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CONSIDERATIONS ON THE HISTORICAL DEVELOPMENT OF
THE LOISIR CONCEPT IN THE EUROPEAN SPACE

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Abstract

The accelerated modernization of contemporary society has also impelled a growing dynamism to daily life, which, according to experts such as Yan Z., et alii (2007, 107). The United Nations, in the Universal Declaration of Human Rights, has declared since 1948 that "all persons have the right to rest and loisirs". Modernization has caused a new kind of human being: the sedentary being... the emergence of a "new human being ... sedentary being". In West Germany, in the 1950s, characterized by the "consumer society", the concept of "leisure society" emerged, since in a highly industrialized society the program of five working days a week was imposed. As regards negative factors that influence health status (the well of each), Colin Boreham, foot specialists T., Liam, M. et alii (1997), W,-D, Brettschneider and Roland Naul, (2004) vie for attention since several decades now over: lack of movement-physical inactivity; stress-strain increased pace of the nervous system; unequal segments, request body; incorrect positions of the body during daily activities; antiphysiological static positions on extended periods of time, with consequences for cardiovascular disease, metabolic syndrome and even cancer (Jennen and Uhlenbuck, 2004, 157). Regarding the factors that negatively affect the state of health (the well-being of everyone), specialists Colin Boreham, et alii (1997), Wolf-Dietrich Brettschneider and Roland Naul) have attracted attention for several decades, on: lack of movement - sedentary; stress - increased rhythm of nervous system demand; unequal application of body segments; incorrect body positions during day-to-day activities; static antiphysiological positions over prolonged periods of time, resulting in cardiovascular disease, metabolic syndrome and even cancer (Jennen and Uhlenbuck, 2004, 157). In order to counteract the negative effects of life at an increasingly rapid pace, with a very high stress level, in the absence of physical movement, organized in an organized manner, often accompanied by an unreasonable diet (Bull et alii 2004), specialists such as Ch. Jennen and G.Uhlenbuck (2004, 157) propose loisir activities that could have a beneficial effect on quality of life and on personal satisfaction. In this study we intend to follow the evolution of the meanings of the concept of free time in the European space with a case study on the perception of young people in Romania.

Keywords: quality of life; free time; loisir; physical condition; fitness.;

1. INTRODUCTION

Today, the concept of free time - *loisir* can be easily defined as "the state of well-being" or the "optimal physical condition". The French, German, or English use the term *loisir* as "*leisure*" - time for physical activity (Vuillemin et al., 2005), "freizeit" that can be translated by "respite", "pleasant occupation", "leisurely, quiet", the meaning being largely the same.

The United Nations, in the Universal Declaration of Human Rights, has declared since 1948 that "all persons have the right to rest and *loisirs*".

If we historically reconsider the evolution of the idea of free time, we find that Antiquity also had a kind of free time reserved for the aristocracy, the "*otium cum dignitate*" (Cicero), for which there was no clear boundary between activity and recreation. Marie-Françoise Lanfant (1974, 22) makes the following statement: "*The word loisir-free time-has profound roots. Its etymological origin is not clear. Appeared in French in the 12th century (Le Robert - Dictionnaire pratique de la langue française, 2002), the term loisir is originally the infinitive of the verb 'loisir', which derives as a Latin-like root. It is currently only used as 'is loisible', meaning close to Latin 'licet = 'is allowed'. Thus, concludes the French sociologist, starting from this link of sense with being allowed, has come to equate the loisir "with freedom, autonomy, liberation, only our time"* (M.F. Lanfant, 1974).

The complexity of contemporary society determines a different approach to the concept of free time, so for Romanian specialists, such as sociologist Francis Albert (1970), defines leisure time as "*something beyond human duty, a kind of space of complete individual freedom*", the lack of a forced, defined obligation and delimitation of time for the career. In turn, social analyst Dan Oprescu (1981) is of the opinion that free time is expressed as a series of preoccupations, which are the necessary ingredients of human existence, which go beyond the actual work and the exercises related to the rendering of force for work. According to the authors of Coralia Angelescu, and Dorin Jula (1997), the *loisir* represents activities carried out by the individual in order to relish, recreate, relax, rest, enjoy entertainment, information and personality development.

