
**Leisure Times Status Amongst Students of Shahid Sadoughi University of Medical
Sciences –Yazd, Iran**

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International Journal of Sport Management Recreation & Tourism, Vol.7, pp.44-52, 2011

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To link to this article: <http://dx.doi.org/>

DOI: 10.5199/ijsmart-1791-874X-7d

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Abstract

A large number of the selected students are admitting for the Iranian University to acquire scientific and insight subjects annually. In this way, exposing to different cultural manners, new conditions of educational and dormitory residence place can affect psycho-social aspects of students where a not good planning for fulfilling times of leisure can produce psycho-social problems. This analytic cross sectional study was planned to evaluate the status of lesiure time amongst students of Shahid Sadoughi University of Medical Sciences, Yazd-2008. 254 students selected by stratified sampling method and interviewed by a pre-tested questionnaire including different related items. A significance level of .05 was considered for study results. Out of 254 students, 181 of those were girls and 73 boys. Mean of leisure time was 4.7 hours in a day. 70% of students expressed a planned of lesiure time & 58.6% were satisfied from spending of it. The priorities for filling of times of leisure were personal affairs (28.1%), watching TV (26.3%), non-lesson study (22.4%), being with friends (18%) and sport (5.2%) respectively.79.3% of students interested in to study story, Roman and Scientifics books. mean of study lessons was found to be 2.14 hours in a day. there was seen a significant relationship between sex and residence place with leisure times status ($p<.05$). The results of study showed that majorities of students had no planned ways for their leisure times where it may be considered as an important gap in the student curriculum.

Keywords: leisure times; students; Medical sciences; Yazd; Iran

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Introduction

Issue of ways to spend leisure time and its different dimensions is important where Education specialists, psychologists and sociologists over the past considered this issue. Domaryh believes that leisure activities are those that the person do with eagerness after release from commitments and assignments of job, family and social and aims to relax, develop knowledge, his/her character bring to perfection, the emergence of creative talents and ultimately deliver freely in the social (1). Thus, leisure time is firstly freedom from work and other basic duties of family, society, religion, etc. and secondly it is an opportunity that a person refresh his/herself based on available facilities, prevailing conditions, personal interests and ability. leisure times is like two - edged sword that may result in two different leads; or set personality in a way of flourishing and makes it fertile or vice versa leads to making pressure and cause destruction of individual and community(2).

In other words, not taking seriously for leisure times especially among young people resulting in their maladaptive behaviors including drug addiction, loose cargo and behaviors contrary to the trend of social and cultural values which are dominant in society. Replacing inappropriate methods of spending leisure times with recreational facilities and conditions is of important affairs and considering within related programmes. Students are not exempted from this as well (3). A large number of chosen young people as students are entering annually to Iranian Universities to gain knowledge and wisdom. Age, entering to new environment, being far from family, experienced stress of entrance examination, exposed to new cultures and specific conditions in student accommodation are those susceptible and risk factors in students that if not be fulfilled by appropriate recreational programs can face them with change in their cultural & social manners so leading to psycho-social problems(4). Various researches have been done how students spend leisure time. For example, Safaeyan et al (2003) ascertained that average of leisure time in students was 35.4 hours (5, 6). In another study, Salehi et al (2006), reported a leisure time of 47. 2 hours where the most important priorities for students to fill their leisure time were resting (70.9%),

entertainment (59.7 %), reading lesson (48.4 %), reading non-tuition (47.9%), Sports (28.2%) and unauthorized friendship relations (13.4%) (7). Also, other studies have showed that only 40.2% youth of the country are highly satisfied , 47.1% are at the low level of satisfaction and 12% are not at all satisfied (4 and 8). Considering the important role of youth in each society as active and valuable assets as well the dangers that way this young class, the need is to be filling appropriate leisure times resulting in psychological and emotional supports in their education programs. The present study is in the line of exploring how students of Yazd University of Medical Sciences is spending their leisure times and finding the determinant factors.

Methodology

Sample

The present analytic cross-sectional study was aimed to explore how students of Yazd University of Medical Sciences are spending their leisure times in year 2008. A total number of 254 students were selected by stratified random sampling method in which academic course of those was considered as strata.

Questionnaire

Tools of enquiry was a pre-tested pre-coded questionnaire including different field of enquiries like socio-demographic and educational data, how to spending leisure times along with sport related items, studding tuition and non-tuition books as well other written materials, recreational items, etc. The validity of questionnaire was confirmed by three psychologist and psychiatrist its reliability was computed by through the test re-test method with an interval of 2 weeks obtaining a $r=0.775$.

