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How Young People Can Spend their Free Time Usefully

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Abstract. The article reviews and answers the questions that affect our pastime. We analyze how a person can properly allocate his time, how he can spend it not in vain. We also consider with whom, how, and what time we spend throughout our lives. Moreover, in the article you will find the information how teenagers spend their time and whether they distribute it correctly.

The authors studied the options for the correct distribution of the time, the correctness of spending time on friends, family, loved ones and just on yourself. How can you avoid being lonely? And what can you do when you are sitting alone in four walls, and how not to go crazy? Why do we need to make a plan for the day, and how will it help us at all?

We tried to reveal the secret and property of time as the most important and basic resource in our life.

Keywords: pastime, lonely, plan, basic resource, benefit.

Introduction.

The problem of the pastime of adolescents is very complex and contradictory. A large amount of unorganized free time of adolescents and the inability to manage it often leads to spiritual poverty, internal emptiness, laziness and idleness. The problem of self-organization by adolescents of their leisure deserves close attention only because a person who knows how to spend his leisure time with benefit and interest not only develops his own personality, but also contributes to improving the leisure qualifications of the people around him. Leisure activities, of course, depend on the age characteristics of the individual. And, if an adult, relying on his own life experience, can organize his leisure, then a teenager is often beyond his powers. This is where all sorts of asocial forms of behavior of adolescents arise, etc. How can we form the skills and abilities of rational spending leisure time, contributing to the growth of creative activity of adolescents, improving their leisure qualifications, how to teach adolescents to plan their own activities in the sphere of leisure? Leisure is a bridge to the creative world. It provides additional education and development. It is riddled with, overflowing with lifestyles. The essence of leisure is to support the child as a person and a doer. Cultural and leisure activities are completely voluntary. It is impossible to force children to do something not wanted in their leisure time. It is possible to attach to it, to interest. Leisure is based on the principle of pleasure, on the sensory basis of pleasant sensations, experiences, thoughts. Leisure is the satisfaction of personal interests and aspirations of children. When a person does not know what to do during his leisure time, his morality deteriorates. It is very important for a person

to use their leisure time productively, efficiently and creatively. The extent to which an adult will succeed in this will largely depend on the development of skills and abilities of self-organization of leisure in childhood, because childhood is a sensitive period in the formation of cultural and leisure potential.

Materials and methods.

In order to analyze information related to our research, we collected data from students of University of Tyumen. We also used such experimental and theoretical methods of research as analysis, logical method, deduction and others. This allowed us to summarize the results of our own experience and that of the world. The basis of the study was the theoretical method. The analysis and synthesis of literature allowed us to understand the problem in general. We studied many articles on pastime, and how people spend it. Based on our analysis, we found out whether young people take part in social events and how they spend their free time.

Results.

The majority of the respondents say that they relax at home in their free time. 47% meet friends. 14% participate in public life and youth projects. Who we spend time with evolves our whole life. In adolescence we spend the most time with our parents, siblings, and friends; as we enter adulthood, we spend more time with our co-workers, partners, and children; and in our later years we spend an increasing amount of time alone. But this doesn't necessarily mean we are lonely; rather, it helps reveal the complex nature of social connections and their impact on our well-being. As we go through life, we build personal relationships with different people – family, friends, coworkers, partners. These relationships, which are deeply important to all of us, evolve with time. As we grow older, we build new relationships while others transform or fade, and towards the end of life many of us spend a lot of time alone.

To understand how social connections evolve throughout our lives we can look at survey data on how much time people spend with others, and who that time is spent with. The chart that follows shows the amount of time that people in the US report spending in the company of others, based on their age. The data comes from time-use surveys, where people are asked to list all the activities that they perform over a full day, and the people who were there during each activity. What is special about the US is that respondents of the American Time Use Survey are asked to list everyone who was present for each activity.

