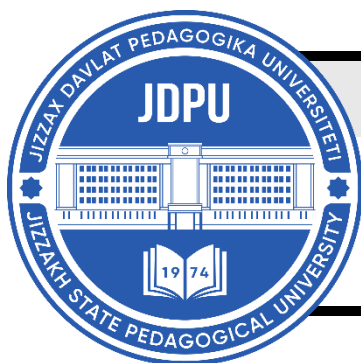


MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

<http://mentaljournal-jspu.uz/index.php/mesmj/index>



THE ROLE OF LEISURE MANAGEMENT CULTURE IN ENSURING THE ACADEMIC SUCCESS OF YOUNG STUDENTS

Azamat Torayev

Researcher

Chirchik State Pedagogical University

Chirchik, Uzbekistan

E-mail: torayevazamat@gmail.com

ABOUT ARTICLE

Key words: free time, exteriorization, social activity, academic success, quality of life, social pedagogue, “psychological detachment theory”.

Received: 08.10.24

Accepted: 10.10.24

Published: 12.10.24

Abstract: This article justified the need and necessity of scientific management of free time. At the same time, the conditions and features of organizing extracurricular free time of students of higher educational institutions were studied. We should not forget that the culture of people's free time management is an important guarantee of success in life. The sphere of free time provides an opportunity for self-awareness, self-determination, sensitivity to social problems, and new social experience. The more creative the organization of free time of our youth is, the higher the social activity will be as an individual in society

INTRODUCTION

Today's man-made civilization, on the one hand, causes a decrease in the tasks of mankind, on the other hand, it causes less physical activity and the development of various harmful diseases due to wasting time. Impatience is closely related to the fact that our young people kill themselves for trivial things, manifest signs of early puberty, spend their days aimlessly, and waste their precious time. For this reason, the correct direction of free time has become a global important requirement of today's complex life. Based on the formation

of the need and ability to show socially significant activity in the youth of our society, the increase in activity in solving various problems and the need to help others will eliminate negative vices and indifference in them. Modern changes in today's socio-cultural situation create great opportunities for young people to be socially active in various fields. Here, the prime time area allows our youth to choose the forms of activity according to their interests, communicate freely, show initiative, creativity, and carry out actions that lead to changes in the social situation and value dynamics in the individual's mind.

Looking back at the past historical period, we can see that free time was not as much as it is now. In the experience of the peoples of the world, the organization of free time is manifested in different forms. For example, while the Chinese prefer to spend time together in parks and crowded places, the Japanese mostly prefer to do sports. Young people of Pakistan participate in various educational courses and enjoy communication with their loved ones. Effective organization of free time of our youth, who make up the majority in our society, is one of the urgent problems.

LITERATURE ANALYSIS AND METHODOLOGY

One of the local researchers, N. Avulova, reflects the problem of proper formation of free time of teenagers in a number of scientific publications. There are many studies abroad that have found a correlation between high academic achievement and effective time management.

In particular, from the CIS researchers G. Grushin, G.A. Yefteeva, B.I. Dubson, V.V. Zhuravlev, G.E. Zborovsky, S.A. Kravshenko, L.K. Kruglov, Ye.V. Bondarevskaya, L.I. Novikova mentioned the philosophical and sociological aspects of free time of teenagers; while O.V. Larshin, V.E. Semenov's emphasized the characteristics of students' free time organization; and G. A Prudensky., V.D. Patrushev, E.V. Sokolov and others conducted scientific research on technologies for managing students' free time. K. D. Ushinsky, A. S. Makarenko, S. T. Shatsky, P. P. Blonsky, A.V. Mudrik, N.L. Selivyanova, N. Krupskaya, K.S. Romanova and others studied the psychological-pedagogical aspects of free time organization, its impact on personality development, worldview formation; B.A. Trebugov research was on the issue of rational organization of free time of teenagers, the social nature of free time, its structure, main functions in the development of the individual; D.Ushinsky, A.S.Makarenko, V.N.Tersky

conducted systematic research on the importance of pedagogical organization of free time in children's life.

Foreign scientists such as L. Weber, B. Muller, P. Pluskva, V. Hornshtein, V. Narstedt, B. Engholm studied problems related to free time. In our research, methods such as analysis, synthesis, comparative analysis were used. . The fact that research related to free time pedagogy in our country is not being carried out at a sufficient level served as the basis for determining our research work.

RESULT AND DISCUSSION

Nowadays, rational organization of free time is very important for physical and spiritual development. Problems in our socio-economic life are directly related to our inability to use free time properly. So what is free time? What features does it have? Free time is a space at one's disposal and free from biological and economic constraints. Leisure activities include cultural, sports, social and innovative activities. Free time is a relevant value for the intellectual, psychological, physical and social development of a person [1].

