

PHILOSOPHICAL ANTHROPOLOGY, PHILOSOPHY OF CULTURE



UDC 379.821

Original Theoretical Research

<https://doi.org/10.23947/2414-1143-2024-10-3-50-55>



Leisure Activities as a Means of Students' Personal Development in Rural Schools

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Abstract

Introduction. The article is devoted to the study of leisure activities specifics in rural educational organizations and the degree of its influence on the process of the student's personality formation and development. Leisure activities play an important role in the socio-cultural integration of the student's personality. This is a time when there is an opportunity to expand knowledge, develop creativity and strengthen connections with other people. In the process of leisure activities, you can better understand and accept the variety of cultures and customs. This all contributes to the formation of a tolerant and open society.

Materials and Methods. The complexity of methods used in this study is explained by the topic of work extrapolating methodology of sociology, pedagogy, philosophy and a number of economic disciplines related to the introduction of modern areas of human activity. The object of the study is to examine the specifics of organizing leisure activities for students in rural schools. Currently, in the conditions of the outflow of population from rural areas, the question of young people's interest is acute. Organization and implementation of leisure activities is one of the solutions on which educational institutions in rural areas rely in their work.

Results. The need to create a system of extracurricular educational work is emphasized, the most important function of which is the organization of leisure activities, which is one of the main goals of this kind of activity. This is achieved by creating a comfortable environment with identical values and interests. The rural school is an educational center designed for organized education and training of younger generations. Using the experience of rural educational organizations as an example, it is possible to consider the implementation of socially significant leisure activities for children and adults. The specifics of leisure activities organization are primarily due to the growth of the educational and cultural level of the rural population; the introduction of information technology in the entertainment industry; changing the structure of the use of free time, etc.

Discussion and Conclusion. The study identified modern forms of leisure activities implemented within the framework of educational organizations, as well as functions that determine its socio-cultural purpose. Modern understanding of leisure allows us to define it as a promising direction, focused on the development of the student's personality and the strengthening of their social ties.

Keywords: leisure, leisure activities, socialization, free time, extracurricular activities, deviant forms of behavior

For citation. Petrenko A.S., Dudkina O.V. Leisure Activities as a Means of Students' Personal Development in Rural Schools. *Science Almanac of Black Sea Region Countries*. 2024;10(3):50–55. <https://doi.org/10.23947/2414-1143-2024-10-3-50-55>

Досуговая деятельность как средство развития личности обучающихся сельских школ

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Аннотация

Введение. Статья посвящена изучению специфики досуговой деятельности в сельских образовательных организациях и степени ее влияния на процесс формирования и развития личности школьника. Досуговая деятельность играет важную роль в социально-культурной интеграции личности школьника. Это время, когда есть возможность расширять знания, развивать творческие способности и укреплять связи с другими людьми. В процессе досуговой деятельности можно лучше понять и принять разнообразие культур и обычаев. Это все способствует формированию толерантного и открытого общества.

Материалы и методы. Комплексность примененных в данном исследовании методов объясняется тематикой работы, экстраполирующей методологию социологии, педагогики, философии и ряда экономических дисциплин, связанных с внедрением современных направлений человеческой деятельности. Объектом исследования является изучение специфики организации досуговой деятельности для обучающихся сельских школ. В настоящее время остро стоит вопрос о заинтересованности молодежи в условиях оттока населения из сельской местности. Организация и реализация досуговой деятельности – одно из решений, на которое образовательные учреждения в сельских районах опираются в своей работе.

Результаты исследования. Подчеркивается необходимость создания системы внеурочной воспитательной работы, важнейшей функцией которой является организация досуговых мероприятий, что является одной из основных целей такого рода деятельности. Это достигается за счет создания комфортной среды с идентичными ценностями и интересами. Сельская школа является учебно-воспитательным центром, предназначенным для организованного воспитания и обучения подрастающих поколений. На примере опыта сельских образовательных организаций предоставляется возможным рассмотреть реализацию детско-взрослых социально значимых досуговых мероприятий. Специфика организации досуговой деятельности прежде всего обусловлена ростом образовательного и культурного уровня сельского населения; внедрением информационных технологий в индустрию развлечений; изменением структуры использования свободного времени и т. д.

