11 and 12 are selected to obtain the sampling data for the research on leisure and recreational pattern among urban youths.

Youths studying in plus two programs are taken as the universe of the population. For the purpose, youths studying in government-aided Higher Secondary schools and colleges, private schools and colleges, and public schools and colleges are collected as the sampling data for the research.

Data were collected between August 30, and September 15, 2008. The questionnaire consisted of 5 variables of social interest (Given name and

Family name, Gender, Religion, Schooling, and Dwelling area); 4 groups of faculty are taken (Management, Humanities, Science and Education); which included Tops Higher Secondary School, Amarsing Higher Secondary School, Global Collegiate Higher Secondary School and Kalika Higher Secondary School.

Researcher made random visits to the selected individual groups of Educational Institutions concerned. An average questionnaire for a single individual lasted about fifteen minutes. From the selected population most of them agreed to participate in the research. Serious mistakes were not detected in questionnaires during the stage of data analysis.

Respondents ticked on their leisure and recreational activities in which they participated during the year. During the same period, records were made regarding the leisure facilities that the city provided for their young inhabitants. This included entertainment, sports and park facilities in the city.

3.3.4 Data Collection Techniques

The following techniques were applied in collecting data.

Direct Observation

The research problem is directly related to the present youths in the city, the researcher has applied the observation method. It is the direct method of study and thus he has collected the data. Face to face interaction was held and a direct relationship was established between the researcher and the youths of the city. The researcher actually witnessed the social behaviour of the youths in their natural settings. Primary data were collected visiting the

youths in higher secondary schools, colleges, educational consultancies and public parks. They have provided all the source of information without depending on the other secondary sources.

Interview Schedule

The next step was the preparation of interview schedule. For this purpose relevant questions were designed. By making a questionnaire, the youths were given it individually in different areas of the urban society of Pokhara. They were given a set of questions to answer. Collecting all the questions, comparison was done and result will be taken as an average of their opinions.

Youths are also social beings. They are also affected with the changes in the society. So, for the understanding of social conditions in the past, questions were asked with the old and aged-people in the present urban society. Interviews and group discussions were also held with them. In the process of asking questions and getting answers even in the written form, sometimes the individuals might avoid the real answers for the reason of their subjective concerns. But in a group they treated themselves to be the responsible persons. In order to maintain their personality, they were forced to tell the truth. Group discussions, therefore, revealed what were being hidden in individual question-answers and interviews. In this way, the research progressed to arrive at a truth. In order to reach the conclusion, sample method was used. This method was thought suitable because the study of the parts can contribute to the study of the whole when such parts are randomly but properly selected.

3.3.5 Classification of Data

Mere collection of data does not provide the desirable result. Then, as a procedure the data collected were classified. It was a prior task to tabulation and generalization. The researcher took his step to classify the data collected and adjusted them to tabulation task. So, classification of data was an important aspect of the present research.

3.3.6 Data Analysis and Presentation

The data collected and classified are analyzed. The quantitative data are analyzed presenting them in graphs, pie diagrams, bar diagrams, histograms etc. The qualitative data are presented in the form of flow charts and models. All statistical analysis is conducted using Microsoft Excel for Windows.

Chapter IV

LEISURE PATTERN AND ATTITUDINAL DIFFERENCE AMONG YOUTHS

4.1 Analysis of Differences of Attitudes and Pattern of Leisure

As the objective of this research is set to find out the leisure pattern of plus two students, here is an effort made to present the leisure activities of plus-two students in two different ways. In the first diagram, the leisure activities are presented according to the faculties of the students: Management, Humanities, Science and Education. In second diagram, their activities are presented in general without consideration of separate faculties. After providing the various activities of interest and recreation in general, each main activity is explained in detail. The youths are asked about the types of that activity and more detailed description of the same activity is given in the subsequent sections.

4.1.1 Leisure Time Utilized by Youth of Different Faculties

At the time of collecting data from faculties in plus-two colleges, the students were given the questionnaire in which there were various options for their responses on the basis of priority given to various leisure activities. Leisure activities of the youths of different faculties may also be different. The youths, who already decided to study management, may have separate interest and aptitude from those who decided to study Humanities, Science or Education. Each faculty group, thus, may have slightly different interest that might have guided them to study that subject. In order to find out the differences between them as regards the recreational activities, the following faculties were selected. In this analysis, only the activity of their first choice is selected from each faculty.

Table 4.1 Leisure Time based on utilization between different faculties

Activities	Management (%)	Humanities (%)	Science (%)	Education (%)
Movies	15	5	11	4
Music	33	23	28	21
T.V.	18	20	11	17
Games	4	8	5	7
Travel	4	5	8	4
Internet	7	8	-	3
Sleeping	-	10	5	3
Get-together	15	8	17	24
Shopping	-	5	3	3
Pubs/disco/ <i>Dohori</i>	-	-	3	-
Extra-curricular	4	8	6	7
Living in isolation	-	-	3	7

Field survey 2008

The table given above shows the 1st priority given to activities based on the utilization of their spare time. The students of Management have given their first priority to spending their leisure time on music which constitutes 35 percent and in movies which constitutes 18 percent. The students of Science having 28 percent and 11 percent stand second to them in the same activities.

The students of Humanities have given their first priority of interest on various activities like T.V. (20%), Sleeping (10%), games, internet and extra-curricular activities (8% each) and shopping (5%). Except in sleeping, the students of Education stand next to Humanities in all these activities.

The students of Science have shown their first choice of interest on Travel (8%) and in visiting Pubs (3%). The students of humanities stand next only Travel. But the percentage of Disco/*Dohori*/Pubs is zero for other faculties. The students of Education have given their first priority of interest on Get-together and Living in Isolation which constitutes 24 percent and 7 percent each. The students of Science faculty stand next to them.

4.1.2 Pattern of Leisure in General

Leisure activities as shown in the previous table were examined in accordance with the faculty-wise students. In the following table they have been shown in general without considering the separate faculties they belonged to.

Table 4. 2: Leisure activities in general

Activities	Frequency	Percentage (%)
Movies	11	9
Music	34	26
T.V.	22	17
Games	8	6
Travel	7	6
Internet	5	4
Sleeping	7	5
Shopping	20	3
Get-together	4	15
Pubs/ <i>Disco/Dohori</i>	2	1
Extra-curricular activities	8	6
Living in isolation	4	2
Total	132	100

Field Survey 2008

The figure given above shows the total percentage of leisure activities done by the youth in general. This figure is based on the first choice of activities the youth made. This figure shows that there is high percent in music sector, then television takes the second high percent and get-together with friends segment takes the third place. Watching movies take fourth place among the youths. Games and travel activities take equal percent. Living in isolation and going to pubs/disco/*dohori* restaurant are in least favourite sectors.

4.2 Motion Picture

Motion picture is a series of images recorded in films or tapes that appear to move when played through a film projector or a video entertainment system. Also known as movies, film, or cinema, the motion pictures are one of the most popular forms of art and entertainment throughout the world. They are also a major source of information.

Every week, millions of people go to the movies. Many millions more watch movies that are broadcast on television or played on a videocassette, videodisc, compact disc, or DVD player. This is the 4th popular activity participated by the youth. Compared to the rest of faculties' the management faculty shows the highest percentage (table 4.1).

