

# Leisure Activities and Hobbies Preferred by Third Year College Students

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**Abstract-** *Educators and scholars agree that students must always cultivate a balance life by having variety of activities which will lead to a richer and fuller life. The study was conducted to determine the leisure activities and hobbies preferred by third year college students at the Pangasinan State University, Alaminos City Campus, Philippines during the Academic Year 2015–2016. The descriptive-evaluative research design was employed in the study. The main tool in gathering data was a questionnaire-checklist. Results of the study found that using computer and other technologies was the most preferred leisure activity and hobby of the third year education college students with using social media network as the most preferred activity. Modernization influenced the preference of the students in their leisure activities and hobbies. Students must maintain indulging themselves to productive and active leisure activities through worthwhile home, school, and community projects and program.*

**Keywords** – *Hobbies, leisure activities, preferences*

## INTRODUCTION

As the very popular adage goes “All work without play makes Juan a dull boy”. This means that the students need to have balance life, giving studies and leisure activities on equal footing. Parents and educators should be concerned about the leisure activities and hobbies preferred by students. It is important to determine such in order to give proper guidance.

Quality life is determined by objective factors. However, how man perceive what quality life is has great influence in the attainment of quality life. Thus, quality life is also subjective in nature. Engagement in leisure activities is an important factor in making quality life. One’s life values and needs can be achieved through leisure activities. More importantly, participating in leisure activities build social relations, generates positive emotions, provide opportunities to learn new knowledge and skills. Having these will lead to a better quality life [1]. The type of leisure activity one engaged with is affected by social trends promoted by mass media and marketing. Leisure activities change over time as new social trends emerge [2]. Free-time and leisure contexts that feature structured and unstructured leisure activities offer young people the chance to develop relationships with peers, to establish personal preferences and to experiment with various social roles [3].

The main reason why students read is for academic purposes to comply with academic requirements and to prepare for quizzes. The materials usually read by students are those related to their academic subjects. Interest-related reading is very low among students as caused by different factors, specially academic and family and social responsibilities among others [4]. However, college students read for pleasure as well [5].

Another activity young adult engage with is listening to music. Music is sometimes used as a means to express ones’ emotion, ideas, and social status Musical preference is influenced by age and growth stages. People with the same musical interest usually form their group, spend time together and sometimes form intimate relationships [6].

Typically, we try to establish our identity through music. Adolescents listen to intense music such as punk and metal as this type of music have the characteristics of being aggressive, tense, loud, and distorted. These characteristics match that of adolescents as being rebellious who is trying to claim for his independence. The preference for intense music however shifts to contemporary music at later stage. The preference for intense music which includes punk and metallica will decline as they enter middle adulthood. Contemporary music becomes their favourite [6].

The use of computer and other gadgets together with the internet has gained importance to man. Technology has become a way of life. To college students, one of the uses of technology is social media networks. A study made by Lenhart, Purcell, Smith, and Zickuhr (2010) found that 72% of all college students have a social media profile with 45% of college students using a social media site at least once a day [7].

**OBJECTIVES OF THE STUDY**

This study determined the leisure activities and hobbies preferred by Third Year College students at the Pangasinan State University Alaminos City Campus. It sought to find the extent of the students’ preferences on their leisure activities and hobbies inside their homes and outside their residences.

**METHODS**

The research employed descriptive-evaluative design since the purpose of the study was to determine the leisure activities and hobbies preferred by Third Year College students at the Pangasinan State University - Alaminos City Campus during the first semester of the school year 2015 – 2016. A total of 170 Third Year College students taking Teacher Education served as respondents of the study. The respondents include 70 males and 100 females. Prior to the selection of samples, the researcher explained that a research is being conducted; the students were asked if they are willing to be part of the study. Only those who have signified their willingness were included in the study. Further, the researcher ensured that all information given by the respondents were treated with strict confidentiality.

The main instrument used in gathering the pertinent data was a questionnaire checklist using the five-point Likert Scale consisted of 21 items which dealt with the students’ leisure activities and hobbies. The extent of preference of leisure activities and hobbies were rated using the Five-point Likert scale as Very much preferred; much preferred; sometimes preferred; seldom preferred; and never preferred. The questionnaire was reviewed by five faculty members of the Pangasinan State University, one of whom is a psychology major and the other four are faculty members of the Social Sciences Department. The reliability of the questionnaire was determined using

Cronbach Alpha with a value of 0.959 indicating a high level of consistency.