Обсуждение и заключение. В процессе исследования определены современные формы досуговой деятельности, реализуемой в рамках образовательных организаций, а также функции, определяющие ее социально-культурное назначение. Современное понимание досуга позволяет определять его как перспективное направление, ориентированное на развитие личности школьника и укрепление его социальных связей.

Ключевые слова: досуг, досуговая деятельность, социализация, свободное время, внеурочное мероприятие, девиантные формы поведения

Для цитирования. Петренко А.С., Дудкина О.В. Досуговая деятельность как средство развития личности обучающихся сельских школ. *Научный альманах стран Причерноморья*. 2024;10(3):50–55. <https://doi.org/10.23947/2414-1143-2024-10-3-50-55>

Introduction. At the moment, there is a fundamental restructuring in approaches to the education of modern youth. In the socio-pedagogical sphere, new concepts and approaches are being introduced that fully reflect the current trends in the development of Russian society. The variety of leisure activities forms in educational institutions, including rural schools, affects the culture of students' behavior, communication during leisure, the development of personality traits, their spiritual, physical and other socially significant needs and interests that manifest themselves in individual socio-cultural activities.

Leisure of students in rural schools, in the absence of an adequate cultural program, can be a reason for illegal behavior, since it does not contribute to the development of creative abilities and does not lead to recuperate after studying.

Materials and methods. The authors' methodology was built based on the research of domestic and foreign scientists who study problems in conjunction with the specifics of the rural environment. The significant role in the study of the concept of "leisure", as well as its theoretical justification, was played by such outstanding scientists as M.G. Bushkanets, A.F. Volovik, V.A. Volovik, G.A. Oparin, V.Ya. Surtaev and many others. In their works, they considered leisure as an opportunity for a person to engage in independent and diverse activities in their free time, taking into account their own interests and needs. Research indisputably points to the multifaceted role of leisure as a driving force for self-expression and comprehensive personality development, as a platform for unlocking individual potential [1].

In recent decades, theory and practice of leisure has developed thanks to the research of outstanding scientists such as L.A. Zatuliveter, V.V. Kirsanov, A.V. Mudrik, D.A. Nikolsky, S.A. Shmakov. Their works cover the pedagogical potential of youth leisure and emphasize its growing role in the socialization of the younger generation [2, 3].

Foreign sources are also quite numerous, demonstrating a wide overview of the problem of free time. The study of leisure in sociology began with T. Veblen. According to his concept, leisure is a time free from obligations. Sociologists who have had a significant impact on the development of this field of science, such as George Lundberg, John Riesman, Lisa Lowenthal, Meredith Kaplan analyzed the behavior of social groups during leisure. Research in the field of sociology of leisure received a new impetus in the second half of the twentieth century thanks to the work of such scientists as Stuart Parker, Joffre Dumazedier. Their works have made a significant contribution to the understanding of the social aspects of free time and its impact on society [4, 5].

The modern understanding of leisure is becoming more and more international, reflecting the globalization processes in society. At the same time, theory and practice of leisure faces new challenges. One of them is associated with the need to improve the quality of leisure activities and programs. Another challenge is the formation of a culture of constructive and socially useful leisure among young people. This involves the development of creative principles, stimulating active forms of leisure and promoting a healthy lifestyle.

Results. Leisure activities in educational institutions play an important role in the socio-cultural integration of students' personality. Leisure activities provide an opportunity to get acquainted with various aspects of culture. Visiting museums, galleries and theaters helps you immerse yourself in the world of art and history, learn about significant events and figures of the past, as well as about current trends and talented contemporaries. This not only enriches the intellectual and emotional experience of the younger generation, but also helps young people better understand and appreciate the cultural heritage.

Leisure activities contribute to the development of creative abilities. Art classes, music groups, dance classes and other forms of creative self-expression help develop imagination, talent and confidence. Participating in leisure activities, students learn to express their thoughts and feelings through art, as well as find new ways of self-expression. This is important not only for the development of students as individuals, but also for creating a more creative and innovative society.

