



## METHODOLOGY AND HISTORY OF PEDAGOGY

## МЕТОДОЛОГІЯ ТА ІСТОРІЯ ПЕДАГОГІКИ

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### LEISURE ACTIVITY AS A FACTOR OF A HEALTHY LIFESTYLE

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*The article describes the theoretical aspects of the organization of leisure time and leisure activities. Based on the analysis of scientific sources, it has been proven that meaningful leisure is one of the components of a healthy lifestyle. The impact of the organization of leisure time on the moral and psychological climate in society, its cultural level, and the physical and moral health of the population is analyzed. It was concluded that meaningful leisure and socially oriented leisure activities are not only components, but also factors of a healthy lifestyle.*

*It was noted that the organization of recreational activities has an extraordinary influence on the formation of personality, and the comprehensive and harmonious development of a person is not only a high social ideal, but also a necessary condition for solving the tasks of today's society.*

*An attempt was made to implement objective and functional approaches in considering leisure and leisure activities. The implementation of the objective approach made it possible to determine the content component of leisure time, to highlight the main concepts of leisure time and its principles. The functional approach contributed to focusing attention on the functions of leisure time in the life of a person and society (recreational, entertainment, educational) and factors influencing a person's choice of various forms of leisure activity. Emphasis is placed on the expansion of the scale and qualitative improvement of cultural and educational activities, and the necessity of giving priority to those forms of leisure that stimulate human creative activity, are saturated with intellectual search game and competition, and are capable of forming positive personality qualities.*

*Further research of the problem of organizing leisure activities in the process of forming a healthy lifestyle will be aimed at finding new, more effective combinations of content, forms, methods and means, functions and principles of leisure that meet the demands of modern society, interests and needs of different age groups.*

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**Key words:** *leisure time, leisure activity, healthy lifestyle, free time, concepts of leisure, principles of organization of leisure activities, forms of leisure activities.*

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## ДОЗВІЛЛЕВА ДІЯЛЬНІСТЬ ЯК ЧИННИК ЗДОРОВОГО СПОСОБУ ЖИТТЯ

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У статті розглянуто теоретичні основи організації дозвілля і дозвіллевої діяльності. На основі аналізу наукових джерел доведено, що змістовне дозвілля є однією з складових здорового способу життя. Проаналізовано вплив організації дозвілля на морально-психологічний клімат у суспільстві, його культурний рівень, фізичне і моральне здоров'я населення. Зроблено висновок про те, що змістовне дозвілля і соціально спрямована дозвіллева діяльність є не лише складовими, а і чинниками здорового способу життя. Відзначено, що організація дозвіллевої діяльності має надзвичайний вплив на формування особистості, а всебічний і гармонійний розвиток людини є не лише високим соціальним ідеалом, а й необхідною умовою для вирішення завдань, що стоять на сучасному етапі розвитку суспільства. Зроблена спроба реалізувати предметний та функціональний підходи у розгляді дозвілля і дозвіллевої діяльності. Реалізація предметного підходу дозволила визначити змістову компоненту дозвілля, виділити основні концепції дозвілля та його принципи, Функціональний підхід сприяв зосередженню уваги на функціях дозвілля в житті людини та суспільства (рекреаційній, розважальній, просвітній, виховній) та чинниках, що впливають на вибір людиною різних форм дозвіллевої діяльності. Наголошено на розширенні масштабів і якісному вдосконаленні культурно-просвітницької діяльності та необхідності при організації дозвілля надавати перевагу таким його формам, які стимулюють творчу активність людини, насичені інтелектуальною пошуковою грою та змаганням, здатні формувати позитивні якості особистості.

Подальше дослідження проблеми організації дозвіллевої діяльності в процесі формування здорового способу життя буде спрямовано на пошук нових, більш ефективних поєднань змісту, форм, методів і засобів, функцій та принципів дозвілля, що відповідають запитам сучасного суспільства, інтересам і потребам різних вікових категорій.

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**Ключові слова:** дозвілля, дозвіллева діяльність, здоровий спосіб життя, вільний час, концепції дозвілля, принципи організації дозвіллевої діяльності, форми дозвіллевої діяльності.

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**Introduction of the issue.** Today, the concept of a healthy lifestyle has acquired a special meaning. A healthy lifestyle is not only jogging in the morning, hardening, gymnastics, quality nutrition, organization of physical activity, personal hygiene, rejection of bad habits, culture of sexual behavior, but also organization of work and rest regime. A healthy lifestyle is the typical forms and methods of a person's everyday life, which strengthen the adaptive and reserve capabilities of the body, and thereby ensure the successful performance of social and professional functions by a person [2: 64].