2. PROBLEM STATEMENT

In West Germany, in the 1950s, characterized by the "*consumer society*", the concept of "*leisure society*" emerged, since in a highly industrialized society the program of five working days a week was imposed. Under these circumstances, there are several trends, some workers take what is called *Zweitjob* (a second job), while much of the population takes advantage of the spare time to watch more on television or to participate in various fun activities, including mass tourism in the summer months (Moeller ed., 1997). In this context, German pedagogue and anthropologist Erich Weber (1963) concludes that leisure time represents "a certain period of human life, which he lives" free of "and" free to "; in other words, free time is the time when the individual is free from any obligations and is free to choose certain activities or concerns (or is free to have no concern).

In his turn, Georges Friedmann (1960, 509 et seq.) notes the conditioning of the free time of the economy and the social mechanisms, for there is a great difference between the use of leisure time by the British and the French, in the Yugoslavia, Poland and Brazil example. Thus, if the former were able to participate in leisure-specific activities, the latter had to take a second job, imposing what specialists call "work after work." Reconstructing the history of free time, the author finds the same economic conditioning in the past, highlighting the great difference between how the nobles in aristocratic societies (religious holidays, theater performances, sports games) and the modern age in which free time is interleaved with working time so that *loisir* has the role of balancing personal life and quality of community life in democratic societies. (Friedmann, 1964).

At the same time, from a cultural perspective, Fernand Dumont (1969), places leisure in a dimension of freedom and the reluctance of the world to experience new experiences, beyond the everyday obligations, so that *loisir* becomes an essential condition of cultural development of people, groups and communities. Free from the constraints of professional and familiar obligations, people can

invest in their own becoming, they can choose, and this discovery is in fact the manifestation of their assumed, responsible freedom. Time is an essential reality of man's and society's life, and its way of using, according to publicist Giampaolo Redigolo (1986, 3), defines the quality of life of a society, especially the relation between social time (in which society organizes the activity of individuals and therefore manages the change) and the individual time (which each individual manages on his own), which determines the level of satisfaction of the people for the life they are leading.

Since the 1970s, the Italian specialist in pedagogy, Giovanni Gozzer (1975), distinguished in the field of human activity five sectors, the latter being the one of the *loisir*, representing not only the time but also the activities that can be carried out according to the options personalities who have experienced a great deal of diversification due to technological development and welfare or mass consumerism, so some specialists even speak of a civilization of the *loisir* (J. Dumazedier, 1962, 1988).

Changing perspective, Aurelia Felicia Stăncioiu (1999), believes that "*loisir is a pleasant way of spending the time left after work, sleep and household tasks*", while Monica Roman, (2006) is of the opinion that "free also includes explicit activities, but also time used for example for religious and civic activities." According to Aura Bota (2006), "*loisir activities are driving activities, ways of manifesting the individual, and are specific genres that seek to develop human personality from a social perspective.*"

Returning to French space, sociologist Joffre M. Dumazedier (1962) develops, in the 60's of the last century, *Loisir theory based on the 3 D "Dissemination, Entertainment and Development"* defines *loisir* as "an ensemble of activities to which the individual can dedicate himself in full to rest, entertain, enrich his information and voluntary social participation after he is released from his professional, social and family obligations." There are also authors such as Jean Baudrillard (2008), who also talk about a third dimension: "*Free time means perhaps the whole playful activity we fill it up with, but before that, it means the freedom to waste your time, to kill it if necessary, to spend it in a loss.*"

