



LEISURE ISSUES AND NEWS

Newsletter of RC13 of ISA

Volume VI. Number 2. Winter 2012

Editor : Veena Sharma

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Leisure Newsletter

President's Message

Dear and Esteemed Colleagues,

I am happy to bring it to your kind notice that all the ISA RC 13 Sessions and Joint Sessions that were planned for the Second ISA Forum of Sociology, Buenos Aires, Argentina during August 1-4, 2012 were successfully held. ISA RC 13 and its collaborating ISA RCs are satisfied with the organization of the sessions and fairly large participation in each one of the sessions. Such a happy situation motivates us to have collaborative joint sessions at the future ISA Congresses as well as the ISA Forums.

Maintaining the tradition of organizing the Midterm Conferences of ISA RC 13 every year since the first ISA Forum of Sociology in Barcelona, Spain, the Midterm conference for the year 2013 will be organized by the Institute of Applied Health Sciences and Health Promotion, University of Szeged, Szeged, Hungary during 18.-20. September, 2013 on the theme of **Leisure, Health and Well-being**. The decision to hold the conference in Szeged, Hungary was unanimously approved at the Business Meeting of the ISA RC 13 in Buenos Aires, Argentina. Details and the call for papers for the RC 13 Midterm Conference in Szeged are attached elsewhere in this Newsletter. I do hope that as in the previous years of the ISA RC 13 Conferences/ Congresses in Barcelona, Spain (2008); Beijing, China (2009); Gothenburg, Sweden (2010); Palermo, Italy (2011); Buenos Aires, Argentina (2012); in the Midterm Conference of 2013 in Szeged also, a large number of RC 13 members and many others would be participating. Besides the local organizers of the conference in Szeged, I also take this opportunity to invite you all to participate at the Midterm Conference of ISA RC 13 in Szeged, Hungary, 18-20 September 2013. Proximity of Szeged (which is the third largest city of Hungary with its serene ambiance, culture and heritage) to one of the most beautiful city of Europe, Budapest and to several other important touristic places of the middle and Eastern Europe, makes it an attractive destination.

I also take this opportunity to invite you all to submit sessions and joint sessions that you would like to organize at the 18th ISA World Congress of Sociology scheduled to take place in Yokohama, Japan during July 13-19, 2014. All the members of RC 13 can take pride in the fact that the stature of RC 13 has significantly grown during the last 4 – 5 years and now RC 13 is entitled to hold as many as 22 sessions and joint session at the next ISA World Congress in Yokohama. Please do remember that you can submit your proposed sessions latest by February 28, 2013. Few more details regarding the Call for Sessions for Yokohama are given elsewhere in this Newsletter. I do hope to receive many and interesting session proposals well in time. Information for the Call for Papers for the RC 13 Midterm Conference in Szeged, Hungary and also for the Call for Sessions has also been communicated to all the RC 13 members individually.

Keenly looking forward to meeting a large number of RC 13 Members at the ISA RC 13 Midterm Conference in Szeged, Hungary and with best wishes and regards,

Ishwar Modi

President ISA RC 13

Email: iiiiss2005modi@yahoo.co.in

Leisure Newsletter

Secretary's Note

Friends,

In view of the large number of RC 13 sessions held at Buenos Aires we are happy to say that the Research Committee is faring well with each passing year.

The next mid-term conference is to be held at Szeged, Hungary in September, 2013 showing that geographically also the RC is spreading its wings. We invite all members of the RC to attend this upcoming conference. Not only are these conferences enabling greater interaction among members from different parts of the world but are also opening up avenues for research in a wide variety of fields.

The ISA World Congress to be held at Yokohama is not far. Preparations to attend that also should begin now so as not to miss the opportunity for a wide interaction with scholars from various disciplines of sociology.

We attach the different segments under which papers can be presented in the forthcoming conferences so as to enable you to make your choices.

Looking forward to seeing you in both these places!