So, meaningful leisure time is one of the main components of a healthy lifestyle. The moral and psychological climate in society, its cultural level, and physical and moral health depend on the organization of the population's leisure time.

If a person has nothing to do in his/her free time, he/she tries to occupy

himself/herself with something interesting, to realize himself/herself in something, this is a natural and social specificity of the human organism, which always requires action, some kind of occupation. If free time is not organized, then a person can find himself/herself in negative, socially harmful activities.

In this situation deviations and gradual spiritual and social degradation of the personality are possible. Unemployment in free time can also lead to such phenomena as addictive, deviant and delinquent behavior. The organization of leisure activities has an extraordinary influence on the formation of personality, and the comprehensive and harmonious development of a person is not only a high social ideal, but also a necessary condition for solving the tasks facing modern society.

**Current state of the issue.** The problem of free time and leisure is studied in sociology, psychology, cultural studies, pedagogy, cultural and educational work.

A significant contribution to the scientific analysis of the theory and practice of cultural and recreational activities was made by I.V. Biletska, V.Y. Bochelyuk, V.V. Bochelyuk, V.V. Kirsanov, I.S. Petrova, V.M. Picha, N.M. Tsimbalyuk etc.

The role played by leisure activities in the formation of a healthy lifestyle of student youth is determined by O.E. Salamakha and G.Yu. Chekhovska. They consider leisure from the standpoint of social education of student youth. Pedagogical and axiological aspects of the concept of "adjustment to a healthy lifestyle" of student youth are investigated by Yu.S. Boyko.

**Aim of research** is to analyze the concept of leisure time and determine the forms and methods of its organization as factors of a healthy lifestyle. Leisure will be considered in the context of subject and functional approaches, analysis of the works of scientists who dealt with the problem of forming a healthy lifestyle in the process of leisure activities.

**Research methods:** theoretical analysis of methodological and pedagogical literature, Internet resources on the issue connected with the leisure time, forms and methods of its organization; synthesis and generalization.

**Results and discussion.** Leisure can be defined as a means of restoring a person's strength in the process of his/her activity. Leisure is only a part of recreation, as it does not include time for sleep and other forced spending of time that can be called recreation. Both in domestic and foreign literature today there is no consensus on approaches to understanding the concept of leisure. Historically, three approaches to the interpretation of leisure time have developed: 1) the division of an adult's time budget into working and non-working time, within which leisure and free time were considered the same thing; 2) identification of recreation and leisure; 3) leisure as a part of free time, excluding from the latter all serious activities related to personality

development (reduced to rest and entertainment).

Thus, A. Volovik adheres to the following definition of leisure: "Leisure is the time that remains with a person after the implementation of all types of activities dictated by external expediency. In other words, leisure time is a period of time freed from obligatory and inviolable affairs" [5: 128].

In the Dictionary of Modern Ukrainian Language, leisure is defined as time free from work, time for rest [4: 234].

V.M. Picha understands leisure as a set of activities that help restore a person's physical and mental strength [8: 17].

Summarizing the above concepts, leisure can be defined as an activity of a person in his/her free time, which is of a special need and value. Leisure is realized in the field of cultural services through watching movies, reading literature, attending performances and concerts. Physical activities are also leisure ones, as health-preserving forms of activity; communication and activity in interaction; self-education, as the realization of the need for mastery in a certain activity; holiday and inactivity as the realization of the need for entertainment.

V. Kirsanov, studying the pedagogical potential of leisure time singles out two approaches: objective and functional. The objective approach is based on the definition of the content component of leisure (leisure as free time, leisure as a freely chosen activity and leisure as an emotional state of the individual), and the space in which pedagogical and psychological problems should be solved. The functional approach aims to focus attention on the functions of leisure in the life of a person and society (recreational, entertainment, educational etc.) [6: 37].

Starting from the second half of the 20th century a number of leisure concepts were formed in the society. The main concepts of leisure are: quantitative, creative, psychological, integrational.

The quantitative concept considers leisure time as a component of time space and provides for the division of a person's time budget into working and non-working time. Leisure is equated with non-working time, studied as a person's free time, considered as an essential component of free time, when a person is freed from all household, work and family responsibilities. In this sense, leisure has a recreational and entertainment content.

The creative (constructive, aimless, antisocial) concept considers leisure as a separate type of human activity. Leisure as a type of activity is carried out in accordance with the needs of the individual, with the aim of obtaining satisfaction, restoring psychophysical forces, increasing educational and spiritual levels, etc.

The psychological concept studies the psychological state of a person and recognizes as leisure activities only those ones that are positively perceived by a person.