Leisure activities also contribute to the strengthening of social ties and the formation of a tolerant society. The participation of children in team sports, hobby clubs and social activities helps to find a common language with other people, work in a team, listen to and respect other people's opinions. This creates an atmosphere of mutual understanding and support at school which contributes to social integration and the formation of friendly and harmonious relations.

Leisure activities are understood as a part of free time, a set of activities that perform the function of physical and mental recovery; activities for the sake of their own pleasure, entertainment, self-improvement or the achievement of other goals of their own choice. Leisure is not just free time, but time filled with various activities: games, philosophical contemplation, communication, etc. [6].

Leisure activity is a conscious and purposeful intense activity of a person aimed at meeting the needs of knowing their own personality and the world around them, carried out in conditions of directly and indirectly off-work time.

Leisure activities held in rural schools can be classified according to the goals that are achieved during their implementation. Thus, there are three types of such events at school:

- teaching and educational;
- sports and recreation;
- entertaining.

In the process of organizing any type of event, it is necessary to take into account the age characteristics of school students, since they are crucial when choosing how to run events. Primary school students will be interested in demonstrating visual information and active forms of events. It is easier to involve secondary school students in intellectual activities with elements of physical activity, for example, through contests, games, excursions.

High school students are capable of a longer, static perception of the material. Theatrical performances, Club of the Funny and Inventive, hiking, Mindfight competitions, career-guidance excursions are relevant for them.

When running an extracurricular activity in an elementary school, a small practical experience of students should be taken into account. The lesson should contribute to the formation of basic knowledge of children, their skills and abilities, while in middle and high school, extracurricular activities can be held to consolidate the past material.

Depending on the capabilities of the educational organization's material and technical base, the number, composition, age and psychological characteristics of students one can face with various forms of leisure activities organization [7].

Figure 1 shows the most common forms of leisure activities for rural schools.

Traditional forms of leisure activities organization are the following:

– festive concerts are highlighted as the most common and significant events, since schools are often the only cultural institutions in the villages, and the events held in them unite not only the entire school environment, but also all residents of rural areas. They are characterized by numerous options for their holding: meeting evenings, dance events and discos, contests, etc.;

- school-wide fairs are also popular in schools of small settlements, they contribute to general unification, since not only children, but also adults, parents and teachers take an active part in them;
- celebratory assembly is one of the forms of educational work at school, they are quite often carried out in villages, since the number of participants in the school environment is small and it is not so difficult to bring them all together for any reason;
- sports competitions in schools are often the only sports space for rural areas, therefore attracting many residents;
- library activity is one of the oldest forms of leisure activities for students. The work of libraries is most often implemented in three directions: the issuance of books and periodicals for reading in their free time; conducting various thematic events (literary excursions on works, book exhibitions, intellectual quizzes); promotion of healthy lifestyle;
- game forms of organizing leisure activities are also quite popular in the school environment. Students are offered both passive (checkers, chess) and active gaming entertainment (quests, role-playing and communicative games).