Veena Sharma

**Call for Papers
For the
ISA RC13 Midterm Conference
Szeged, Hungary, 18. – 20. September 2013.
on
LEISURE, HEALTH AND WELLBEING
(Holistic Leisure and Health)**

Motto:

“HEALTH IS CREATED AND LIVED BY PEOPLE WITHIN THE SETTINGS OF THEIR EVERYDAY LIFE; WHERE THEY LEARN, WORK, PLAY AND LOVE.” (OTTAWA-CHARTER 1986.)

Building on the current scientific trends and results the aim of our conference is to show the versatility of connections among leisure and health.

Health is a complex phenomenon; the holistic health concept includes individual and social dimensions. The individual dimension contains physical health, mental health: the thinking and decision-making ability, emotional health: the individual is aware of his/her emotions and expresses them, social health: being integrated into the communities; the influence of moral and religious principles and sexual health: the individual expresses his/her sexuality properly. The social dimension includes the connection between the individual and the social structure, social integration, the role in the social division of labour, the social environment: living-conditions, traffic, public health system, and the natural environment: healthy drinking-water, environmental pollution. Analogous to the holistic health concept, leisure can also be considered as holistic: It affects our physical, mental and emotional well-being (health), promotes social integration, socialises, educates, exercises an effect on balancing sexual energies, it can be the means of expressing our identity, and its performance is connected to our natural and built environment.

SECTIONS

LEISURE AND LIFE-LONG LEARNING

Health Promotion conceptualises the objectives of education in accordance with the “reason, heart, hands” motto and practice. It involves the transfer of knowledge, cognitive-, affective elements and manual skills. Health teaching understands the process of learning in a differentiated manner, so the concept

covers not only the traditional functional knowledge acquisition, but the perception of ourselves, the perception of values, the acquisition of acting abilities, and finally the search for and finding of our own identity. Each *learning* that exceeds the period of compulsory education, and is not imposed on the individual by the employer, can be considered as *voluntary, freely chosen*. The life and days of most people is pervaded by learning and they devote part of their leisure time to it. Many people do not separate learning and leisure, and if leisure is performed in a *devoted and motivated* way, our *knowledge, skills, abilities, competencies and self-esteem* can, as a consequence, unintentionally increase. A mere learning for one person can mean leisure for an other. The subject of leisure time learning is *changing throughout history*, as well as it alters *within the life span of the individual*, or by *genders, social strata and cultures*. Individual leisure choices can be promoted by introducing a *range of education branches* belonging to various academic disciplines, providing participants with a diploma or with a certificate that covers *education* addressing leisure in the holistic sense. ***The present section welcomes papers analysing the life-long learning aspects of leisure, as well as papers presenting education programmes offering guidance in leisure.***

LEISURE AS PLEASURE OR PRESSURE

We interpret the topic of the present section along two of the social categories by Riesman: the *inner-directed* and the *other-directed* characters. In the postmodern society the other-directed individual is becoming more and more characteristic. For an *other-directed individual the sources of direction are its peers* (e.g. local, workplace, friend, leisure communities). *The objective of the other-directed individual are continuously changing in this control system*, his/her attitudes and the strive at following the signals emitted by others though is constant throughout life. Choices of the *inner-directed individual* are related to his/her personality, and *he/she is enabled to provide a very sensitive balance among his/her aspirations and the effects of the outside world*. The inner-directed character *develops the feeling of being able to control his/her life*. In case of healthy lifestyle-choice, decision, the role of inner control increases. The above two character types raise the question of preserving individual autonomy in choosing leisure, to make leisure a pleasure and not a pressure. This autonomy is further threatened by the expansive effect of fashion and the media. According to Simmel, each form of lifestyle can be fashion, everything can become fashion. ***The present section welcomes papers which highlight at the intrinsic and extrinsic motivation behind leisure choices.***

