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# Investigating the Relationship Between the Active and Passive Leisure Time with the Amount of Social Deviations of Male Students of Medical Universities of Iran

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**Abstract:** The purpose of this study was to examine the relationship between the way of spending, active and passive leisure time with a degree of social deviation of male students of medical universities of country. This research is scrolling, in terms of method, correlation, purpose and data collection method. The statistical population of this research includes male students of medical universities at the 13th sport Olympiad in Tabriz. The sample size required for the study was 351 people base on Cochran formula. This sample was distributed randomly among different students present at the Olympiad. Data gathering tools are Leisure time [1] and social deviations [2] questionnaires which are validated by supervisors, consultants and experts in the field of physical education management. Their reliability using the Cronbach's alpha index was obtained 89% and 91% respectively. The collected data from spss software were analyzed by descriptive statistics (frequency, percentage, mean and standard deviation) and inferential (variance analysis, non-parametric Kolmogorov-smirnov test, Pearson correlation). The research results indicate that, there is a positive correlation between active leisure variables (sport and recreational activities, tourism, art activities, hand craft and musical activities) and social deviation variables (theft, aggression, drugs, sexual issues, suicide and taking off). therefore, there is a meaningful relationship between these variables (significance factor less than 0/05). results show that there is a positive correlation between passive leisure variables (religious activities, social-political group activities, studies, media usage and educational classes) and social deviation variables (theft, aggression, drugs, sexual, suicide and taking off). (significance factor less than 0/05).

**Keywords:** Active Leisure Time, Passive Leisure Time, Social Deviation, Medical Students

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## 1. Introduction

Leisure time is a part of everyday life of human which goes beyond job. Also it refers to the times that people do not have to work and usually incline to perform exciting and fun activities for recreation and relaxation.

Active leisure: Active leisure time is at the same time out of work, in which humans exercise physical and athletic activity without any pressure [3].

Passive leisure: Out-of-work periods, in which human beings, without pressure and with desire, are engaged in activities that are inhabited and associated with minimal

physical activity [3].

In the present study, leisure time is considered among male students of medical universities of Iran as they are funders of country and will work as a part of medicine family in the near future. Therefore, it is natural that the leisure time of these students should be more sensitive than other people in the community. Generally, although leisure time function of refreshment and entertainment is undeniable, but also reducing social deviations have particular importance. Of course it should be considered that this is the expected function of leisure time and it is possible that spending time is in such a way as to be contrary to such an expectation [4].

Of course many severe cases of deviations among students are the result of an unplanned leisure time. No deviation is regardless of how to spend youth leisure. When there is no leisure time, it means wandering the youth and there is no way to spend free time and so the unconventional ways oppose it [5].

Social deviations: Distortion or social deviation refers to behavior that is contrary to the social norms of a society. In this definition, at least two aspects are considered: Firstly, that behavior is a violation of the important norms of society; Secondly, it is punishable by most people, therefore, from the sociological point of view, given that all social norms are not of special significance, and the lack of conformity with them may be neglected and neglected., Only those abnormalities that are important and considered by most people to be guilty are considered. In this view, "Kajro" refers to a person who, firstly, is not in line with the relevant norms; secondly, his anomaly continues to persist. Therefore, it refers to someone who repeatedly repeats abnormal behavior [6].

No healthy community can remain careless to the free time of its members, which unfortunately our country faces. Careless and lack sense of responsibility of state institutions and family towards youth leisure make them to think that society is alien to them. So their perception of society and family is associated with pessimism and a sense of loneliness. In these circumstances, they may seek drugs and deviant behavior due to increased depression and hopelessness. Obviously, compromising the mental health of the youth, affect families and institutions that are directly and indirectly exposed to them. So that, state institutions must seek a serious strategy to fill in healthy leisure time and recreational opportunities for the youth [7].

Fatemi (2017) Crimes and delinquency are considered as one of the most important phenomena in human life, with various causes and factors contributing to it. The purpose of this study was to investigate the role of family in juvenile delinquency in Zanjan city by survey method. The statistical population of the study consisted of all high school students in Zanjan. The results of this study indicate that the difference between the mean of juvenile delinquency is in relation to the parents' job and educational status and income of their families. Also, the results of the study confirmed the relationship between parents' monitoring and attachment to the family with the dependent variable, juvenile delinquency. The results of regression analysis showed that parenting and family attachment variables had the most impact on juvenile delinquency [8].

