

### S3 HOLIDAY WORK TERM III

#### TOPIC: LEISURE

**Copy all the notes in your note book and do the task given with in.**

#### THE FOUR TYPES OF LEISURE.

1. **Cultural leisure activities** are those which represent or carry cultural expressions irrespective of the commercial value they may have. Examples include: dance performances, sharing and listening to stories from the elders. Sports, cultural events among others.

Cultural leisure helps to preserve culture, promote good morals and Keeping health etc.

2. **Physical leisure activities** are those that people engage in and involve dynamic energy during their freely disposable time. Examples include: playing soccer athletics, swimming jogging among others.

Physical leisure improves health, socializing, gaining physical skills, income generating among others.

Christians need to engage in physical leisure so that your body which is the body of Christ is well kept.

3. **Social leisure** involves leisure activities which are carried out on social setting. They involve family, relatives and friends. Examples include; visiting friends, going to parties, going for fellowship, visiting friends, neighbors.

During social leisure people talk to each other, relate with each other, giving gifts to others etc.

Social leisure s promotes bonding, maintaining relationships, enjoyment and satisfaction, community building, making new friends etc.

4. **Solitary leisure** are those activities that individuals engage in alone as one person. For example, meditation, listening to music, reading the bible and novels among others. Solitary leisure helps one in gaining spiritual nourishment through meditation on God's word, reflecting on your life acquiring more knowledge, self-reflection.

#### **How leisure can build good relationships, unity and civility**

In this section you will learn to discover how leisure can build friendship, unity and civility.

Friendship means mutual trust and support.

Unity means being joined as a whole.

Civility means formal politeness and courtesy in behavior of speech

The activities that can promote the three virtues

Age groups and their suitable activities

Different age groups blend differently to different age groups

#### **TASK III**

Complete the table below to talk about the leisure activities

- a) The young
- b) The old.
- c) Discuss five reasons for preferences of each group

AGE GROUP	LEISURE ACTIVITIES	REASONS FOR PREFERENCES
4-10 YRS		
11-15YRS		
15-21YRS		
22-29YRS		
30-45YRS		
45-60YRS		
61-75YRS		

## MODERN TRENDS OF LEISURE

### TASK II

1. Identify the new leisure activities you have noticed in your community and give examples of the **AREAS** where they are carried out. **(05 SCORES)**

2. What do you think has brought these changes in the leisure? **(06 scores)**

## TECHNOLOGICAL INNOVATIONS IN LEISURE

There are many leisure activities that have changed because of change in technology and the increasing level of information.

### TASK III

There are many innovations in leisure brought about by leisure. Show the;

- a) Activities where technology has been deployed and how? **(05 scores)**
- b) Advantages **(05 scores)**
- c) Disadvantages of technology and innovation in leisure. **(05 scores)**

## SOCIAL MEDIA AND LEISURE

### TASK 4;

- a) Using the internet, search for social media landscape 2023, Study the picture and carefully identify all the social media platforms that are commonly used.
- b) Share the;
  - I. Advantages **(05 scores)**
  - II. disadvantages of using social media **(05 scores)**

## MISUSE OF LEISURE

Some people in societies today do not spend their leisure in a good way or misusing or abusing of leisure as seen below:

- Leisure is being abused through alcoholism. The excessive drinking of alcohol becomes a daily business at the expense of other more production activities.

- Smoking is another leisure abused today. Many people smoke plants such as tobacco, marijuana during their free time. This affects people's health negatively.
- Some people abuse leisure by gambling. They participate in playing games for money without having any knowledge of the outcome. Such games lead to loss of money negatively.
- Some people abuse leisure through rumourmongering. Such people are fond of spreading unofficial stories which may disrupt the relationship among people.
- Other people misuse leisure by roaming on streets. Such people move up and down on streets without any reason during their free time. This may force them to commit crimes.
- Leisure is being misused by just sitting in an idle way. It is through this idleness that an individual think of committing crimes.
- Some people abuse leisure by engaging in absence talks. This is a common practice among the young ones that may lead to moral degeneration.
- Leisure is being misused by working continuously even at the time one is to have a rest. This cause inefficiency in work.
- Some people misuse leisure by engaging in pick pocketing. This is common with gangsters who steal who steal money from other people especially along the streets.
- Other people engage in prostitution at the time they are free from work. This is harmful to individuals and also causes misunderstanding between people.
- Some people abuse leisure through reading pornography and watching phonographic movies like blue movies. This corrupts morals and leads to moral degeneration
- Excessive, sleeping is also another way of abusing leisure. This causes laziness.
- An unnecessary visit among the youths. They always go and visit their schoolmates even when there are not friends.
- Creating a lot of attention to body parts such as the hair, nails among girls is another way of abusing leisure. This wastes a lot of time.