LEISURE AND SOCIAL INTEGRATION

Social integration is an important element of *health*; the social relationships of the individual can exercise an immediate effect on his/her well-being. Most of the *leisure activities are social in nature*, the individual performs it together with family, friends, acquaintances, or chooses these activities to acquire friends or a partner through it, to create or increase his/her objective or subjective *supporting social network* indirectly or directly. Good examples for the latter are those *self-help leisure circles* (Community Self-help Systems, Local Exchange Trading systems - LETS, courtesy bank etc.) that operate in the hope of strengthening communitarianism and solidarity. The social leisure situations function as *socialisation settings*, and also *channels of expressing social identity*. The leisure circles are also important means of the integration of various *minority groups* and the settings of *multi- and interculturalism*. **The present section welcomes every qualitative or quantitative work dealing with the questions of leisure and social integration and/or with promoting the health opportunities as a consequence.**

CREATIVE AND CULTURAL LEISURE

The positive health effects of leisure performed with joy are inevitable; it is beneficial to coping with stress, it sharpens the mind, increases creativity and concentration. *Creative leisure* contains hobbies, arts (e.g. playing music, making ceramic, embroidery, acting), technical activities (DIY, modelling), physical activities (e.g. gardening, farming, folk dance, ballroom dance) or the games among others. The aim of *hobbies* is to have fun, to realize oneself, to gratify one's desires, to fulfil personal objectives. If someone works not for money, but for the fun the activity delivers that person works for hobby, as well as our paid work can also be our hobby. As a result of our hobbies we can be acknowledged by *art or academic communities* too.

Leisure activities can also contain the *outgoing cultural activities* (theatre, cinema, concert, exhibition), that can connect to different festivals, events, traditions, folk customs, prominent holidays. Not only our hobbies can affect our health, but the promotion, preservation of health can also become our hobby. **The section welcomes all those presentations that present the health promoting effects and possibilities of creative and cultural leisure.**

SPIRITUALISM AND LEISURE

The activities regarding *spiritualism* are related to the natural environment on the one hand, but also affect the physical capacity, mental health and community relationships of the individual on the other: these are the *pilgrimages*. The *community programmes of the churches* are the bible

workshops, the family programmes, and the programmes surrounding the religious holidays. The *spiritual retreats* can form a different category, with a very complex effect on the individuals.

Meditation performed during leisure is a suitable activity for conscious relaxation, calmness, and finding the peace of mind. The state reached at during meditation optimizes several self-healing processes of the body. Some researchers consider it as a new health promotion strategy that helps to find relief, increases the sense of coherence and helps to prevent illnesses.

The section welcomes every research, observation, experience showing the connection between spiritualism and leisure.

LIFESTYLE AND LEISURE

Lifestyle is the activity of everyday life, a defining part of behaviour. Lifestyle covers leisure, accommodation, nutrition, clothing, physical exercises and work among others.

The *physical activity* of people, their *mental fitness* strongly affects the *touristic*, lifestyle and sociological elements, units of the different countries. The geographical conditions, the attractiveness, offer of the natural environment and the development, quality of tourism can be crucial in the fulfilment of supply and demand. The diversity of *wellness*, *fitness* services is proven to exercise a beneficial effect on people's health, promoting the civilized spending of leisure, the shaping of lifestyle from childhood till the end of life. The conscious, systematic presence of health promotion, its regular and continuous applying promotes the positive conceptual appearance of the *lifestyle and recreation activities* of nations, ethnic groups, cultures, becoming a call for life.

The section welcomes all those papers that present empirical studies showing the role and effect of demographic and sociological factors determining lifestyle and especially leisure within. Papers analysing the role of current fashionable trends in physical leisure on people's lifestyle are also welcome.

MEDICAL EFFECTS OF LEISURE

Leisure spent in an active way (not only in the physical sense) can positively as well as negatively influence our health. The positive and/or negative effects of the individual's leisure habits can occur not only subjectively, but in the form of detectable *physiological changes* as well. The favourable physiological effects of leisure exercises suitable for the individual in form and intensity, can be detectable, as well as the drawbacks of *exercises that were chosen without*

proper expertise. An everyday leisure activity, if it gains grounds at the expense of other life roles, might become a *symptom of psychiatric illnesses*, while the same leisure activity, under different circumstances, can be effective in the *prevention of certain psychiatric illnesses*. The psycho-neuro-immunological consequences of leisure activities are also two fold: in certain cases they can enforce the individual's *capacity to tolerate, cope with stress*, while in other cases they rather weaken it. Study and differentiation of this two fold effect of leisure activities with the help of medical methods is inevitable for the deeper insight into the effect of leisure activities. ***The present section welcomes those studies mainly, that introduce empirical researches showing the medical effects of certain leisure habits, considering the physiological, sport sciences, psychiatric and psycho-neuro-immunological aspects of leisure.***

