



## Leisure and Recreation of Youth in Northeast India

By Devendiran, Chinnathambi

Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Leisure and recreation are essential for youth. Leisure time is a time when young people can do what they wish, and separate from work and other commitments. Both these components play a significant role in social well-being of a youth by providing a sense of identity and personal autonomy. Leisure time activities give better meaning to personal and community life of youth. They also enhance the overall quality of youth life. Recreation encourages personal growth and self-expression, and increases learning opportunities for the youth. This book addresses on the structural and dynamic factors associated with the leisure and recreation patterns of youth in northeast India. The present study is useful to understand the concept of youth, leisure and recreation and its definitions, types and classifications. Further, the study analyses the leisure and recreation patterns of youth in terms of solitary, intimate, group and mass leisure time activities and their preferences. | Format: Paperback | Language/Sprache: english | 216 pp.

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