



## A Conceptual Perspective on Unmanageable Leisure Time

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### Abstract

With the development of technology, the decrease in weekly working hours and the increasing awareness of human beings, the leisure time we can use freely is increasing rapidly. However, as leisure time increases, the problems of managing it increase. Pioneering studies have preferred to classify the factors that limit the effective and efficient use of leisure time into certain patterns. However, the constraints that individuals face in making the best use of their leisure time are too broad and personal to fit into any mould. Leisure constraints, which may manifest in different ways for different individuals, may cause problems in the management of leisure time and may also have a negative impact on the phenomenon of leisure time. From this point, the concept of "unmanageable leisure time" emerges. In this context, in-depth evaluations were made in order to better define the concept of unmanageable leisure time, which is one of the important individual and social management problems of our modern age. The study aims to make a descriptive contribution to the literature and researchers by addressing it conceptually.

**Keywords:** Leisure, Management, Education, Motivation, Work

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### Introduction

The use of experience and time, differentiated from the past to the present, is one of the most striking trends of the modern world. In early capitalism, industrial workers lived on a 10-12 hours workday, 6 days a week (Thompson 1967). However, in many countries of the world today, working hours are limited to 8 hours a day, 5 days a week (Castells 1996, 438; Demirel et al., 2021). Rapid developments in science and technology have had a major impact on changing the foundations of human existence and have brought about major changes in leisure, which is one of the most important parts of the daily lives of individuals and societies (Bauman, 2013). Many scientists have observed that productivity has increased over the last few centuries and have shown that a drastic reduction in working hours, spending almost all of a day in paid work, is no longer relevant in human life (Krauss, 1971; Crandall, 1980; Kelly, 2009; Güneş et al., 2021). For example, in 1965, Fourastic predicted that in the twenty-first century our working hours would be reduced to 40,000 hours, which would cover only 6 per cent of our lives. (Fourastic, 1965). To some extent, these scientists were right. The productivity of our modern world has led to a rapid reduction in working hours, resulting in great prosperity and more leisure time in many countries around the world (Gratton & Richards, 1996; Veal, 2016). However, as a result of

modernisation and economic development, as well as an increase in individual prosperity and leisure time, social life is accelerating and time management is becoming more difficult (Garhammer 1998; Gleick 1999)

In different studies dealing with the issue of leisure time, it has been clearly seen that the phenomenon of leisure time is a broad social problem that should be handled carefully and should not be taken lightly (Krauss, 1971; Weinblatt & Lavon, 1995; Stebbins, 2018; Aksu et al., 2021; Aksu et al., 2022). Perhaps this is due to the fact that individuals today need to be educated on how to rationally organize and use their leisure time. Leisure with its roles, tasks and specific functions is beneficial for both adults and children. Leisure satisfies the individual's practical needs, intellectual needs, creative needs, etc. In fact, what they do in their leisure time serves to fulfill their desires and personal interests (Csikszentmihalyi, 1990).

It is clear that leisure time has not only "meant different things to different peoples" throughout history, but has also had different meanings and come to mean different things to different researchers. These meanings, the definitions that form the starting points, are largely conditioned by the disciplinary constraints within which individual researchers work. Leisure time, generally referred to as time that individuals can use as they wish (Goodin et al. 2005), is expected to be a time when we have the least responsibility and can use it to do what we want. (Aksu & Varol, 2022; Demirel et al., 2022; Varol et al., 2022). Leisure is an element of freedom or free choice. What we do in our leisure time is characterized as relatively freely chosen within the constraints of our particular lifestyle, environment, income, mobility, etc., as opposed to being something we have to do. Paradoxically, however, this freedom of choice is subordinated to the possible options available to us, resulting in the pressure to manage time, even in our leisure time (Greene, 1988).

Karaküçük & Akgül (2016) emphasizes the importance of managing leisure time by saying "Leisure time can be likened to a double-edged sword". In general, the concept of leisure time, which can be defined as the time left over from working life and responsibilities, emphasizes the time outside of work, not the time that people can use freely. The concept of time, and more specifically the concept of "leisure", is distinguished by many researchers from time spent working. The characterization of leisure time as non-work time reveals that the management of leisure time is not in the hands of individuals. The fact that leisure time consists of non-working time tells us that managing it is not only in the foreground of individuals' own wishes. The balance in life is directly proportional to the good management of time periods and the ability to fulfill duties and responsibilities easily. The misuse of leisure time due to individual, interpersonal and structural reasons has led to the emergence of the concept of unmanaged leisure time. We can define the concept of unmanaged leisure time as the inability of individuals to plan their leisure time well for many reasons and as a decision and management problem.

