



Iranian Students' Specific Life Style and Leisure Time; a Case Study of University of Tehran

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Abstract

Leisure time as a modern social is being focused these days, albeit any sort of interest isn't specifically arranged under it. Inside this exploration the framing encounters of necessities and styles of college students were examined. In this examination it has been attempted by using Bourdieu hypothesis the exploration questions are proposed. The members of the examination are for the most part female and male understudies University of Tehran. The specimen was picked by the use of Cochran with the standard deviation of 0.4.5% 470 students. The outcomes demonstrated that members can isolate in two sections dynamic and idle style which the vast majority of interviewees are willing toward a dormant style of relaxation time. While the significant piece of understudies' chance is spent on the utilization of innovative devices conveniently. For sure, watching satellite motion pictures and arrangement, investing energy in broad daylight talk rooms, PC amusements, are only a misuse of understudies' opportunity.

Keywords: Leisure time; University of Tehran; Leisure style; Active leisure; Passive leisure

Introduction

Leisure is considered as a wonder emerging from the industrialization procedure in the present macroeconomic arrangement or monetary arranging. Then again, penchant to devour is ventured into all viewpoints and fields. Clearly, given the aggregate idea of recreation and its advancement in this period (Kahle, 1984), it is not ignored from vision of business people's agents and numerous endeavors is considered to shape open taste in relaxation exercises or characterize new styles to lead it. In spite of the fact that this is a two-way process, however private enterprise merchants have ceaselessly affected on open tastes and requests more than individuals in accordance with spending leisure.

Statement of Problem

According to UNESCO classification, and many experts in the field of culture, spending leisure are deemed to be included in cultural practices (Shields, 1992), although all forms of spending vacation time is not directly classified in a row by leisure time (Muncie, 2008, p. 83). Different definitions are provided for leisure indifferent periods of time, because the concept of time and its quality was different

at different times. Certainly, in an era when the leisure only means giving up and relaxation, refreshment and being ready to work again, could not be complied with present situation. Karl Marx is defined leisure with respect to the status quo in his era as "After long hours of daily just rest doesn't remain that is a mandatory result of work" (Madani, 2007, p. 82).

As per UNESCO characterization, and numerous specialists in the field of culture, spending leisure are regarded to be incorporated into social practices (Tasai, 2005), albeit all types of investing get-away energy isn't specifically grouped consecutively by relaxation time (Fabris, 1986, p. 393). Diverse definitions are accommodated recreation impassive timeframes, on the grounds that the idea of time and its quality was distinctive at various circumstances. Absolutely, in a time when the recreation just means surrendering and unwinding, refreshment and being prepared to work once more, couldn't be consented to current circumstance. Karl Marx is characterized relaxation concerning business as usual in his period as "After extended periods of every day simply rest doesn't remain that is an obligatory aftereffect of work" (Tasai, 2005, p. 72).

Bourdieu's exploration on leisure exercises and ways of life demonstrates that how class-based disparities can be imitated. A large portion of Bourdieu's examination concentrates on the craftsmanship interests and tastes, yet has, the more broad utilize fall types of social exercises and their utilization, including: Sports, occasions, open air excitement, interchanges, home enhancing and other relaxation exercises. Bourdieu believes that preparation individual in a specific family and classes is not just constrained to choose exercises, yet additionally it is valid for individuals "styles" and requests (Haywood et al, 2001, p. 355).

In this way, different types of leisure and its utilization give uncommon examples that among them the qualification arrangement of different classes with a neurotic knowledge can be noted (Vergati, 2008). Here utilizing Bourdieu's hypothetical model accentuating recreation exercises and ways of life are replicated unequally in light of social class, it is endeavoring to answer this inquiry that what open air relaxation ways of life is utilized by students of University of Tehran? Furthermore, how these styles are affected by social variables?