**RESULTS AND DISCUSSION**

Table 1. Leisure Activities and Hobbies of Third Year College Students

<b>Leisure Activities and Hobbies</b>	<b>AWM</b>	<b>DR</b>
A. Reading	3.21	SMP
1. Wattpad	4.21	VMP
2. Educational Journals	3.36	SMP
3. Textbooks	3.32	SMP
4. Pocketbooks	2.30	SP
5. Magazines and news paper	1.83	SP
B. Eating	3.37	SMP
1. Junk Foods	4.34	VMP
2. Street Foods	3.46	MP
3. Breads and pastries	3.35	SMP
4. Pasta and pancit	2.70	SP
5. Native delicacies	2.63	SP

*AWM-Average Weighted Mean; DR – descriptive Rate; VMP – Very much preferred; SMP- Sometimes Preferred; SP – Seldom Preferred*

Table 1 presents the leisure activities and hobbies of the third year Teacher Education college students in terms of reading and eating. Results show that the students sometimes prefer to read as their leisure activity and hobby as shown by the mean rating of 3.21. Of the different reading materials, the students very much preferred to read stories in Wattpad. Reading Educational Journals followed with a mean of 3.36, descriptively rated as sometimes preferred. Reading magazines and newspapers was seldom preferred by the students.

Wattpad is considered as the biggest revolution in reading. It is the world’s largest reading and writing community in which all the stories are free. This gives people the chance to have their creative works available to a wider audience. Wattpad, being an application available in mobile phones, tablets, and other computer gadgets made the students fond of reading considering the genres of stories available. The Philippines is the number 1 user of the Wattpad application, followed by U.S. and Turkey.

The main reason why students read is for academic purposes to comply with academic requirements and to prepare for quizzes. The materials usually read by students are those related to their academic subjects [4]. Results of the study showed that college students’ nowadays are more fond of reading interest-related materials as shown by the fact that the students read Wattpad more than any reading material. This

contradicts the findings of Tandom (2012) in his research wherein, accordingly, interest-related reading is very low among students as caused by different factors, specially academic and family and social responsibilities among others [4]. With this, faculty members, especially those teaching English and literature should find ways on how to maximize the use of Wattpad in teaching literature.

As presented in Table 1, the students sometimes preferred eating as a leisure activity and hobby. This was manifested by the mean rating of 3.37. Among the different types of food that the students love to eat, junk foods was preferred the most with a mean value of 4.34, descriptively rated as very much preferred. Eating street foods followed with a mean of 3.46, descriptively rated as much preferred. Eating native delicacies was least preferred by the students with a mean of 2.63, descriptively rated as seldom preferred.

Results show that college students prefer to eat foods that are readily available in groceries and supermarkets. This is attributed to the changing lifestyle as brought about by technology. People nowadays wanted almost everything to be done in a quick and easy way.

As presented in Table 2, the students much preferred to watch T.V. shows. This was shown by the mean rating of 4.16. Of the different types of T.V. shows, watching telenovela was the most preferred by the students. A mean of 4.24 was computed, descriptively rated as very much preferred. Watching noon time shows was also very much preferred by the students. However, watching science and discoveries, sports and leisure, and business were never preferred by the students.

Table 2. Leisure Activities and Hobbies of Third Year College Students

Leisure Activities and Hobbies	AWM	DR
C. Watching T.V. shows	4.16	MP
1. Telenovela	4.24	VMP
2. Noontime shows	4.21	VMP
3. News	3.56	MP
4. Cartoons	3.20	SMP
5. Game shows	3.27	SMP
6. Science and discoveries	1.74	NP
7. Sports and leisure	1.68	NP
8. Business	1.45	NP
D. Watching Movies	3.16	SMP
1. Romance	4.16	MP
2. Fiction	3.86	MP
3. SciFi	2.78	SMP
4. Horror	2.64	SMP
5. Animated films	2.18	SP

As teenagers, the students are fond of watching telenovelas. This is attributed to the fact that telenovelas are mostly love stories. Further, the actors and actresses are the young stars who are idolized by teenagers.

Watching movie was sometimes preferred by the students as a leisure activity and hobby as shown by the mean rating of 3.16. Watching Romance movies was the most preferred by the students. A mean of 4.16 was computed, descriptively rated as much preferred. It has to be noted that there are college students who are still fond of watching animated movies. However, the type of movie was generally preferred least by the students. A mean of 2.18 was computed, descriptively rated as seldom preferred.