4.2.1 Kinds of Movies

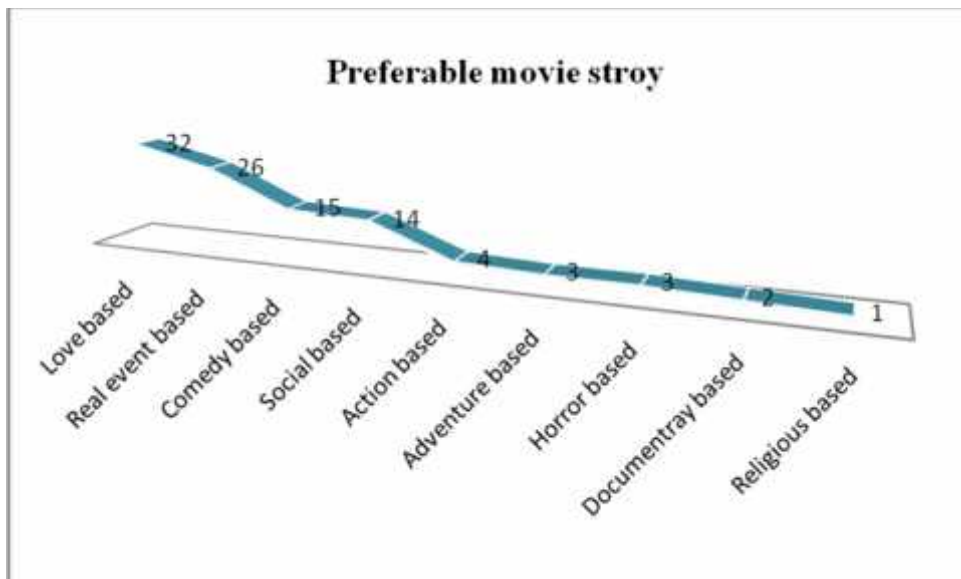
There are only four types of movies that are prevalent in Nepalese urban society. New fresh released movies first appear in film hall, among them Nepali and Hindi are the most popular ones. English and Korean movies can be seen with the help of DVD's and movies channel. Comparing the four

types of movies stated here, Hindi movies constitute 34% which becomes the first; Korean movies constitute the second (29%) and Nepali and English have the third position. However, it is to be noted that Nepali movies are more popular with the students of Education Faculty.

4.2.2 Movie Story

Movies belong to the 4th position regarding the priority given to leisure activities. It constitutes 9 percent among the leisure activities as shown in Table 3 above. It, thus, seems one of the major means of recreation which includes both indoor and outdoor activities. Movies are designed with different kinds of plot and stories.

Figure 4.1: Preferable movie story



According to Figure 4.1, love-based movies are more popular with the young generation. In terms of percentage, love-story constitutes 32 percent, movies based on real events constitute 26 percent, comedy-based movies 15 percent, based on social events 14 percent, action-based 4 percent,

adventure and horror type of movies 3 percent each. The youths have given least priority to documentary (2%) and religious (1%) based movies.

4.2.3 Movie Watching System

There are lots of facilities while watching the movies. With the rise of technological advancement, facilities are increasing in movie watching system. The youths of today have several options in comparison to their previous generations. In case of Pokhara city there are some particular systems that are commonly practiced while watching the movies. Briefly, they may be given below:

TV with Movies Channel: - In this system movies are seen with the help of cable network and a TV set. In urban areas this kind of system is commonly practiced. In cable network there are several movies that are broadcasting 24 hours. One major demerit in this system is that sometimes the audiences are forced to see whatever movie is circulated on the TV. They can not change it so as to see the one they would prefer the most. To satisfy their particular interest to see a particular movie, they have to go to the cinema hall or they have to use a CD or DVD of their own choice. In spite of that, this is one of the most preferable systems compared to others as 46% watch movies in this system.

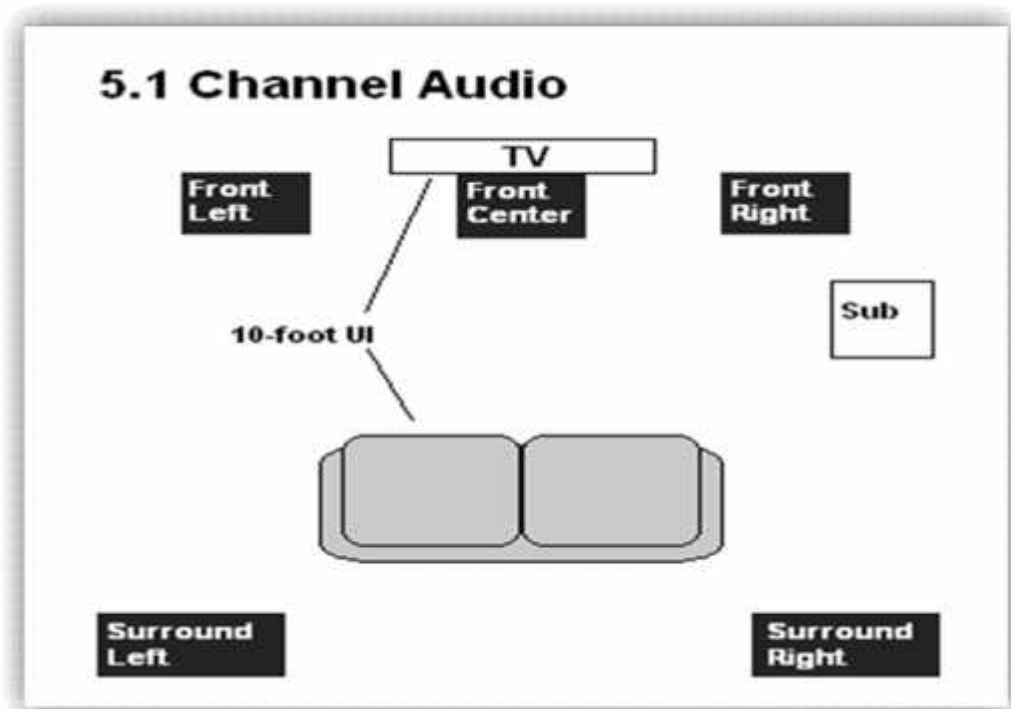
Motion Picture Theater (film hall):-New fresh movies are released first in film hall. Those who want to see new movie choose this kind of system. Among those going to the cinema hall for this purpose, the percentage of plus two students being 34% is the high as compared to others.

Home Theater (5.1 channels):- This movie viewing technology **slowly** rises since 1999 with help of SACD & DVD-Audio formats. Mostly, film production companies and video game creators are the principal users of surround sound; however, some consumer camcorders have such capability, either in-built or discrete. Also these technologies can be found in music too.

In a system with 5.1 channel speakers, there are actually six speakers:

-) Left Front
-) Center Front
-) Right Front
-) Left Rear
-) Right Rear
-) Subwoofer

Figure: 4.2: Structure of home theater system



A surround sound system that uses five audio channels plus a subwoofer channel (the "1" in 5.1). Widely used in home theater systems, DVDs are often recorded in 5.1 audio encoding technologies. Only 25 % youth are experiencing this technology. This system is more expensive compared to normal system and it reduces the market of cinema hall because viewers fully enjoy themselves in their own room in a peaceful environment. Movie addict people are mostly using this kind of system.