LEISURE AND REHABILITATION - THE EFFECTS OF HEALTH STATUS ON LEISURE

If the individual experiences smaller or larger health problems that might exercise a considerable effect on his/her leisure habits. The consequences of a *chronic* physical or psychological *illness* can become more serious if the habitual leisure activities are restricted. At the same time, if the individual considers the barriers of his/her chronic illness when choosing the method and extent of a leisure activity, it can become the promoter of *medical and social rehabilitation*. ***The present section welcomes empirical studies that reveal the effect of chronic illnesses on leisure habits, provide an indication in identifying leisure activities that can ease the negative effects of certain chronic diseases, or provide empirical evidence concerning the role of leisure activities in the practice of rehabilitating chronic illnesses.***

LEISURE AND MENTAL HEALTH

The culture of leisure is strongly connected to *mental health*. If the leisure time is well scheduled, monitored and utilized in a versatile way, that is it satisfies social, cultural and physical needs as well, then it contributes to the subsistence of the inner psychological balance of the personality. Mental problems, illnesses can alter certain qualitative and quantitative components of leisure, that is, *leisure style and mental status are related*.

The *arts* are important means of preserving and promoting our health, of curing and rehabilitation. Highlighted topics among the arts are as follows: *bibliotherapy* resting on the guided processing of selected readings. Its developmental branch focuses on healthy people, while its clinical branch serves health restoration and rehabilitation. *Listening to, enjoying and experiencing music* is a method for preserving mental integrity, while *music*

therapy is the means of curing and rehabilitation. *Visual culture* helps in establishing contacts and understanding the arts, in health preservation and promotion, and beside its joyous side it also has a therapic dimension. ***The present section welcomes every theoretical or empirical paper analysing the connection between leisure and mental health.***

HISTORICITY AND THE SOCIOLOGICAL, PSYCHOLOGICAL AND PEDAGOGICAL THEORIES ADAPTED TO LEISURE

The present section welcomes each theoretical presentation that undertakes the adaptation of a sociological, psychological, educational theory to leisure.

YOUNG RESEARCHERS' SECTION

The section provides an opportunity for young researchers, PhD students to present their theoretical and empirical studies corresponding to the objectives of the conference, and it also welcomes university students who wish to present their Student Scientific Circle papers.

Call for Sessions for the 18th ISA World Congress of Sociology, Yokohama, Japan

Research Committee on Sociology of Leisure, RC13

Program Coordinator

- **Ishwar MODI**, India International Institute of Social Sciences, Jaipur, India. iiiss2005modi@yahoo.co.in

Number of allocated sessions including Business Meeting: **22**.

Deadlines

Call for Sessions

Sessions proposals must be sent to Program Coordinator by **February 28, 2013**.

The Research Committee on Sociology of Leisure seeks to have sessions on as many areas of related sociological interest and social phenomena as possible besides the theoretical and methodological dimensions of leisure. Some of these areas may be, but not limited to, education, children, youth, ageing, family, women, work, volunteering, migration, community cohesion and ethnic relations, urbanization, environment, science & technology, health and happiness, quality of life, body, media and communication, social transformation, sports, tourism, culture, and the arts.

The proposals for sessions are also welcome on any topic relevant to the theme of the Congress: "Facing an unequal world: Challenges for global sociology" in the broader context of leisure.

While most of the sessions will run for 110 minutes, a few late evening sessions will be of 80 minutes only.

If you wish to convene a session, please send a proposal of approximately 300 words, including your name, affiliation, country and email to the Program Coordinator.

In drafting the RC program and selecting the sessions, RC 13 will take into

account the quality of the proposals and the broad range of our members' research interests.