For J.M. Dumazedier (1978, 99), the *loisir* is reserved only to: "*the content of time used for personal accomplishment as the ultimate goal. This time is concession to the individual of society when the latter understood, based on the social norms in force, his own professional, familial, socio-spiritual and socio-political obligations. It is the time that has become available as a result of reducing working time and family obligations, regressing socio-spiritual obligations, and releasing from socio-political commitments. The individual releases himself in his fatigue mode, relaxing, enjoying boredom, professional specialization, developing seriously the capacity of the body and the spirit. This leisure is not the consequence of a decision by a single individual, but rather of a socio-economic development.*" That is, the author completes, "*a new social value of the person, which translates into a new social right, namely: the right to dispose of himself for a time whose main purpose is self-satisfaction.*"

However, the vision of industrial society as an era in which work time is reduced by automation and is the extension of such free time is criticized by specialists, such as John Kenneth Galbraith (1970), who believe that the idea of a new era of free time is wrong; it does not express the nature of the industrial system. Before him, sociology professor Alain Touraine (1969) in the post-industrial society study considered fanciful the idea of a totally consuming society in which the secondary sector has a very limited place, while employees are no longer concerned about labor problems, the essence of their free time. For many decades, however, Jonathan Gershuny (2002) speaks of the specific nature of time in the post-industrial society and Philippe Coulangeon Pierre-Michel Menger, Ionela Roharik (2002, 40) finds that *loisir* activities as a reflection of social stratification and speaking of two temporal orders: the *loisir* of the daily newspaper and occasional *loisirs*.

Returning to the concept of *loisir*, the *French Academy Dictionary* defines it as a sufficient amount of time to do something. In the opinion of The General Commissariat of the Plan (France) Planning Agency, *loisir* is a quality of individual and social existence "or" the possibility of living and acting leisurely, that is, according to its rhythm and its own style (Toma, 2013). In this context, Geanina Toma (2013) considers that "*free time, interposed between work and rest, establishes a person's balance by dividing the time of one day into the three*"⁸: "*work, rest, sleep, activity, leisure*". The Organization for Economic Cooperation and Development - OECD (2009) mentions that free time can be defined in terms of time, activities (ex. watching TV, practicing or watching sports activities, reading, watching movies, etc.) spirit (ex. engaging in pleasant or fun activities).

In the 90's of the last century, the problem of lack of free time related to the American specialists John P. Robinson and Geoffrey Godbey (1999) was clearly highlighted by the quality of contemporary life, people feeling overwhelmed by the 40-hour working norm in a week of five days.

Studies on the value system, youth preoccupations and their attitudes in the public space, carried out in the 1980s and 90s of the last century, have shown a progressive focus on personal life. Thus, for example, in Italy, the IARD Institute ¹Reports of that period showed that "*the family, work, friendship, love, career, personal self-reliance, comfortable life and well-being*" become the ideals of young people who contravene the attributes of collective life until then: "*solidarity, social equality, freedom and democracy, homeland*". (Mancarella and Manieri, 2016, 16). This state of affairs is also found in other Western European regions, and after 1990, in the countries of Eastern and South-Eastern Europe. This change in the young people's stock system also has repercussions on how to manage leisure time, especially since it now only means the time left after the professional and family obligations are met, as many of the young people are in inability to find a job for years after graduation. Poverty is also considered a major cause for the deterioration of the health of the population.

In this context, the authors insist not only on the definition of free time, but are also concerned about its functions, so starting from the *loisir* theory based on JM Dumazedier's three "D", the Romanian specialists Ion Aluș and Ion Dragan (1971) thinks that three main functions can be attributed to leisure time: relaxation - which frees from fatigue, entertainment (after Francis Albert (1970), beauty and recreation) - which frees from boredom and personality development - free from the automatism of day-to-day thinking and action, especially used in work. Hence, analyzes of the consequences of an overloaded program, which involves stress, "sedentary syndrome", poor nutrition, etc., resulting in cardio-respiratory diseases, obesity, depression, and so on (Colquhoun, Kirk, 1987, Bull et alii 2004). As a result, a relatively new concept has been imposed on both the terminology and the major themes of several disciplines, the Quality of Life, which deals with the "arrangement of existence, the agreeable, attractive character of the conditions of existence, "as political politician, journalist, economist and French sociologist Bertrand de Jouvenel (1983) says.