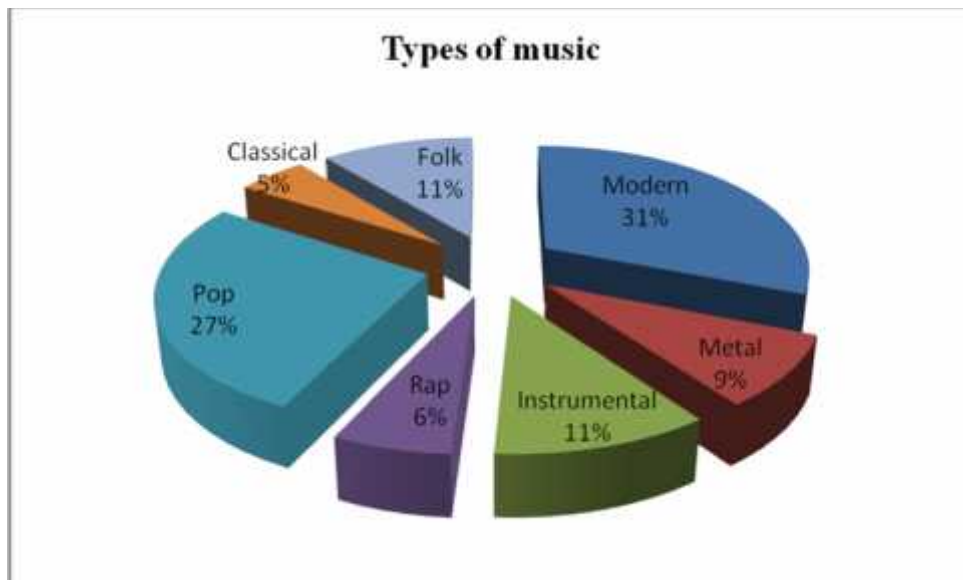
Computer's Drive (computer's system):- In this system an individual enjoy watching movies in his personal computer or laptop. The environment in computer's room is more comfortable and peaceful. Those who live in isolation prefer to use this system in their private rooms. 15 % of the youth are found using this system.

CD/DVD Player with TV: - In this system movies are seen with the help of CD/DVD's player and a TV set. In this system desirable movies can be seen for recreation in spare time. Only 9 % of the young generations are found using the TV in this kind of system.

4.3 Music

Music is sound arranged into pleasing or interesting patterns. The sound patterns are performed by people using their singing voice or musical instruments. Music forms an important part of many cultural and social activities. People use music to express feelings and ideas. A person can compose music in his own style. Others can perform it imitating the original composer and even doing better than that. Music also serves to entertain and relax the audience and performers.

Figure 4.3: Music to their choice



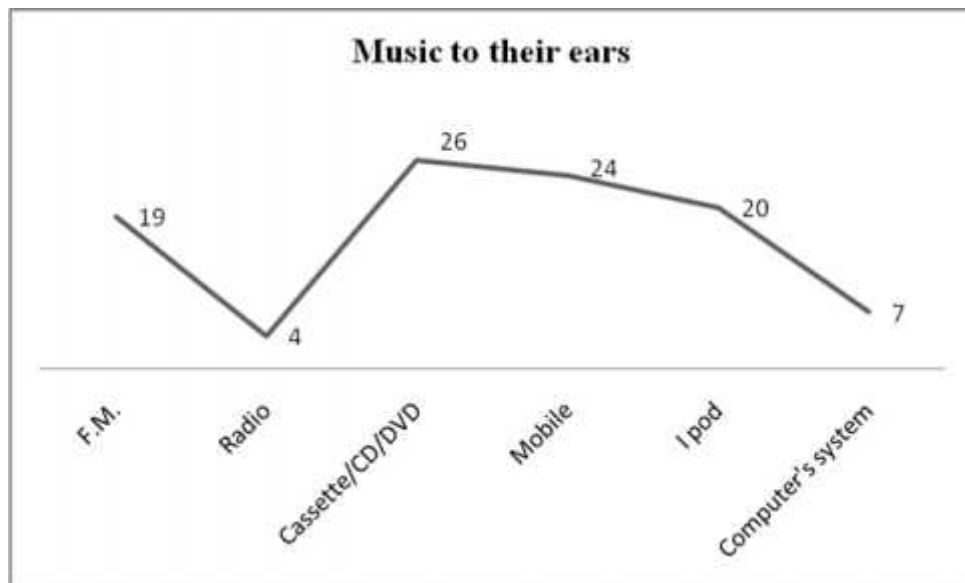
The figure above shows the choice of music among the youths. 31 percent like to listen to modern music. 27 percent like pop music which stands second on priority basis. Metal music 9 percent, folk and instrumental music is 11 percent each. Rap music (6%) and classical music (5%) belong to the lowest percentage.

This figure shows there is high percentage in modern music and pop music. This is the total figure of all faculties. Students of science faculty don't like folk music; however, the students of education faculty have given first priority to folk songs.

4.3.1 Music to Their Ears

As there are varieties of songs, so are the means of listening instruments designed through the modern technology. Youths of all faculties have given 1st priority to their spare time in Music sector and this kind of leisure is called '*passive leisure*'.

Figure 4.4: Various instruments to listen music



According to Figure 4.4, while listening to music 26 percent of the youths are found using their playing device in this system. They enjoy music according to their wish and most of the youth have their own cellular mobile phone but actually 24 percent use their mobile to listen to music. Another 20 percent youths use their I-pod and; the youth have been dubbed into ‘The I-pod generation’ and ‘mobile generation’. The computer’s system is not the most popular device for listening music (only 7%). Very few percent (4%) hear music through radio.

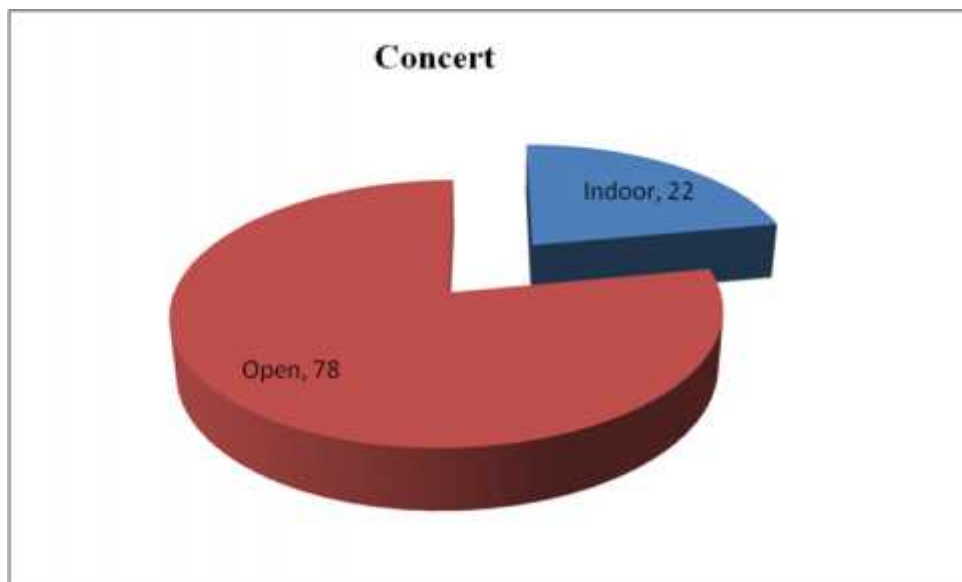
4.3.2 Music Concert

A concert is a live performance, usually of music, before an audience. The music may be performed by a single musician, sometimes then called a recital, or by a musical ensemble, such as an orchestra, a choir, or a musical band. Informal names for a concert include “show” and “gig”. Concerts are held in a wide variety of settings or venues, including pubs, nightclubs, houses, barns, dedicated concert halls, entertainment centers, large multipurpose buildings, and even sports stadiums. A concert held in a large

venue is sometimes called an **arena concert**. Regardless of venue, musicians usually perform on a stage. Before the dominance of recorded music, concerts would be the only opportunity one would generally have to hear musicians play.

Music concert activities happen occasionally. There are two types of Concert: open concert and indoor concert. Most of the young generations favor the open concert.

Figure 4.5: Types of concert



In this respect Figure 4.5 below shows that 78% youth prefer the open concert whereas 22% prefer the indoor concert.

