

Study of Women's Spend Leisure Time Isfahan Province in 2011

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ABSTRACT

Leisure time, time that could be considered the temporary release of official employment and living and doing activities that are of interest to favorite person, the purpose of this study is to leisure time the women of Isfahan Province in 2011. The research method used in this research is descriptive. The population of the study, all women living in Isfahan province in 2011 constitutes. Sample used in this study, using the Cochran formula, is calculated, 500 women residing in of Isfahan Province, is in 2011. By using random sampling, questionnaires were given to them. Research findings show the three hypotheses investigated two hypotheses of how leisure education and employment of women of Isfahan Province has been confirmed. But the assumption by the state of residence, employment was denied how leisure of Isfahan Province of women.

KEYWORDS: Economy, leisure, social conditions, women of Isfahan Province

1. INTRODUCTION

Leisure time, time that could be considered, including temporary release of official employment and living and doing activities that are of interest to favorite person, Speaking of leisure time, indicating the value of the time which is very sensitive and meaningful and decisive, and requires perseverance and creative thinking is how to make this rich and often.

Flouid House in the book series, fun social theories rooted in old-time religion explained and noted that, with the ascendancy of Christianity over the world, and to engage in fun, has been considered a sin. Other proponents of this theory can be named Durkheim and Jane Harsin. In sum, these theories suggest that various forms of recreation, religion originated and typical of social behavior that, in forging unity among the members of a group or tribe plays a big role. (Kouhestani, 1999, p59)

The woman embodies the essential element in the formation of the creativity and family Imam Khomeini said: The woman Coach of the community. Skirts of The woman, humans are finding. First, men and the woman correct of a woman's skirt. Coach humans are the woman. Prosperity and adversity countries are dependent on to the woman. Women with training her right, makes a person with proper training itself, we frequented the country, Source of all bliss, the rise of woman's skirts. (Sahifeh Noor, p 185)

Anderson leisure, knows an unknown time that belongs to the person, when a person, use of it is to your liking. He said that work in western society, few answers, and human needs and is more, function of benefits. Anderson at the leisure there is a kind of spontaneous activity, choice of freedom. (Kouhestani, 1999, p58)

Recent research work in this field, a series of studies after the formation of the "youth Supreme Council for" to provide the information requirements of the Supreme Council and by the relevant commissions of the Supreme Council of Youth Research, has been based on "time budget" (Kouhestani, Hossein Ali, 500 0, p130)

Gross believes that, strain humans for games and entertainment result of his lifestyle, which is based on instinctive. In his opinion lives uniformity and lack of vitality in the modern world, which is causing strangulation, resulting in strain love to is fun. (Kouhestani, 1999, p60)

Planning for leisure, to the best of their work and encouragement from family and community life And causes that mind and body are tired from work at home, get out. Become more aware of their own personality, so focus on the community and family.

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Theories of leisure time

Theory of religion based leisure

If the original communities, religious traditions play virtually no separation and dance and sing and play, there is a close relationship between religious traditions, Floud House, in book is a series of social theory, leisure roots in the old time religion, stating makes and adds that domination of Christianity in the world to engage in leisure, is considered a sin, Proponents of this theory can be, Emile Durkheim and Jane Harsin named, These theories suggest that various forms of recreation religion originated and social behavior that, in forging unity among the members of a group or tribe plays a big role.(Kouhestani,1999,p59)

Theory instinctually, Game and leisure

Proponents of this theory can be, James Balodin, William McDougall and named, the Carol Gross.

Carol Gross, believes that, in book, the play and the man human games, like game animals stems from a need danger and the main task of the game in childhood, children are preparing for a big year. William McDougall says the desire to play, to some extent, stems from the Instinct warrior, Gross believes that the Human desire to play, due to his lifestyle it is an instinctive basis. According to him, the uniformity of life, and lack of vitality in modern world, which is causing strangulation as a result, interest and love of fun.(Kouhestani,1999,p60)

Theories his release, from the additional forces

MortinLararos, a German psychologist, the leisure factor, human need to rest and recover fatigue states, Thomas, a desire for uniformity and getting rid of the cause of fun and games experience counts, Patrick, an American psychologist, knows the emergence of recreation and leisure, human liberation from the tedious work and continuous efforts, which results in extreme fatigue and mental population, People like the Ros, the emergence of the fun and games have intermediate. In addition to the accepted theory, the instinct leisure, Hypothesis relaxes and gets rid of the responsibility and enjoyment; also admit So that in his book, called "traditions" ceremonies of primitive tribes in order to rid from the cultures, traditions and customs common to the rest knows. .(Kouhestani,1999,p61)