When we're young – particularly in our teens – we spend a lot of our time with friends, parents, siblings and extended family. As we enter our 20s, time with friends, siblings and parents starts to drop off quickly. Instead, we start spending an increasing amount of time with partners and

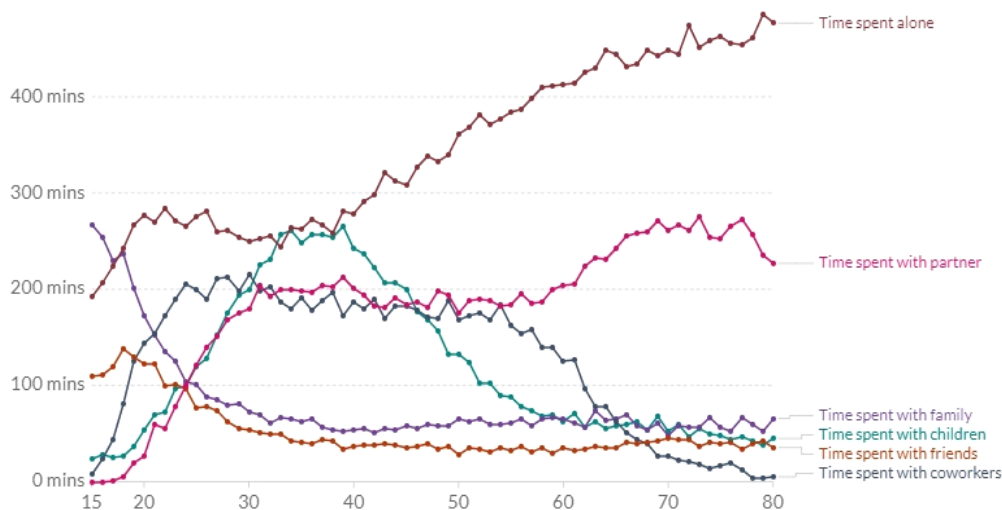
children. (The chart shows an average across Americans, so for those that have children the time spent with children is even higher, since the average is pulled down by those without children. As the chart shows, this continues throughout our 30s, 40s and 50s – over this period of their life, Americans spend much of their time with partners, children and, unsurprisingly, co-workers. For those 60 and older, we see a significant drop-off in time spent with co-workers. This makes sense, considering many people in the US enter retirement in their mid 60s. We see that this time is partly displaced by more time with partners. In terms of the diversity of interactions, this chart suggests that the number of people with whom we interact is highest around 40, but then things change substantially after that. And this is perhaps the most conspicuous trend in the chart: above 40, people spend an increasing amount of time alone (Picture 1).

Who Americans spend their time with, by age

Average time spent with others is measured in minutes per day, and recorded by the age of the respondent. This is based on averages from surveys spanning 2009 to 2019.



[+ Add or hide relationship groups](#)



Source: American Time Use Survey (2009-2019) and Lindberg (2017)

Note: Relationships used to categorize people are not exhaustive. Additionally, time spent with multiple people can be counted more than once (e.g. attending a party with friends and spouse counts for both "friends" and "partner")