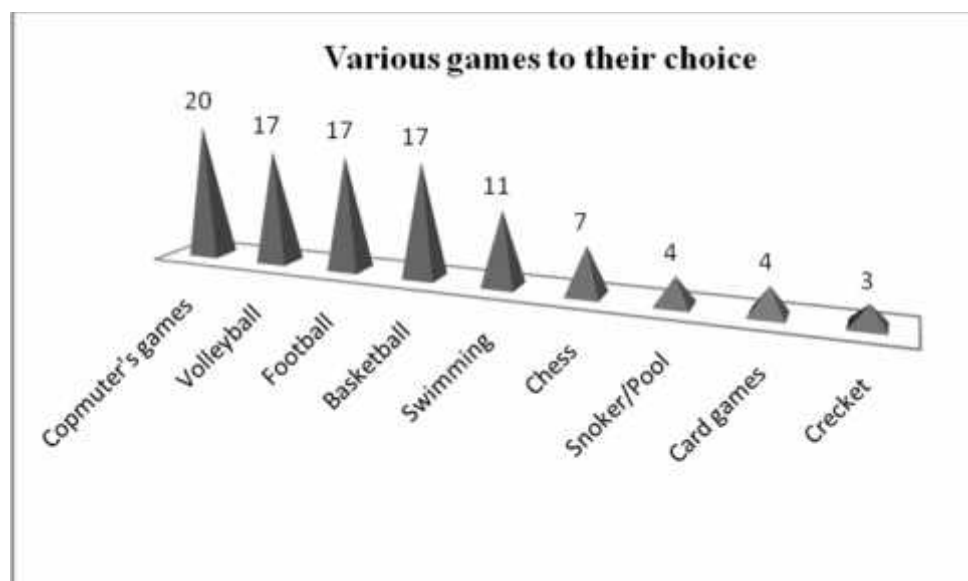
4.4 Games

Games are the essential part of youths. Games contribute to their physical and mental development. They provide excitement, challenge and

relaxation. They help develop mental, physical and social skills too. So, games are essential part of youthful life.

Games are played for various purposes: They are played either to win or to cooperate. If played to cooperate, they are called the ‘Cooperative Games’. In this the game players work together to achieve a common goal. There is no competition among individual players to win. Games are also played on the basis of organized competition. Such games are the sports type of games. Some games are designed for educational purposes. Such games may help children reading or doing mathematics.

Figure 4.6: Various games to their choice



According to figure 4.6 above, 20 percent youths are involved in computer's game. This is the highest percentage among the various types of games. Basketball (17%), Volleyball (17%) and Football (17%) stand second in the percentages of their preference. Chess (7%), Card games (4%) and Cricket (3%) are the least favourite games among the youths.

4.6 Visiting Places for Pleasure

The city of Pokhara and its surrounding areas have lots of places worth visiting. Pokhara city is rich enough naturally and culturally. So, the youths of Pokhara city have several options to use their time for leisure and recreation.

Table 4.3: Various sites to visit

Sites to visit	Frequency	Percentage (%)
Lake side	29	22
Forest areas	13	10
View points	31	23
Parks	4	3
Main city areas	6	5
Mountain/hill sites	20	15
Cultural heritage sides	20	15
Not interested	9	7
Total	132	100

Field Survey 2008

From the table (4.3) given above it is clear that the area of Lakeside is the most popular place of visit for recreation. And viewpoints take the second place of importance. Hill sites and cultural heritage sites (temple/*stupa*/museum) take the third place for recreational visit. It is very significant that, at the core of the inner city of Pokhara, there are very few parks. Even the existing parks are not properly managed. So parks take the least priority (3%). Visiting main city areas takes the second least priority (5%).

4.7 Internet

Internet is a vast network of computers that connects many of the world's businesses, institutions, and individuals. The internet, which means **interconnected network** of networks, links tens of thousands of smaller computer networks. It enables computer users throughout the world to send and receive messages, share information in a variety of forms, and even play computer games with people who live thousands of miles away. Computers linked to the internet range from simple and inexpensive personal computers, often called PCs, to huge *mainframe* computers used by government institutions, educational institutions, and businesses.

Computers require special hardware and software to connect to the internet. Necessary hardware includes a *modem*, a device that translates a computer's digital information into signals that can be transmitted over telephone lines. Required software includes a communications program that allows the transmission and receipt of messages.

The internet, often called simply the Net, began as a collection of text-based information. But the development and rapid growth of a part of the internet called the **World Wide Web** (also known as **www** or the web), transformed the presentation of information on the Net. In addition to text, the Web allows the use of photographs, moving pictures, and sound to create presentation approaching the visual quality of television and the audio quality of recorded music.

Uses of the Internet

The major uses of the internet include communication, research, publishing, and sales.

Communication

Probably the most popular use of the internet and the Web is e-mail, also called electronic mail. Virtually every internet user is assigned an electronic address from which email messages are sent and at which they are received. The internet carries hundreds of millions of e-mail messages each day.

An *Internet service provider* (ISP) offers local telephone numbers through which an individual, using a computer and modem, can connect to the Internet. An ISP maintains its customers email addresses, routes email and requests for Internet-based information to and from its users, and manages high-speed communications lines that speed up Internet sessions. And *online service* provides a wide range of exclusive content in addition to Internet access.

Research

The internet is like a vast library, containing as much knowledge on every subject as might be held in millions of books. Information is available in many forms, from files consisting only of text to multi-video, software programs, and sound. Internet resources grow larger every day.

Because of the ease with which information is stored on computers, and the speed with which it can be accessed, the internet is a popular first stop for many people performing research. A businessperson might search Internet resources for help in developing sales or product information. Students can access databases to find material related to homework assignments or courses of study. Physicians use the Net to compare medical treatments and to review advances in medical science. Scientists share research data on the Internet.

Publishing

Publishers are increasingly using the Internet as a medium for presenting newspapers, magazines, and books. Because information in the Net is electronic, the publisher is freed from the costs of paper, printing, and distribution. More importantly, the publisher can update information instantly making it possible to distribute for more current news than could be provided on paper.

Sales

Many businesses use the Internet to carry on commerce. Retail establishments sell nearly every type of product over the Internet. Software publishers view the Net as a convenient and inexpensive way to distribute products. Over the Internet, users can buy new programs, sample programs before purchasing them, or receive upgrades to programs they already own. Users generally make Internet purchases with credit cards.

Because tens of millions of people use the Internet every day, advertisers are eager to place messages in frequently visited spots. Those ads can be electronically linked to an advertiser's own information, which often takes the form of elaborate multimedia files. In effect, advertisers can invite Internet users to view commercials on their computer. Additionally, a user can supply the advertiser with his or her e-mail address to get further information or incentives, such as discount coupons.

The Internet also has important uses within the financial community. Many banks and stockbrokers offer their customers software to make and track investments from their computer.

Other Uses

A popular feature of the Net is Chat. Using special software, users can gather in electronic “chat rooms” and send typed messages back and forth, discussing topics of common interest. The internet also features many web-based games with animation, sound effects and music. Game players can challenge players in distant countries to tournaments.

4.7 .1 Surfing with Internet

The use of internet is inevitable to all educated youths. If they remain unconcerned with it, they become almost unaware of all scientific and educational progress of the world. The internet has got various ways of utilization. The youths of Pokhara have been found involved with the following activities.

