

INFLUENCE OF LEISURE ACTIVITIES IN THE SOCIAL BETWEEN INDIVIDUALS

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Abstract: *Socialization represents the process by which human personality is formed, through which the individual learns from family, school and other institutions: behaviors, abilities, skills, information, which turns it into a social being able to live and thrive in a society. The essential aspects of the process of socialization, such as communication, association, identification, enlightenment and differentiation are central concepts in the dynamics of socialization. Free time is „that part of the remaining time available after work activities, which is used to study raising skills, community activities, cultural events, sports, entertainment, and relaxation”. Leisure activity is closely correlated with labor conditions and life whose functions are addressed to social requirements and the individual inner. When defining a function in terms of individual needs can be accepted three basic functions: as a rest period - as entertainment - as for development of the individual.*

Key words: *social, leisure, individual.*

1. Introduction

In the context of the present life, subject to industrialization, mechanization, cybernetics, leisure has become an important factor in the lives of all social formations and in the life of every individual.

He evolves with technology, increasing duration on the extent of introducing scientific and technical revolution and with the development of material production. So free time is a product of the time in the labor process. Only where labor talks we can speak about leisure too.

French sociologist Dumazedier, J. considered leisure as the time in which is realized “a set of activities which are committed by individuals freely, willingly and with pleasure, either to rest or to have

fun, to meet the aesthetic needs or to enrich information, or to expand and develop the social participation voluntary or creative ability, after he escaped the professional, social and family obligations” [3].

After Tanase and Lupan, free time represents “that part of the remaining time available after work activities, which is used to study raising skills, community activities, cultural events, sports, leisure, relaxation” [1], [2].

Within its interior obligations prevail to those outside, which promotes recovery, physical and spiritual capacity development in harmonious development of human personality [1].

Sociology of leisure time developed mainly in Anglo-Saxon countries, whose representatives (D. Riesman, N. Lates,

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W. Whyte) share a pragmatic vision on its use in an efficient manner.

Leisure activities perform three functions determined by the appearance of individual needs. Leisure movement functions overlap to some extent with those of physical education and sport.

They are the result of those destinations (roles influence) of those activities that have a constant character and in the same time, responding to the real needs of human life and development.

Are considered and accepted as leisure functions: un-physical fatigue, leisure and entertainment and the development or improvement.

The un - physical fatigue and the intellectual function are achieved during the active or passive rest through intellectual and sporting activities that soothe, relax people.

The stress so the extension of intellectual activity that requires concentration and increased attention, held backgrounds noisy, stressful, in which individuals have different personalities, different ways of behavior, ideals and motivations convergent and divergent imposes the need for integration in an activity to produce physical relaxation and more concern less stressful.

The function of entertainment and fun is guaranteed in the allotted time to entertainment, performed by intellectual, physical and practical activities, individual and collective training that bring a number of benefits both physical and mental to individuals willing to participate in such leisure activities.

Personal development and training function refer to the individual motor capacity by practicing systematic and continuous physical activity in order to improve and maintain good physical condition throughout life.

“Habit formation and motion provides comfort there and represents an essential

feature of leisure that contribute to taste for a good quality of life, self development, the formation of links of collaboration and cooperation with friends, colleagues”[5].

Socialization is a “psycho-social transmission process – assimilation of attitudes, values, concepts and models of behavior specific to a group or a community to form, to adaptation and social integration of persons” [4].

Another definition of a “complicated process of formation and development of man as a social being, adaptation and integration of the individual in society through assimilation of social and moral values [4].

Socialization process begins during childhood, when they take the first social contacts and life experiences, scrolling down to – lifelong, as the new acquisition by individual statuses and roles succession.

Socialization content has a number of meanings, namely: psychological (maturation), cultural (internalizing norms and social values) and one sociological (learning social roles and develop appropriate behaviors).

Socialization is an interactive process of communication, which involves double consider of personal development and social influences. From the psychological point of view, it reflects personal way of receiving and interpreting social messages.

Socialization represents a whole process started from the earliest age through the individual appropriates the norms, values, rules of conduct consistent with the ethical and normative model of society.