Theoretical Foundations

Surely, since its arrangement, recreation wonder has been gone up against with different hypothetical methodologies which really it is a component of the conditions and changes happening in the social space. "Leisure's Sociologists examine this marvel to discover the effect of changes in work by and large in the private existence of people and families and specifically to comprehend their recreation life. Despite the fact that the effect of these progressions can likewise for the most part incorporate parts of social life (Sobel, 2001). Distinctive methodologies in connection to this wonder demonstrate the significance of the issue. However, the first distributed works about recreation get from the mid of the eighteenth century of sociological investigations. The Paul Lafargue's "entitlement to be apathetic" that has been created to help European specialists to have more opportunity for rest more than work, is one of the essential works. Torstein stated "hypothesis of free from work classification" all together civil argument of relaxation human science open a place all the more formally in the writing of this course (Bell, 2006, p. 35).

Bourdieu examines contemporary social changes as indicated by ways of life and utilization and trusts that Today's way of life is not any more a component of occupation, social class and generation. In other word, closeness of devouring products gives same way of life outside the domain of monetary components. In this approach, at any rate for a vast piece of the present white collar classes, previous esteem frameworks, which kept an eye on more generation and work, were supplanted by the purchaser

esteem framework. In such climate what makes personality and societal position is expended regardless of whether a shopper has not taken financial help proper for utilization. Sign utilization of time is a viable factor that can increment approaches custom fitted for recreation as a suitable time for indication. Therefore, it isn't work that is essential and structures social distinguishing proof of people, rather, recreation time and way of utilization can deliver societal position of people and finding recognize is affected by it.

Transmissible demands means that tastes and desires of leisure depend on the interests and tastes that appear in other activities. Character is shaped according childhood experiences and being stuck in mind. Since it was in the minds from early childhood acts unconsciously and cannot be replaced completely with anything else. From Bourdieu point of view, this case is a foundation that lifestyle and leisure are formed accordingly. The same logic of the unconscious experience acts in all tastes and interests and leisure activities, from sports and the arts to join clubs and societies and to travel in days of holidays and informal activities such as the use of mass media programs and home-based leisure. It is likely that subsequent activities and experiences, tastes will change, but according Bourdieu such option acts according to the structural logic of character" (Turklydsn, 20-3, p. 20). In view of Bourdieu social and economic position is based on the enjoyment of people from economic and cultural capitals. The availability of material resources (economic capital) and cultural resources, including levels of education, and how to use cultural goods determine capital contribution of an individual and consequently, the social status of his facilities. People depending on social status and resources available take certain lifestyles and enjoy leisure facilities and special interest.

Transmissible requests implies that tastes and wants of recreation rely upon the interests and tastes that show up in different exercises. Character is formed concurring adolescence encounters and being stuck at the top of the priority list. Since it was in the brains from early youth acts unwittingly and can't be supplanted totally with whatever else. From Bourdieu perspective, this case is an establishment that way of life and relaxation are framed as needs be. A similar rationale of the oblivious experience acts in all tastes and interests and recreation exercises, from sports and human expressions to join clubs and social orders and to movement in days of occasions and casual exercises, for example, the utilization of broad communications projects and locally situated relaxation. It is likely that consequent exercises and encounters, tastes will change, however agreeing Bourdieu such alternative acts as per the auxiliary rationale of character" (Yankelovich, 2013, p. 20). In perspective of Bourdieu social and monetary position depends on the satisfaction in individuals from financial and social capitals. The accessibility of material assets (monetary capital) and social assets, including levels of training, and how to utilize social products decide capital commitment of an individual and subsequently, the societal position of his offices. Individuals relying upon societal position and assets accessible take certain ways of life and appreciate recreation offices and exceptional intrigue.

These materials and cultural facilities, patterns and concerns emerging from its influence leisure options and both time and nature of their recreation. In Bourdieu's hypothesis notwithstanding accentuate on the interests and inclinations of people, types of social activities including sports, vacation, outdoor recreation, communication, that have been powerful in individual training and form individual's style and demands are considered (Amaturo, 1990, p. 365).

