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Recreation of Female Post Graduate Students

A case study of post graduate students of university of Calcutta

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Abstract

Now a day, it seems too important to understand the objective as well as subjective indicator to assess the quality of life. In case of young students, their way of recreation represents their standard of life. It has been changed in recent years because they have spent their time in virtual space rather objective space in their regular life. It most of the time is cyber space. It has made them more indifferent towards their own surroundings. Through this paper, different way of recreation pattern of post graduate students has been shown. It will also show different controlling factors of recreation, quality of recreation, and difference in recreation pattern based on their residence. This paper will represent the problem related to way of recreation pattern of girls students and also suggest some recommendations for the improvement of Quality of recreation pattern.

Key words: Recreation, Post Graduate, Girls students, virtual space, Quality of life.

Introduction: Now a day social scientists have emphasised on analysing the quality of life of a person based on both subjective and objective indicators of development. In this context two issues have been highlighted by them 'what are the facilities available to the people and how far they are able to access it'. When people consider the subjective indicator of quality of life, it seems very important to consider the way of recreation as one of the important indicator. Student life is the learning phase of human life. In this time, people learn how to utilise their leisure time in a better way. In some first world countries, consultants and scholars have considered "preparation for the worthy use of leisure time" as one of the basic seven indicators of education. Better utilisation of leisure time is very essential for the integrated development of a student and future generation of a country. In case of girls students, It has been said that their involment in outdoor recreation is the indicators of women empowerment in a society. As Simone de Beauvoir(1952,333) noted "Let her swim, Climb mountain peaks, pilot an aeroplane, battle against the elements, take risks, go out for adventure, and she will not feel before the world the timidity which I have referred to."In India, women always have to face the problem of 'gender bias' in every situation ;in every matter. It is very unfortunate but true that girl students in India are not able to enjoy their own leisure time according to their own will. It is true according to space ,from rural to urban, lower class to higher class, condition is not same everywhere .Even in a same social space girls have to face different type of problem in their way of recreation. Through this paper I want to analyse the different way of recreation among the post graduate student of Kolkata and find out the constrains in their way to enjoy leisure time, and analyse their strategies to cope up with the problems.

Demography of samples: I have taken interviews from twenty post graduate girls students of fourth semester class of university of Calcutta, dept of geography.95% students are Hindu ,only 5% are buddhist.13% students lives at greater kolkata,4% lives at Kolkata metropolitan area and 3% live outside kolkata.60% are general caste whereas 40% were schedule caste. They all use Bengali as mother language. All the girl students live in nuclear family though the number of family members varies from 3 to 6.Their age ranges from 22-24.

Research Questions: What is the most popular way of recreation among the post graduate students of Kolkata?

Are they satisfied with their ways of recreation?

Hypothesis: Students who belong to Kolkata urban area they can enjoy more liberty in their life rather than other girls. They can enjoy time both with their male and female friends.

Girl students, who live in greater Kolkata and outside Kolkata choose indoor recreation medium. They prefer family members as most reliable companion.

Objectives:

- I want to analyse different ways of recreation among post graduate students.
- I want to analyse controlling factors of recreation.
- I want to discuss the constrains in their way of recreation.
- I want to highlight their strategies to overcome their problems.
- I want to highlight their satisfaction level in relation to their way of recreation.

Significance: In last fifty years, people of west Bengal have witnessed a wave of development in their state. It has changed their lifestyle. Day by day, the no of market, recreational park; multiplex have increased. It offered different ways for recreation to the youngsters. Beside this; incidents of crime against women are going up day by day. In my paper I want to analyse if metro city and suburban girls of Kolkata are really able to enjoy these recreation facilities and how they have utilise their leisure time in a sub alternative way. How far these alternative ways are useful for their development.

Methodology: Data have been collected from 20 post graduate students of M.SCfinal year students of Calcutta University, Dept. Of Geography (2015).I have applied random sampling method to collect the data. Then I have analysed both qualitative and quantitative technique to analyse it. Here I have used oral narratives and experience as my important research tool.