Abdul Zadeh (2017) studied the issue of student leisure time and changing social values, considering that this group of young people and young people are more vulnerable to social harm and that they are emotionally and emotionally mature during puberty, the study of this problem is of particular importance in order to prevent a kind of deviations in the subject. Today, the optimal filling of leisure time of adolescents and youth is considered as one of the important issues of this future and, based on the results of numerous researches, one of the causes of young people's social

deviations is not filling their leisure time. Therefore, the leisure time of adolescents and young people has attracted the attention of practitioners of education and science-behavioral scientists and it is not doubtful that lack of a useful program for the optimal leisure time of young people provides the field for the occurrence of many social frauds. Leisure time is considered to be the best conditions for correcting unpleasant habits and unfavorable behaviors in a person due to the obligation of mental retardation and mental and psychological stresses and stresses [9].

Atay (2017) conducted a research on the effect of leisure time on addiction trends (studied by girls in Isfahan), since leisure time forms an important part of the lives of individuals, especially young people, and can be programmed right now. In this paper, the effect of leisure time on the tendency of young girls in Isfahan city to narcotics has been studied. The statistical population of young girls between the ages of 19-29 is Isfahan. The research method was survey and four wood Theoretically, according to the views of theorists such as Smith, Veblen, Durkheim and others Is adjusting. The results of the hypothesis test show that there is a relationship between the type of leisure time and the tendency to abuse young drug-addicts.; Also, the family affects the tendency to addicted young girls: based on variance analysis, family variables and addiction tendency of girls are calculated according to the level of significance which is equal to  $\text{sig} = 0.001$  and less than  $\alpha = 5\%$ , So there is a significant relationship between family variable and addiction tendency [10].

Shatrian (2016) conducted a research comparative study of the leisure time of children and adolescents living in marginalized and non-marginal areas of Khorramabad city based on the results of this study ( $r = 0.539$ ), the socioeconomic status of the family Higher and better, the same amount of leisure activities for children and adolescents increases and their leisure time gets more and more. There is also a significant difference between the amount, type and type of leisure activities of children in the two regions. According to the results of the study, marginalized children and adolescents are forced to work due to livelihood shortages or family poverty, and sometimes suffer from social deviations and physical problems. Other harm in leisure time, the use of Western media, the Internet and other mass media, is a great danger among teenagers and children, which requires appropriate interventions [11].

Joseph and Hae Kan Stattin (2000) Leisure activities and adolescent antisocial behavior: The role of structure and social context. Abstract The goal of this study was to understand better how the structure and social context of adolescent leisure activities relates to antisocial behavior. A representative sample of 703 14-year-olds and their parents were assessed concerning adolescent involvement in community-based leisure activities, peer and adult social relations, and antisocial behavior. Results showed that participation in highly structured leisure activities was linked to low levels of antisocial behavior, while participation in activities with low structure (i.e. a youth recreation center)

was associated with high levels of antisocial behavior. Overall the results were similar for boys and girls; however, the combination of involvement in a low structured activity and the absence of any highly structured participation appeared especially problematic for boys' antisocial behavior. Participants of low structured activities were also characterized by deviant peer relations, poor parent-child relations, and they received low support from their activity leader compared to adolescents engaged in more structured community activities. Findings are discussed in terms of their implication for prevention research [12].

Tomi E and Et al (2010) Research The effects of adolescence sports and exercise on adulthood leisure-time physical activity in educational groups. Men more often than women reported that their experience of PE was interesting and pleasant as well as having learned useful skills during PE classes. Men, compared to women, had also been more active in the three selected competitive sports in youth and exercised in late adolescence. Participation in competitive sports in youth among the low-educated and exercise in late adolescence among the high-educated had a direct effect on adulthood LTPA. Among the low-educated, opinions on PE in childhood had an indirect effect on adulthood LTPA through participation in competitive sports in youth whereas among the high-educated, the indirect effect went through exercise in late adolescence. The effects were mainly similar between genders [13].

Due to the economic conditions of society, there is no possibility of large investments for youth leisure. But the point here is that not all of the available facilities will be optimized. Universities of medical science of the country due to high potential and sensitivity to the future of the students, have always been trying to fill the leisure time of the students by conducting sport, cultural and religious programs and activities. However, the most important issue in this research is to identify the relationship between active leisure and social deviation. In this regard, the researcher intends to consider the relationship between the active and passive

leisure time with the amount of social deviance of male students of medical universities of Iran as a case of study.