**NB.** As a Christian, you are not supposed to be involved in leisure misuse. You should be prayerful to avoid bad peer groups and temptations and also to avoid being idle. This is because leisure misuse endangers your body which is a temple of the holy spirit. Besides, such leisure activities do not glorify God.

#### **Show how leisure abuse can be destructive to individuals and his society**

- Smoking and excessive drinking of alcohol can lead to diseases for example lung cancer and heart diseases respectively.
- Fighting due to peer grouping can lead to injuries and death.
- Passive leisure can lead to loss of skills and creativity for example if one spends leisure watching films, listening to music, she/he can't be creative.
- Loss of cultural values as some people today use leisure to expose their nakedness "kimansulo" which is contrary to African cultural values.
- Increased cases of accidents due to drinking and driving hence leading to cases of injuries and death.
- Gambling informs of playing cards has increased the spirit of laziness among the youth.
- Pornographic literature such as blue movies has destroyed morals of young people.
- Man has run away from God because he is busy with enjoyment throughout the weekend without going to church.
- Marriage instabilities have occurred as a result of over drinking
- Loss of respect due to over drinking and smoking.
- Poor performance in academic s to some learners who concentrate on leisure at the expense of reading books or attending classes.
- Neglect of families
- Depression, unwanted pregnancies, general moral decay.

#### ***How the leisure industry does affect the morality of the society?***

##### ***Negative***

- It has promoted cases of moral degeneration e.g. poor dressing styles, poor dancing styles etc.
- It has created a gap between parents and children due to contradictions caused by leisure industry.
- It has promoted sex immorality in form of adultery, prostitution, fornication etc.

- He has promoted drug abuse e.g. taking to marijuana or alcohol by artists before coming for stage to perform.
- It has promoted family conflicts and irresponsible parenthood due to some family heads spending much time in bars or other areas of entertainment e.g. watching European soccer, premier and champion league.
- It has promoted bad behaviors among children due to watching immoral films e.g. Blue movies, wrestling, films characterized by love matters, violence etc.
- It has caused loss of cultural values as young people prefer spending leisure in western style to African traditional culture.
- It has promoted dubious activities like stealing among people who look for money for entertainment and drinking alcohol.
- It has promoted hooliganism and public hopelessness by the youth who spend much time in watching films, European soccer and drinking alcohol.
- It has promoted poor dressing among women involved in the leisure industry leading to loss of respect in society.

#### **Positive**

- People have got high standards of living because many people earn money from leisure.
- The industry has also created good relationship among those involved either in consuming or participating. For example, the football team which bring together many people.
- The industry has helped in training and development of people's talents to preserve social, economic and political processes in the country.
- They sensitize the people about their rights. For example, the rights to elect leaders, freedom of expression and many others.
- The industry has also checked and sensitized the public of what is going on in the country and the world at large. For example, the outbreak of some diseases likes Ebola and AIDS in Uganda.
- They have been a platform for the church to promote good morals by way of preaching and teaching.
- It has made people love their country through public national days hence patriotism.
- Some people have become religious by attending church services.

#### **As a Christian, suggest any useful leisure activities you would recommend to your close friend.**

- Doing physical exercise for health promotion and being physically fit.
- Using leisure to read Christian literature such as the Bible so as to look for God.
- Use leisure to do charitable activities that would earn blessings from God e.g. fetching water for the old people, feeding and clothing the orphans etc.
- Through using leisure time for prayers and thanks giving to the Lord.
- By using leisure time to extend God's kingdom through preaching and fellowshiping.
- By using leisure time for a pilgrimage such as going to the Uganda Martyr's shrine Namugongo.
- By reading one's book to improve on academic performance.
- Through using leisure time to go to church or public prayers especially on Sundays.
- By using leisure time to visit friends, relatives to strengthen their relationship.
- By going for retreat for self reflection and improved health.

#### **MODERN ATTITUDE TOWARDS LEISURE**

- Today there is need for money so as to be entertained thus leisure activities are commercialized.
- Self choice of leisure activity is very common due to permissiveness compared to African tradition where elders had to choose for the young one the leisure activity.
- Today leisure activities are passive. This is mainly caused by the western influence.
- Today's leisure activities are individualistic than social. There is reduced community solidarity based on leisure due to money.
- Today there is high misuse of leisure Through smoking, sexual immorality, alcoholism although a few leisure makers such as singers, dramatists, etc are saving it.
- Due to the need to get money for leisure activities, leisure has resulted into many crimes such as pick pocketing, gambling, conning etc.
- There is a decline in African cultures as regards leisure time spending eg in some cities today, drumming on a party or wedding is seen as primitive.