The integrational concept covers a holistic way of life. According to this concept, all spheres of human life have leisure potential.

There is no unanimous opinion among scientists regarding the types and functions of leisure time. Among the types of leisure activities, researchers consider physical leisure activities, practical leisure activities, cultural leisure activities and social leisure activities to be the leading ones.

Physical leisure activity is an activity aimed at engaging in physical culture and sports or recreational activities. Practical leisure activity is aimed at free choice of various types of occupation. Cultural leisure activity is aimed at the intellectual development of the personality, the involvement of a person in the aesthetic values of society. The content of social leisure activities is interpersonal communication and establishment of psycho-emotional balance.

Considering the functions of leisure, I. Petrova believes that the main social functions of leisure are recreational,

communicative, social, creative, value-oriented, cognitive and educational [7].

The recreational function is aimed at relieving industrial fatigue, psychological overstrain, and reproducing a person's physical, intellectual, and emotional forces; to improve health by organizing games, entertainments, sports, tourist-excursion programs, entertainment evenings, entertainment events, theatrical performances, public holidays. The recreational function is one of the leading for modern recreational facilities; its purpose is to promote relaxation and informal communication. The recreational function is clearly manifested in such forms as concerts, artistic performances, sports competitions, artistic creativity, amateur associations, holidays, tourist events.

The communicative function allows expanding the possibilities for communication, overcoming loneliness, and finding new friends. It is clearly manifested in such forms of entertainment as debates, discussions, evenings of rest, conferences, competition and entertainment programs, educational actions, etc.

The social function contributes to the fact that each personality has its own dignity, can find the meaning of its existence, contributes to the integration of a person into society, satisfies the possibility of self-identification, and allows feeling a certain destiny in life. It combines the functions of adaptation, socialization, psychological prevention and is connected with socio-cultural recreational and leisure projects for people with disabilities and elderly people.

In the cognitive function, leisure becomes an integral component of continuous education, emphasizing the importance of self-improvement and self-education, spiritual enrichment of the individual. The cognitive function allows you to satisfy the need for additional information, the dissemination and acquisition of knowledge. In contrast to educational institutions, recreational activities are not limited by certain regulations and rules; their

implementation depends on the desire, initiative and self-sufficiency of members of the recreational institution, taking into account their individual interests.

The value-orientation function consists in the formation of a system of value ideas and orientation of the personality, motives, ideals, beliefs, life position and is manifested in the attitude of the individual to the environment, to other people, to himself/herself. Perceiving certain events, facts, objects, scientific concepts, the behavior of other people, the surrounding world, a person always evaluates and forms a certain attitude towards them. A person's assessment, perception and understanding of anything reflect his/her attitude to a certain phenomenon and affect the activity of the individual. The value-oriented function of leisure provides for the use of the experience of national, family, religious, and school education. The formation of value orientations on leisure time must be carried out with the active participation of the person himself/herself, who chooses and produces orientations among many aesthetic, moral, political or other life values.

The educational function of leisure has specific features, which consist in the voluntary inclusion of a person in the leisure activity and is manifested in the purposeful development of personal potentials (cognitive, value-oriented, communicative) [13].

The principles on which the organization of leisure activities is based are important. Traditionally, scientists define the following general principles of leisure activities:

- systematicity as a purposeful, systematic organization of leisure activities for the purpose of rational use of free time, development of social activity and individual initiative of a person, and distraction from antisocial behavior;

- voluntariness as a certain independence of leisure, the absence of regulation by the state and other

structures, a person's free choice of leisure activities;

- differentiation as taking into account the characteristics of different layers of the population, working conditions, professional interests, age specificity, gender characteristics, level of spiritual development of the individual;

- availability and quality of leisure services as satisfaction of the needs and requests of clients of the leisure facility, systematic study of their wishes, forecasting of the development of the leisure sector;

- the compliance of recreational services with local socio-demographic, economic, cultural-educational, political conditions, practical human activity;

- the principle of interest, which means taking into account the interests of the individual, provides for the correspondence of leisure activities to the person's inclinations and preferences.

Nowadays, a consistent expansion of the scale and qualitative improvement of cultural and educational activities is observed. This is due to a number of circumstances. The main one is the democratization of our society, the humanization of the content of the leisure time, which involves an orientation to universal human values, the expansion of human rights in the sphere of culture, education, free time, opposition to violence and debauchery, which are replicated in mass media; creation of conditions for the free development of personality.

