

Socio-Cultural Factors Affecting Leisure Functions among Adolescents and Young People

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Abstract

Background and Objective: Socio-cultural factors, due to their role and impact on leisure functions, can lead to growth and prosperity with proper planning. The aim of this study was to determine the socio-cultural factors affecting leisure functions among adolescents and young people.

Materials and Methods: This descriptive-analytical study with a structural equation modeling method used fuzzy Delphi method to determine and identify the research variables. Participants included 300 adolescents and young people aged 13 to 21 studying in 2019-2020, who were selected via convenience sampling method. To collect the data, questionnaires of social competence, communication skills, responsibility, physical health, need for recreation, happiness and volunteer work, Internet and media, educational system, and peace were used. Data analysis, equation modeling method and structural analysis conducted via SmartPLS software.

Results: The mean (SD) score of socio-cultural factors was 3.4 (0.4), which improved leisure functions with mean (SD) 2.7 (0.4), $P < 0.01$. Variables of socio-cultural factors including social competence with mean (SD) 4.6 (0.9), communication skills 3.4 (0.5), responsibility 2.8 (0.4), Internet and media 3.0 (1.0) and education system 3.0 (0.7) and leisure functions including relaxation with mean (SD) 1.0 (0.4), voluntary work 3.3 (0.8), health 4.5 (1.0), happiness 1.0 (0.4) and entertainment 3.4 (0.6), with indicators, had a significant relationship in the pattern, $P < 0.01$. Based on the index $GOF = 0.432$, the overall fit level of the model was excellent and acceptable.

Conclusion: The study showed that social and cultural factors, including social competence, communication skills, responsibility, the Internet and media, and the educational system improved leisure functions.

Keywords: Leisure Time; Socio-cultural factors; Social competence; Communication skills.

Introduction

Socio-cultural factors, due to their role and impact on leisure functions, can lead to growth and prosperity with proper planning. Leisure is sometimes considered a recreational and hedonistic activity that requires no effort, while leisure also requires some seriousness, practice, and practice (1). Communication skills are the ability of a

person to communicate with others to avoid any stress and produce positive results. Having this skill enables people to establish a correct and effective relationship (2, 3). As one of the concepts affecting students' functional health and academic achievement, responsibility means being responsive to the needs of themselves, others and performing individual and social tasks in the best possible

way (4). Happiness is a mental and inner phenomenon. Addressing the happiness of individuals was one of the results of positive psychology that promotes individual and social growth. Studies have shown that leisure time is essential and has a significant relationship with vitality (5). In studies, leisure time and its effect on social factors have been discussed, but no studies have been conducted on the interaction of these factors on leisure time, so the present study is novel and new. The aim of this study was to determine the socio-cultural factors affecting leisure functions among adolescents and young people.

Materials and methods

This descriptive-analytical study with a structural equation modeling method used the fuzzy Delphi method to determine and identify the research variables. Participants included 300 adolescents and young people aged 13 to 21 studying in 2019-2020, selected via convenience sampling. To collect the data, questionnaires of social competence (6), communication skills (7), responsibility (8), physical health (9), need for recreation (10), happiness (11), and volunteer work, Internet and media, educational system, and peace were used. Data analysis, equation modeling method, and structural analysis conducted via SmartPLS software.

Results

The mean (SD) score of socio-cultural factors was 3.4 (0.4), which improved leisure functions with a mean (SD) 2.7 (0.4), $P < 0.01$. Variables of socio-cultural factors including social competence with mean (SD) 4.6 (0.9), communication skills 3.4 (0.5), responsibility 2.8 (0.4), Internet and media 3.0 (1.0) and education system 3.0 (0.7) and leisure functions including relaxation with mean (SD) 1.0 (0.4), voluntary work 3.3 (0.8), health 4.5 (1.0), happiness 1.0 (0.4) and entertainment 3.4 (0.6), with indicators, had a significant relationship in the pattern, $P < 0.01$. Based on the index $GOF = 0.432$, the overall fit level of the model was excellent and acceptable.

Discussion

The study showed that social and cultural factors improved leisure functions. Socio-cultural factor variables included social competence, communication skills, responsibility, Internet, and media. Health has always been a serious concern for humanity due to its significant impact on human life quality and longevity. Therefore, all people can achieve their well-being based on their understanding of their body and their choices in their daily lives about diet, exercise, and consumption patterns. They practice, shape, and interpret general lifestyles. The study's findings are in line with the findings of other studies (12, 13) that found that health is related to the quality of life and leisure time is directly related to health. The variable of responsibility has a significant relationship with the socio-cultural index. A study of social science texts shows the fact that human perfection is the perfection of his responsibility. Each country's educational system tries to develop the potential talents of its learners in a reasonable and balanced way by formulating and implementing appropriate plans and programs. Education should provide the necessary balance in its educational programs between practical, theoretical concepts and should provide the necessary grounds for healthy behavior and recreation training. The findings of the present study are in line with other studies (14). Leisure activities help with social development and behavior control and strengthen communication with peers and communication skills. Participating in leisure activities that involve working with other people and taking place in a daily environment full of stimuli is essential to improving people's communication skills. On the other hand, by enriching leisure time, the quality of relationships and interaction of family members can be increased. The study's findings are in line with the findings of other studies (15, 16). Social competence consists of four groups of cognitive, behavioral, emotional, and motivational skills. Social competence is a complex system of cognition, motivations, abilities, traditions, skills, and social experiences. Some researchers consider social competence to have social behavior skills.

Conclusion

The study showed that social and cultural factors, including social competence, communication skills, responsibility, the Internet and media, and the educational system improved leisure functions.

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Conflict of Interest

None of the authors has any conflict of interest to disclose.

Ethical publication statement

We confirm that we have read the Journal's position on issues involved in ethical publication and affirm that this report is consistent with those guidelines.

Ethical code: IR.IAU.ARAK.REC.1399.016.

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