- There is an increasing gap between the rich and the poor because leisure activities are highly commercialized. This has made the poor to remain miserable and frustrated when they see the rich enjoying.
- There are increasing cases of rural urban migration due to the differences in leisure activities of rural areas as compared to those in urban areas.
- The leisure activities today have created classes between the elites and the illiterates, the rich and the poor hence creating disunity in society.
- Leisure activities today are timetabled unlike in the past where it depended on culture and seasons.

### **UNDERSTANDING OF LEISURE IN MODERN AND TRADITIONAL AFRICA**

#### **Task**

**With the help of elders at home or phone call to elders, ask the leisure activities that people of long ago involved in.**

- In the African past, there was no special time designed for leisure. It was conducted at any time depending on a given piece of work that was done of anytime.
- Leisure was communally spent. It involved all people in the given community.
- Leisure was a time for the family and the clan to teach the young ones the value of life in that particular community.
- Leisure activities were active in nature. All people had to participate directly in the activities being enjoyed like singing, wrestling, dancing without just watching.
- Leisure in the African tradition was free of charge. It did not involve any payment like money. All people had the access to the activities for the good of the community.
- Leisure involved carrying out important community celebrations such as weddings, child birth, child naming and circumcision rites etc.
- Leisure was related one's skills and talents. It aimed at developing the individual skills and talents for the service of all people. This was done through mock hunting, playing instruments, mock fighting etc.
- Leisure in traditional Africa was integrated into work. In other words, it was difficult to differentiate leisure from the actual piece of work.
- Leisure involved thanks giving intended to please and request God, spirits and the ancestors for particular things in their lives such as good harvest, rain and child birth.
- Leisure had to be socially accepted by the general public. Elders had the role of improving a given leisure activity to be enjoyed at a given leisure time.
- Leisure was a means of restoring the lost energy after a whole days work.

#### **LEISURE ACTIVITIES IN THE AFRICAN TRADITIONAL SOCIETY (A.T.S)**

- Beer party was an important way of passing time in African traditional society.
- The traditional Africans had time for community celebrations such as introduction ceremonies and thanks giving ceremonies.
- Drinking local beer was leisure activity for example among the Alur in west Nile they could drink local brew from the same pot as they conversed.
- Some people played musical instruments during leisure time for example in Buganda the Baganda could play xylophone (amadinda) as a way of entertaining people.
- The traditional African spent their leisure time singing. They were working such as digging, harvesting as well as singing.
- Dancing was one of the leisure activities in traditional Africa. This differed from community to community. Some dances were for joy and others were for mourning.
- Story telling was part of the leisure activities. The elders would tell the young one's stories related to their origin and ancestors aiming at educating them.
- The elders would tell the young one's stories related to their origins and ancestors as a means of educating them.
- Interpreting proverbs was another way in which leisure was spent. They made statements having hidden meaning but aimed at explaining something or giving advice.

- The traditional Africans offered sacrifices during leisure time. This was done to thank God, the spirits and the ancestors for their provisions such as rain, good harvest, and to forgive them their sins.
- There were also mock battles during leisure time to prepare the individuals to be able to defend themselves in case of external attacks.
- The traditional Africans enjoyed wrestling during leisure time. The winners were given some prizes.
- Telling and interpreting riddles also formed part of leisure activities in traditional Africa. This was conducted around a camp fire in the evening hours. In such cases confusing and difficult questions or statements were made demanding quick response. This was aimed at testing and approving the reasoning capacity of an individual.
- Art and craft was carried out during leisure in traditional Africa e.g. weaving baskets, mats etc.
- Leisure was also time for prayers. This was a way through which the Africans dedicated themselves to God and communicated their needs.