In this study, it is aimed to reveal what are the factors that restrict the leisure time that individuals can use as they wish with the concept of unmanaged of leisure time and why people cannot plan their leisure time due to the debatable and changeable nature of these constraints. We also aim to examine the basic aspects of leisure time and then emphasize the importance of the dimensions of the impact of unmanaged leisure time on human life. Furthermore, the conceptualization of unmanageable leisure can enable researchers to expand the literature on leisure studies.

## **Conceptual Framework**

### **Time**

Time, which has played a very important role in human life throughout history, has been defined in many different ways. This is because time is too relative a concept to be uniformly defined. According to Augustine, time is subjective and is something that can be measured or an impression that remains in the mind (Boslough, 1990: 15). According to Aristotle, time is born with movement and is the product of movement, and Aristotle also defines time as the time spent in various activities (Gershuny, 2000: 4). According to Newton, "time flows continuously in one direction". According to Einstein, "time is a dimension that orders events according to their occurrence and gives meaning to events" (Güçlü, 2001). Although time is considered a subjective concept that cannot be perceived by the senses, time is a measurable concept that exists in nature and can be perceived by the senses (Gürbüz & Aydın, 2012: 4). As a measurable phenomenon, the most important characteristics of time are: It cannot be slowed down, postponed or accumulated (Karagöz & Çetinkaya, 2019: 1446). Since people have a limited life, they have to use time effectively. This is where time management comes into play. Güçlü (2001) defines time management as self-management (Güçlü, 2001). It consists of controlling the events in which we live and managing individuals through self-management. The basic idea of time management is to plan each part of the day better and to enable individuals to act more efficiently (Mancini & Mancini, 2003). Time management is not about doing things quickly, but it is the most important way for individuals to improve themselves for their own benefit. Since we cannot intervene in time, time management is the management of oneself, one's work and other activities.

## Leisure time

In order to grasp and define the term leisure, it is necessary to examine various studies and to know the deficiencies found in the literature. Definitions of the term leisure is somewhat controversial among academics due to the fact that leisure is perceived differently by each individual (Kelly, 2009). According to Thomson (1968), leisure is when work ends and fun begins. Kraus (1971) defined leisure as a concept that questioned the dependence of leisure activities on work responsibilities. According to Kraus (2011), leisure is a non-work-related activity or free-to-do activity. According to Kraus (2011), in order to best understand and define leisure, it is imperative to understand work (McLean & Hurd, 2021). Work is an activity that requires labour, time and energy and in which individuals are productive (McLean & Hurd, 2011). For example, playing football professionally without remuneration is a physical activity, but the time and effort involved do not prevent it from being a leisure activity. Some leisure activities may require a lot of energy and strength, but people still enjoy them. In principle, any activity that involves voluntary effort and brings pleasure to the individual can meet the requirements of leisure (Kaplan, 1979). According to Kaplan, the word 'enjoyment' can be relative. This is because it can vary from person to person (Kaplan, 1979). The most important element that should be present in any leisure activity is that the activity should be freely chosen and the individual should be satisfied with the activity.

Szalai (1973) defines leisure as activities that are not related to an individual's household responsibilities or work. An example of domestic work is shopping. Szalai argues that grocery shopping as part of household responsibilities does not have the necessary characteristics of leisure time, on the contrary, it is an obstacle to the enjoyment of leisure time. This view is also held by some researchers (Cockburn-Wooten, et al., 2008). In addition, some scholars argue that grocery shopping, as part of household responsibilities, creates feelings of pleasure and fulfilment for the individual (Bäckström & Johansson, 2006; Williams, et al., 1985; Stone, 1954). Another view is that leisure activities have positive effects on the physical and psychological well-being of participants (Csikszentmihalyi & Hunter, 2003). According to these explanations, the best definition of leisure is not the activity, but the level of quality of the experience (Kelly, 2012). After analysing different scholars' definitions of leisure, an overview should be provided to help each individual understand leisure in a systems approach. In this case, we can define leisure as an activity in which voluntary choice is essential, with the pleasure and satisfaction to be gained through participation.