Statistical analysis

Data was analyzed by statistical software using descriptive statistics like mean (SD), absolute & relative frequency as well as applying appropriate statistics tests such chi-square and student t-test. A level of .05 was considered as significance level.

Results

Study findings showed that 71.3% of students were females. 85.8% single, 57.1% residing in the University dormitories, 80.2% studying in undergraduate level, 38.1% in the clinical fields, 46.1% in the public health and 15.8% in the laboratories course. Overall mean of leisure time for students was 4.7 hours in a day with 5.05 hour for dormitory and 4.22 hour for non-dormitory students. No significant difference was observed between mean of leisure times in male and female students, also between

married and non-married students. 11.9 % of students said that they have a specific plan for their spare times, 58.1% relatively planned, but 30% of those had no plan where their leisure times were misused.

However, 58.6% were satisfied from spending of it. the times between 6 to 11 pm (56.7%) and day of Thursday (45.7%) were the most situations that their leisure times were losing. Majority of students (55.6%) reported that they spend their leisure time with friends and within dormitories (65.4%). Only 12.7% of those had a regular plan for studying of tuition materials during the semester with a mean of 2.14 h daily. The highest and lowest frequencies of leisure activities were belong to paying to personal affairs (28.1%) and sporting activities (5.2%) respectively. Other leisure activities were TV watching, going to cinema, listening to music, studying non-tuition subjects and being with friends. Listening to Iranian pop music with %63.7 and west classic with 4.7% had highest and lowest adherents amongst students. Studying non-tuition subjects was more common amongst students of non-clinical and watching TV was amongst clinical ones. The most common activities amongst girls were studying non-tuition subjects and paying to personal affairs but boys interested in more doing sport activities & friendship.

Watching TV was more prevalent amongst non-dormitories and doing sport more in dormitories students. Watching cinema films along with TV serials (81.8%) and sports programs (6%) had the highest adherent amongst students. 35% of students had a membership in the students' political/non-political organizations in which 69.2% of those were engaging in the form of active one. 79.3% of students ascertained that they study non-tuition materials within leisure times with more interesting in books, scientific and cultural magazines and students' magazines respectively. Books with themes of Roman and story, Religious, scientific and psychological had higher priorities amongst subjects. There was seen a statistical significant association between how to spend of leisure times and sex, place of residence, marital status and academic course of students ($p < .05$) (Table 1).

Table1. Frequency distribution of kind of activities spending in the leisure times according to demographic factors.

Sex	girl	boy	Total	p-v
kind of activities	N (%)	N (%)	N (%)	
Personal affairs	28 (18.4)	8 (13.1)	36 (16.9)	0.02

Watching TV	60 (39.5)	20 (32.8)	80 (37.6)		
Study of non-tuition	32 (21.1)	7 (11.5)	39 (18.3)		
Friendship	22 (14.5)	18 (29.5)	40 (18.8)		
Sporting	10 (6.6)	8 (13.1)	18 (8.5)		
Total	152(100)	61 (100)	213 (100)		
Place of place	dormitory	Non-dormitory	Total		
kind of activities	N (%)	N (%)	N (%)	0.002	
Personal affairs	34 (27)	29 (63)	63 (27.9)		
Watching TV	32 (25.4)	8(40)	40 (17.7)		
Study of non-tuition	26 (20.6)	25 (51)	51 (22.6)		
Friendship	25 (19.8)	35 (60)	60 (26.5)		
Sporting	9 (7.1)	3 (12)	12 (5.3)		
Total	126 (100)	100 (100)	226 (100)		
Marital status	single	married	Total		
kind of activities	N (%)	N (%)	N (%)	0.01	
Personal affairs	48 (24.5)	16 (51.6)	64 (28.2)		
Watching TV	56 (28.6)	3 (9.7)	59 (26)		
Study of non-tuition	44 (22.4)	7 (22.6)	51 (22.5)		
Friendship	38 (19.4)	3 (9.7)	41 (18.1)		
Sporting	10 (5.1)	2 (6.5)	12 (5.3)		
Total	196 (100)	31(100)	227 (100)		
Academic course	Health	Nursing	Paramedical	Medicine&dental	Total
kind of activities	N (%)	N (%)	N (%)	N (%)	N (%)
Personal affairs	33 (30.3)	18 (34.6)	7 (18.4)	5 (17.8)	63 (27.8)
Watching TV	24 (22)	13 (25)	10 (26.3)	13 (46.4)	60 (26.4)
Study of non-tuition	25 (22.9)	13 (25)	7 (18.4)	6 (21.4)	51 (22.5)
Friendship	18 (16.5)	7 (13.5)	14 (36.8)	2 (7.2)	41 (18.1)
Sporting	9 (8.3)	1 (1.9)	0 (0)	2 (7.2)	12 (5.2)
Total	109 (100)	52 (100)	38 (100)	28 (100)	227 (100)