## 2. Research Methodology

Social studies and studies can be categorized according to different criteria and criteria. This research is quantitative based on the type of data collected and analyzed. Also, in terms of purpose, applied, in terms of descriptive method (in terms of which the researcher evaluates the status and conditions without manipulating it) and the type of correlation (in the sense that the researcher relates the relations between variables) and in terms of the method of collecting survey information The questionnaire is used to collect data. The statistical population of this research includes male students of medical universities at the 13th sport Olympiad in Tabriz. The sample size required for the study was 351 people base on Cochran formula. This sample was distributed randomly among different students present at the Olympiad. Therefore 351 questionnaires were distributed among students, of which 342 were returned (82%). In this study, two questionnaires were used to collect data which include sharifis social deviation questionnaire, for measuring student social deviations in six dimensions (theft, aggression, drugs, sexual issues, suicide and taking off) and designed in the form of 42 questions. This questionnaire is based on the five-point Likert scale (I totally agree, agree, do not comment, I disagree, totally disagree).

The other one, is a questionnaire (mostafapour 2012) on how to spend leisure time which is used to measure the students desire for any aspect of their leisure time (active and passive). The questionnaire is based on a four-level Likert spectrum (I'm not interested, I tend to tend, I tend to be quite inclined) and has 29 questions. To determine the reliability of the questionnaire, the alpha coefficient of Cronbach was used. Accordingly, after distributing the questionnaires between a sample group of 30 and collecting it, the coefficient was 84% and 91% respectively.

## 3. Results and Research Data

*Table 1. Pearson correlation coefficient matrix between active leisure time and social deviation.*

Social deviations	theft	aggression	drugs	Sexual issue	suicide	Taking off
Active leisure						
Sport activity	r=0/657 p=0/001 n=342	r=0/421 p=0/001 n=342	r=0/550 p=0/001 n=342	r=0/363 p=0/001 n=342	r=0/621 p=0/001 n=342	r=0/040 p=0/716 n=342
Recreational activities	r=1 p=0/001 n=342	r=0/264 p=0/001 n=342	r=0/642 p=0/001 n=342	r=0/633 p=0/001 n=342	r=0/456 p=0/001 n=342	r=0/254 p=0/001 n=342
Artistic activities and handicrafts	r=1 p=0/001 n=342	r=0/291 p=0/001 n=342	r=0/462 p=0/001 n=342	r=0/642 p=0/001 n=342	r=0/264 p=0/001 n=342	r=0/71 p=0/001 n=342
Musical activities	r=0/114 p=0/001 n=342	r=0/750 p=0/001 n=342	r=0/357 p=0/001 n=342	r=0/542 p=0/001 n=342	r=0/421 p=0/001 n=342	r=0/123 p=0/001 n=342

The above table shows that there is a positive correlation between active leisure time variables (sport and recreational activities, tourism, art activities, hand craft and musical activities) with social deviations. Therefore, there is a meaningful relationship between these two variables (significance factor less than 0/05).

Table 2 shows the internal correlations of the variables.

*Table 2. Pearson correlation coefficient matrix between passive leisure time and social deviation.*

Social deviation	theft	aggression	drugs	sexual	suicide	Taking off
Passive leisure time						
Religious activities	r=0/634 p=0/001 n=342	r=0/417 p=0/001 n=342	r=0/121 p=0/264 n=342	r=0/145 p=0/001 n=342	r=0/725 p=0/001 n=342	r=0/295 p=0/001 n=342
Social- political group activities	r=0/523 p=0/001 n=342	r=0/442 p=0/001 n=342	r=0/181 p=0/285 n=342	r=0/345 p=0/001 n=342	r=0/385 p=0/001 n=342	r=0/375 p=0/001 n=342
studies	r=0/621 p=0/001 n=342	r=0/482 p=0/001 n=342	r=0/129 p=0/195 n=342	r=0/441 p=0/001 n=342	r=0/256 p=0/001 n=342	r=0/685 p=0/001 n=342
Media usage	r=0/395 p=0/001 n=342	r=0/578 p=0/001 n=342	r=0/212 p=0/424 n=342	r=0/252 p=0/001 n=342	r=0/402 p=0/001 n=342	r=0/456 p=0/001 n=342
Educational classes	r=0/252 p=0/001 n=342	r=0/368 p=0/001 n=342	r=0/321 p=0/121 n=342	r=0/125 p=0/001 n=342	r=0/181 p=0/001 n=342	r=0/320 p=0/001 n=342

The above table shows that there is a positive correlation between passive leisure time variables (religious activities, social-political group actives, studies, media usage and educational classes) with social deviations. Therefore, there is a meaningful relationship between these two variables (significance factor less than 0/05).