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Pic. 1

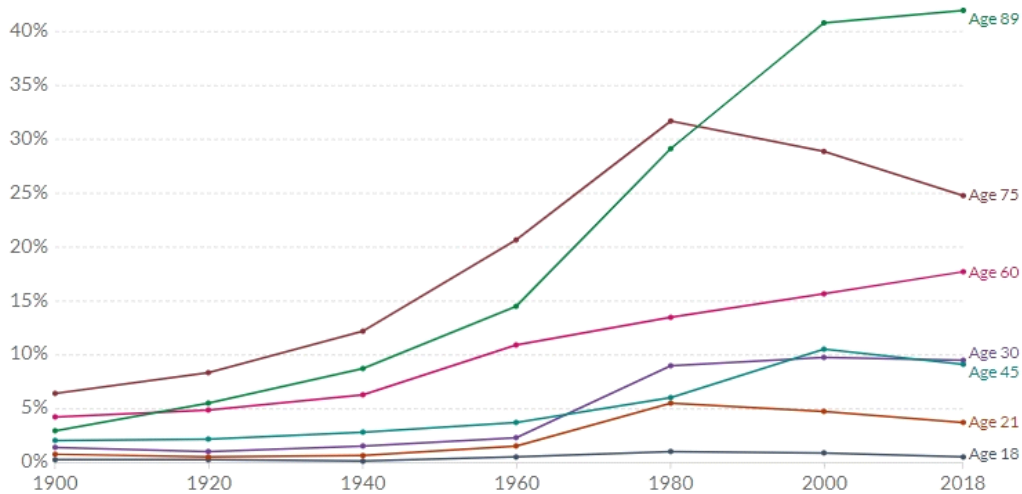
Older people spend a large amount of time alone and it is understandable why – time spent alone increases with age because this is when health typically deteriorates and people lose relatives and friends. Indeed, many people who are older than 60 live alone as the chart under shows clearly: living alone is particularly common for older adults. Today nearly 4 out of every 10 Americans who are older than 89 years old live alone. Another interesting point here is that the share of people across all age groups who live alone has been increasing over time. This is part of a more general global trend – if you want to read more about the global ‘rise of living alone’, we provide a detailed account of this trend across countries in a companion post (Picture 2).

Percentage of Americans living alone, by age

The share of Americans living alone, by age. An individual is defined as living alone where there is one person in the household and does not live in group quarters. See the source tab for more details.

Our World
in Data

+ Add age



Source: IPUMS

CC BY

Pic. 2

Being lonely hurts — it can even negatively impact your health. But the mere act of being alone with oneself doesn't have to be bad, and experts say it can even benefit your social relationships, improve your creativity and confidence, and help you regulate your emotions so that you can better deal with adverse situations "It's not that solitude is always good, but it can be good" if you're open to rejecting the idea — common in the west — that time by yourself is always a negative experience you're being forced into, according to Thuy-vy Nguyen, an assistant professor in the department of psychology at Durham University, who studies solitude. "We have some evidence to show that valuing solitude doesn't really hurt your social life, in fact, it might add to it," she said, pointing out that because solitude helps us regulate our emotions, it can have a calming effect that prepares us to better engage with others. Choosing to spend time doing things by yourself can have mental, emotional and social benefits, but the key to reaping those positive rewards comes from choosing to spend time alone. In a culture where we often confuse being alone for loneliness, the ability to appreciate time by ourselves prevents us from processing the experience as a negative thing. In fact, getting better at identifying moments when we need solitude to recharge and reflect can help us better handle negative emotions and experiences, like stress and burnout, said Emily Roberts, a psychotherapist. The added bonus? Getting started is easy — all you need is yourself.

Ultimately, each person will have a different ideal balance between how much time they spend alone and with others, but "nobody is going to be optimally served by doing only one or the other," he said.