Christiane Jennen and Gerhard Uhlenbuck (2004, 157) propose *loisir* activities that could have a beneficial effect on quality of life and on personal satisfaction. More recently, Quality of Life is defined as "individuals' perceptions of their social situations in the context of the systems of cultural values in which they live, and in accordance with their own needs, standards and aspirations" (WHO, 1998). In connection with these, the Romanian specialists have established seven hierarchical classes of perceived quality of life, delimited according to the threshold values: the quality of the very high life - the privileges; quality of life - human support; quality of high-quality living - professional success; quality of average life - leisure time; poor quality of living conditions - social pathology; low quality of life - survival; quality of life very low (very unfavorable, very bad) - fiscal pressure (Mărginean I., Bălășa A., coordinate 2002, 68)

Taking on the concept of "healthism" Derek Colquhoun (1991, 6) shows that physical activity health promotes in the background the idea that our health is under our control. In other words, the "healthist" ideology emphasizes the theory of individual responsibility in their own health and simultaneously distracts attention from hidden social processes (ex. poverty, unemployment, industrial pollution or the problem of limited access or poor quality of health services - factors that can lead to an increased rate of illness) or genetic causes. The negative factors that influence health status (the well of each), Colin Boreham, foot specialists Twisk, Liam Murray, Mauricesavage, J.J. Strain, Gordon Cran (1997), Wolf-Dietrich Brettschneider and Roland Naul, (2004) vie for attention since several decades now over: lack of movement-physical inactivity; stress-strain increased pace of the nervous system; unequal segments, request body; incorrect positions of the body during daily activities; antiphysiologic static positions on extended periods of time, with consequences for cardiovascular disease, metabolic syndrome and even cancer (Jennen and Uhlenbuck, 2004, 157).

¹ The IARD Institute was founded in 1961 in Milan by Franco Brambilla.

Regarding the physical well-being, according to Iustin Lupu and Ioan Zanc (1999), this "*resulted in health, physical mobility, adequate nutrition, availability of free time, good quality medical care, health insurance, interesting activities in their free time (hobbies and satisfaction), physical fitness or fitness*", represented by the four "S":

1. Strength - Physical force,
2. Stamina - force or physical strength,
3. Suppleness - physical,
4. Skills - Skill or Physical Skill.

Aura Bota (2006) is of the opinion that "*the use of leisure time poses delicate problems, especially for the younger generation, which should focus on those profitable activities in the long run, to the detriment of easy or often dangerous fun.*" Clemens Ulrich (2000) defines physical fitness as "*the capacity of the human body to function with force and liveliness without exaggerated fatigue with enough energy to engage in leisure activities and to prevent physical stress; muscle strength, endurance, cardiovascular completeness and liveliness are visible signs of physical condition.*" The sport-recreational activity broadened its participation framework from young to elderly, from men to women, from school to leisure, from hobby to profession, and through physical exercise succeeded in shaping human physiognomy and behavior, - is a mass phenomenon that is capable of producing fundamental changes in the global social landscape. In the same context, sociologists point out that the "physical" function of sport, ie its benefits to the health of the human body, leads to an indirect function, namely social wellbeing, since physical activity and sport produce a high physical and psychological tone, the feeling of relaxation and good mood, being a kind of compensation for the constraints, anxiety and alienation generated by the work itself.

In 1995, a document titled "Development of Loisir, Sport and Physical Education: Towards a Renewed Partnership" was drafted in Canada, in the context of the desire to adopt a new attitude at the government level to address the issues with which the Quebec society is facing, and after more than 700 response letters, a forum was organized next year. The result was the clarification of the meaning of the term loisir, with three dimensions: leisure time, activities and freedom of choice (Gouvernement du Québec, Régions, 1997.).