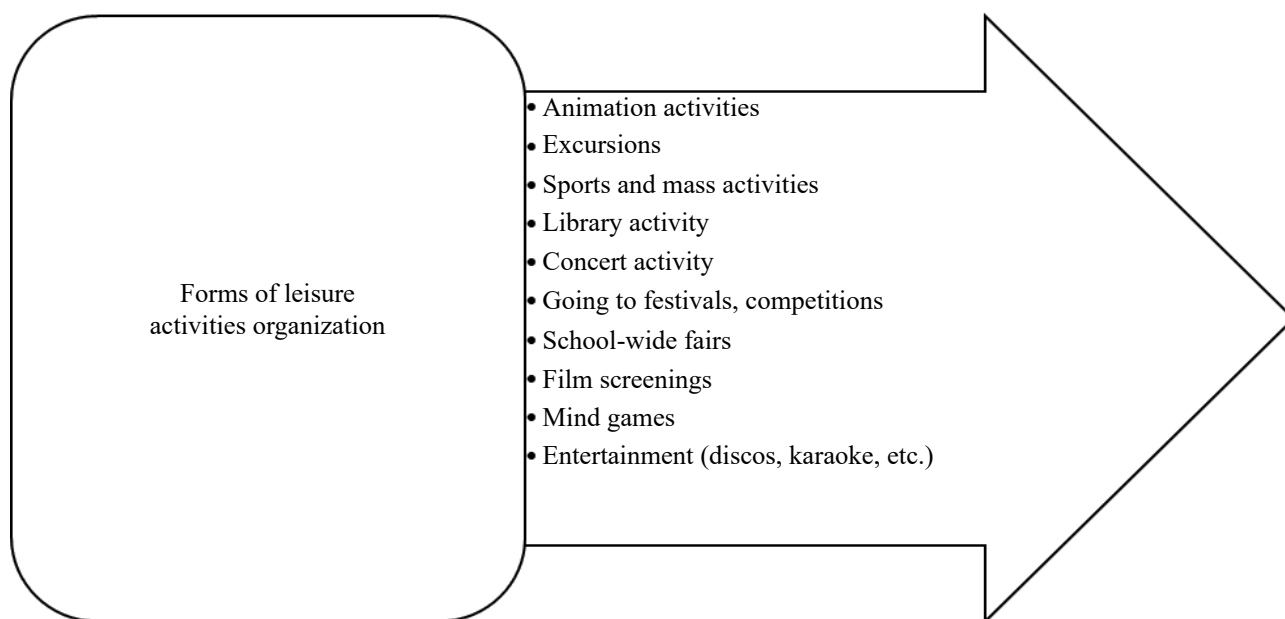


Fig. 1. Forms of leisure activities organization

Leisure activities are multifaceted, and therefore the functions of leisure activities are determined by social and cultural purpose (Fig. 2).