Women and leisure time

The prevailing attitude in society about how women spend their leisure time has so far been limited to and traditional. It's about women who stay at home are always and the position and they have their place, only in the house and nothing beyond that, Will be more, according to the head of the crowd support women more statistics, mental illness and physical senility aged women in middle age such as osteoporosis, and ... The neglect of women's need, in appropriate leisure facilities, especially leisure and sports, On the other hand, is a traditional attitude to women is still not well organized. And popular culture, attitudes are discriminatory to women. Status and role of women in society and the turmoil currently facing constraints of normal and abnormal although the rate of women's participation in public education, employment and social affairs after the revolution increased but according to the new expectations of population growth and cultural, social and economic rebound, the situation is not favorable. Meanwhile, expectations for women to enrich leisure time than in the past, has been the necessity and importance of a higher quality and quantity. As long as women in decision-making and decision-making, and have no a favorable place ability to organize and structure in development of sports and recreational facilities, and community facilities and appropriate their needs, will not be provided.

Women's share of leisure time, much less than men.And leisure facilities, sports and leisure, they are more restricted than men and less.

The prevailing attitude in society about how women's spend their leisure time, until now, been limited to and traditional. The thing about women always has to stay at home and they think from the position is that only in the house and nothing beyond that, they have place, Will be more according to the support of the population, women more statistics concerning mental illness and physical senility Women in ages of middle age, such as osteoporosis, and ... The neglect of women's need in appropriate leisure facilities, especially recreational sports. On the other hand, the traditional attitude towards women is still not a favorable organized and popular culture, attitudes are discriminatory to women.

Status and role of women in society, we are faced with confusion and limitations of normal and abnormal although the rate of women's participation in public education, employment and social affairs, then the revolution increased but the mutation, population growth, and new social and cultural expectations and economic situation is not favorable.

Meanwhile, expectations for enriching leisure time, women have been in the past, the necessity and importance of a higher quality and quantity as long as women in decision-making and decision-making positions are not a favorable ability to organize and structure in development of sports and recreational facilities and social facilities, will not be provided to suit their needs.

Cultural Council- Women's Social as a Center for Policy and Planning based on Islamic approaches concept of time, and with the principle establishment, ladies of leisure activities and participation as key elements in decision making and implementation of programs and activities in leisure time in order to promote awareness and the women's autonomy, Suggests, political empowerment, women's leisure. Liberation from the pressures of work, facilitated, spend leisure time, and tourism in the form (Goben, 1996, p: 35)

Women's responsibility is to organize the home, and the doing housework and the household responsibilities so that adjust time and define border of work and leisure time and work hard to make. So it will be fragmentation leisure time. Therefore, it is difficult to draw the line between work and leisure.(Los Hivood, 500 1,p460)

Background of research

The vast majority of the studies on women's leisure time, relating to decades of 1971 if even, the administrative procedure, have acceptable credit very limited in terms of population and the cannot be, for all age group, or special social, generalized. Or through their verbal expressions of leisure time observed. Limited research has been conducted in the 1981, recreation in the "Sound and Vision Research Center," and "Social Studies presidential institution Center» besides that, the limited population, are mainly in Tehran. The results do not necessarily account for the current state, is not attributable and only in, comparative studies are used. Recent research work in this field, a series of studies that after the establishment of "youth Supreme Council" to provide the information requirements of the Supreme Council and relevant committees by the Supreme Council of Youth Research, has been based on "time budget" has been. (Kouhestani, 500 0,p130)

In the traditional times, the house was the place of work and between home and work, would not have formalized their; Thus, leisure time, did not find much meaning. Leisure, a new concept, a product division of household labor, technological progress and the social division of labor. It provides opportunities for the people (however brief) of force and a limit of modern social order is released.(Kivistoo, 500 1,p80)

Among the factors that effect on women's leisure is the pressure, spouses and family so, most men affected by male prejudices, let your wives and your daughters take individual leisure and ethnic prejudices, will cause the constraints to women and girls and it is here that women and girls do not enjoy most of their time and engaged in repetitive and boring works and this is that, should they feel confusion, depression and illness. (Abedinzadeh,1997, p66)

Leisure is not the only free time from work time but, non-compulsory activity. In the Culture Amid, also, about the definition and meaning of leisure reads: Leisure in the Persian, means convenience and comfort of work and jobs.