Returning to the relationship between loisir and physical activity in France, a 1995 study (published in "Sport et Santé", March 1995) shows that 48% of French do physical activity, 44% carry out physical activity in nature outdoors, 34% practice individual sport and 32% collective sport. At the same time, 82% of the people who participated in the sociological survey said they were sporting pleasure. Concerning the understanding of loisir's relationship with sport, this is explained by the character of most sports activities that have a recreational character.

Today, the loisir also represents a lifestyle where entertainment and relaxation have a secondary character, the demands and dynamism of society (Zhao et alii 2007, 107), demands professional performance, practical conditions of manifestation and exceptional physical condition. Unfortunately, according to experts, cardiovascular disease is the main cause of cardiovascular morbidity and mortality in Europe and worldwide, with a 32% mortality rate for women and 27% for men in 2004, according to data provided by the WHO. The European Cardiovascular Health Charter signed by Romania in 2007 in Sinaia also mentions that about ½ of deaths in Europe are due to cardiovascular disease, with more than 4.35 million deaths annually.

In fact, the World Health Organization (2010) makes recommendations on the health status of the population and, implicitly, on the level of physical activity that each adult person must provide in order to maintain an optimal health status. Thus, each adult should do at least 50 minutes of physical activity, a moderate intensity exercise involving a high number of muscles.

The concept of "loisir" was theorized, for the first time in the Romanian space, by Mihai Epuran (1992), under the impulse of the unprecedented development of physical education and sport, as well as body movement in general "*as an incentive to the body and as an antidote and compensating for the harmful influences of a society characterized by sedentary and overburdening*", attributing loisir activities to recreational, fun, uncomplicated and formal elements of institutionalized activities. At the same time, he considers that fitness is synonymous with physical condition (Epuran, 2005), including leisure

activities, playful, agonistic, gymnastics, loisir and recovery activities. In turn, Gloria Rață, (2007) is of the opinion that in our time, free time has become a social, pedagogical and cultural problem, which also concerns society and the individual, because "*the wise use of free time is a product of culture and education. The man who has worked all his life from morning till night will not know what to do when he suddenly has free time. For without a certain amount of free time, man feels isolated from many of the best things.*" Leadership expert Stephen R. Covey (1932-2012) points to the directions we should focus on to give value to our time, suggesting that we lead our lives after the compass, looking for "*authentic northern,*" not after the clock. The first is "*our vision, values, principles, belief, consciousness - what we feel is really important and the way we are oriented in life.*"

Awareness of the fact that lifestyle (having the component of physical activities and recreation through sport) has a major - if not overwhelming impact - on health and life expectancy, is one of the factors leading to this situation in advanced states. But things are different for poorer countries. On the one hand, poor people, especially those from rural areas or inferior socio-professional categories, practice unwittingly the "sport" of survival (which takes them a lot from daytime), and they generally do physical exercise. On the other hand, even if they want to do sports for pleasure, time and material conditions allow them to a small extent choose a sport that also involves costs. For the latter, it is a low level of information and education in and for sports, and the preponderance of other values of personal life, especially those centered on obtaining livelihoods, raising children, respecting traditional values. Thus, loisir (where sports hobbies also fall) may not occupy an essential place in the scale of these people's values, being overlapped in their life choices with all concerns in the sphere of family, community, profession, etc.

3. RESEARCH QUESTIONS

This study aims to analyze the concept of leisure in time in the European space with a case study on the perception of young people in Romania. So, the conclusion is that in his current sense, the concept of free time - is a product of industrial society and occurs when the rhythm of daily life no longer ends with labor, but he designates time that is not allocated to personal, familial, social and civic obligations. Thus, specialists are of the opinion that the term "leisure" includes the notion of time, which implies a division of time in function of the type of activity performed, and that of the free expression of the qualitative aspect of this division with socio-historical references, by the opposite of the notion of free.