#### **LEISURE PRACTISES IN TRADITIONAL AFRICAN SOCIETY THAT ARE STILL RELEVANT TODAY**

- There is many traditional leisure that are still being practiced in modern Africa. These include; singing, dancing, visiting relatives, wrestling, drumming, basketry, pottery, and playing musical instruments like drums, fiddles, harps and flutes. People still make drums, mats and other crafts during leisure time
- Discipling of young ones is still done for example” kisaakaate”in Buganda. There is still attendance of cultural ceremonies like marriages, child naming, twin rituals circumcision among others

#### **IMPORTANCE OF LEISURE IN AFRICA TRADITION**

- Leisure helped the traditional Africa to acquire and develop talents through activities such as dancing, singing and wrestling.
- Leisure gave the opportunity to share the fruits of their labour especially at a beer party.
- Leisure helps to strengthen and build the relationship among traditional Africans. This was done through making visits, and coming together as family members.
- Leisure gave the opportunity to the elders to discuss various issues in the community. This included planning for the development and solving any other problem that had arisen.
- Leisure helped the traditional Africans to earn a living. This was through activities such as hunting, weaving baskets, mats etc. Such items were exchanged with other items.
- Leisure was used for educating the young ones. The elders could teach the young ones names of the clan, the trees where they could get herbs, proverbs, stories etc.
- Leisure gave the opportunity of sharing ideas. This was true/during beer party which helped in the smooth running of the community.
- Leisure was used for praying to God and offering sacrifices so the Africans received blessings from God during leisure time.
- Leisure promoted co-operation among the traditional Africans. They came together in a beer party as they shared beer and this promoted the spirit of togetherness.
- Leisure helped to promote and preserve culture, carrying out cultural rituals such as circumcision, child naming, twin rituals etc.

Leisure promoted courtship among the people. The men and women who were attracted to each other were able to come together and build their relationship

#### **DIFFERENCES IN THE WAYS OF SPENDING LEISURE TIME BETWEEN TRADITIONAL AFRICAN SOCIETY AND PRESENT SITUATION**

- In the African tradition leisure activities were communally done, where as today there is a lot of individualism due to western influence and the money economy.
- In the African Tradition society leisure activities were organized according to age, sex and status, where as today on the other hand leisure activities attract people of different ages, sexes and status; to permissiveness and formal education.

- In African tradition, leisure was for free and communal, today most leisure activities are commercialized.
- Whereas most leisure activities in traditional Africa were communal and creative, today on the other hand most leisure activities promote individualism and idleness e.g. watching to programs.
- In African Traditional society leisure and work were mixed up and depended on seasons and culture but today leisure activities are time tabled as work is also timetabled.
- Whereas in traditional Africa leisure was used. For imparting cultural values and norms to the young people today most leisure activities promote immorality like watching blue movies, drinking alcohol etc.
- Whereas today most leisure activities are classified according to health such that the rich enjoy different entertainment from those with the poor unlike in T.A where the poor and the rich freely interacted during leisure time
- Today most leisure activities are aimed at making money but most leisure activities in ATS where aimed at promoting unity, learning as well as good behaviour.
- Whereas today most leisure activities centre around western cultures on the other hand the T.A leisure activities were Africanised for example pot making, weaving baskets, mats etc
- Some leisure activities today create conflicts between parents and children due to western influence unlike traditional where the youth learnt from elders during the leisure time.

### **SIMILARITIES**

- In both beers party celebrations are important. Many people in the evening go for beer drinking as it was in African traditional society.
- In both hand crafts is an important activity of leisure. People in rural areas engage in mat weaving, basket weaving, pot making and wood curving among others like today.
- In both payment of bride wealth and introduction is an important leisure activity. Especially the Baganda of central Uganda. In Uganda today weekends are used for such activities as introduction and marriage ceremonies.
- In both stories, proverbs, songs and riddles are a common way the spending leisure time in the evening with the intension of imparting traditional cultural values among the young generation.
- In Traditional Africa, just like today leisure time was aimed at relaxing and refreshing people's minds and body thus restoring the lost energy.
- In both communal sharing is encouraged and exercised. Leisure is carried out as a community not as an individual.
- In both is used to develop relationships. Besides promoting reconciliation among conflicting parties in society.
- In both communal feasts and celebrations are exercised. Such feasts as weddings, naming, birthdays and initiation ceremonies among others.

### **UNDERSTANDING THE BIBLICAL TEACHINGS ABOUT LEISURE**

Using the table below, read the bible and identify the acceptable use of leisure.

<b>Bible verse</b>	<b>Lessons learnt</b>
<b>Exodus 20:8-10</b>	
<b>Leviticus 23:3</b>	
<b>Ecclesiastic 3:12-13</b>	
<b>Philippians 4:4</b>	
<b>Philippians 4:8</b>	
<b>Titus 3:14</b>	

More so Christians can visit good friends as Jesus visited Mary and Martha as God would visit Adam and Eve in the cool of the day.

They should rest on the sabbath day as God rested after creation.

Christians should have meaningful conversations during leisure just as Jesus had a conversation with the Samaritan woman in noon time at leisure such conversation change lives of others.