Table 4.4: Various activities to involve in internet

Activities	Frequency	Percentage
Chat	57	43
Writing email	15	12
News update/searching information	10	8
Download music/video	21	16
Download wallpapers/pictures	11	8
Download software	7	5
No habits	11	8
Total	132	100

Field Survey 2008

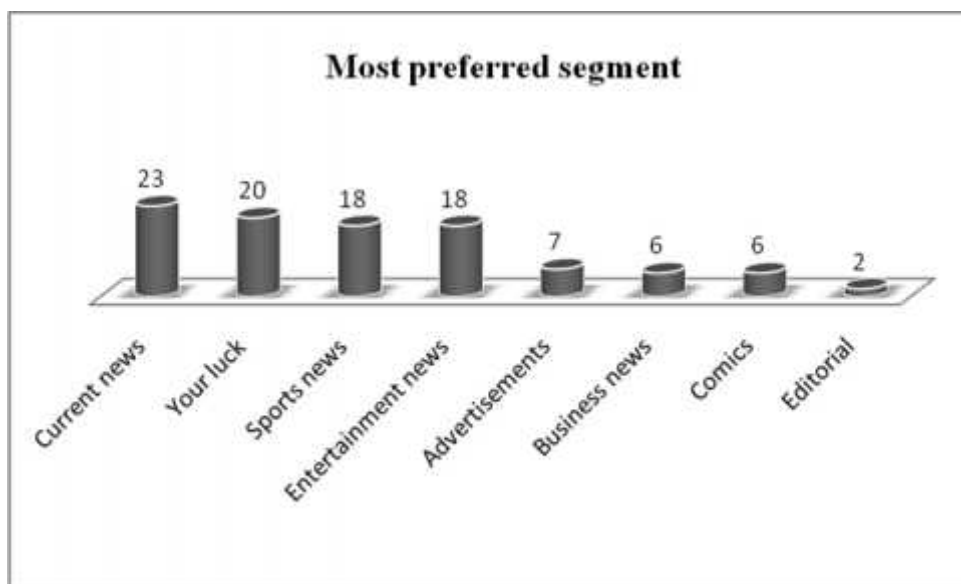
From the above Table 4.4, it is found that the majorities of the youths search the internet only for having a chat with any person like or choose. It is also found that the youths of Pokhara city are less interested in news update and

searching information. They are not serious about the effective uses of WWW.

4.8 Newspaper Segment

Newspapers in modern society are of course, the best medium of communication and education. They provide fresh news, fresh ideas and a variety of entertainment items. The youths need up-to-date information about the world happening and they also need to look at the newspapers to enrich their knowledge and entertain themselves.

Figure 4.7: Various segments to their choice



According to Figure 4.7, it is revealed that 23 percent youths are interested to look once at the current news; 20 percent youths are interested first to look at the column of 'Your Luck' that foretells the lack of every one according to the letter of their first name. There is equal percentage of youths to see the sports news (18%) and entertainment news (18%). Seven percent youths observe the advertisement column that relates to commercial

goods and vacant posts in government and private sectors. There is equal percentage of youths to look at the Business news (6%) and Comics news (6%). Only two percent of the youths are interested to look at the editorial news.

4.9 Language Classes

In modern time, knowledge of more than one foreign language is required for educated youths who want to visit foreign countries for their further studies and better jobs. Private educational consultancies of Pokhara city mainly provide three types of languages English, German, and Japanese. Among them English language is the most preferable one, Japanese language stands the second and the third preferable language is German among the youths of Pokhara.

4.10 Extra-curricular Activities

Only the academic courses can not fulfill the special desires of youths in their student life. They require extra-curricular activities that are not part of their regular activities. The youths of Pokhara involve themselves in various extra-curricular activities so as to fulfill their special interests.

Table 4.5: Youth involvement on extra-curricular activities

Activities	Frequency	Percentage (%)
Music class	20	15
Dance class	20	15
Computer's class	22	17
Physical exercise	16	12
Driving training	11	8
Army preparation training	6	4
Parlor training	9	7
Waiter training	10	8
Cooking training	9	7
No response	9	7
Total	132	100

Field Survey 2008

On an investigation represented on Table 4.5, it is found that 19 percent youths each in involve themselves in music classes and dance class. 17 percent of them are found spending their spare time in computer classes and another 12 percent involve in doing physical exercises. The youths of present generation seem to be conscious about their future plan and employment. This is why they are guided to do extracurricular activities from their occupational point of view too. So, 8 percent each in driving and waiter training, whereas, 7 percent youths are want learn cooking art. Parlor (beauty) training is going very common in females groups it covers 7 percent in total. Very few (4%) youths are fascinated in army preparation training and 7 percent of youths are found giving no response at all.

Chapter V

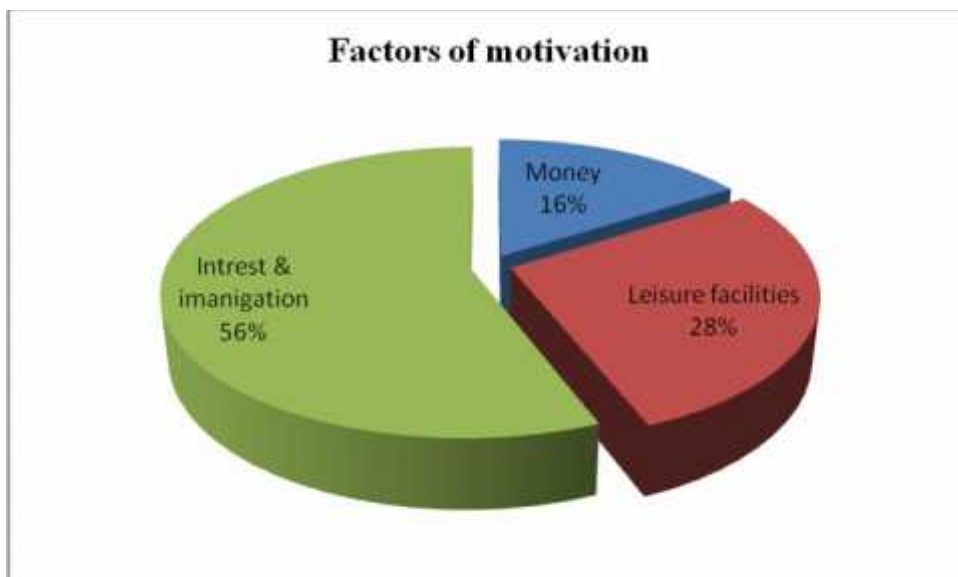
FACTORS OF MOTIVATIONS AND HINDRANCES

This chapter deals with the various factors leading the youths to get motivated towards enjoying leisure and doing recreation activities. There can also be factors causing hindrances to the enjoyment of leisure. Such factors will be pointed out described in some details. At the end of this chapter ‘Youths View on Recreational Sites’ is given so as to understand whether the existing recreational sites are adequate or not.

5.1 Getting Motivated

Motivation is a powerful force to mould the behavior of a person toward doing a particular type of job activity. It may be an inner force or an outer force. The inner force comes out of the individual himself. He gets himself self-motivated to do something of his own choice. There may also be some other circumstances that may compel an individual to do something important for his own sake or for the sake of society.

Figure 5.1: Various motivating factors



Money is a powerful factor particularly for the youths to enjoy their free time in the urban area. The youths in Pokhara think that they get motivated to enjoy free time if they can spend money as much as they require. In a simple word, the money they have motivates them to enjoy their free time in the way they like: 16 percent of youth think like this.

Similarly the money is not always sufficient for the youths to enjoy their leisure. They also need leisure facilities in the towns. So, leisure facilities should be available for the youths in all congested town areas. 28 percent youths think that there should be facilities like parks, cinema halls, theatres, restaurants etc for the enjoyments of their leisure time.

Youths can find any sort of means to spend their leisure if they are really driven by their inner force. Interest and imagination are such factors that compel them to find ways to enjoy their leisure time and recreate themselves in the urban areas. On investigation, 56 percent of youths have the opinion that if they have interest and imagination, they can find any ways to spend their leisure time. Interest and imagination are the guiding force to the youths whatever activities have to be done.