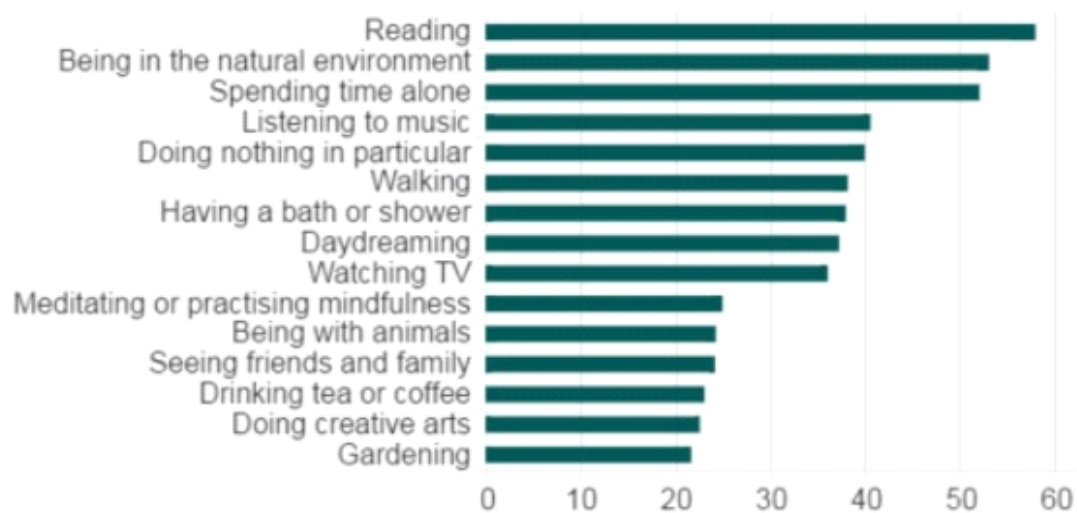
Britain has recently been described as a "leisure society." This is because there are a great

variety of leisure pursuits. Young people generally go out on Friday or Saturday nights to a disco, to a concert or to a pub. In recent years going out for a meal or getting a take-away meal have become popular too. During the past years there is a great increase in keeping fit and staying healthy. A lot of teens started running, jogging and going to different fitness clubs in their spare time. Aerobics classes and fitness clubs opened in every town, and the number of recreation centers has greatly increased. Indoor pools, with their wave-making machines, water slides and tropical vegetation, have become very popular.

It is very interesting to note that the most popular pastimes for young people have become reading and being in the natural environment (Picture 3).

Top restful activities

■ % of people choosing each activity as one of three choices



Source: The Rest Test, Hubbub at the Wellcome Collection



Pic. 3

Surprisingly, Russian teenagers spend their free time similarly to British ones. A lot of teens go in for different kinds of sport. In both countries there are special programs for problem teenagers, such as risky activities, for example they are taught to jump out of planes. But despite the increase in the number of teens participating in sport, the majority of young people still prefer to be spectators. They prefer to be couch potatoes. Watching sports on TV is a popular leisure activity, as well as going to football matches on Saturday. Cinemas have been redesigned with four or more screens, each showing a different film at the same time, and a lot of teens like going to the cinemas too.

The young generation is fond of communication. There are many available methods of communication nowadays, and the most popular one is computers. A lot of teenagers spend plenty of time working on computers. The Internet seems really good fun. You may send e-mails to friends

from different countries and get their answers instantly. You even may talk to them. It is easy and quick. A lot of teenagers have mobile telephones, so they can always be contacted, if they keep their telephone switched on, at any time of the day or night, or send text messages.

A lot of teenagers in both countries are crazy about animals. They race them, train them and breed them. They like to hear stories about them on television programs and they like reading books about them. Many teens have a pet animal. It could be a dog, a cat, a goldfish, a bird or a small furry animal like a hamster. Looking after and being kind to their pets is very important for teens. Why are teens so interested in animals? Perhaps it's because they are rather shy in their heart of hearts. One of our friends says: "I can say anything I like to my dog, but she never thinks I'm silly."

There are plenty of other kinds of activities, such as travelling, visiting historical places, babysitting, delivering newspapers, putting together jigsaw puzzles, reading, going to different museums, skateboarding, going fishing, hitchhiking, shopping, helping people in need, joining a computer club and others. We can say "So many teens; so many kinds of activities."

Conclusion.

In conclusion, we want to say that the pastime for everyone, without exception, is different, and how a person spends his time is his business. After reviewing and studying a lot of articles, we understood that time is the most expensive resource. Time needs to be properly managed: to devote to family, to yourself, to rest, to your health. We suggest that you draw up a plan for the distribution of your affairs. This will help you learn / work more efficiently. And the main thing is to sleep correctly, because if you sleep correctly, you wake up charged and ready for business. Everything is in your hands!

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