The essential aspects of the process of socialization, such as: communication, association, identification, enlightenment and difference, represents the central concepts of socialization dynamics [6].

2. The project purpose

This research aims to address individuals

and has the purpose to practice leisure activities in various forms (outdoor or indoor), designed to improve communication, socialization, inter-relationship and modeling of behavior worthy of integration in a modern society.

However, the research aims to promote a healthy lifestyle to help increase the body's resistance to daily tasks and create a good psychological comfort.

Unfortunately, recent research indicates a number of problems in the population, leading a tumultuous life full of stress, without many opportunities to relax.

3. Hypothesis

We believe that within the development and implementation of leisure activities in the package offered by travel agencies, the individuals can improve a range of skills in terms of communication, teamwork, flexibility, adaptability, creativity and improvement of the state of health.

4. Leisure objectives

Building the initiative capacity for valuing leisure time in a creatively and profitably way. Knowing the varieties of forms of corporal recreational activities that come to greet the requirements of social groups of ages, physical preparedness and different tastes. Awareness its flexibility leisure activities that can be practiced according to place, time and available space.

Revealing the fact that leisure activities can be practiced for the purpose of initiation, maintenance, restoration or as a competitive way, because of the application of adapted physical education. Knowledge of enhancing everyday experiences, influences and environmental resources (sea, mountains, family, friends, neighbors, job, leisure facilities, nature, etc.).

5. Working methodology

Leisure activities program lasts three days and includes three packages with different activities and objectives. These packages with leisure activities performed both indoor and outdoor, offers a number of benefits in the socialization of individuals and their integration in everyday life.

Friday – Package 1 Leisure activity – Indoor Objective – Innovation and creativity, imagination

Saturday – Package 2 Outdoor leisure activity lens Râșnov Park – Objective

Sunday – Package 3 Outdoor leisure activities

Option A – Purpose: creativity, group cohesion, coordination, communication between teammates, out of some situations, fair play, etc.

Option B – Fun, outdoor sports – Objective: challenge of critical situations that individuals must find ways to overcome them.

6. Example of package with outdoor activities:

► *Climbing the vertical mesh*

Description:

The first activity takes place between two teams against time and without insurance. It starts to beep being one member from each team. It goes with the arms and legs by the end of the net then down the other side. Earn the team with the best time after work.

► *Crossing a suspended bridge*

Description:

The second activity refers to crossing a bridge located at a height of 10m from the ground by each member of the two teams. The crossing is made at a time, walking with the arms side by side to balance the body, because the surface has 15 cm steps.

► *Climbing and descending vertically – teamwork*

Description:

A third activity refers to vertical climbing and descending a ladder to a height of 5m. It works without insurance; here you can see the decision capacity, accountability, support and encouragement to those colleagues that this activity creates discomfort. The leader is the one who must always communicate with rest of the team and make more accurate decisions. It can also be seen here in this activity resistance to stress, capacity of relationship, fear of heights, since any of the participants are not protected. But, in case of an accident, they can fall on special mattresses that cushion falls.

► *Vertical Climb - "Vertical Playpen"*

Description:

A fourth activity refers to vertical escalate of different tracks by each team member, in this way the team is earning points. Namely: which team members managed, have a maximum of 100 points, and the team that had members who were not able to execute, receives 50 points. During the climb, participants must help both arms and legs, and they need to be careful where sits feet, because the height is 8m.

► *Crossing an area with a rope - "Nitro Crossing"*

Description:

There are two teams. In this activity, each member must cross a marked area with a rope (pit filled with water, mud, an area with splinters, etc.), without touching the ground and reach everything in a marked area not exceeding. This marked area can be a circle, a square, a platform, etc. In this activity it wins points the team whose members have passed without touching the ground. You can observe in this activity the relief team spirit, imagination, etc.

