

S.2 C.R.E

LEISURE IN A CHANGING SOCIETY

Objective

By the end of the topic the learner should be able to:-

1. Explain the ways people spend their leisure time today.
2. Give the benefits and dangers of leisure in the society.

Introduction

Leisure is defined as the free time on one's time table which is not assigned to any specific activity.

Each student or individual is free to do his or her own thing during his or her free time.

Leisure should be separated from co- curricular activities which are timetabled just like lessons e.g. Games and Sports.

Exercise:

On your school time table, indicate time for lessons, time for co- curricular activities and time for leisure.

There are two forms of leisure activities; Active leisure and passive leisure.

Active leisure requires the use of energy for example running, dancing, swimming, digging etc.

Passive leisure requires the use of potential energy e.g. reading books, watching films, playing cards, drinking alcohol, e.tc

HOW PEOPPLE TODAY SPEND THEIR LEISURE TIME

This is done in the following ways: -

1. Story telling or conversations.
2. Drinking beer in bars
3. Reading newspapers, Novels, etc.
4. Bible study to widen one's faith or understanding of God.
5. Playing games both indoor and outdoor.
6. Listening to music of their choice.
7. Watching films of any kind.

8. Attending community functions like marriage, birth day parties, meetings etc.
9. Attending social happenings like night dances.
10. Watching football like premier or live in the stadium.
11. Visiting friends or new places.
12. Preaching the Gospel in public.
13. Attending crusades or fellowships
14. Participating in Church work for example cleaning, choir, and repairs e.tc.
15. Washing one's own clothes.
16. Helping the needy or elderly in our community.
17. Participating in community service such as cleaning a community boreholes or road e.tc.

Benefits of leisure time:

There are many benefits we get from leisure time, they include: -

1. Rest to regain energy for the next task.
2. Relaxing or refreshing our minds or bodies after a long and tedious assignment
3. We develop the skill of socialization as we interact with one another through conversations or storytelling.
4. We get time to accomplish personal goals for example preaching the gospel.
5. It gives us opportunity to develop our skills and talents especially in are and crafts, reading skills, etc.
6. It helps us to relieve ourselves from stress or tension upon the death of a dear one. One can get involved in alcoholism, to avoid this.
7. We get new information and become informed listening to a going for a tour, listening to a radio or television, reading a new paper, a magazine etc.
8. We become entertained through leisure activities, for instance radio, T.V or theatre.
9. We also become physically fit through leisure activities such as Acrobatics pressure ups, etc.
10. We get blessing from God especially after helping the elderly or the needy in the community
11. We can promote our culture through participating in cultural gala.
12. We get time for our God since most of the time is pre- occupied by other activities— Leisure time enables us to reconcile with God and reflect on ourselves.

13. We also get time to relate with our families during leisure time many families have gone a miss because people don't have time to resolve their differences.
14. Through leisure time we get time for ourselves to do self-evaluation and personal administration.

Problems associated with leisure

1. Leisure time is very expensive for example beer or going for tours. These requires a lot of money form the client or consumer.
2. It is time wasting e.g. watching Nigerian Movies. These take a lot of one's productive time.
3. It can bring about poverty in the family e.g. alcoholism, gambling or even watching movies.

A lot of useful time or family resources are spent on leisure activities mentioned above.

4. Leisure can lead to family neglect e.g. alcoholism. An alcoholic will spend a lot of his time in the bar at the expense of his family.
5. Leisure can also lead to addiction which is also very bad e.g. alcoholism or drug abuse.
6. It can lead to poor health e.g. too much alcohol, drugs can affect the liver or lungs.
7. It can lead to early pregnancy in girls for example nights discos.
8. Leisure can lead to rape and defilement among young girls especially in night clubs or while watching sexy films etc.
9. It can lead to school dropout among students for example clubbing, video, gambling etc.
10. Leisure can also result to poor performance in class on the part of the learners. This is because they do not concentrate at school.
11. Our misuse of leisure time can result into body injuries for example clubbing, wrestling, kickboxing e.tc. in an attempt to train we get injured.
12. Leisure can result into theft to achieve the activity for example gambling, watching film, alcoholism, clubbing e.tc.
13. It can also result into death e.g. eating competition, kickboxing or karate.
14. Leisure activities can make one become violet especially action movies.
15. One can become scared or traumatized after watching horrors. This can have a permanent effect on the person.