Sociologist's means to Leisure today, two conditions, are allowed: First, the active forces to be free from social, religious and public in which a selection is made with the free choice. Second, it's something that would meet their livelihood and must be separated from other activities.(Kouhestani,1999,p56)

Sociologists is that today, spare a completely new reality that in the context of industrial society has emerged and it cannot, with the unemployment centuries ago, compared. It is thought that the sociology of leisure, as is necessary it is knowledge that wants the real issues of development work, and was studying lifestyle after several years of research, he is a new definition of Leisure offered He Leisure, as the value of culture as a means of liberation, personal growth and development and creativity within the community, dominated by the consumption of the people, and he considered that.(Kouhestani,1999,p57)

Veblen first theoretical work to leisure titled "Theory of leisure and class," published in 1899. This book is clear, current intellectual authors of the 19th century and criticism of capitalist society, it comes Leisure. According to Veblen, leisure, consumption of non-productive time, that is, in economic terms, no value. Leisure, is working against helpful. Unemployed class, a class of non-manufacturing and consumer wealth is futile. New economy, led to a new class of unemployed people reached, consisting of usury and commercial that means you have Leisure to show his dedication to the upper classes. Leisure spending, the economy, the destruction of wealth, but the community is a sign of social prestige. Veblen, Leisure knows, In the contrast to social progress. According to him, the quest for social credit, In the fact, a monetary competition, is a community development.(Shahabi,1995,p121)

Paul Lafark first article advocating the leisure time for workers in Europe, wrote in this paper, the right to relax the body, the employee and employer relations and business impact analysis is a working-class boarding too much work, not the result, except the misery to get rid of this situation, we need to reduce working hours humans, in order to comfort the spirit and enjoying the pleasures of life, more time is available.(Shahabi,1995,p121)

Gerazia, in turn, attempt very optimistic concept of leisure, break. Gerazia, Search makes the graduation of the aristocratic classes. And shows, entertainment and a variety of entertainment, especially the upper classes, the aristocrats and the lower hardworking class, to provide at least their livelihoods, No choice, but to work day and night. (Kouhestani,1999,p57)

Ros about creation the fun and games have intermediate the accepted theory is that the instinctual of fun, relax and get rid of the assumption of responsibility and the enjoy getting accepted so that in his book, called "traditions", goal primitive tribal ceremonies in order to rid the common traditions and customs and get to know the rest. (Kouhestani,1999,p60)

The concept of leisure time

International Society for Sociology, leisure is defined as: Leisure is defined as a set of jobs, that's their desire for rest or entertainment and to develop awareness and learn about non-profit and voluntary social participation after liberation, job requirements, family, religious and social practice, to (Asar,1997:49)

Creation a new dimension of permanent transformation, destruction of traditional customs and culture in the social life of avarice (PapoliYazdi, 500 2)

If women in social areas attend their participation in the area of gender, is performed. Women usually to work part time, choose the outdoors or the choice to return to their economic problems. This is done while, the majority of men in the labor market, and women in lower secondary markets or businesses, can be found and this issue is often more pronounced in payment of wages.(Ahmadi, 500 6,p65)

Functionality of leisure time

Tourist shaped, modern man is motivated by the entertainment, the capitalist process, seeking various places of work and entertainment led distinction Game. In this regard, the human need for recreation and relaxation away from the problems of modern life have a profound issue social - cultural life of modern era the surface is solved. This is due to capitalism and technological issues in a way that conflicts with the internal needs: More work, fatigue and mental stress endured - psychologically and saving money to go traveling for business or for leisure trips. However, life is become more mechanized, this contradiction, or paradox, is more between work and rest. (PapoliYazdi, 500 6,p133)

Distinction between work and leisure in modern society, the analysis and the separation of public and private necessities. In modern society, people's awareness of the existence of a sharp dichotomy between the world of private life and public world through various roles increased. Therefore the individual in modern society, in order to build and maintain a home world, the focus of the sentence represents the meaning of his life trying.