► *Crossing a riser suspended followed by crossing a tree trunk*

Description:

There are two staircases, which are connected by two vertical trees to a height of 1-2m, each team being able to race starting simultaneously. At the beep, each member of each team must be able to cross stairs without falling. There is no break from a competitor to another. Then, each team goes to the trunk that must cross it. This team must nominate two members; they are going to cross the entire length of the tree over each member. We must find a way not to unbalance any foot touch the ground. This activity requires the support and encouragement of the team, a good balance, smartness, communication.

► *Crossing a horizontal net*

Description:

The members of both teams must cross the horizontally net from side to side without falling. The net is provided with mesh, in which you can slip anytime if you are not careful. It seems easy to make a workshop at low height, but the greater height is more difficult. This activity requires teamwork, courage, more accurate indications, etc.

► *Crossing a rope in balance with partner - "The wild woozy"*

Description:

Team members must bind two strings provided in the form of the letter "V" on three trees or two trees and a pole. At the assembling part must participate both teams. Both teams have an equal number of members. They have the next task to perform. They must cross the entire distance of the cable without falling, the support being achieved in the hands of the opponent. Should form the letter "V" reverse, the movement is realized from the part in which the two strings are closer to the area where it increases the angle of the strings. This activity is an individual challenge where needed the support team in the execution track.

► *The crossing of ropes and climbing a wall*

Description:

In this activity each member must cross from side to side upside down and blindfolded a rope over a distance of 8 - 10 m and a height of 2m of the ground surface. This activity is an individual challenge where needed the support team in the execution track, especially in lowering the rope, because more are switching to the belly and elbows underneath a trampoline for a distance of 10m, then climb up and down a plan inclined and last element on a rope crossing a muddy waters and landing on a dry surface. In this activity you can observe communication skills, team spirit, expressing some quick decisions, etc.

7. Results – SWOT analysis

Strengths

- Awareness of the population, the benefits of physical, mental and social, which they may have by practicing a wide range of leisure activities, both indoor and outdoor.
- The program is considered to be a success, both in terms of dynamic activities and in terms of social.
- Staff has skills both in terms of teaching, educational and sports.
- Following these activities, individuals will have a range of transferable skills (communication, networking, teamwork, fair - play, self confidence, relaxation, etc.).
- Personal characteristics (professional ethics, self-discipline, resistance to stress, work under pressure, creativity, optimism, energy).

Weaknesses

- Poor promotion through the media, Radio, Internet of leisure activities programs;

- Tourism infrastructure is underdeveloped;
- Base precarious narrow the range of activities that the organization proposes in an organized way;
- Hiring necessary materials to conduct activities increases the cost of provided services, risking the loss of major customers;
- Activities of tourism marketing and destination management underdeveloped - lack of a network of information centers and tourism promotion and tourist information centers in areas of high tourist interest;
- Insufficient development and recreational use of the infrastructure.

Opportunities

- European funding that can be accessed based on development programs;
- Ability to develop new products such as customized trainings offering organizational and individual development, designed to create performance through leadership, performing management and organizational change;
- Increasing product portfolio, in line with market;
- A good perspective to exploit the mountainous areas throughout the year, creating the possibility of practicing sport and leisure not only;
- Funding opportunities of tourism by public funds.

Threats

- Lack of recreation as well use foreign standards which have access from children to adults;
- The appearance of new competitors;
- Economic instability;
- Road infrastructure;
- Potential negative publicity;
- Non-awareness of the role introduction of quality management in tourism;

- “Slighting” of leisure activities from potential recipient organizations on a background of weak organizational culture on the grounds that this is just a waste of time and money;
- Lack of proper infrastructure for developing mountain leisure activities.

8. Conclusion

1. Given the context and the way individuals approach life in modern society, we consider as a priority, a rethinking of opportunities to practice leisure activities both indoor and outdoor, with major benefits both socially and in terms physically and mentally.
2. By practicing such leisure activities, individuals can improve a range of skills in terms of communication, teamwork, flexibility, adaptability, creativity and an improved health for a better quality of life.
3. Regarding the locations where leisure activities are organized, current market trends, the offer activities that can be

practiced both indoor and outdoor practice is based on both concepts and the analysis of performances by offering a feedback to the end of the process.

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