



THE CULTURE OF LEISURE TIME IN A GLOBALIZED SOCIETY

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ABSTRACT

This research discusses the culture of leisure time in a globalized society and its socio-pedagogical importance in the development of young people. In modern conditions, leisure time is not only a period of rest, but also an important space for personal growth, communication, self-realization and social activity. The research analyzes the role of leisure time in shaping adolescents' physical, intellectual, spiritual and emotional development. Special attention is paid to the rational organization of leisure activities, the influence of family, school and social institutions, as well as the need to prevent negative factors that may affect young people's health and behavior. The study emphasizes that properly organized leisure time contributes to the formation of socially active, responsible, creative and culturally developed individuals in a globalized environment.

KEYWORDS: Leisure time, leisure culture, globalization, adolescents, youth education, socio-pedagogical activity, personal development, social activity, cultural values, healthy lifestyle.

INTRODUCTION

Today's society constantly needs socially active individuals, and this is directly connected with the factors of development. One of the most important tasks of modern society is to educate a conscious and responsible person. In a developing society, the country needs modern, knowledgeable, spiritually developed, moral and initiative people who are able to make independent decisions in unexpected situations, capable of cooperation, distinguished by mobility, dynamism and constructiveness, ready for intercultural interaction, and who feel a sense of responsibility for the tasks set before them for the fate of the country and its socio-economic well-being.

Until now, one of the greatest but often neglected problems in the process of education and upbringing is the lack of serious attention to the daily routine and leisure time of the younger generation.

The socio-political changes observed in our country in the early 1990s made it possible to develop the process of organizing adolescents' leisure time on the basis of the principles of freedom, democracy and humanism. The reforms being carried out in Uzbekistan to improve youth education on a modern basis require its formation on the basis of scientifically grounded key competencies and qualities, proceeding from the needs of today. The adoption of the "Concept of Continuous Spiritual Education" is one of the important steps in this regard. The concept states that a new approach to education requires the full realization of the socio-pedagogical potential of the family, preschool education, general education, school, secondary specialized vocational and higher education institutions, and mahallas in the guaranteed

formation of key qualities in children, as well as raising scientific and methodological continuity among them to a new level.[1]

More than 60% of the population of our country consists of young people, and modern conditions and opportunities are being created for their education and acquisition of professions.

From a philosophical point of view, leisure time is considered as time belonging to a particular individual outside the implementation of social processes, and the origin of leisure time, its connection with working time and its social value are analyzed. From sociological and economic perspectives, leisure time is analyzed quantitatively and statistically, and the essence and content of leisure time, the activity of social institutions in organizing leisure time, and the axiology of leisure time are studied. Psychology focuses on the needs and motives that determine human behavior in this temporal sphere. Although various aspects of leisure time are studied in these fields, they all share the same approach to the issue that leisure time is the dominant space in which a person's physical and spiritual development takes place. As a socio-historical category, leisure time is characterized in three main directions: volume, structure and content.

In our opinion, leisure time is not the starting point of understanding reality, but appears as an important aspect of the development of society and activity, as well as a synthesis of deep social ties and relations. In the current era of technogenic civilization, real opportunities have emerged for a significant increase in human leisure time.

Leisure time is one of the important means of personality formation and has a direct impact on the sphere of production and labor. In the conditions of leisure time, recreational and regenerative processes take place, helping to eliminate negative physical and mental stress. The way young people use their leisure time is a specific indicator of culture, and through the forms of organizing leisure time it becomes easier to understand young people's values and their cultural level. Today, one of the most difficult but important tasks of educational subjects is to teach adolescents to use their leisure time productively and rationally.

Today, in European countries, the content and significance of the sphere of leisure time are characterized on the basis of four main concepts:

1. Type of activity.
2. Psychological state.
3. Temporary space.
4. Holistic lifestyle. [6]

In the current modern and changing conditions, the full, systematic and effective implementation of the socio-pedagogical potential in relation to the proper and efficient organization of adolescents' leisure time requires enriching the usual areas and forms of extracurricular work in terms of content. The types of activities that can be carried out during leisure time are diverse, but due to the limited nature of time, it appears as the most important social value. This is because leisure time is a combination and integration of rest and study/work. In the sphere of leisure time, many socio-cultural needs of a person are realized, and certain desires and interests are satisfied. In the rational organization of young people's leisure time, it is important to create spiritual, psychological, material and organizational conditions.

Leisure-time activities are divided into socially useful and imaginary types that have personal significance. Socially useful leisure time is a type of leisure characterized by the unity of the interests of the individual and society, and it is not disconnected in any way from either the individual or society. In other words, it is a state of activity, time allocated for creating relative freedom from necessary daily activities, for rest, self-awareness and entertainment. Imaginary leisure time, on the other hand, is purposeless amusement that leads to unusual behavior. [5] As a result of our research, it was concluded that effectively organized leisure time has three important aspects in a general sense. These are as follows:

firstly, leisure time is a time of rest aimed at restoring a person's physical strength;
secondly, it is a time of voluntary activities aimed at ensuring the development of a person's personal qualities, physical and spiritual growth;
thirdly, it is time allocated to strengthening one's social status in society, establishing, continuing and strengthening mutual social relations.

Russian researchers A.F. Volovik and V.A. Volovik identify the following main levels of schoolchildren's cultural and leisure time:

- consumption;
- creation;
- exteriorization (social activity). [2]

During the study, risk factors that worsen the health of children and adolescents were identified:

- bad habits;
- poor-quality, irregular and unbalanced nutrition;
- an unregulated daily routine;
- excessive workload and hypodynamia;
- irrational alternation of various types of activities in everyday life, such as education, play and labor, etc.

In the process of leisure time, a person realizes personal and social needs and masters various social roles. In this process, communication is an integral part of any activity in adolescents' leisure time. During their leisure time, adolescents may carry out all types and forms of communication, since this is necessary for their development, formation and self-affirmation. The problem of adolescents' leisure time is one of the urgent issues today, and as one of the important directions of socio-pedagogical activity, it is a space where the physical, intellectual, spiritual and emotional development of the individual takes place.

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