At this point, life planning meant the individual must be simultaneously in their minds, not only variety of social relationships, but his life's diversity strategy, too, will organize. The policy modification in the domain of different institutions and different timings will create.(Berger, 500 2,p97)

In Iran, leisure time, more collectively, spent in this regard, social purposes on individual motivations, was dominant. The time to spend socializing with the homogeneous often, to speak and to hear about the emanation. Dialogue, not only in the home but the mosque, leaning, Prayer meetings, passages, and many other places have been done people come and go in the city, and dialogue with them, have always, the share expose, in leisure time residents, and there is, visit and going to parties, and accepting Guest, Enduring traditions and customs of the Iranians and still is prevalent. In small towns and villages, the most important pastimes, is the same party.

Women's leisure, to a large extent, depends on the level of education and their social standing Spend leisure time women in low level of socio – economic most of the community, and participates in religious ceremonies, Family banquet and talk and speaks with neighbors. The social base - women's economic increase how to spend their leisure time, more will be found, an aspect yet, in the hands of the same things, but with a smaller range to be spent such as a telephone conversation with friends and family, coffee, company picnic or family trips.

Research necessity

Focus in human life span, reflects the fact that in steep human life, there are moments and times has extraordinary significance and sensitivity. No doubt, when leisure time comes to talk speaking of value, same is time. A crowd of people are very sensitive and meaningful, the fateful documents that will need some strong and creative ideas because, Leisure, is a good context to the good character development, and the promote the existence or field is smooth for behavioral disorders, moral deviation, and social criminality.(Afrooz,P124-130)

Leisure time with work, and the time frame and work independently justified long as, linear concept found that its use was evaluated therefore, time has become a commodity the methods used, in conjunction with the work ethic, was shape. For this reason, during Leisure time was spent in an optimized consumption, time was compressed and packed to spend additional time and off work, the need for spatial separation of home and work was found and leisure time, was converted to products commercial and around the product commercial, investment, production, consumption and profits emerged. (PapoliYazdi&Saghaei, 500 6,p134)

Development of urbanization and the relative decrease in family size and growing personality and individuality still has not been able the friendliness and hospitality of the Iranian party mood during times known to have been quenched thus, face-to-face groups, such as family, relatives and friends in our nature, yet it is important to worthy and then a special interest in Iranian audiovisual equipment such as radio and television, it suggests that he has published and spoken dialogue more mixed, has written cultural facilities; However, Iranian ancient civilization, has a long history. Other entertainment, you can journey, watching sports and watching movies and theater named.

Research Objectives

The most striking feature of leisure, existence a motive force, the right of free choice, It existence same desire, and personal motivation and free choice, Productivity of Leisure time, the goal is, together with definitely a pleasant and desirable. Whether leisure time for rest and refreshment and recreation and to develop the mental processes of development and prosperity, creativity, mental because the planning process for each activity, and the necessary knowledge of the constituent elements provide solutions and suggestions on how successful and effective planning plays an important role.

METHOD OF RESEARCH

The purpose of the study spends their leisure time, among women, the province of Isfahan. To achieve these results, the method using tools is performed.

The statistical Population

The study population consisted of all women in Isfahan in 2011

The sample size

Due to the large population and a shortage of time and money, not all of the population, the data collected. To estimate the sample size, of the Cochran formula is used. The sample size consisted of 500 people; of the women is the Isfahan province in 2011. After determining the sample size, random sampling method, or sample is available. The questionnaire located provided to them.

Methods of statistical analysis

After collecting data from questionnaires and coded for statistical analysis data, descriptive statistics were used to help of the software Spss. The data presented are the percentage and frequency and chi-Do test.

Research hypothesis

It seems, there is a significant relationship between women's education and how spend their leisure time of Isfahan Province.

It seems, there is a significant relationship between women's employment and how spend their leisure time of Isfahan Province.

It seems there is a significant relationship between locations and how women's spend their leisure time of Isfahan Province.

Table 1: Distribution of women of Isfahan Province, according to age groups

| Age | Abundance | Percent |
|-------|-----------|---------|
| 20-24 | 170 | 34 |
| 25-29 | 92 | .418 |
| 30-34 | 106 | .221 |
| 35-39 | 76 | .215 |
| 40-45 | 56 | 2.11 |
| Total | 500 | 100 |

According to the table above, the highest percentage (34%) patients in the age group 20-24 years and the lowest percent (11.2%) were in the age group of 40-45 years.

Table 2: Distribution of women of Isfahan Province by household size

| Number of families | Abundance | Percent |
|--------------------|-----------|---------|
| 1-2 | 145 | 29 |
| 3-4 | 160 | 32 |
| 5-6 | 101 | 2.20 |
| 6 person to Top | 94 | 8.18 |
| Total | 500 | 100 |

According to the above table, the highest percentage (32%) and the lowest percentage of people with household size 3-4 people (18.8%) patients had a household size of 6 people and above.

