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RELATIONSHIP BETWEEN LEISURE TIME BEHAVIOUR AND STRESS WITH ANTISOCIAL BEHAVIOUR AMONG URBAN YOUTH

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ABSTRACT

The purpose of the study was to find out the relationship between leisure time behaviorand stress with antisocial behavior among urban youth. To achieve the purpose 50 men urbanyouth were selected as subjects for the study by random method. The subjects stress factors were analyzed through standardized questionnaire and leisure time behavior and antisocial behavior were measured from personal dairy. The obtained data were analyzed to with Pearson product-moment correlation. It was concluded that there was a better significant relationship between leisure time behavior and stress then Antisocial behavior and stress among urban youth.

KEYWORDS: *Leisure time behavior, stress, antisocial behavior, urban youth.*

INTRODUCTION

The majority of an adolescents' waking time is spent engaged in leisure activities (Csikszentmihalyi et al., 1993). There are many possible ways that leisure time is consumed, ranging from highly structured (e.g. competitive sports teams) to relatively unstructured pursuits (e.g. watching television). Available evidence indicates that some forms of adolescent leisure activities are correlated with antisocial behavior (i.e. criminality, aggressive behavior, alcohol/drug use, delinquency, school dropout). However, the literature is conflicting with regards to the direction of association. Adolescent leisure pursuits have been linked to short- term and long-term decreased (e.g. Mahoney, 2000), increased (e.g. McCord, 1978), and trivialrelations (Hirshi, 1969) to antisocial behavior. The goal of the present study is to identify and evaluate characteristics of leisure activities that may be associated with increases or decreasesin adolescent antisocial behavior.

A number of studies have shown that adolescent activity involvement may decrease antisocial behavior and related outcomes. Rationales for why participation may reduce antisocial behavior and related outcomes include: structuring the youth's time (Brown, 1988; Osgood et al., 1996), providing links to competent adults and peers (Csikszentmihalyi et al., 1993; Fletcher et al., 1997), building existing skills and interests (Jones and Offord, 1989; Csikszentmihalyi, 1990; Mahoney, 2000), and creating opportunities within the social system

STRESS FACTORS

Academic stressors

Academic stress has been identified as the primary cause . Figures.Lee & Larson (2000) explain academic stress as an interaction between environmental stressors,student's appraisal and reactions for the same. It has now become a grave reality that is termed as a "career stopper" (Kadapatti & Vijayalaxmi, 2012). It therefore, becomes a significant cause of concern as it is symptomatic of rising mental health concerns in India (Nadamuri & Ch,2011).

Time Balance Stressors

The connection between time and stress is learning how to manage the time properly to be more productive to avoid feeling stressed. If an individual know how tomanage his/her time correctly, in the long run, tasks seem to be easier and stress-free.

Interpersonal Stressors

Interpersonal stressors as "stressful episodes between two or more people that involve quarrels, arguments, negative attitudes or behavior, an uncomfortable atmosphere during a conversation or activity, and concern about hurting others' feelings"

Intrapersonal stressors

Intrapersonal stressors are those that act within the individual. They are allinteractions that occur with the elderly, such as their knowledge, emotions (fear, frustration, anxiety) and variations of the organic system.

Family stressors

Family stress can be defined as any stressor that concerns one or more members ofthe family (or the whole system) at a defined time, which impacts the emotional connection between family members, their mood, well-being, as well as the maintenance of the family relationship.

Environmental stressors

Environmental stressors are things or events in our surroundings that cause stress, such as destructive weather events, noise, crowding, and war. Explore the definition, types, and examples of environmental stressors and learn how they

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impact human beings.

PURPOSE OF THE STUDY

The purpose of the study was to find out the relationship between leisure time behavior and stress with antisocial behavior among urban youth.

HYPOTHESES

1. It was hypothesis that there would be a significant relationship between leisure time behavior and stress among urban youth.
2. It was hypothesized that there would be a significant relationship between antisocialbehavior and stress among urban youth.

DELIMITATIONS

1. Only fifty urban youth were selected Chennai metro city
2. The age range between 18 to 25 years only.
3. Only leisure time behavior, Stress and Antisocial behavior selected as adependent variable.

LIMITATIONS

1. Physiological factors were not taken into consideration.
2. The difference that exist among the subject due to varied factors such as heredity,food habit, family type, weight and health factor were not be considered.

REVIEW OF RELATED LITERATURE

Leisure activities and adolescent antisocial behavior: The role of structure and social context **JOSEPH L. Mahoney And Haê Kan Stattin** 2023The goal of this study was to understand better how the structure and social context of adolescent leisure activities relates toantisocial 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, poorparent 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.

METHODOLOGY

SELECTION OF SUBJECT

To achieve the purpose of study 50 urban youth were selected Chennai metro city

SELECTION OF VARIABLES

INDEPENDENT VARIABLES

1. Anti-social behavior
2. Leisure time behavior

DEPENDENT VARIABLES

1. Stress Factors

STATISTICAL TECHNIQUE

The Pearson Product Moment correlation statistical procedure was to be employed thelevel of significance was set at 0.05 level of confidence.

RESULTS AND DISCUSSIONS

RESULTS ON RELATIONSHIP BETWEEN LEISURE TIME BEHAVIOUR ANDSTRESS ANTISOCIAL BEHAVIOUR AMONG URBAN YOUTH

TABLE-I

'r' VALUES LEISURE TIME BEHAVIOUR AND STRESS

Leisure time behavior vs Stress Factors	**Stress Factors Leisure Time Behavior**					
	Academic stressors	**Time balance stressors**	**Interpersonal stressors**	**Intra personal stressors**	**Family stressors**	**Environmental stressors**
	0.960	0.886	0.964	0.875	0.994	0.928

***Significant at 0.05 level table 'r' value at 0.05 level of confidence 50 = 0.273**

The above table – I shows indicates that the obtained 'r' value between stress factors was greater then the required table value. Hence the results proved that there was a relationship between stress factors and Leisure time behavior among urban youth at 0.05 level ofsignificance.

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TABLE – II
'r' VALUES ANTI SOCIAL BEHAVIOUR AND STRESS

Antisocial behavior vs Stress Factors	Stress Factors Anti-Social Behavior					
	Academic stressors	Time balance stressors	Interpersonal stressors	Intra personal stressors	Family stressors	Environmental stressors
	-0.863	-0.853	-0.909	-0.766	-0.867	-0.654

***Significant at 0.05 level table 'r' value at 0.05 level of confidence 50 = 0.273**

The above table – II shows indicates that the obtained 'r' value between stress factors was greater then the required table value. Hence the results proved that there was negative relationship between stress factors and antisocial behavior among urban youth at 0.05 level of no significance.

CONCLUSIONS

1. There was a significant relationship between leisure time behavior and stress among urban youth. It indicates that the urban youth more leisure time activities may have less stress
2. There was significant relationship between antisocial behavior and stress among urban youth. It indicates the urban youth with antisocial behavior may have high stress.

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