



## Existing Systems for Organizing Youth Leisure in the World

Nigora Sabirdjanovna Abdikadirova

Senior Teacher of Department of Social Sciences, Uzbek State University of Physical Culture and Sports,  
Uzbekistan

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### **Abstract**

Many people have stereotypes that a student or a schoolboy is very busy and does not have time for rest. Most people find it almost impossible to balance work, school and social life and find time for fun. In the modern world, busy people do not have time to spend time with loved ones, engage in hobbies, travel. But not everyone understands that the lack of an agenda, the constant lack of a plan, makes a person unable to complete any work on time. This article discusses the advice of some world-famous educational institutions to their students on the effective organization of their free time.

**Keywords:** *Leisure; Youth; Free Time; Organization of Free Time; HEU*

### **Introduction**

With global warming, the problem of finding time for oneself as a society, as a species, and as an individual is really complicated in the hustle and bustle of everyday life. If a person spends about 7 hours a day sleeping and 8 hours in the office or classroom, that leaves about 9 hours a day for rest. The 9 hours shown do not include daily tasks, time spent awake to perform certain tasks, meals, and travel time to work or school. So, if you have time, it's important to make the most of it.

### **Materials and Methods**

Today's students organize their free time according to their needs, often they have no control over this process. They spend time interacting and socializing in peer groups, youth groups and youth associations. It was at this time that a unique youth subculture was formed, which had a direct impact on the formation of personality. "Today's modern youth subculture is changing the culture of our increasingly digital society and the interaction between social strata. As a result, there is a complete transformation of the place and role of young people in society" [23].

In sociological science, such scientists as B.L. Grushin [8], G.E. Zborowski [21], T. Kendo [11], G.P. Orlov [15], V.A. Artemov [2], V.I. Blogov [4], L.P. Vladimirova [20], E.I. Drobinskaya [6], G.I. Mints [13], A.B. Miskevich [14], V.D. Patrushev [16]. Akimova R.N. [1], R.N. Azarova [3], L.D. Gordon [7], V.T. Lisovsky [12], Z.V. Sikevich [17], A.B. Tregubov [18].

## **Discussion**

“Leisure is an important component of young people's free time, which a young person disposes of at his own discretion. The sphere of leisure and free time differ both in terms of content and functional load. Leisure is an activity for the sake of entertainment, recreation, self-development, self-education, self-improvement or the achievement of any other goals of one's own choice, and not out of material necessity. Leisure allows you to form spiritual and physical qualities, determined by the social needs of young people” [22, 24, 25, 26].

Next, we will consider how leisure activities of young people are organized in the countries of the world.

Kenneth Soares considers 8 ways to organize youth leisure activities [19]:

1. **Reading.** Reading has countless advantages and benefits, especially among young people. Not only does it stimulate the mind and reduce stress, it also brings out the best thoughts, ideas, and stories from around the world. It will make you smarter and boost your creativity by improving your vocabulary and helping you with your writing skills. Immersion in a good book is an escape from the problems and worries of everyday life, and reading a self-help book allows for professional and personal growth. Reading has also been shown to do wonders for concentration and memory retention. It's literally the best way to pass the time.
2. **Writing.** We get out of the pan and fall into the fire with the inscription. The benefits of writing are more pronounced in the area of human communication compared to reading. This improves your communication with others and provides clarity in your thinking and use of words. In addition, writing has the advantage of being in harmony with your emotional state. It provides a conduit for the healthy expression of your feelings and emotions and, frankly, for being aware of your reality. Journalism has been proven to be one of the most beneficial practices for mindfulness and mental health, while prose poetry and lyricism allow your creativity and personality to unfold.
3. **Language learning.** Now it's huge! Learning a new language can seem like a daunting and difficult task until you realize that you are not forced to move at a certain pace or curriculum. Whatever you do, you do it in your free time. While I know that learning a new language is not as easy as I think, the Internet can help you through the process. With the help of YouTube and learning apps like DuoLingo, the language world is taking over. With just half an hour a day, you can discover the experience of an entire culture through the gates of its language. Learning a new language gives you an edge in the professional world and has benefits for your personality and mental abilities, such as better memory, improved multitasking skills, and more.
4. **Take up a hobby.** In our time-compressed world, it's almost impossible to figure out what to do when a person has a few minutes to himself. We don't have enough free time so much that we don't think about what to do in our free time. One solution is to take up a hobby. Whether it's music, art, knitting, movies, sports, or fandom; hobbies are a great way to add to your personality and potential skills and intelligence. Doing what you love can be a huge help to your mental health. Also, taking up a hobby can be the beginning of a friendship as you meet like-minded people who share the same interests as you.
5. **Exercising.** Your free time means you don't have time to dedicate yourself to anything other than work, work, and the basic work of the new age. When we go from running around day and night as children to choosing to hibernate as a teenager, we hardly realize how calm and lethargic we have become. A sedentary lifestyle poses a serious physical and mental risk, so it's important to get physical activity every day, whether it's a short walk, yoga, or vigorous cardio. While gymnastics is a great way to work out, it does offer hurdles in terms of paying for the strenuous