At the same time, we have to distinguish between the free time of those who have manual activities and those who represent the elite, the educated, the worship, the other expectation, the other options and the opportunities. The activities are the participation of a person in the many forms of *loisir*: cultural, physical and sports, scientific, socio-cultural, tourist and outdoor.

Our view is that the notion of free time today must be associated with other situations, such as unemployment (redundancy in a company's bankruptcy), increased impoverishment, especially among young people, forced to financially support training courses and retraining, in the need to adapt to the demands of a market economy that is rather incoherent in terms of forward-looking developments and the difficulty of finding a job. It is also important to educate young people because freedom of choice refers to the ability of the person to choose those activities that attract and respond to personal needs according to their own taste, mentality, habits, aspirations and ambitions: rest, entertainment, relaxation.

Socially, the loisir is perceived as a means of attaining or maintaining the well-being, but also of personal well-being, especially in the societies where it exists, because of the regimes that have relied heavily on the collectivist ideologies, a great reticence in to accept national policies of a collective nature. I have presented above, the tendency to focus on my own person of young people in Europe.

In France, a 1995 study (published in "Sport et Santé", March 1995) shows that 48% of French people practice physical activity, 44% carry out physical activity in nature - outdoors, 34% , and 32% a collective sport. At the same time, 82% of the people who participated in the sociological survey said they were sporting pleasure. In 2007-2008 the percentage was not different (*France Physical Activity Factsheet*, 2008). Because of this reference, we consider that the evolution of the number of those who constitute the importance of free time and rational management does not change radical.

4. PURPOSE OF THE STUDY

We wanted to verify, through a questionnaire sociological survey, whether the perception of the free time concept of young people in Romania corresponds or not to that of young people of the same age in the European space.

5. RESEARCH METHODS

In order to have a more accurate picture of the degree to which the concept of *loisir* is a reality in Romanian society, we conducted a sociological survey based on a questionnaire, attended by 100 persons, selected from professors aged between 25 and 35 years old. The goal was specified at the beginning of the questionnaire and then the personal data were asked to be questioned. In the structure of the questionnaire a total of 10 questions have been entered, of which we have selected for the present study the most representative - in 4 questions. Regarding how to ask questions and types of answers, we used closed questions. Closed questions have assumed only one possibility of responding, the subject having to choose from several variants the response that he considers representative of his opinion or feature, while the open questions left the subject the freedom to formulate the answer according to the thoughts and its views.

Next we present the results of the sociological survey based on the questionnaire:

The first question in the questionnaire was: Did you think that it is important the concept of leisure for your life? The 86% of subjects responded YES, while 7 14% responded I DO NOT KNOW (figure 1). There was no answer by NO.