ACTIVITY: Research on the reasons and effects of:

1. Drinking alcohol,
2. Smoking cigarettes as a leisure activities today.

LEISURE IN AFRICAN TRADITIONAL SOCIETY

The people in traditional Africa spent their leisure time in the following ways:-

1. Attending beer parties:
Through this, the Africans were able to:
 - Socialize together
 - Share ideas together
 - Plan for their community or garden work.
 - Share information
 - Escape from problems which affected them for example death of a dear one.
 - Host visitors in the community
 - Settle disputes in the community
 - Pass time with one another
 - Kill boredom or remove stress
 - Promote team work or cooperation as different people came together to contribute in providing for the party.
 - Re- unite and know new people
 - Rest and relax from the day's work
 - Obtain "Dutch courage" false confidence to do extra-ordinary things like fight, speak out one's mind, approach another person, and stand before elders, e.tc.
2. Teach young children their roles in preparation as men or women when they grow
3. Attend community ceremonies like initiation marriage e.tc.
4. Story telling or conversations which were often done in the evening around the fire.
5. Teaching children about their society through songs, riddles or poems.
6. Singing and dancing to traditional music such as Etida or Akoongo among the Iteso.
7. Playing musical instruments like the harp or flute etc. in order to develop one's skills.
8. Making musical instruments and other crafts like baskets, mats, pots neating etc.
9. Mock battles or wrestling to develop a skill and make oneself popular.
10. Helping the elderly in their community e.g. cultivating for them, fetching water or building for them houses.
11. Visiting relatives especially the distant ones in order to strengthen relationships
12. Hunting wild animals which was done for food as well as for sport.

Importance of leisure time in African Traditional Society

Though in the past there was no special time set aside for leisure, the Africans appreciated the value of leisure time in their midst as explained below: -

1. Leisure was community building or creating. This was because a leisure activity brought many people together for example a beer party.
2. Leisure time promoted team work or cooperation among the people, for example a beer party brought many people to for it.

3. It enabled people to enjoy themselves individually or communally e.g. dancing to traditional music.
4. It enabled the Africans to pass community values to the young and at the same time affirm them.
5. It enabled the young generation to learn their culture by interacting with the elders.
6. Leisure times gave the Africans opportunity to honour and venerate the ancestors.
7. It gave the Africans opportunity to develop their skills in various fields like pottery, crafts, singing etc.
8. The Africans were able to relax with one another in the community during leisure time.
9. They were also able to refresh themselves during leisure time.
10. It was an opportunity to reconcile members of the community.
11. It was time to rest and regain energy for the next activity.

LEISURE IN THE EARLY CHURCH

Christians in the Early Church did not approve of all the entertainments which people went to during their time. This was because some of them were cruel and obscene for example;

1. Drinking in the evening would at times result into drunkenness and fighting.
2. Some of the poems written down by the monks were immoral.
3. The monks spent much of their time seeking for pleasure in hunting and other sports.
4. The rich wore fancy clothing and jewelry which were for a show off.
5. The people involved themselves in eating and laughing competitions which were childish games and a sign of gluttony.
6. Gambling as a form of leisure led the people into theft and poverty
7. Crowds were being entertained by wild animals which had been starved until they were very fierce.
8. At times, groups of men were made to do the fighting especially slaves or prisoners of war.
9. The people had surrounded themselves with pictures and statues of pagan gods especially Hermes the shepherd god.
10. Pornographic pictures and literature were so obscene and immoral.
11. The people involved themselves in abusive or vulgar language. This was of course, embarrassing to the elders and contrary to the Christian norms.
12. Sometimes slaves were made to play sex in public so as to entertain large crowds. This was contrary to the Christian teachings and purpose of sex.
13. Listening to worldly or secular music.