Discussion and Conclusion

The present study was done for the evaluation of spending lesiure times amongst students of Shahid Sadoughi University of Medical Sciences,Yazd, Iran in Agust 2008.

The results showed that students had an overall mean of 4.7 hours in a day leisure time which it was higher in dormitory students than in non-dormitory students (05.05 versus 4.22 hours). This is in accordance with the results of the studies done by Mehdizadea et al (2003) and Tondnevis et al (1996) in the students of Tehran Universities in which they reported a mean spare time of 4.35 and 3-4 hours in a day respectively (9,8). However, in studies accomplished by Gheame et al (2006) it was determined that students of Shiraz University of Medical Sciences had average 2.47 hours in a day, with a significant difference with the result of this study (7).

The observed differences in the means of leisure times in various points of Iran may be explained by the fact that there are different recreational facilities in dormitories and attractions in the cities iwhere Universities are located. In this study the mean hours of leisure times amongst dormitory students was higher than non-dormitory ones. This may be explained by the fact that dormitory students have lower relationship and social intercourse resulting in less engaging in daily life affairs. In this study, no significant difference was observed between mean of leisure times in male and female students, also between married and non-married students, but in the study of Tehran University of Medical Sciences (1992) it was seen that girls students compared with boys had higher mean of leisure times, also single students were different than married students (10). Times between 6 to 11 pm and day of Thursday were the most situations in which students had free times. Similar result was reported by the study of Shiraz (7).

In the present study 58.6% of students were satisfied from spending of their leisure times. This is in accordance with a published report by national organization for Iranian Juvenile in 2002 in that 52.8% of youth people have satisfaction from the present spending of leisure times. Such a scenario was reported by Sabbagh-e- Langaroudy (1999) in which 55% of students were satisfaction with their leisure times. Not having appropriate planning along with low levels of recreational facilities and socio-cultural disturbances may explain this phenomenon (11). Our results showed that the most time situations in which students had free times, was 6 to 11 pm and more in Thursday and Friday. This is in agreement with other studies (7, 10). Although doing personal affairs, watching TV, study of non-tuition and friendship were the main options for filling of the leisure times in our subjects, however, in the research done by Sallehi et al (add date) the highest frequencies were belongs to resting, entertain, studying the tuition & non-tuition books (7).

In another study, the propertities were watching TV, listening to music and study of non-tuition subjects (9) so that it is very similar to the result of the present study. Apparently watching TV and listening to music are two main priorities by which students in various places of world fill leisure times (10, 12, 13) and this is in agreement with our result. Girls in the present study were interested in studying non-tuition subjects and paying to personal affairs where these activities were significantly different than those in boys who pay more doing sport activities and friendship. It is relatively similar to study done in Shiraz in which same significant different was observed in both sexes where girls interested in studying non-tuition subjects especially reading magazines and watching TV serial programmes and boys were more interesting to do sporting and smoking (7). Compared with students residing in the dormitories, non-dormitory ones were significantly more interested in watching TV and less doing sports. Students of Shiraz University also showed such an attachment where students resident in the dormitories had higher rate of walking in park and street whereas students who lived in the parents' house watched more TV. Due to engaging to family affairs married students in our study spent leisure times for personal affairs but single student spent more times for watching TV.

The results of study showed that majorities of students had no planned ways for their leisure times where it may be considered as an important gap in the student curriculum. It is suggested that decision makers especially in the Division of welfare and sport of the University have to pay more attention to this problem and prepare favourite opportunities for leisure times of students.

Acknowledgement

The study was supported in part by the research credits of Deputy of Research Affairs, Shaheed Sadoughi University of medical sciences- Yazd, Iran. The authors wish to thank all students and Mrs.Marzieh Zarea who assisted for doing this work.

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