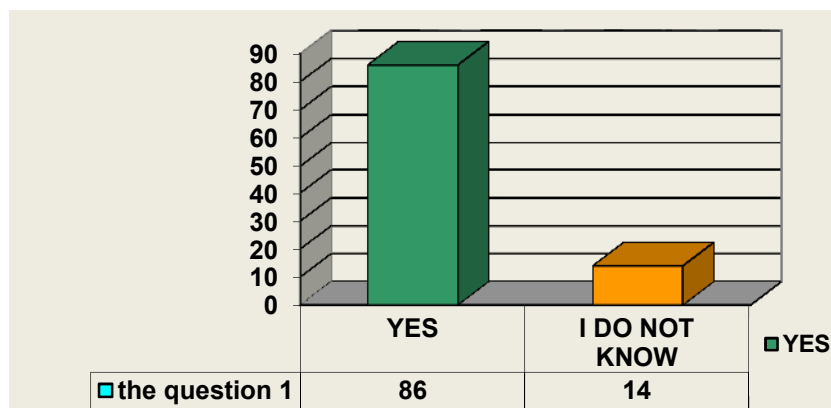


Figure 1

On the second question (figure 2), What do you think is the place of the leisure within the values adopted by the Romanian contemporary society as means of success in life?, the subjects responded suddenly: 62% of those questioned, responded that a very large proportion of the population cherishes leisure and its management is an important means of success in life through the impact of its practice on the physical body as well as the mental state of the general disposition; 24% responded that only a small part of the population, especially the young one, cherished the leisure and regarded it as one of the means of success in life; 10% are convinced that a large proportion of the population is aware of the importance of leisure in its own living regime, as a source of health and energy, absolutely necessary for life's success; 4% believe that leisure does not fit into the first three values adopted by Romanians as essential for the success in life (e.g. professional training, chance for a well-paid job, family support during studies and sometimes after- teachers, doctors).

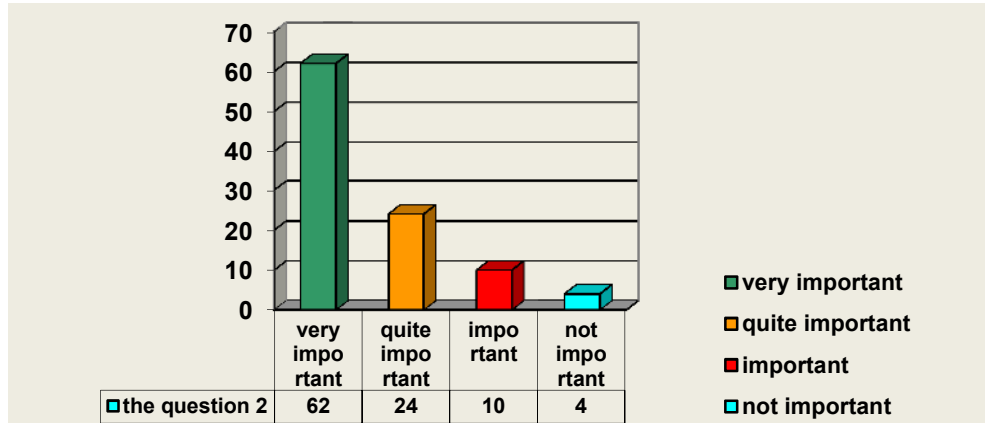


Figure 2

To the third question: What kind of activities do you prefer during leisure?, the subjects indicated the functions: 54% of those questioned practice physical activity; 34% of them prefer cultural activities and 12% other activities (figure 3).

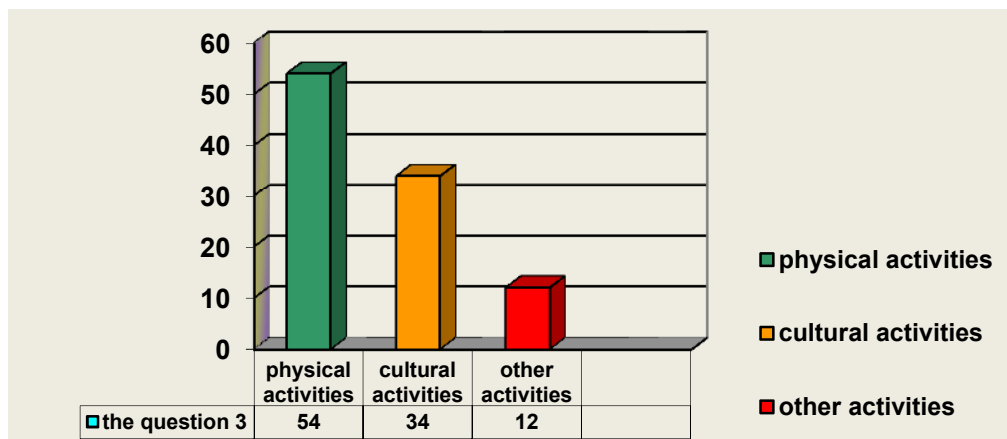


Figure 3

Fourth question: What do you think the advantages of promoting leisure in society are?, the subjects have indicated the benefits of practicing sport as follows: 30% said that the benefits are obtaining and maintaining an optimal health status of the population; another 30%, indicated that the advantages of facilitating entry into the labor market (e.g. physical appearance and attitude to the interview, high work capacity); 20%, believe that it optimizes the quality of life (health, harmonious physical development, volitional moral qualities, socialization), and 20% believe that determines the rise of living standards (figure 4).