Literature review: Recreation is an important social indicator of wellbeing. It has a direct connection with happiness, satisfaction and quality of life. In sixties, western policy makers started to analysis subjective indicators of development. Then these indicators were discussed broadly by the social scientists and policy makers in their discourse about social wellbeing .The subjective perspective ,in contrast to normative definition which focus on what is desirable from the value framework of the observer, consider that well-being resides within the individual and relies on the standard of the respondent to determine what is good life(Osseiran Waines,1995).Later educationalists of first world started considering recreation as one of the seven indicators of better education. In different schools separate board and councils were set up to improve the quality of student's recreation pattern. Universities and colleges were also included in that mission. These boards and councils tried to include the students into sports activities, athletics, sewing, cooking, and singing in their free time (Anderson, 1955) .Beyond the boundary of school and college building, students got involved in community recreation programme in their localities. In different

company towns of United states, companies started community recreation programmes where the busy working mothers could enjoy their free time in a better way with their children (Monthly Labour Review, vol 25,33,34). There is no doubt women always suffers from “geography of fear”. Out of this fear, they always try to avoid outdoor recreation facilities even in first world countries. They have to choose their companions after considering their security factors. When It is a matter of recreation pattern among the women of india. Here very few data can be available in this matter. Everywhere we can see that policy makers have used objective indicators to introduce any new policy for women upliftment. There is no scope to analyse the perception and satisfaction level of women with their livelihood pattern. Even here, two women from a same social space have to spend their leisure time in different way. Their relationship status, economic condition, social status controlled their recreation pattern. Everywhere women have to adjust with this problem and sought out some alternative ways. Sometime these ways are proved to very harmful to them. In every shopping mall, restaurant women have to carry a man with them for security. Even in disco single women are not allowed. They find pleasure to upload their photographs with their husbands or family members but dare to upload their picture with their friends groups as it reveals their secret ways of recreation. Some of my friends visit many places with their friends (girls) without informing their family members, after getting married they have visited the same place and her parents found no problem with that. One of my junior friends has said “she has to take permission from her mother in law if she wants to spend few time with his friends”. In reality girls from rural and urban area have made friendship with a lot of unknown boys in social networking site. One of my friends of university used to bank classes almost every day with her boyfriend, whereas she was not allowed to go with us for pandal hopping during durga puja even in day time. So in unconscious mind, Indian girls nourished a idea that they are safe only with a man and inside the four walls of house. In early days where story books or magazines were their best friend in free time, Now- a- day face book and computer replace the place.

Different ways of recreation: It has been seen that girls students of Calcutta university have utilise their leisure hours in different way. The students who live at Kolkata metropolitan area, mainly like to watch movies in their leisure time. They also indulge their hobbies like cooking, singing, dress designing in their free hours. Whereas suburban girls mainly find pleasure in watching tv serials, cartoons, chatting in face book and whats up. In case of students who actually belongs to other districts but reside in hostels mainly prefers chatting in face book and whats up and travelling in different places of Kolkata in their free time. Here we can find a clear differeciation between their recreational processes. In Kolkata, a girl can get better facilities to indulge their hobbies .They can participate in different cultural programmes. They can easily find a scope to present their talent. In Kolkata multiplex are attached with shopping mall, so they choose shopping mall to spend their holidays with friends and family members. In suburban area like south 24 pgs, North 24 pgs multiplexes are found hardly in few places. In student life when students have to depend on their guardian for everything, it is not easy for them to go to shopping mall to watch movies regularly. They mainly prefer to watch television with their family members. They find pleasure to watch cartoon and fantasy stories of barbie. Only one girl among them is involved in social work in her holidays. Story reading is also very common among them, here we can see that in suburban area students mainly choose their way where they have to pay less money and they can enjoy those things inside their house. Girls, who stay at hostel, prefer to chat in social networking site in their off time. They are far away from their house and childhood friends. As they are not accustomed with every place of Kolkata they have to spend their leisure time inside their house. Here we have seen

that urban girls utilise their time in such a way where they can improve their personalities and give them self-satisfaction. For suburban girls leisure times mean only to make fun, nothing else. Girls of outside Kolkata have forced to indulge in some monotonous habits like chatting in face book and whats up as they do not have any other option.