N. Tsymbaliuk states that "leisure acts as a socio-cultural resonator of changes in the general social system and all subsystems of society and is a certain reflection of opportunities for its development, a manifestation of its vital activity. It complements the idea of the social image of society, helps to understand the extent of its spirituality and perspective" [11: 6]. Based on that, she singles out the following principles of the organization of leisure time:

- humanization of the content of the educational component of leisure time, which is based on universal human values, human rights, ensuring their*

protection, creating conditions for personality development, banning the promotion of violence and debauchery;

*orientation and development of a personality, as the main value of society;*

*national orientation of the content and forms of leisure activities;*

*decentralization and democratization of leisure, movement from standardization and unification to variety and multi-color forms of leisure time;*

*taking into account regional and local features, traditions, customs, rituals in the organization of leisure time;*

*continuity and succession the forms of leisure throughout the life of an individual, as a means of his/her socialization;*

*taking into account social, national, age, individual characteristics and needs of different age categories of the population;*

*unity of efforts of the state, political and public organizations, family, other social institutions in organizing the content of leisure;*

*modernization, updating the technology, forms and methods of work taking into account the achievements of world experience;*

*ensuring the development and support of initiative, volunteerism, self-organization of leisure time;*

*priority of spirituality;*

*compliance of state, group and personal interests [11].*

In modern conditions, one of the central principles of the organization of leisure activities in Ukraine is the national orientation of the content and forms of leisure, the saturation of leisure activities with elements of the national cultural heritage, the introduction into practice of national leisure traditions, the revival of household customs and rituals.

The principle of regionality is also relevant, which provides for the consideration of local features, cultural traditions, customs, rituals, and the organization of activities aimed at studying and developing the local cultural environment in the organization of cultural and educational work.

A person's choice of a form of leisure activity is determined by the action of many factors, which are divided into internal and external.

Internal factors include: limitation of free time in certain categories of the population, underdeveloped infrastructure and lack of qualified specialists, low level of motivation of the population for socially productive leisure time, insufficient awareness of citizens about the functioning of the leisure sphere, etc. External factors are: social tension, loss of traditions and spiritual unity of generations, value instability, and the prevalence of consumerism in social and cultural life [12].

In order to make leisure time meaningful, which contributes to the development of personality, it is necessary to use adequate forms and methods of organizing leisure time. Based on the above-mentioned principles, when organizing leisure time, it is necessary to give preference to such forms of it that stimulate the creative activity of a person, are saturated with intellectual search game and competition, and are capable of forming positive qualities of the personality.

It is customary to call the methods, techniques, methods of actions of using means of influence on the audience as methods of cultural and leisure activities. The following basic methods are used in cultural and recreational activities: games and game trainings, theatricalizations, competitions, improvisations, etc. Working with teenagers and young people, the methods of creating educational situations and the method of equal spiritual contact, based on the joint activity of children and adults as "equals" in something are widely used. Organizers, social pedagogues, students are equal members of the school club, drama group, creative associations.

Common forms of work are: debates, family holidays, various trips, educational programs, meetings with interesting people (in particular, idols), historical lessons, exhibitions, competitions, concert and art groups,

quizzes, talent auctions, discos, dance halls plot-games and dance-entertainment programs, music shows, birthday parties, etc.

It is important to use state and national holidays: the celebration of the Day of the Ukrainian Constitution, the Day of Independence of Ukraine, green holidays, St. Ivana Kupala, etc. It is possible to organize sports and entertainment program "Among Us Cossacks", a quiz tournament related to Cossacks, a conversation about state symbols and the National Anthem of Ukraine "State Symbols", a contest of linguists "Native language - nightingale song", meetings with experts and masters of folk art, theatrical educational programs about the traditions and customs of Ukrainians "Pages of the national calendar", auction of folk wisdom, a series of talks "Without willows and viburnum there is no Ukraine", drawing competition "We live in Ukraine", festival of Ukrainian folk tales "Guests of a fairy-tale family", the Ukrainian folk song contest "Let's sing a cheerful song", a discussion about the symbols of the Ukrainian wreath "Let's weave a Ukrainian wreath", etc.

**Conclusions and research perspectives.** The analysis of scientific sources made it possible to clarify the concepts of leisure and non-leisure activities, to highlight their principles, functions, forms and methods. Success in the work of organizing leisure activities depends on the interest of the organizers, their energy, perseverance, love for the work, as well as the ability to awaken initiative and independence. There are various forms and methods of organizing leisure activities.

It is an important task of specialists in the field of cultural and recreational activities to choose from a wide variety of means, forms and methods those that in each specific case will provide an opportunity to solve the tasks facing them in the best possible way.

Further research of the problem of organizing leisure activities in the process of forming a healthy lifestyle will be aimed at finding new, more effective combinations of content, forms, methods and means, functions and principles of leisure that meet the demands of modern society, interests and needs of different age groups.

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