routes you take to get to the threshold, a more elegant solution is to run for ten minutes. make sure you don't waste the energy you once had in the morning (and a 10-minute walk after dinner). For a more active workout, you can never go wrong with planks, push-ups and/or crunches that you can easily do at home. Yoga is a wonderful exercise that promotes physical, emotional and mental well-being. YouTube also offers several home workout videos that suit different body types, requirements, and time limits.

6. Sports. If training is not your game, why not try something else? Exercising from time to time is a great way to make sure you're always in touch with your body. It provides all the benefits of exercise and also gives you a little competitive edge to make you stronger. Most sports involve more than one person, so this can be a way to meet people and make new friends. Sports make physical activity and mental health enjoyable and easy!
7. Socialization and networking. Man is by nature a social being. Social communication and networking are an important part of our lives. Loneliness and loneliness can affect every aspect of our lives. Connecting with peers at work or at school/college is not enough to satisfy your thirst for connection with people and society in general. It might be a good idea to party with a few friends at least once every few weeks. Rejuvenate yourself by removing yourself from shop talk and indulging in some much-needed banter. This will improve your performance and lift your spirits. Also, interacting with people from different walks of life and backgrounds can teach you a lot and help you grow personally and intellectually.
8. Resting. In today's fast-paced world, we are always on our feet (or on our tables). Our bodies and minds are almost always tired from long hours of work. It is important to give them time to rest and recover. Rest is important for improving physical and mental health, improving mood, and boosting the immune system. After a long tiring day at work, your body wants to rest. Grab something soothing and nourishing, take a shower and be done with it. A long day awaits you from tomorrow until the end of the week. Then get ready for the adventure that awaits you.

In the world we live in, existing institutions of higher education are also considering the proper organization of their students' leisure time. For example, International People's College encourages its students to engage in the following activities to make the most of their free time [27]:

1. Movie nights. At International People's College, we have a cinema room in the basement where you can connect your computer or other devices to the screen. The room is also full of DVDs so you can watch a lot of movies from all over the world. Sometimes students organize open-air movie nights or go to the local Helsingør Cinema Center, which is just a few hundred meters from campus. Often, students watch different series together on streaming channels or arrange various movie marathons on weekends. Also at the lesson "World Cinema" students watch, analyze and discuss films from different countries together.
2. Sports. International People's College is not a sports high school for the people and we do not focus on sports on campus and in the subjects offered, but we have a variety of activities if you want to include sports in your schedule, such as workouts, yoga, and African drum and dance. We also create conditions for students to engage in various sports in order to spend their free time. Football is always a hit with many of our students. We have great greens for you to play with. Near the school there is a tennis court, a basketball court and a disc hockey field. Many students enjoy playing table tennis or futsal, and in our Great Hall they enjoy playing hockey or doing yoga. Some students like to run around the area, some use our equipment for various activities in the large hall - some students sign up for the fitness center across the road or go to the nearest indoor pool - Helsingør Svømmehal. The possibilities are endless.