5.2 Hindering Factors of Leisure

There are not always easy paths to trend on. Even if youths have money, facilities, interests In spite of the youths' inner desire to utilize their leisure time, they are hindered to utilize it in the most effective way. There are specific reasons behind it. First of all, non-availability of the things greatly hinders their desire for enjoying their leisure time.

Table 5.1: Various hindering factors

Hinders factors	Frequency	Percentage (%)
Money	35	26
Lack of intimates friends	20	15
Family	14	11
Society	14	11
Norms and values	9	7
Desired things not available	37	28
Inauspicious moment	3	2
Total	132	100

Field Survey 2008

The table above answers the question what hinders the youths most to enjoy their leisure time. The table shows that 28 percent of their leisure time is hindered not finding the things that they desire most. Availability of what the youth want to have has been a positive factor to make them happy. Non-availability of them makes them unhappy.

Money is found the second most important factor to affect their leisure time. In urban society, things are available only in terms of money. If one has money, he can have anything he likes. If the youths have sufficient money to buy what they want, they can happily enjoy their free time. But lack of money hinders their interest to buy those things that they desire most. 26 percent of their leisure time is hindered for the basic reason that they have got no money at all.

The third important factor is the lack of intimate friends. In the absence of intimate friends, enjoying free time is hindered and this factor counts 15 percent of the total hindrances.

The family and the society have been found equally affecting the enjoyment of leisure time for the youths. The family members' interest and the youths' differ and that alone disturbs enjoying their free time. There are also social taboos which the youths can not cross. As a result, they hinder their enjoyment of free time. These two factors; the family and society have been counted 11 percent each to hinder their free time.

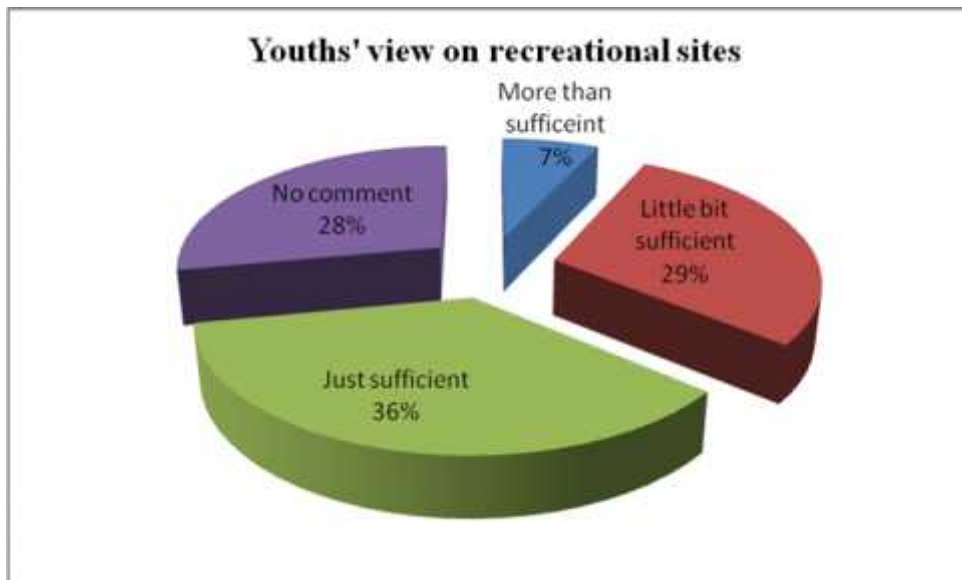
There are norms and values of the society. There are also superstitious beliefs of the people in the society. They also hinder the enjoyment of free time for the youths. But the present youths do not care much for such elements. So they are found the least affecting factors as hindrances to their recreation.

5.3 Recreational Sites

Youths require a lot of recreation to satisfy their personal needs and desires. Recreation takes a variety of forms. Recreation is an activity that is voluntarily done. Such activity may be active and passive. Just watching the TV and enjoying in a separate room is also a type of recreation. So, it is just a passive activity, though one is recreating and satisfying his desire. When there is free time, some people may be involved in participating in sports. This is, no doubt, an active form of recreation.

There are some recreational sites in Pokhara. People of high income groups do visit such recreational sites and spend their free time. This state of affair seems quite negligible in case of the youths in Pokhara.

Figure 5.2: youths' view on recreational sites



Enquiries were made as to whether existing recreational sites are sufficient for the youths. The figure 5.2 shows the response given by them. 36 percent youths expressed the view that recreational sites in Pokhara are just sufficient for them. They are in any way satisfied with what they actually have found and experienced. 29 percent of them expressed that the sites are little bit sufficient. This means that the existing sites should be either improved or some new area for the purpose should be explored and utilized. 28 percent did not wish to comment on it. Only 7 percent expressed the view that they are fully satisfied with what they are fully satisfied with what they have seen and experienced. To them, there are sufficient recreational sites but in their comparison there are still few youths in Pokhara to enjoy and utilize them in their optimum way.

Chapter VI

SUMMARY, FINDINGS, CONCLUSION AND RECOMMENDATION

6.1 Summary

After a close observation of the field and behaviour of the youth, the research shows that the most popular leisure time activities are relaxing, listening to music on the radio/FM or a CD/DVD player, watching T.V., get-together with friends, watching movies, playing games, involvement in extra-curricular activities, reading newspapers, magazines and books. Participation of both males and females in such activities is approximately the same; however, the majority of longer phone-calls (over 15 minutes) are attributed to females. Females constitute the majority of shopping segments.

While watching T.V. channel most of the youths are found enjoying with music channel. Hindi channels constitute second high percentage. News and information oriented channels are popular with science based population; whereas Nepali channel programmes are popular among the Education faculty students in which pleasantry based serials are preferable to them. Watching game segment Football is the most popular one, but while engaging with sports segment, Computers games command a large percentage in total. Football, Volleyball and Basketball take second large percentage among the youths.

In terms of short-term travel segment, View Points and Lake Sides are the best places for the youths to visit. Going to parks and visiting main city areas belong to the least favourite sectors.

It is also claimed that technology has increased the leisure time among the youths in urban areas. They love new technology but they use it only for fun. Surfing the net is very common with plus two students and entertaining sites are popular among them. However, fifty percent youths are doing chat with their friends (Table 4.4), and only seven percent students are searching news/information and download required software. Management and Humanities students mostly love net service. This is evident from the questionnaire given to them and the result presented on table 4.1. However; some students of Education faculty don't know any skill about the computer's system. The reason that they are mostly from the government schools located away from the towns. The educational background of the students has also an impact on their interest to achieve the new skills in computers and net services.

Apart from academic books, newspapers and magazines are more popular than literature materials. While reading newspaper segment twenty three percent give 1st priority on current news, whereas twenty percent students are curious about their luck and eighteen percent students mainly focus on sports and entertainment segment.

Regarding language courses, English is found leading sixty percent, Korean language twenty-five percent, Japanese language nine percent and German language five percent.

Youths of plus two students also involved in extra-curricular activities too. According to their personal interest all of them choose their required classes. In this segment 'Music classes' take 1st big percentage and Dance and Computer classes take the second preferable one. Youths of Pokhara

city are also self conscious about their physical structure, so they regularly visit Jim hall. The girls are not found taking part in such activities along with the boys outside their home surrounding. However, they are found doing yoga types of indoor physical exercises. The research showed a complete negative attitude of the girls towards sewing and weaving but some of the girls are found interested towards the parlour training.