Research Findings

The outcomes from testing speculations are specified here individually. A system of social relationship is measured by two markers of correspondence with connection system and relationship coordinate with companions. Rate of association with connection is measured at two levels of close family incorporating rate of correspondence with class individual from the family, for example, father,

mother, sister and sibling and correspondence with below average family, for example, Aunt, uncle, cousin, and so on. Rate of correspondence with a companion arrange incorporates correspondence with companions of college, neighborhood companions and speak with associates. Recreation styles in this examination are isolated into two dynamic and aloof models and furthermore three relaxation styles including sound, unfortunate and unbiased. Understudies and guardians' wage as a main consideration in molding the recreation style were analyzed to quantify the monetary capital. The exploration discoveries were investigated utilizing two-way chi-square test. As per the ascertained chi-square (12.45) is more noteworthy than the estimation of basic, in this way we can state with a 92 % certainty coefficient that there is connection amongst sexual orientation and dynamic and aloof relaxation show. Appropriately, ladies have more inclinations to uninvolved recreation (61.7%) than men (58%). Be that as it may, the two gatherings keep an eye on aloof recreation with a recurrence of 52.9% (Tabel.1). The relationship between degrees of education as cultural capital with the leisure model was approved.

Table 1 The formula to calculate the chi-square, leisure style and social networking

FO	FE	FO-FE	-	-
69	58,4	10,6	112,36	1,9
81	89,1	-8,1	65,61	0,73
41	43,3	-2,3	5,29	0,12
51	61,5	-10,5	110,25	1,7
102	93,8	8,2	67,24	0,71
48	45,6	2,4	5,76	0,12
N=392 5.28		df=2	sig=0.05	

According to the calculated chi-square (9.5) is greater than the value of critical chi-square therefore, we can say with a 95% confidence coefficient that there is a relationship between degree of education and the active and passive leisure model. 47.2% of respondents in the different levels of education have been using the active leisure; therefore the more frequency is related to the passive model of leisure that includes 46% of society.

Leisure style was estimated at the PH.D (54.8%) and MA (57.1%) while students of associate degree and MS were, respectively, 35% and 43% in the same leisure model. By comparison, between the different degrees, we can say that the active model of leisure has less frequency in higher education degrees (Table.2). Relationship between two variables, access to modern means of communication - the cultural capital - and leisure style were confirmed in this study. According to the calculated chi-square (720) is greater than the value of the critical chi-square therefore we can say with a 92 % confidence coefficient that there is a relationship between access to modern means of communication and leisure style - healthy, unhealthy and neutral. In unhealthy style, the more frequency is related to unhealthy usage of satellite programs with 92.8%. Healthy use (curriculum) of this means of communication is reported only 4.2%. In contrary, use of the TV-Islamic Republic of Iran broadcasting, with 69% frequency is aggregated in neutral level without any report regarding the unhealthy use of this media. But healthy use with 21.8% is a low frequency. In the case of using notebook there is the relative balance between healthy style (44.4%) and unhealthy style (46.6%). But using the internet by unhealthy style with a frequency of 48.1% indicated that students have more tendencies to use chat rooms and aimless stroll in cyberspace. In contrary, use of the internet for scientific purposed is introduced as healthy style with a frequency of 30.9%. In total, 39.9.2% of respondents use modern communication tools as unhealthy manner (Table.2).

There is a significant relationship between individual economic opportunity-economic capital-and leisure style. All three hypotheses related to economic opportunity were confirmed. According to the calculated chi-square (324.5) is greater than the value of critical chi-square we can say with a 92 % confidence coefficient that there is a relationship between economic facilities (private car) and leisure style - healthy, unhealthy and neutral.

Table 2 The formula to calculate the chi-square-style leisure and business facilities (private car)

FO	FE	FO-FE	-	-
89	30	59	3481	116
102	45.75	56.25	3164	69.1
41	22.25	18.75	351.56	15.8
31	76.2	-45.2	2043.02	26.8
81	116	-35	1225	10.5
48	66.75	-18.75	351	5.2

N=392 df=2 sig=0.05

According to the calculated chi-square (276.5) is greater than the value of critical chi-square we can say with a 92 % confidence coefficient that there is a relationship between economic facilities (private home) and leisure style -healthy, unhealthy and neutral. According to the calculated chi-square (133.3) is greater than the value of critical chi-square we can say with a 95 % confidence coefficient that there is a relationship between economic facilities (private car) and leisure style - healthy, unhealthy and neutral. 21% of the study population had a private car that among them, respectively 22.7% had healthy style, 22%, unhealthy style and 10.4% neutral style. In contrast, 71% of respondents did not have a private car that among them, respectively 7.1% had healthy style, 16.1% unhealthy style and 12.2% neutral style (Table.3).