Activity: Work out

1. Which leisure activities would St Augustine disapprove in Uganda today and why:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

LEISURE IN THE OLD TESTAMENT

The Israelites spent their leisure time in a number of ways for example;

- 1. They spent it remembering Yahweh and thanking him for what he had done for them especially rescuing them from slavery in Egypt (see the Exodus event in Exodus 12.
- 2. They spent some time each Sabbath worshipping God in the local Sanctuary and praying the Psalms privately.
- 3. They spent it relaxing with each other and resting from work. Through these activities, the Israelites became more conscious of themselves as persons as well as a community. They were also strengthened for the next tasks that faced them.
- 4. It was a time when they brought sacrificial offerings to the place of worship such offerings included lambs, flour, wine, oil, agricultural and pastoral products, etc.
- 5. They spent their free time celebrating special feasts e.g. the feast of the harvest (Ex 34: 18), the feast of weeks and the feast of the Tabernacle (Ex34 :22) these were celebrated by singing and dancing to traditional instruments or music.
- 6. They also spent their free time by making pilgrimages to the central sanctuary on the land, to offer sacrifices and praise God for the wonderful creation.

7. The scribes used this time as an opportunity to write the wisdom books or literature for example King Solomon.
8. They spent it in observing and reflecting on life in relation to God the creator. Through their reflection, the Israelites came to a better understanding of peace i.e. not the absence of war disasters or personal trials, but having a strong trust in God amidst difficulties.
9. They spent it composing songs such as the Song of Songs by King Solomon.
10. They spent it playing Musical instruments such as the harp, done by King David.
11. They again spent it with their family members, guiding and counselling them.

NEW TESTAMENT

In his leisure time, Jesus took time to:

1. Work for the kingdom of God
2. Pray to God the father
3. Relax with friends
4. Rest from the day's work
5. Celebrate life with other's for example He attended a party at Peter's house, He attended a wedding at Cana (John 2:)
6. Reflected on his life and what God wanted of him.
7. Observed the wonders of nature and ways of men.
8. He was a good story teller (see the parables he told Mathew 6)
9. He spent time teaching people about the demands of the kingdom of God
10. He spent his time fighting whatever diminishes human life for example disease, deformity etc.
11. He freely interacted with very one who came a cross him for example the Samaritan woman, (John 4:1-9) Nichodemus the Pharisee, Zacchaeus the collector regardless of their social background.
12. He shared sad moments with friends for example he grieved with Mary and Martha over the death of their brother Lazarus (Jn 11:51 the widow who lost her son.
13. He spent his leisure time by showing love to those who approached him especially the "so- called sinners" and unworthy children. He responded to these groups of people in a manner that the Pharisees did not expect.

14. He also spent his free time doing those things which are more human like helping the needy in the community.
15. He disregarded the Sabbath laws in order to show concern for humanity.

SAMPLE QUESTIONS

- a. Show the ways in which leisure is spent today. **(10marks)**
- b. How was leisure beneficial to the people in traditional African? **(10marks)**
- c. What are the possible dangers of drinking alcohol as a leisure activity **(10marks)**
- d. Give the qualities of a good leisure activity **(10marks)**
- e. What is the Biblical teaching about leisure **(10marks)**
- f. Describe the leisure activities disapproved in church History **(10marks)**
- g. As a Christian, how best can you spend your leisure time? **(10marks)**
- h. Why was a beer party an important way of spending leisure in traditional Africa? **(10 marks)**
- i. Give the benefits of leisure today. **(10marks)**
- j. Why was the Sabbath important to the people of Israel? **(10 marks)**
- k. In what ways has science and Technology improved on leisure today? **(10marks)**