3. Bike tours. The nature in and around Elsinore is stunning, and the nearby beaches and forests are easily accessible by bike, a favorite mode of transport for many Danes. Whether you are cycling alone or with new friends as a leisure activity, People's College International has a small number of bicycles for you to rent. We also have more bikes available for use in various activities or excursions where instructors will take you to amazing natural sites, cultural attractions and cycling activities. If a student is unable to ride a bicycle, teachers will make sure to provide the student with another form of transportation.
4. Games. Our common room or Human Rights Café has many games to choose from if you want to spend your free time playing games with other students. Often students from their own countries teach each other local games. You can also choose the Tabletop Gaming class, which produces and plays a variety of table games. Sometimes the students organize larger game events, such as the Murder Mystery Game Night, where the students had to solve various problems and solve the murder.
5. Music and group performance. Some students like to play a musical instrument or organize small spontaneous concerts on campus. We have a big stage in the Great Hall, but often students take guitars to the common room and invite people to join them. Students also often teach each other how to play instruments or organize small bands and songs in their spare time. Students who can play musical instruments can also sign up for a musical instrument class where each week they learn a different song together.
6. Cooking and eating. International People's College has a small student kitchen where students can prepare their own meals in their spare time. Often students teach each other how to create different courses from all over the world or bake birthday cakes for each other's birthdays. Sometimes students also cook in different classes, such as preparing Danish "smørrebrød" in the Study of Denmark or trying different European dishes in the European Studies. Three meals a day are served in the dining room, light snacks, coffee and tea are offered throughout the day. If students go on field trips during class, they may bring a packed lunch from the cafeteria. Similarly, students are not required to cook their own meals, but they can use the student kitchen if they wish to cook their own meals.
7. Excursions. On weekends, students can often do whatever they want, and many students take the opportunity to go on small excursions. Copenhagen is only 40 minutes away by train and North Zealand has many cultural attractions close to the school. Students can also visit other places in Denmark or travel to other countries for the weekend. Some students enjoy nature and go hiking and sleeping outdoors, some participate in cultural events and festivals, visit parks and museums, and some prefer to stay on campus. During the summer, students often spend time on the nearby beach, where they make fires or play beach volleyball. The possibilities for spending free time are endless.
8. Party. Students often have parties on weekends. Sometimes they throw themed parties - like pajama nights, 80s-style parties, animal dress-ups, etc. - other times it's more casual. Students can request the use of the Great Hall, Lecture Hall, or Common Room for organized parties, and sometimes receive a small budget from the student council for decorations, but most parties are held in the basement party space. Parties are leisure activities and students should be well-rested before classes and compulsory activities.
9. Language courses, book clubs, art clubs, etc. Students often spend their free time on campus organizing various interest clubs. Some enjoy reading books together, doing small art projects, drawing, knitting, etc. Some students organize their own language courses and teach each other Spanish, Japanese, Chinese, Russian, French, Danish, Korean. and have a lot of fun doing it. It is also possible to study Danish and/or English in classes at the International Folk College.

10. Human rights cafe. Our advocacy café is run by volunteers who organize social and educational events. This is a cozy place where students can freely discuss human rights topics, play games or chat and drink tea. The Human Rights Cafe often hosts smaller events and student presentations, such as the traditional Japanese tea ceremony, stand-up comedy, karaoke, and more.

### **Conclusion**

And in conclusion, I will conclude that young people show little interest in compulsory enterprises, organizational guides and educational institutions, since the institute does not use data in the process of organizing the social life of youth, social activities of youth, youth of youth, the theme of the organization is formulated in a form that is not reflective for youth. It is also more interesting for young people to study, write essays or other video productions, explore hobbies, purchase things, listen to music, listen to music, talk about languages and just write.

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