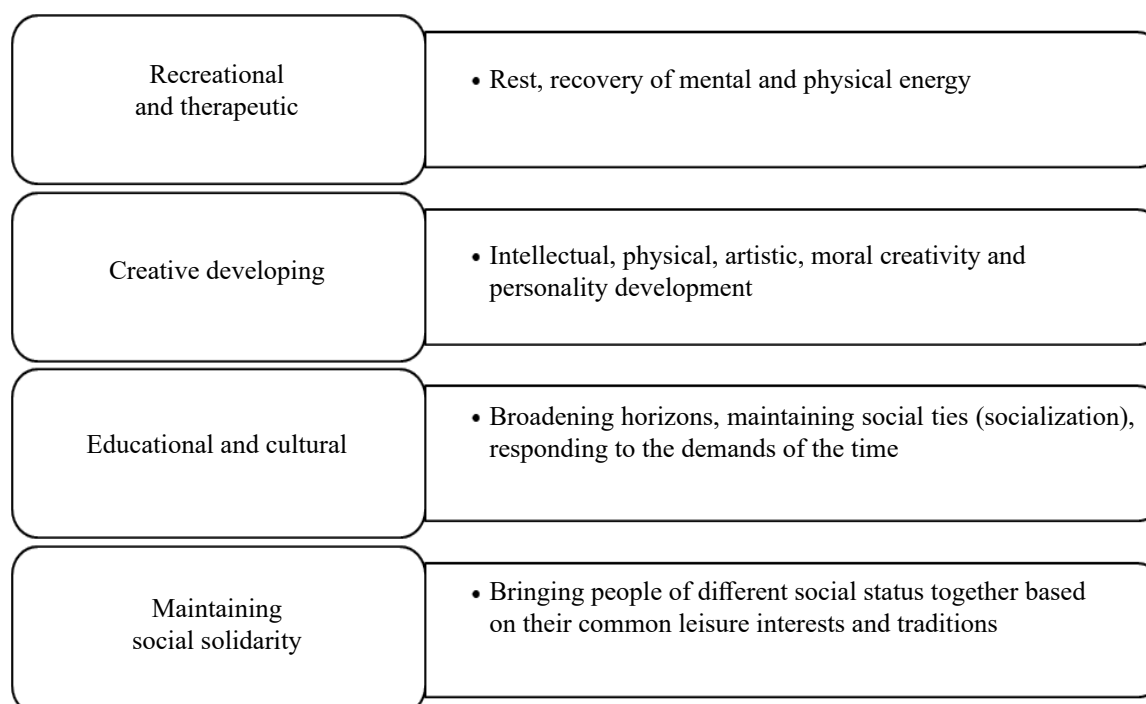


Fig. 2. Functions of leisure activities

Leisure activity can also perform functions of improving mental health, developing the inner world, expanding the individual living environment [8].

Leisure activities in rural schools are planned in advance and adapted during their implementation, depending on the contingent and other conditions. When planning leisure activities, the motives that encourage the student to a specific form of leisure activities, the needs that they seek to satisfy by attending entertainment events (communication, emotional enrichment, activity, recuperation, aesthetic pleasure) are also analyzed.

Leisure activities in rural schools are organized with the aim of directly educating students and the diversity of their socio-cultural activities. In addition to lessons, contests, concerts, exhibitions and excursions are organized, which bring variety to everyday life. The importance of such events lies in the fact that they play a large role in the younger generation upbringing.

The organization of leisure activities remains one of the most important forms of not only extracurricular activities, but also the entire activity of the rural school. Participation in such events in a freer environment, outside the usual classes, is essential, and sometimes crucial for the students' development and upbringing, especially in rural areas, where there is often a significant shortage of socio-cultural facilities for the younger generation.

Extracurricular activities are also important for the rural teacher. They help to get closer to children, establish and maintain trusting relationships with students, since in rural schools there is usually a small number of students, and it seems possible for the teacher to find an individual approach to each of them.

Discussion and conclusion. As the main conclusions of the study, the following can be cited.

Planning and organizing leisure activities for students in rural schools, it is necessary to solve the following tasks:

- attracting students to cultural and entertainment events;
- development of programs and schedules of events that meet the needs of high school students in the field of leisure;
- selection of appropriate forms of active leisure;
- ensuring an adequate level of physical activity appropriate to the physical condition and needs of participants;
- encouraging informed involvement in physical education.

The implementation of the above tasks will help to stimulate the interest of students in leisure activities, enrich their knowledge, help to master the ways of applying this knowledge in everyday life, value attitude to their free time. This will make it possible to consistently and purposefully form cultural values among students.

One of the key indicators of the students' cultural personality is a holistic and systemic perception of the world. The leisure of students, organized at the proper level, is aimed at the comprehensive development of the personality, including a harmonious combination of intellectual, physical, moral and aesthetic qualities of students, aimed at the development of creative thinking, awareness and self-understanding.

The formation of a leisure culture includes a focus on values and styles of behavior, as well as a willingness to take part in socially significant events that contribute to the disclosure of the individual's creative potential in their free time. This process is aimed at developing the personality of students, giving them the opportunity to choose classes and forms of activity that correspond to their interests and abilities.

It should be noted separately that shortcomings in the structure of leisure activities for students, especially in rural areas, significantly affect the formation of negative trends in the behavior of school-age children, leading to the emergence of deviant behaviors among adolescents. This is due to the lack of options for other leisure opportunities for children, except for those offered by the school.

Thus, with the right approach to organizing leisure activities in rural schools, sometimes unexpected and attractive aspects of the educational institution are opened up for students, teachers feel their social significance and relevance, and the school itself for the younger generation becomes not only a place for acquiring of knowledge, but also life experience and positive emotions.

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Received 20.04.2024

Revised 16.05.2024

Accepted 18.05.2024

Conflict of interest statement

The authors do not have any conflict of interest.

The authors have read and approved the final manuscript.

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Поступила в редакцию 20.04.2024

Поступила после рецензирования 16.05.2024

Принята к публикации 18.05.2024

Конфликт интересов

Автор заявляет об отсутствии конфликта интересов.

Автор прочитал и одобрил окончательный вариант рукописи.