#### 4. Discussion

Results show that there is a positive correlation between active leisure time variables (sport and recreational activities, tourism, art activities, hand craft and musical activities) with social deviations. Therefore, there is a meaningful relationship between these two variables (significance factor less than 0/05). this research is consistent with Fakouhi (2009) [14], Ansari (2010) [15], alketabi [7] (2000) researches. Research has shown that many severe cases of deviations among young people are the result of unscheduled leisure time. No deviation is regardless of how to spend youth leisure. When there is no leisure time, it means wandering the youth and there is no way to spend free time and so the unconventional ways oppose it [5]. No healthy community can remain careless to the free time of its members, which unfortunately our country faces. It seems that, paying attention to how young people spend their active leisure time, has a significant impact on the future of their lives. Unhealthy leisure, causes young people to become socially distorted and its long-term losses will affect the entire community. Also, given the young structure of our country, the lack of active leisure will exacerbate society in the future. Due to the significant relationship between active leisure and social deviations, managers of related medical universities of the country should offer the necessary infrastructure for student's sport. Also, university competitions in different disciplines should be in agenda. They should also use experienced trainers to educate students and motivate their interest in sport. Athletes will be identified and will be participated in Olympiad and championship.

Tourism programs such as nature tourism should also be carried out. Artistic and handicraft exhibitions are also included in annual programs. As a whole, students interest in attending active leisure time should be created.

Results show that there is a positive correlation between passive leisure variables (religious activities, social-political group activities, studies, media usage and educational classes) and social deviation variables (theft, aggression, drugs, sexual, suicide and taking off). there is a negative correlation with the drug variables (significance factor less than 0/05). This research is consistent with fakouhi (2009) [14], Ansari (2000) [15], Alketabi (2000) [7] researches. Careless and lack sense of responsibility of state institutions and family towards youth leisure make them to think that society is alien to them. So their perception of society and family is associated with pessimism and a sense of loneliness. In these circumstances, they may seek drugs and deviant behavior due to increased depression and hopelessness. Research on the causes of social harm among young people shows that, unemployment and lack of schedules for leisure, lack of mobility and healthy and interested activity have a significant impact on their tendency to harmful behaviors. It is possible with a regular program for youth to ensure their mental health and well-being. Salem believes: continuous employment without intellectual and practical interruption causes physical and mental exhaustion in a way that a person gradually loses his vitality. In fact, the pressure from prolonged mental and physical activity not only lead to the loss of vitality but also it is an important factor in the occurrence of many mental disorders and physical deficiencies especially psychosomatic ones. In this regard, having a comprehensive program, is the first and most important step in preventing mental harm and maintaining mental health. Obviously, compromising the mental health of the youth, affect families and institutions that are directly in indirectly exposed to them. So that, state institutions must seek a serious strategy to fill in healthy leisure time and recreational opportunities for the youth. It is recommended to directors of related medical universities of

the country to establish different student associations, participate students in religious ceremonies, plan different conference and training classes, use experienced advisers to attend classrooms and social issues and the destructive effects of drug shown to them in the form of documentation and conferences.

## 5. Conclusion

According to the results of the research on the relationship between the student's active leisure time and the degree of social deviance, it is suggested to the authorities to create grounds for having active and healthy leisure time for youth and adolescents, which, according to the results of the activities field Sports should be given special attention.

Given the results of the relationship between the type of passive leisure and the amount of social deviance, it is suggested that efforts should be made more actively in the field of the development of inactive leisure activities, especially given the position of the media in this area with management Correct, healthy programs are being developed that can attract young people and prevent them from moving to inappropriate programs.

According to the results of the research, teachers, directors and families are advised to take special care in the form of establishing relationships, choosing friends and socializing with students by students, and taking the necessary measures to take advantage of distractions.

## Research Suggestions

(a) Consider the reasons for going to unhealthy leisure and addressing it.

(b) How to spend your free time among female students.

(c) Consider the development of healthy leisure time among young people.

(d) The degree of satisfaction of youth with healthy leisure facilities.

(e) To examine and compare how leisure time is spent between different sections of society.

(f) To investigate and identify social deviations among young people.

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