Favourite ways of recreation: It has been found that 65% students mainly prefer digital ways of recreation like television and social networking site. Whereas only 7% take interest in others. According to them digital medium offers them the opportunity to spend time with family and friends side by side. Guardians also find pleasure in this because it does not hamper the security of their children and girls do not have to pay separately for this. In many families girls are not allowed to make friendship with boys whereas in social networking site they can make several male friends. The rest of 7% are different from others. They like to stay alone in their leisure time and this tendency mainly found in Kolkata girls as they have to tolerate huge crowd, loud noise at every moment. They prefer to stay alone in a different world, far away from the crowded environment in their free hours.

Companion of recreation: Only 5% students prefer to spend their time with friends. Whereas rest 95% prefers to spend their free time with their family members or alone. Girls who are mainly movie lovers use to prefer friends as their companion. Most of them like to spend time alone. This tendency is quite common. As in seven days of the week they have stay in a over populated, crowded environment and everybody in their family is worried about their future, they want to avoid this. In this way they also get a chance to know them better. In festive season, they like to spend their time with their family members and friends in their own locality.

Liberty and restriction: It is found that 65% girls have said that they can utilise their free time at their own sweet will. Besides this 64% have said that they have to face restriction in their way of recreation. Here I have found that girls refers to outdoor recreation medium as the actual way of recreation. For them recreation means hang out with friends. Whatever they have done in their free time, It is nothing but just adjustment. They are not permitted to stay outside their house for a long hours and they have also had some bitters experiences in past they can't enjoy outdoor entertainment facilities. They are all suffering from "geography of fear". Even Kolkata girls have to face this restriction in family. Their guardians are afraid of the degraded condition of the society. Society has restricted them. Students have said that whatever they have done in their leisure time inside the house, nobody has problem with them. Everybody has luxurious cell phone which can be used as video player, music player, and they can easily access social networking site through their mobile. Even orthodox guardians are also ready to give them this kind of expensive phone. In this way society and fear have made them cell phone addicted and cyber-crime has become a burning issue in our society.

Strategies: Girls students have adopted some strategies to cope up with their problem. Now- a- day they create groups in mobile, they can chat with their friends easily. They have started watching movies in weekdays with friends and sometime they spend a full day in someone house before exam and enjoy good time with friends. Mobile has given the opportunity for the girl student to enjoy their time with friends without restriction without fear of place.

Suggestion:

- It is very important for the girl student to learn some technique of self- protection.
- They have to indulge in some good hobbies in their leisure time.

- University should start some extracurricular activities in campus where girls students can enjoy their free time. Community programmes should be started at different localities.
- In every multiplexes, students must get some concession in tickets
- We must have to become self-dependant, economically sound to make ourselves more liberal.
- Condition of society should be improved.

Conclusion: It has been found that Kolkata girls get some extra and better facilities to utilise their free time. Though they do not have any knowledge about better way of recreation. They also restrict their movement in their known environment. Suburban girls do not enjoy their leisure time in their own way. Social security is an important issue in this matter. We can say that without better education system, education policy, social security girls will not be able to enjoy their life with freedom and self esteem. Though the number of shopping mall, Recreation Park, beauty spa, multiplexes is increasing rapidly in Kolkata and suburban area and women are seen there in large number but it does not mean that these places are women friendly and women enjoy their free time in a better way with better companions. It is important to analyse their satisfaction level rather counting their number in those place.

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