

## Iranian Students' Specific Life Style and Leisure Time a Case Study of Khorramabd Islamic Azad University

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### Abstract

*Leisure time as a modern social event is being paid attention nowadays, although any kind of pastime is not directly categorized under it. Within this research the forming experiences of needs and styles of university students of Khorramabad were investigated. In this investigation it has been tried by utilizing Bourdieu theory the research questions are proposed. The participants of the study are all female and male students of Khorramabad Azad University. The sample was chosen by the application of Cochran with the standard deviation of 0.5% 392 students. The results showed that participants can divide in two parts active and inactive style which the most of interviewees are willing toward an inactive style of leisure time. While the major part of students' time is spent on the application of technological gadgets in a useful way. Indeed, watching satellite movies and series, spending time in public chat rooms, computer games, are just a waste of students' time.*

**Keywords:** leisure time, Khorramabad Islamic Azad University, leisure style, active leisure, passive leisure.

### 1. Introduction

Leisure is considered as a phenomenon arising from the industrialization process in today's macroeconomic policy or economic planning. On the other hand, propensity to consume is expanded into all aspects and fields. Obviously, given the collective nature of leisure and its development in this era (McKenzie, 2000), it is not disregarded from vision of capitalists' brokers and many efforts is considered to shape public taste in leisure activities or define new styles to conduct it. Although this is a two-way process, but capitalism brokers have continuously influenced on public tastes and demands more than people in line with spending leisure.

### 2. 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 (Tasai, 2005), although all forms of spending vacation time is not directly classified in a row by leisure time (Mohseni, 2007, p. 393). 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" (Pour Sadeghi, 2001, p. 12). Bourdieu's research on leisure activities and life styles shows that how class-based inequalities can be reproduced. Most of Bourdieu's research focuses on the art interests and tastes, but has, the more general use fall forms of cultural activities and their use, including: Sports, holidays, outdoor entertainment, communications, home decorating and other leisure activities. Bourdieu believes that training person in a particular family and categories is not only limited to select activities, but also it is true for people "styles" and demands (Haywood et al, 2001, p. 355). The phenomenon of how to spend is increasingly more important as a social institution in society. Leisure as the cultural, social, political and economic time is often an effective time that is used in various places and in various ways by all social groups. The use of leisure time and outdoor leisure's paces and forms of these usages is varied. "Entering elements of our consumer society to our society makes people tend to do more and more in comet increase more consumption. Hence, despite their induction in working hours, many have a second job to have better cars, bungalow and etc. That actually leads to less leisure time, rather than being more" (Fakouhi, 2004, p. 54).

Thus, various forms of leisure and its consumption provide special patterns that among them the distinction formation of various classes with a pathological insight can be noted (Rafatjah, 2008). Here using Bourdieu's theoretical model emphasizing leisure activities and life styles are reproduced unequally based on social class, it is trying to answer this question that what outdoor leisure lifestyles is used by students of Khorramabad university? And how these styles are influenced by social factors?

### **3. Theoretical Foundations**

Certainly, since its formation, leisure phenomenon has been confronted with various theoretical approaches which actually it is a function of the conditions and changes occurring in the social space. "Leisure's Sociologists investigate this phenomenon to find the impact of changes in work generally in the private life of individuals and families and in particular to understand their leisure life. Although the impact of these changes can also more generally include aspects of social life (Barone 2006, van de Werfhorst 2010). The impact of these changes is inevitable in the recent definitions of sociologist about leisure. For example, Alfred Lloyd has been described leisure as a way to achieve a democratic culture. looks at leisure as creativity." (National Youth Organization, 2008, p. 13). Different approaches in relation to this phenomenon indicate the importance of the issue. However, the first published works about leisure derive from the mid of the eighteenth century and the soar of sociological studies. The Paul Lafargue's "*right to be lazy*" that has been developed to support European workers to have more time for rest more than work, is one of the primary works. Torstein wrote "*theory of free from work category*" in order debate of leisure sociology open a place more formally in the literature of this course (Domadziye in national youth organization, 2008, p. 55).