Table 3: Distribution of the sample according to educational level of women

| Level of education | Abundance | Percent |
|--------------------|-----------|---------|
| Illiterate | 32 | 4.6 |
| Primary | 43 | 6.8 |
| Cycle | 85 | 17 |
| Diploma | 221 | 2.44 |
| Associate degree | 52 | 4.10 |
| Bachelor or higher | 67 | 4.13 |
| Total | 500 | 100 |

According to the above table, the highest percentage (44.2%) and the lowest percentage of people with secondary school degree (6.4%) patients were illiterate.

Hypothesis Test

Table 4: Chi-Do test to determine the relationship between two variables, Level of education, and how women's Leisure time of Isfahan Province

| How women's spend their leisure time of Isfahan Province | | | | |
|--|-------------------|-----|-------|--|
| Level of education | Coefficient of x2 | df | sig | |
| | 11.3 | 499 | 0.048 | |

The results obtained from statistical analysis showed that; between education level and how women's spend their leisure time of Isfahan Province, there is significant relationship. Coefficients obtained by the chi-square test, equal to 11.3 and are equal to 0.048. Since the sig, is less than 0.05, the hypothesis is confirmed. Means of Isfahan Province has an impact of education on women's spend their leisure time.

Table 5: Chi-square test to determine the relationship between two variables, employment status, and how women's Leisure time of Isfahan Province

| How women's spend their leisure time of Isfahan Province | | | | |
|--|-------------------|-----|-------|--|
| Occupational status | Coefficient of x2 | df | sig | |
| | 10.25 | 499 | 0.041 | |

The results obtained from statistical analysis showed that; Coefficient between the two variables chi-Do and how employment status of women of spends their leisure time is equal to 10.25 and the 0.041 sig. Since the sig below 0/05 this hypothesis is confirmed so it can be said, the employed and how spend their leisure time women's of Isfahan Province, there is a significant relationship.

Table 6: Chi-Do test to determine the relationship between two variables, location, how women's Leisure time of Isfahan Province

| How women's spend their leisure time of Isfahan Province | | | | |
|--|-------------------|-----|------|--|
| A Location | Coefficient of x2 | df | sig | |
| | 12.31 | 499 | 0.69 | |

The results derived from statistical analysis shows coefficients between two variables Chi-Do and how the A Location Leisure time is equal to 12.31 in women of Isfahan Province sig is equal to 0.69. Sig more of the 0/05 shows the A Location and circumstances of women of spend their leisure time, there is no significant relationship. So the hypothesis is rejected. Means A Location does not impact on how they spend their leisure time.

CONCLUSIONS

Undoubtedly, women constitute half of the population that controls most strategic issues such as cooperation and empathy, education, consumption, population, development and health are undeniable role. So today, spending policy planners have found that, in order to solve human problems are of the problems of women, including how they spend their leisure time also, a healthy leisure time for women, has a considerable impact on public health.

The results obtained of statistical analysis showed that between education level and how women's leisure Isfahan Province, there is a significant relationship the level of education effects on women's spend leisure time Isfahan Province, also results obtained from statistical analysis showed that between employment status and how women's spend their leisure time Isfahan Province, there is a significant relationship. But the results that emerged from statistical analysis showed that the location and circumstances of women of spend their leisure time, there is no significant relationship. So the hypothesis is rejected. Means location does not impact on how they spend their leisure time.

Suggestions

Spend their leisure time factor effective mental health of individuals. Continuous and uninterrupted employment, intellectual and practical activities or certain jobs caused by physical and mental fatigue, gradually, the person loses his vitality and vitality. In case, pressure time in today's life, leading to stress and anxiety is growing, in particular, severe anxiety, productive thinking is a pest of himself. Therefore, during leisure opportunities for the emergence and development of talents and abilities, creativity and innovation of individuals. Therefore the following suggestions are offered:

- Construction of libraries and art centers around the city more and cheaper by the municipality.
- Assign more and more diverse places for spend leisure time women, due to their location.
- Increased entertainment venues, sporting across the city for Women.
- Entertainment and sport creating for women.
- Family education through the mass media to change traditional attitudes about women's leisure time.
- Culture of the target group of women, to spend their leisure time, to reduce their anxiety and depression.

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