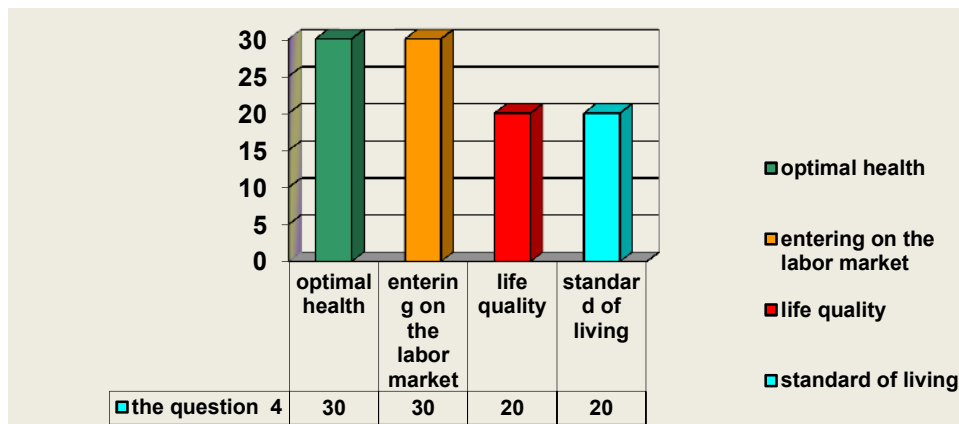


Figure 4

6. FINDINGS

The sociological survey has shown that the loisir activity is an important component of the values promoted in Romanian society, and the importance of driving activities to achieve a proper living standard and to succeed in life is demonstrated by the increasing number of people who choose to practice a certain form of movement on sports grounds, fitness-body, swimming pools, etc. In civilized countries where the standard of living is considered high, the school curriculum provides more hours of physical education, and the number of spaces dedicated to practicing motoring activities is very high.

The relationship between people's overall quality of life and leisure / loisir (through exercise and maintenance sports), or even practice sports performance, is obvious: the high percentages of sports practitioners among the population total is in itself an indicator of a developed society.

Awareness of the fact that healthy lifestyle (having also the physical and recreational activities of sport) has a major impact on health and life expectancy, is also apparent from being one of the agents of physical, social and psychological well-being in advanced states. From the questioning of individuals, there is awareness of the importance of the health and the value of physical activities in improving the quality of life and lifestyle. Practicing exercise and sport is a component of higher human needs, especially in modern societies.

7. CONCLUSION

Following the analysis of the evolution of the concept of free time, starting with the 50s of the last century especially, one can find a predilection for the sociological perspective of approach, the explanation being the environment in which the number of targeted persons evolved, hence the social functions on who got them. Appearing as an initial defence of the elites (Coulangeon, Menger and Roharik 2002), it was gradually taken over and applied in practice by the other social categories, in the capitalist society and then in the consumption society, which transformed the concept into the source of profit by managing the mass tourism activities (in Germany, the UK and France).

Faced with the problems of the economic crisis and rising unemployment among young people with known consequences (drug abuse, alcohol, violence, etc.), specialists have seen in the concept of free time a possible solution to provide young people with alternatives for a healthy life, with lower financial costs, so as to overcome economic dependency. In addition, managing leisure can also be a solution to other types of problems that characterize developed societies (sedentary, stress, non-rational nutrition, etc.), so the World Health Organization recommends physical activities as part of leisure time in a way active. The objective climate conditions (financial resources, time, lack of facilities for the regular exercise of physical activities) can limit these aspirations.

In Romania there is a growing awareness of the health and the progress of society, accompanied by new values (self-discipline and moral responsibility).

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