Pierre Bourdieu evaluates social distinctions in an interconnected and diverse set of actions that are directly related to leisure. Given the choices that people have in their leisure time, you can get to know their lifestyle and interests. Ways of spending leisure such as travel, studied literature, interested music, etc. can determine a person's lifestyle. In other word, in a society that consumer culture is turned to dominant culture, leisure and how to spend it makes a distinction and social status which could affect the identity of the community. Considering the role of leisure in today's consumer society indicates the prominence of leisure concept from the issue of work (Madani, 2007). Bourdieu analyzes contemporary cultural changes according to lifestyles and consumption and believes that Today's lifestyle is no longer a function of occupation, social class and production. In other word, similarity of consuming goods provides same lifestyle outside the realm of economic factors. In this approach, at least for a large part of today's middle classes, former value systems, which tended to more production and work, were replaced by the consumer value system. In such atmosphere what creates identity and social status is consumed even if a consumer has not taken economic support appropriate for consumption. Manifestation consumption of time is an effective factor that can increase approaches tailored for leisure as an appropriate time for manifestation. As a result, it is not work that is important and forms social identification of persons, instead, leisure time and manner of use can produce social status of individuals and finding identify is influenced by it. This perception is a modern concept of leisure which is formed as a function of consumer society. These orientations are taught from childhood, "according Bourdieu' theory childhood experiences led to the composition and formation of character, this combination is a system of transmitting demands and states which act as a set of perceptions, tastes, interests, feelings, and reactions and is a way to understand the world and distinguish appropriate and inappropriate activities.(Rafatjah,2009)

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" (Yousefiyan, 2013, 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.

These materials and cultural facilities, trends and concerns arising from its affect leisure options and both time and quality of their leisure. In Bourdieu's theory in addition to emphasize on the interests and preferences of individuals, forms of cultural activities including sports, vacation, outdoor recreation, communication, and other activities that have been effective in individual training and form individual's style and demands are considered (Hi Wood et al, 2001, p. 365).

#### **4. Research Hypotheses**

- 1- It seems that the network of social relationships affects the leisure style.
2. It seems that there is a relationship between education level and style of spending leisure time.
3. It seems that the economic possibilities of individual effects on style of spending leisure time.
4. It seems that there is a relationship between the access to the mass media and leisure styles.

#### **5. Methodology**

##### **5.1. Population**

The population under investigation in this research is all the university students of Khorramabad Islamic Azad universities who were about 10755. The population was 3589 students from humanities, 2263 students from law and political science, 3962 students from engineering, 651 students from basic science, 253 students from agricultural science, and 1309 students for postgraduate studies. The number of female and male students in Khorramabad Islamic Azad University was about 7264 male students and 3491 female students. The density of the population according to their degree is demonstrated in the table 1.

##### **5.2. Sampling and Participant size**

As it is shown in the above table the total number of population in the current study is 10755 students out of 6 schools. To identify the participants of the study simple cluster sampling method was applied. Through utilizing Cochran formula the number of participants came up to 392 students which can be seen in the table 2. After collecting the data, 392 questionnaires were analyzed. Considering the nature of the study, in order to collect the data, a questionnaire was used.

##### **5.3. Data Collection Technique**

Questionnaire as one of the efficient tools of data collection in descriptive studies was the cornerstone of this study. Taking all the prevailing conditions in the field of the study, the researcher devises his own questionnaire according to Likert scale standards. Having devised this questionnaire, it has been demonstrated in a pilot study. Then the possible shortcomings of the questionnaire were revised and according to Cronbach Alpha were considered as valid and reliable and then it was distributed among the participants of the study.