Table 3. Leisure Activities and Hobbies of Third Year College Students

Leisure Activities and Hobbies	AWM	DR
Listening to Music	3.86	MP
1. Heavy metal	4.18	MP
2. Slow rock	4.14	MP
3. Hard rock	4.02	MP
4. Rock n Roll	3.96	MP
5. Alternative	3.87	MP
6. Classical	3.63	MP
7. Pop	3.58	MP
8. Jazz	3.54	MP
9. Blues	3.44	MP
10. Rap	3.40	SMP
11. HipHop	3.38	SMP
12. R&B	3.33	SMP

Listening to music was found a much preferred leisure activity and hobby of the college students. This was shown by the mean value of 3.86. Of the different music genres, heavy metal was preferred the most by the students followed by slow rock and hard rock. Average weighted mean values of 4.18, 4.14, and 4.02 were computed respectively, descriptively rated as much preferred. HipHop and R&B were found the least preferred genres by the students. Teenage years are often dominated by the need to establish identity, and music is a cheap, effective way to do this. People come to music to experiment with identity and define ourselves, and then use it as a social vehicle to establish our group and find a mate, and later as a more solitary expression of our intellect, status and greater emotional understanding [6].

As presented in Table 4, using computer and other technologies was very much preferred by the students as a leisure activity and hobby. This was manifested

by the mean rating of 4.32. Of the different activities being done with technology, use of social media network was preferred the most by the students. Mean rating of 4.86 was computed, descriptively rated as very much preferred. Chatting and texting followed with a mean rating of 4.78. The students were also fond of playing online games and watching movies or videos. As reiterated, 72% of all college students have a social media profile with 45% of college students using a social media site at least once a day [7].

Table 4. Leisure Activities and Hobbies of Third Year College Students

Leisure Activities and Hobbies	AWM	DR
Using the computer and other technologies	4.32	VMP
1. Using social media	4.86	VMP
2. Chatting/texting	4.78	VMP
3. Playing on-line games	4.12	MP
4. Watching movies/videos	3.98	MP
5. Surfing the net	3.95	MP

The type of leisure activity one engaged with is affected by social trends promoted by mass media and marketing. Leisure activities change over time as new social trends emerge [2]. This generation is dominated by technology. This explains why college students are very fond of engaging into activities that use technologies such as computer, internet, and cell phones. Using technology has become a part of almost everybody's life.

Table 5. Leisure Activities and Hobbies of Third Year College Students

Leisure Activities and Hobbies	AWM	DR
1. Playing sports and other physical games	3.22	SMP
2. Bonding/partying with friends	3.16	SMP
3. Going to the malls and parks	2.44	SP
4. Nature trips	1.74	NP
5. Travelling to other places	1.68	NP
6. Gardening	1.57	NP
7. Taking care of pets	1.53	NP

As presented in Table 5, playing sports and physical games and bonding/partying with friends were sometimes preferred by the students as their leisure activities. This was manifested by the mean ratings of 3.22 and 3.16 respectively. On the other hand, going to the malls and parks was seldom preferred by the students. However, nature trips, travelling to other places, gardening, and taking care

of pets were generally not preferred by the students as leisure activities. Results of the study show that the students do not find great pleasure in sports and other physical activities as leisure activities.

### CONCLUSION AND RECOMMENDATION

College students have become more interested in reading interest-related materials especially those published in Wattpad. This contradicts the findings of previous researches. Reading for academic purposes is no longer the main reason why college students read. Having this scenario, the academic performance of the students will be negatively affected. Faculty members should find ways on how to reverse this emerging trend.

Using computer and other technologies was the most preferred leisure activity and hobby of the third year education college students with using social media network as the most preferred activity. With the great interest of college students on the use of technology, specifically cell phone and internet, faculty members should maximize the utilization of technologies in teaching. Instructional materials and reading materials which are technology-based or android applications should be developed and be given to students to attract their interest in learning rather than wasting much of their time chatting, doing social networking or playing on-line games.

Watching T.V. shows is also one of the most preferred leisure activity and hobby of the students. Students should be advised to minimize watching telenovelas and devote their time in studying instead.

Students must indulge themselves in productive activities that will promote their wellness. Engaging with leisure activities should not affect their academic performance as students.

The study was limited to third year college students taking teacher education. To have a more comprehensive information on the leisure activities of university students, another study should be made involving students from different degree programs and year levels.

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