There are *Dohori* restaurants, and commercialized '*Rodhighars*' available in the urban areas. There are facilities for the youths to visit them and entertain themselves. But it is interesting to note that most of the students of plus two levels are not found much interested in participating in such recreational activities. What is more surprising is the fact that girls are found completely uninterested to visit them. Only very few students of plus two science stream expressed their willingness to visit the recreational sports in limited occasions.

On enquiries made with the youths as to whether recreational sites are sufficient in the city of Pokhara, slightly different views are expressed about them. For 36 percent, they are just sufficient; for 29 percent they are little bit sufficient; 28 percent gave no comment at all and 7 percent expressed that they are more sufficient than they need.

There are factors that can motivate the youths to recreate themselves and enjoy their leisure. Interest and imagination is found the most important factor to motivate them in this direction. Leisure facilities and money stands next to it. There also factors that hinder them to enjoy their leisure. They are also taken into consideration.

6.2 Findings

In the research activity of 'Leisure and Recreation among the Youths of Pokhara', the following are the major findings:

First of all, the youths studying in Ten Plus-Two Level are found involved more in 'Indoor Activities'. This conclusion is arrived at on the basis of priority and opinion they have given to the indoor activities, and on the basis of average result of various choice options they had been given.

Secondly it is found that the youths are involved more in 'Passive Leisure' activities rather than in active leisure activities.

Thirdly, while spending their free time, the youths are found giving more importance to their Friends rather than to their families.

Fifthly, so far as the educated youths of Plus Two Level are concerned, they have given least priority to recreational centres like Pubs/Discotheque and *Dohori*/Dance restaurants.

Sixthly, Live in Isolation and enjoying one's free time is found as the second lowest segment in whole research.

Seventhly, the surrounding area of Pokhara valley is sufficient enough for spending the spare time among the Ten-Plus-Two students in Pokhara.

Eighty, Interest and Imagination is found as the main motivating factor to utilize their spare time.

Ninthly, the things that the youths desire most are not easily available to them. For some of them, there is shortage of money. Shortage of Money and Lack of Intimate Friends are the most common hindering factors for their free time.

Lastly, traditionally, norms and values of society are supposed to be the governing factors to mould the mind of the youths. Opposed to this fact, it is found that it is found that the youths studying in Plus-Two-Level around valley of Pokhara have not given their priority to the norms and values of society. They have not given their priority of importance to their families too.

6.3 Conclusion

Among different faculties of students studying at plus-two level, spending of their free time is found different from faculty to faculty in accordance with their performance and the priority that that they have given to it. Spending free time is also found slightly different from one faculty to another. However considering, the main activities of the youths, leisure and recreation are approximately the same.

The present youth are passing through an age of information, technology and communication. They are not using their knowledge and capacity in a traditional way only. With their interest and aptitude, they want to change themselves according to the changing world. The majority of youths have been found using their free time on home-based activities, mostly living in their own private rooms. They are mostly engaged in listening to music, watching movies, playing computer games, changing T.V. channels and

something just sleeping. Physical and mental energy is not required for involving themselves in such activities. So, such activities belong to passive leisure and recreational activities. Involving in such activities and enjoying their free time is considered a good way of relaxing for many people in general.

Always limiting themselves to indoor activities, the youths of plus-two level are not satisfied. As a social being too, they are interested to meet their friends. Exceptionally, very few students are found staying alone in their free time. While staying alone, they might include in forming bad habits. They may be prone to activities that ruin themselves. Generally, the youths of plus-two level have shown their common interest in going to motion-picture theatre. Quite really they are found visiting the pubs/discotheque and *Dohori*/Dance restaurants. However, these places are also somewhat more crowded areas. The present youths want to visit more the less packed areas aware from the ear-splitting city. However, in spite of the crowded part of Pokhara city, the lake-side is the most preferable place for recreation to the youths.

The world seems to be closer to the youths of plus-two levels too, as they are involved with the internet. The youths are much familiar with WWW but they are not very serious about its effective use.

This is the most appreciable aspect of the youths of Pokhara as they are not confined only to their regular studies of their academic courses. Apart from their academic courses; they utilize their free time to take leisure courses that are mentioned under extra-curricular activities. This thought leading to action will prove very helpful in their future life.

The youths of plus-two level are also found interested and capable too to apply the modern technology in their interested fields. Their imaginative power and inner interest have been seen as the motivating factor to utilize their free time for their own recreation. They are at present, free from superstitious beliefs and opinions. They don't believe in fatalism and luck of any kind. Nor do something for the first time. They believe in facts that they really happen and that they really can do and be successful.

6.4 Recommendations

In the previous section it has already been pointed out that the youths have been found involved more in indoor activities. As these activities are preferred indoor, they make the youths unsocial. Social involvement becomes less and less. So, the local authorities or the government should focus more in providing outdoor games that help develop their social and co-operative feelings.

Modern technology has displaced the traditional means of entertainments. There are industries that produce only the goods are mostly used within a closed area. The industrialists are getting profits more and more but there is loss of co-operative feelings among the youths themselves. The means of entertainment being expensive, there is also economic burden in the part of the guardians. Another demerit of the dependency of modern technology is that indigenous types of recreations have disappeared. So, more emphasis on modern technology is not more beneficial from the nationalistic point of view too.

If the youths are misusing their leisure time, they may be at a point of ruining themselves in their further life. In order to get themselves confirmed as to the right behaviour of the youths, parents or guardians should be aware enough to see what their sons and daughters are doing, how they are spending time and leisure they have at their own disposal.

Government agencies and urban planners should also be wise enough to make plans suitable for the leisure facilities for the young generations. They must have a policy to give priority to provide sufficient ground for the indigenous types of entertainment for the youths.

Modernisation always brings changes in the changing circumstances of the society. It naturally brings changes in the behaviour of the people too. But it is to be borne in that modernisation has negative sides too. The first among them to note is that it destroys many of the traditional values and norms, which are parts of the national traditions. Therefore, while providing modern facilities to the new generations, the government has to see that certain traditional values and norms are the most important assets of the nation and should be preserved in any way.

Leisure and recreation is not the sole prerogative of the youths alone. It is also required for other sections of the people in the urban society. Therefore, further research can be done with the same topic taking into account of other age-groups and professional groups like the business people, old-aged people, middle class groups, working class people etc.

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3. What kind of movie would you like to watch most? **Please tick the best one (If you do not spend your leisure in movie, go to no.4)**

a) Nepali [] b) Hindi [] c) English [] d) Korean [] e) Others

3.1 What kind of story do you prefer most to see in the movie? **Please tick the best one**

a) Love based story [] b) Action based story []

c) Social based story [] d) Story based on real event []

e) Documentary based [] f) Comedy based [] g) Adventure based []

h) Religious based [] i) Erotic based [] j) Horror based [] k) Others

3.2 What particular system do you like to watch the movie most? **Please tick the best one**

a) T.V. with movies channel [] b) Film hall [] c) Home theater

(5.1 channel) [] d) Computer's drive [] e) Others

4. What types of music would you listen most?

Please tick the best one (If you are not interested in music, go to no. 5)

a) Folk [] b) Classical [] c) Pop [] d) Rap []

e) Instrumental [] f) Metal [] g) Modern [] h) Others

4.1 What type of source would you choose while listening to music? **Please tick the best one**

a) On F.M. [] b) Radio [] c) Cassette/CD/DVD player []

d) On mobile [] e) I pod [] f) Others

4.2 What kind of concert do you like to get yourself involved?

(If not interested in the concert, go to no. 5) Please tick the best one

a) Open concert [] b) Indoor concert [] c) Others

5. Which channel do you use most while watching the T.V.?

Please tick the best one (If not interested in watching T.V., go to no.6)

- a) Nepali channel [] b) Hindi channel [] c) News channel []
d) Movies channel [] e) Music channel [] f) Others