#### **6. Research Findings**

The results from testing hypotheses are mentioned here respectively. A network of social relationship is measured by two indicators of communication with kinship network and relationship network with friends. Rate of relationship with kinship is measured at two levels of close kinfolk including rate of communication with class member of the family, such as father, mother, sister and brother and communication with second-class family such as Aunt, uncle, cousin, etc. Rate of communication with a friend network includes communication with friends of university, local friends and communicate with colleagues. Leisure styles in this study are divided into two active and passive models and also three leisure styles including healthy, unhealthy and neutral. Students and parents' income as a major factor in shaping the leisure style were examined to measure the economic capital. The research findings were analyzed using two-way chi-square test. According to the calculated chi-square (16.45) is greater than the value of critical, therefore we can say with a 95 % confidence coefficient that there is relationship between gender and active and passive leisure model. Accordingly, women have more tendencies to passive leisure (64.7%) than men (56%). However, both groups tend to passive leisure with a frequency of 55.9% (Tabel.3). The relationship between degrees of education as cultural capital with the leisure model was approved. According to the calculated chi-square (10.58) 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. 49.2% 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 50% of society.

Leisure style was estimated at the PH.D (66.8%) and MA (61.8%) while students of associate degree and MS were, respectively, 37% and 45% 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.4). 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 (780) is greater than the value of the critical chi-square therefore we can say with a 95 % 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 4.8%. In contrary, use of the TV - Islamic Republic of Iran broadcasting, with 73.2% frequency is aggregated in neutral level without any report regarding the unhealthy use of this media. But healthy use with 26.8% 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 52.4% 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 34.9%. In total, 42.2% of respondents use modern communication tools as unhealthy manner (Table.5). 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 (234.4) 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. According to the calculated chi-square (276.5) 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 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. 25% of the study population had a private car that among them, respectively 22.7% had healthy style, 26%, unhealthy style and 10.4% neutral style. In contrast, 75% of respondents did not have a private car that among them, respectively 7.9% had healthy style, 20.7% unhealthy style and 12.2% neutral style (Table.6).

About private home 19.9% had private home that the group's share of leisure styles is respectively 17.3% healthy style, 25% unhealthy style and 11% neutral style. People without private home (80.1%) had respectively 13.3% healthy style, 21.7%, unhealthy style and 11.7% neutral style (Table.7). Relationship between two variables, electronics and leisure style also proved. 88.2% of the population has one of different electronic devices that among them 10.4% had healthy style, 27.25%, unhealthy style and 10.4% neutral style. 11.8% didn't have any electronic device that 20.1% had healthy style, 19.3%, unhealthy style and 12.2% neutral style (Table.8). The results showed a significant correlation between membership in social groups and leisure style. According to the calculated chi-square (35.11) is greater than the value of critical chi-square we can say with a 95 % confidence coefficient that there is a relationship between membership in social groups and Leisure style - healthy, unhealthy and neutral. Accordingly, 77% of the populations are members of various social groups. Among them, 12.7% are members in one of political groups within or outside the university which among them 26%, had healthy style, 56%, unhealthy style and 18% neutral style. 14.5% of the samples were members of art groups which among them 46%, had healthy style, 37%, unhealthy style and 16% neutral style. Associations of NGOs were also determined by the frequency of 12.7%, which among them 24% had healthy style, 48%, unhealthy style and 28% neutral style. Membership in scientific groups allocated itself 19.9% of the total population, which among them 37%, had healthy style, 40%, unhealthy style and 23% neutral style. 23% of the population didn't have membership in any social group which among them 12% had healthy style, 64%, unhealthy style and 23% neutral style (Table.9).

## **7. Conclusion**

Results from this research show the necessity of careful and comprehensive planning in the field of youth leisure. The importance of finding new media such as satellite, internet and etc. caused population under study tended to 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 population under study, family communication still had almost positive standpoint because of tribal kinship structure.

But part of time that people spent with kinship or friends also was assigned to the inactive and unhealthy style (Kati, 2000). Watching Satellite or TV movies with family took part of this time. Generally, it seems unhealthy styles of spending leisure in the city of Khorramabad is because of absence of written and specified plans in this regards.