Table 3 The formula to calculate the chi-square-style leisure and business Facilities (Electronics)

FO	FE	FO-FE	-	-
41	105.9	-64.9	4212	39.7
107	161.2	-54.2	2937.6	18.2
41	78.5	-37.5	1406.25	17.9
79	14	65	4225	30.1
76	21.4	54.6	2981	13.9
48	10.4	37.6	1413	13.5

N=392 df=2 sig=0.05

About private home 19.9% had private home that the gathering's offer of leisure styles is individually 17.3% sound style, 25% undesirable style and 11% impartial style. People without private home (77.1%) had separately 11.3% solid style, 19.3%, unfortunate style and 11.7% nonpartisan style (Table.2). Connection between two factors, hardware and leisure style likewise demonstrated. 88.2% of the populace has one of various electronic gadgets that among them 9.4% had sound style, 23.25%, unfortunate style and 9.2% nonpartisan style. 11.8% didn't have any electronic gadget that 18.1% had solid style, 19.3%, undesirable style and 12.2% impartial style (Table.3). The outcomes demonstrated a critical connection between's enrollment in social gatherings and relaxation style. As indicated by the ascertained chi-square (35.11) is more prominent than the estimation of basic chi-square we can state with a 95 % certainty coefficient that there is a connection between participation in social gatherings and leisure style - sound, unfortunate and unbiased. As needs be, 65% of the populaces are individuals from different social gatherings. Among them, 12.7% are individuals in one of political gatherings inside or outside the college which among them 22%, had solid style, 51%, undesirable style and 11% nonpartisan style. 11.2% of the examples were individuals from workmanship bunches which among them 42%, had sound style, 28%, undesirable style and 15.5% impartial style. Relationship of NGOs were likewise controlled by the recurrence of 11.3%, which among them 21% had sound style, 48%, undesirable style and 23% nonpartisan style. Enrollment in logical gatherings apportioned itself 12.6% of the aggregate populace, which among them 33%, had solid style, 38.6%, undesirable style and 21.1% unbiased style. 22.7% of the populace did not have participation in any social gathering which among them 11.3% had sound style, 61%, unfortunate style and 20.4% nonpartisan style (Table.4).

Table 4 The formula to calculate the chi-square-style leisure and membership in social groups

FO	FE	FO-FE	-	-
13	15.3	-2.3	5.29	0.34
28	23.3	4.7	22	0.94
9	11.3	-2.3	5.29	0.46
24	17.4	6.6	43.56	2.5
17	26.6	-9.6	9.16	3.4
16	12.9	3.1	9.61	0.74
31	20.5	10.5	110.25	5.3
25	31.2	-6.2	38.4	1.2
11	15.2	-4.2	17.64	1.1
12	15.3	-3.3	10.89	0.71
24	23.3	0.7	0.49	0.02
14	11.3	2.7	7.29	0.64
29	24	5	25	1.04
31	36.4	-5.4	29.1	0.81
18	17.7	0.3	0.09	0.00
11	27.5	-16.5	272.25	9.9
58	42	16	256	6
21	20.4	0.6	0.36	0.01
N=392 35.11 df=10 sig=0.05				

Conclusion

Results from this exploration demonstrate the need of watchful and extensive arranging in the field of youth leisure. The significance of finding new media, for example, satellite, web and etc made populace under investigation tended passive leisure style. Whereas an important part of the people time while using these devices was as unhealthy way. Indeed, the use of satellite movies and series, using public chat rooms, computer games and etc. led to wasting the time of students. In populace under investigation, family correspondence still had relatively positive viewpoint due to ancestral family relationship structure.

In any case, some portion of time that individuals went through with family relationship or companions additionally was relegated to the idle and unfortunate style (Ansbacher, 1967). Watching Satellite or TV motion pictures with family remove a portion of this time. By and large, it appears to be unfortunate styles of spending recreation in the city of Tehran is a direct result of nonattendance of composed and determined plans in this respects.

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