5.1 Which T.V. show you don't want to miss? **E.g. call kantipur (kantipur T.V)**

6. Which game do you like to watch most?

Please tick the best one (If not interested in games, go to no. 7)

- a) Football [] b) Cricket [] c) Racing [] d) Volleyball []
e) Basket ball [] f) Wrestling [] g) Others

6.1 What type of game would you like to engage in your leisure time?

Please tick the best one

- a) Swimming [] b) Snooker/pool [] c) Computer's game [] d) Card
games [] e) Cricket [] f) Chess [] g) Football []
h) Volleyball [] i) Basket ball [] j) Others

7. What kind of places you would you like to travel? **Please tick the best one (If not interested in travel, go to no. 8)**

- a) Lake sides [] b) Forest areas [] c) View Points [] d) Parks []
e) Main city areas [] f) Mountain areas [] g) Culture heritage sides
(temple/stupa/museum) [] h) Others

8. While surfing on internet what type of program would you select most?
Please tick the best one (If no habit/skill of involvement with internet, go to no. 9)

- a) Chatting [] b) Email writing [] c) News update []
d) Download music/video [] e) Download pictures/wallpapers []
f) Download software [] g) Others

8.1 Which is your favorite internet site? (**E.g. www.nepalnews.com**)

9. Apart from your regular academic courses what kind of study you like must? **Please tick the best one**

- a) Newspapers [] b) Stories [] c) Novels [] d) Poems []
e) Others

10. While reading newspapers which segment you give prefer most? **Please tick the best one**

- a) Current news [] b) Sports news [] c) Entertainment news []
d) Business news [] e) Advertisements [] f) Your luck []
g) Editorial [] h) Comics [] i) Others

11. Apart from your academic field, which language class you prefer to take? **Please tick the best one (If don't prefer to take language class, go to no. 12)**

- a) English language [] b) German language []
c) Japanese language [] d) French language [] e) Others

12. What type of extra-curricular activity do you want to engage in your spare time? **Please tick the best one**

- a) Dance class [] b) Music class [] c) Computer class []
 d) Cooking training [] e) Waiter training [] f) Driving training []
 g) Army preparation training [] h) weaving and cutting training []
 i) Physical fitness class (jim/yoga) [] j) Parlor training [] k) Others

13. How often would you go to these recreational centers? **Please tick the best one**

	Disco	Dhohori restaurant	Dance restaurant
Daily	[<input type="checkbox"/>]	[<input type="checkbox"/>]	[<input type="checkbox"/>]
Once a week	[<input type="checkbox"/>]	[<input type="checkbox"/>]	[<input type="checkbox"/>]
Two weeks a month	[<input type="checkbox"/>]	[<input type="checkbox"/>]	[<input type="checkbox"/>]
Once of month	[<input type="checkbox"/>]	[<input type="checkbox"/>]	[<input type="checkbox"/>]
Some times	[<input type="checkbox"/>]	[<input type="checkbox"/>]	[<input type="checkbox"/>]
Not at all	[<input type="checkbox"/>]	[<input type="checkbox"/>]	[<input type="checkbox"/>]
Not yet but I wish	[<input type="checkbox"/>]	[<input type="checkbox"/>]	[<input type="checkbox"/>]

14. How much money do you spend per month for recreational activities?

Rs. (Per month)

15. Of the sectors/fields mentioned above, which do you think is the most favorite one?

16. Which is your least favorite sector?

17. Do you think there is sufficient recreational sites/sector in your Surrounding area? **Please tick only one option**

- a) More than sufficient []
- b) Just sufficient []
- c) Little bit sufficient []
- d) No comment []

18. Which factor that you get motivated to do with your leisure time? **Please tick the best one**

- a) Interest and imagination []
- b) Leisure facilities []
- c) Money []
- d) Others []

19. Some times we can't utilize our leisure time according to our wish. So in your opinion, which factor hinders you the most? (E.g. for lack of money I can't buy interesting books to read in my leisure time so I had to sleep.)

Please tick the best one

- a) Money []
- b) Lack of intimate friends []
- c) Family []
- d) Society []
- e) Norms and values []
- f) Inauspicious moment []
- g) Desired thing not available []
- h) Others []

20. Do you have anything more to say?

Thank for your suggestion and valuable time!!!

Annex B Data & Tables

Annex Table 1 Respondents from various religions

Religion	Frequency	Total Percentage
Hindu	98	74
Buddhist	32	24
Christian	1	1
Muslim	1	1
Total	132	100

Field survey 2008

Annex Table 2 Kinds of movies

Kinds of movie	Frequency	Total percentage
Nepali	25	18
Hindi	45	34
English	25	19
Korean	37	29
Total	132	100

Field survey 2008

Annex Table 3 Movie story

Movie story	Frequency	Total Percentage
Love based	42	32
Action based	5	4
Social based	18	14
Real event based	35	26
Documentary based	3	2
Comedy based	20	15
Adventure based	4	3
Religious based	1	1
Horror based	4	3
Total	132	100

Field survey 2008

Annex Table 4 Movie watching system

Movie watching system	Frequency	Total percentage
T.V. with Multi-channel	46	35
Film hall	34	26
5.1 Channel	25	19
Computer's drive	15	11

T.V. with supported player	12	9
Total	132	100

Field survey 2008

Annex Table 5 Music to their choice

Choice of music	Frequency	Total percentage
Folk	15	11
Classical	6	5
Pop	36	27
Rap	8	6
Instrumental	14	11
Metal	12	9
Modern	41	31
Total	132	100

Field survey 2008

Annex Table 6 Music to their ears

Sources through listen music	Frequency	Total percentage
F.M.	25	19
Radio	5	4
CD/DVD/cassette player	35	26
Mobile	32	24
Computer's system	9	7
I pod	26	20
Total	132	100

Field survey 2008

Annex Table 7 Music concert

Types of concert	Frequency	Total percentage
Open	94	78
Indoor	38	22
Total	132	100

Field survey 2008

Annex Table 8 Games

Types of games	Frequency	Total percentage
Volleyball	22	17
Football	22	17
Basketball	22	17
Computers' games	27	20
Swimming	14	11

Chess	10	7
Card games	5	4
Snooker/Pool	6	4
Cricket	4	3
Total	132	100

Field survey 2008

Annex Table 9 News papers segment

Preferred news papers segment	Frequency	Total percentage
Current news	30	23
Sports news	23	18
Entertainment news	23	18
Business news	8	6
Advertisements	9	7
Your luck	28	20
Editorial	3	2
Comics	8	6
Total	132	100

Field survey 2008

Annex Table 10 Recreational sites

Views on recreational sites	Frequency	Total percentage
More than sufficient	9	7
Just sufficient	47	36
Little bit sufficient	37	29
No comment	39	28
Total	132	100

Field survey 2008

Annex Table 11 Getting Motivated

Motivated factors	Frequency	Total percentage
Interest and imagination	74	56
Leisure facilities	37	28
Money	21	16
Total	132	100

Field survey 2008

Annex C Photographs

Students of Amar Singh HSS (XI class of Humanities Photo 1-2)

Photo 1 (10/8/2008)

Students of Tops HSS (XI class of Mgt. Photo 3-6)

Photo 2 (10/8/2008)

Photo 4 (31/7/2008)

Photo 5 (31/7/2008)

Photo 7 Kakika HSS (14/8/2008)

Photo 6 (31/7/2008)

Students of Kalika HSS (XI class of Education Photo 8-11)

Photo 8 (14/8/2008)

Photo 9 (14/8/2008)

Photo 10 (14/8/2008)

Photo 12 Kakika HSS (14/8/2008)