Free time is of great importance for people, it serves as a source of pleasure and a means of avoiding external pressure [7]. To better understand the impact of free time, researchers analyze people's satisfaction with it. Effective management of free time helps to reduce stress, maintain balance and improve quality of life [2]. It is important to have free time space for young people to use their freedom constructively. At this point, it is important to organize free time wisely in order to effectively direct the students of higher education institutions to have the necessary opportunities for recreation and initiative.

Leisure activities are very important for students who have less free time than other sections of society. Because it helps to relieve fatigue and tension after various educational loads, and planning the forms of leisure activities in advance and using them effectively can ensure that they achieve great success in social relations. We must not forget that the academic success of students of higher education institutions is mainly directly related to their ability to use their free time effectively, to plan wisely and to use their free time. Leisure activities give young people an opportunity to further develop and demonstrate their talents. N.Avulova, one of the local researchers, emphasizes that, unlike imaginary free time, socially useful free time is in no way disconnected from the individual and society. V.A. Krutesky emphasizes that imaginary free time is an aimless entertainment and leads to unusual

behavior [4]. Russian scientists A.F. Volovik and V.A. Voloviks describe the following basic level in the cultural and free time of teenagers:

- consumption;
- creating;
- exteriorization (social activity) [3].

The educational motive for young people creates a space for mental, physical and social movement. Stimulating interest, in turn, is an important factor in increasing activitiveness in educational activities. In our opinion, free time should be organized in such a way that it should allow to improve the quality of human life. Many scientists emphasize that the quality of human life is a multifaceted concept that requires objective and subjective measurements. It is possible to divide the quality of human life into quantitative and qualitative indicators. Quantitative indicators include such factors as the condition of the living environment, physical well-being, income level and socio-economic status [6]. The subjective factors of the quality of life include factors such as general living conditions, life satisfaction, happiness. Life satisfaction, positive attitude, positive impact on health and the environment will increase the quality of life of students and young people based on effective management of their free time [5]. Glaessans, Yung and others from Western researchers found that free time is important for students, which significantly increases the quality of life. "Psychological separation theory" emphasizes the importance of establishing clear boundaries between work and leisure time.

CONCLUSION

Especially for university students, maintaining a clear separation between study periods and free time has been found to increase academic performance and lead to life satisfaction. Social resource theory studies how people can improve their quality of life through social relationships and resources. Social support, family and friendships are very important for students. Social resources play a very important role in improving the quality of life and overcoming stress. Social support and recreational activities have a positive effect on the quality of life of students. So, free time management skills are important for university students. Academic programs in higher education institutions are designed to meet the peak and lowest levels of students' workloads, requiring them to manage their own life balance without institutional support.

Planning ahead is important in students' academic performance. During our studies, it became clear that more than 60% of students do not have the skills to organize free time wisely.

Students are responsible for their own academic progress, as they make important decisions and manage all activities themselves, with only guidance from their teachers. Non-cognitive personal behaviors, namely students' attitudes toward time management, are also predictors of academic achievement, as poor time management skills make it difficult for students to properly organize their activities. Time management allows people to organize and control their activities. The main types of management activities in the organization of students' free time should be carried out by planning, organization, control, etc.

Recommendations:

1. It is necessary to train social pedagogues and activists to effectively organize free time of the growing generation.
2. It is necessary to seriously study the effective forms and methods of organizing students' free time, and popularize examples of experiences with positive results.

REFERENCES:

1. Anila Fatima Shkili, Rabia Abdul Karim, Hina Gulzar. Importance and need of leisure time Guidance for skill development among students at college level in Karachi, Pakistan. *Pjer*, Vol 4. Issue 2 (2021) –P. 142-150.
2. Brajsa-Zganec A, Marina Merkas M, Sverko I. Quality of life and leisure activities: how do leisure activities contribute to subjective well-being? *Soc Indic Res.* 2011;102(1):81–91. <https://doi.org/10.1007/s11205-010-9724-2>.
3. Volovik A.F., Volovik V.A. *Pedagogical dosuga*// *Uchebnyk*.-M.: Flinta, 2014. S-67.
4. Krutetsky, V.A. *Psychology obucheniya i vospitaniya shkolnikov* [Text: uchebnoe V.A. Krutetsky.-M.: Prosveshchenie, 2009.-280 S.
5. Lackey NQ, Tysor DA, McNay GD, Joyner L, Baker KH, Hodge C. Mental health benefits of nature-based recreation: a systematic review. *Ann Leis Res.* 2011;24(3):379–93. <https://doi.org/10.1080/11745398.2019.1655459>.
6. Liang J, Yamashita T, Scott BJ. Leisure satisfaction and quality of life in China, Japan, and South Korea: a comparative study using Asia ether 2006. *J Happiness Stud.* 2013;14:753–69. <https://doi.org/10.1007/s10902-012-9353-3>.
7. Chick G, Dong E, Yeh C, Hsieh C. Cultural consonance predicts leisure satisfaction in Taiwan. *Leis Stud.* 2021;40(2):183–9. <https://doi.org/10.1080/02614367.2020.1808052>.