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SOCIO-CULTURAL FOUNDATIONS OF LEISURE

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Abstract: In this article some aspects of the development of the sphere of leisure are considered. The primary goal of this research is the socio-cultural foundations of leisure and leisure activity. Some methods, types, forms, characteristics of socio-cultural activities are analyzed in it. In the article some aspects of the organization and conduct of leisure in the system of socio-cultural relations also are considered.

Key words: recreation, leisure, social and cultural activity, cultural events, cultural and leisure activity.

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The question of the organization and conduct of free time in all eras of conscious humanity remained relevant. Permanent labor service required the satisfaction of basic needs for rest, useful leisure time. And if earlier, leisure consisted in a rather narrow spectrum of choice of activity, then over time this spectrum began to expand and has so far reached in such a multivariate format that even an average person, not to mention the elite, can become entangled in the labyrinths of opportunities for free time.

The purpose of our small research is to study some aspects of

the organization and conduct of leisure in the system of socio-cultural relations.

In general, socio-cultural activity is the process of mastering, transforming, transmitting the culture and cultural values of society, in accordance with its needs for development, communication and leisure [1]. At the same time, social and cultural activity is, with necessity, promoted among the broad masses of the people in order to attract more attention and improve the spiritual image of each person. This is especially true of the younger generation, for whom

leisure is limited to computer games and viewing video blogs on the Internet. At present, the task of propaganda is being actualized, not only of a healthy lifestyle, but also of spending free time in all respects.

As noted above, the range of types of social and leisure activity is extremely wide. These include centers and houses of culture, parks of culture and recreation, museums, libraries, cinema and video centers, public education such as creative unions and the media, socio-cultural foundations, movements, initiatives, circles, studios, folk groups, interest clubs, commercial clubs and leisure centers, sanatoria, resorts, children's health camps, and much more [2].

Cultural and leisure activity are not only multidimensional, but also have a complex structure consisting of many elements. It is necessary to neglect one of these elements and all the logic of the system will fail.

Leisure is an open socio-cultural system aimed at organizing time free from basic activity through giving an individual the rights of autonomous choice of participation in cultural life, taking into account individual spiritual needs, the leading parameters of which are creative richness, controllability, value and semantic pastime [3]. Leisure as a phenomenon is characterized by a number of signs. Among them are the following. Leisure is always activity-oriented. That is, spending free time lying on the couch is not considered leisure. Leisure is based on the principle of voluntariness,

and therefore it is impossible to make leisure work, but you can orient a person to conduct leisure activity. Leisure is based on transforming and shifting the energy of sensual drives and excitements towards the goals of social activity and cultural creativity. This means that every person, starting from adolescence, forms his own perception of leisure. It is connected with collecting, hobbies for sports, the world of music, reading books, tourism, technical creativity, modeling, etc. The main task of adults is to enable the child to find their own interest. Bans can only aggravate the situation. However, this does not mean that the child should be left to himself in the process of leisure activity. Informal control still has to be. Also, leisure is always associated with self-realization and self-rehabilitation. Here you can see such features of leisure activity as the cessation of interest and the depletion of leisure resources.

From the point of view of cultural studies, cultural and leisure activity is considered as a process of creating conditions for motivational choice by a person of subject activity. In general, cultural and leisure activity is an integral part of socio-cultural activity, the organization of free time of citizens, which is aimed at the development of basic cultural traditions and customs, the formation of new ones, as well as entertainment and recreation. In addition, this activity is designed to help solve many social problems with its various forms, methods and

means, such as art, folklore, holidays, traditions, customs, rituals, etc. For example, for citizens of Uzbekistan and for guests from other countries, extensive cultural and leisure program. In particular, the cultural and historical route Tashkent - Samarqand - Bukhara - Khiva enjoys great popularity, participation in which will bring unforgettable impressions about the history, traditions, customs, and gastronomic preferences of the peoples inhabiting these lands [9; 10].

A specialist in the field of cultural and leisure activities Y.A.Streltsov proposed three main socio-cultural functions of leisure activity [4]. First, the recreational function associated with the restoration of wasted physical strength and relaxation, aimed at relieving mental fatigue. Secondly, the entertainment function associated with the ability of a person to have fun, have a decent time, cheer up, remove the accumulated mental stress, and get the necessary emotional recharging. Thirdly, the developmental function associated with the ability not only to relax and have fun, but also to improve ourselves culturally. For example, leisure activity by tourists in the countries of the Central and Western Europe are mainly associated with visits to museums, religious buildings, and sights associated with a particular historical event. While in the countries of the Southeast Asia, tourists prefer entertainment to historical tours and to get acquainted with the rich

history of the exotic countries they visit.

Speaking directly about the content of cultural and leisure programs for the younger generation, it is necessary first of all to identify some of their main aspects. They allow recipients to join the culture, to develop creative thinking, intellectual and special abilities; comprehend the art of communication, behavior and culture of speech; foster humanity and tolerance; develop skills in socially acceptable ways of organizing your own leisure; learn the basics of the culture of life [5].

Social work involves the use of various methods and methods of integrating the younger generation, youth and other categories of the population into cultural and leisure activities. To this end, a number of activity is carried out directly for social workers, volunteers, participants in such events and public events.

It should be noted that cultural and leisure activity is implemented at two levels: as part of the state program on the organization of leisure of citizens, taking into account the peculiarities of the national culture and ideological priorities; as a process of creation, dissemination and multiplication of spiritual values, the development of culture, the activation of the essential forces of the individual in the framework of extra-curricular and extra-curricular spheres. In general, in many countries of the Europe and the North and the

South America cultural and leisure activity is developed at a very high level [6; 8]. This is confirmed by various kinds of the Disney-Land family cultural and entertainment centers, various kinds of robotics exhibitions and fairs, such as in Japan, China and the Republic of Korea, technology parks, etc. In China, the state is in charge of leisure. Cultural events in this country take place every day after the end of the working day and continue until midnight and so every day. These events are not only entertaining in nature, but also are evidence that a healthy lifestyle, knowledge of one's history, language, enrichment of the spiritual world of one's people are state interests, the protection of which is sacred [7].

In connection with the development of cultural and leisure activity, we should talk about improving social and cultural services, the purpose of which is to enrich the spiritual and intellectual life of people, create conditions for social and cultural activity, as well as good rest. To achieve this goal, it is necessary to use a social and cultural service, that is, a service to meet spiritual and intellectual needs and to maintain the normal life of

the consumer. The socio-cultural service ensures the maintenance and restoration of health, spiritual and physical development of the individual, and the improvement of professional skills.

Also, speaking of the forms of cultural and leisure activity, we should not forget about innovations in this field. Such forms as action, corporate, shows, flashmob, team building, quest, battle are now becoming an integral part of many cultural and leisure activity in children's recreation camps, clubs, etc.

Thus, the socio-cultural activity in the field of organizing the spending of free time is distinguished by the following important characteristics:

- carried out in free time;
- distinguished by freedom of choice, voluntariness, activity, initiative both of one person and various social groups;
- due to national and ethnic, regional characteristics and traditions;
- characterized by a variety of species based on the various interests of adults, young people and children;
- has a deep personal focus;
- has a humanistic, cultural and developmental character.

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