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**Table 1: Statistics students of Khorramabad Islamic Azad University, sex and educational level**

Master		Bachelor		Bachelor		College to Bachelor		College	
Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
528	781	829	2113	1832	3541	30	378	272	451
1309		2942		5373		408		723	
Total: 10755									

**Table 2: The Sex Ratio of Students in the Sample Study**

School of Agriculture		School of Postgraduates		School of Basic Science		School of Engineering		School of Law and Political Science		School of Literature and Humanities	
Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
5	5	17	25	16	8	23	119	21	61	60	68
10		42		24		142		82		128	

**Table 3: The Formula to Calculate the Chi-Square, Leisure Style and Social Networking**

FO	FE	FO – FE	$(FO - FE)^2$	$\frac{(FO - FE)^2}{FE}$
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  $\chi^2 = 5.28$  df=2 sig=0.05

**Table 4: the Formula to Calculate the chi-Square, Education and Leisure Style**

FO	FE	FO – FE	$(FO - FE)^2$	$\frac{(FO - FE)^2}{FE}$
1	3	-2	4	1,33
5	3,93	1,07	1,14	0,29
2	1,04	0,96	0,921	0,89
83	94	-11	121	1,29
142	122,6	19,4	376,36	3
24	32,4	-8,4	70,56	2,2
58	46,44	11,56	133,63	2,88
44	60,56	-16,56	274,23	4,52
21	16	5	25	1,56
6	4,5	1,5	2,25	0,5
2	5,9	-3,9	15,21	2,58
4	1,6	2,4	5,76	3,6

N=392  $\chi^2 = 24.64$  df=6 sig=0.05

**Table 5: The Formula to Calculate the Chi-Square, Style, Leisure and Access to Modern Means of Communication**

FO	FE	FO – FE	$(FO - FE)^2$	$\frac{(FO - FE)^2}{FE}$
118	96,68	21,32	454,54	4,7
177	142,7	34,3	1176,49	8,24
43	98,6	-55,6	3091,36	31,35
11	67,5	-56,5	3192,25	47,29
219	99,6	119,4	14256,36	143,1
6	68,84	-62,84	3948,8	57,36
105	112,1	-7,1	50,41	0,44
0	165,5	-165,5	27390	165,5
287	114,3	172,3	29756	260,3
119	76,6	42,4	1797	23,4
125	113,1	11,9	141.61	1.25
24	78,1	-54,1	2926	37.4

N=392  $\chi^2 = 700$  df=6 sig=0.05

**Table 6: The Formula to Calculate the Chi-Square-Style Leisure and Business Facilities (Private car)**

FO	FE	FO – FE	$(FO - FE)^2$	$\frac{(FO - FE)^2}{FE}$
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  $\chi^2 = 243.4$  df=2 sig=0.05

**Table 7: The Formula to Calculate the Chi-Square-Style Leisure and Business Facilities (home)**

FO	FE	FO - FE	$(FO - FE)^2$	$\frac{(FO - FE)^2}{FE}$
68	23.8	44.1	.1947	81.5
98	36.4	61.6	3794.5	104
43	17.7	25.3	640	36.1
52	96.1	-44.1	1944.8	20.2
85	146.5	-61.5	3772.25	25.8
46	71.2	-25.2	635	8.9

N=392  $\chi^2 = 276.5$  df=2 sig=0.05

**Table 8: The Formula to Calculate the Chi-Square-Style Leisure and Business Facilities (Electronics)**

FO	FE	FO - FE	$(FO - FE)^2$	$\frac{(FO - FE)^2}{FE}$
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  $\chi^2 = 133.3$  df=2 sig=0.05

**Table 9: The Formula to Calculate the Chi-Square-Style Leisure and Membership in Social Groups**

FO	FE	FO - FE	$(FO - FE)^2$	$\frac{(FO - FE)^2}{FE}$
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  $\chi^2 = 35.11$  df=10 sig=0.05