Heintzman & Mannel (2003) provided an overview of the historical development of leisure concept (Heintzman & Mannel 2003). Heintzman & Mannel (2003) defined leisure in seven main ways: leisure as non-work time, leisure as time when the individual does not perform any activity, classical leisure, leisure as a symbol of social class, leisure as a symbol of a state of mind, feminist leisure and holistic leisure. Classical Leisure is defined as "a state of being" and "the noblest pursuit in life" (Heintzman & Mannel 2003). This definition was relevant in ancient Greek societies where philosophers such as Plato and Aristotle had clear distinctions between leisure, work and entertainment (Gelissen, 2019). In ancient Greek societies, leisure expressed a focus on spiritual pursuits, but the validity of this focus for contemporary societies is open to debate (Bahadır, 2016; Gelissen, 2019). Since then, changing social conditions have led to different definitions of leisure. For example, there are scholars who define leisure time as free time used outside of work as a result of the changing conditions brought about by the Industrial Revolution (Shaw, 1986; Kelly, 1978). According to this definition, leisure arose after work and existential tasks were completed. This concept was concerned only with the quantity of time and assumed that all freely spent time was leisure time. This assumption also argues that all non-work activities and environments are fun, but people may not enjoy them (Kelly, 1978). However, these explanations are insufficient in defining leisure time. Leisure time can be explained not only as an experience but also as the satisfaction to be obtained from the activities performed (Karaküçük, 2005; Roberts, 2006). According to Veal's (1992) view, leisure time is the time that we should feel our feelings of obligation close to zero, the time that depends on our own judgement, which we will spend according to our own will or thoughts (Veal, 1992).

## Work and Leisure Time

When leisure studies are taken into consideration, work and leisure appear as two critical concepts (De Grazia, 1962). While work provides us with a material or spiritual gain, leisure time is the space we reserve for ourselves, where we will be happy as a result of sensory comfort (Kelly & Godbey, 1992). According to Kelly (2000), work is defined as an activity that requires effort and endurance and is necessary for people to maintain their lives without distress and not to reduce their living standards.

According to Veblen (1953), work is the productivity obtained as a result of an activity. The term "productive" refers to the value obtained as a result of an activity (Veblen, 1953). According to this view, it is possible to say that any activity that produces value can be useful. From this point of view, an activity such as babysitting is considered work (Kelly & Godbey, 1992). Conversely, leisure can also be

an activity of choice, on the basis of the satisfaction one derives from participation. (Kaplan, 1979; Kelly, 2000). Leisure is not coerced but voluntary, open, meaningful and satisfying (Kelly, 2012). Ravenscroft and Gilchrist (2009) define leisure time not as freedom but as time to inspire valuable work. Today, the distinction between leisure and work time is conceptualized as "non-work time", while work time is differentiated by the aspect of being paid and demanded by social norms. However, the characteristics of leisure include perceived freedom, intrinsic motivation, self-actualization, and joy and relaxation (Schulz & Watkins, 2007). Thus, for example, Kelly's (2009) model of leisure suggests that the extent to which an action performed in leisure depends on how freely it is done, its voluntary nature and the extent to which it distracts from daily tasks.

Weiss (2009) argues that some activities cannot be categorised as work or leisure in any way. For example, volunteering can be seen as a neutral activity between work and leisure. Some leisure activities can be as physically and psychologically demanding for individuals as work because they require discipline, but they provide satisfaction (Kelly, 2012). After analysing the basic elements of the two concepts, we can say that not all work is paid, but work should be productive (Kelly & Godbey, 1992). Kelly & Godbey (1992) explain that the level of relationship between leisure and work is high and both are seen as dimensions of life.

The most intriguing question here is whether changes in the spheres of work, consumption and leisure can be the same for all members of our society. Defining leisure as time away from work can cast a shadow over the phenomenon of leisure (Stebbins, 2009). Although the average working day is decreasing, certain groups of people move in different ways. Groups such as those who have more than one job, those who passively continue their work at weekends or outside working hours, or working mothers will experience a compression of leisure. In addition, higher-paid workers may prefer longer working hours, as they receive earnings in return for paid work (Becker 1965). Today, although individuals' leisure time seems to be increasing, perceived and freely used leisure time is decreasing (Glorieux, et al. 2010, Goodin et al. 2008).

### **Unmanageable Leisure Time**

For many years, leisure researchers have focused on the potential contributions of the leisure activities that individuals engage in during their leisure time. By its very nature, leisure is time that individuals can use as they wish, without any responsibilities, and the activities undertaken in leisure provide individuals with physical, mental and social benefits, as well as outputs such as adventure and social life. For this reason, if it is not managed and planned, it can lead individuals to atypical behaviors, technology addiction, and physiological and psychological dangers (Jamir et al., 2019).

A concise, measurable definition of unmanaged leisure is very difficult because in any case of unmanaged leisure there are a large number and group of parameters that negatively affect leisure (Demirel & Harmandar, 2009). Similar to many management problems, the conditions of leisure management can vary according to personal perspectives, understandings and values (Torkildsen, 2005). Before defining the concept of unmanageable leisure time, it is necessary to explain the constraints to the management of leisure time.

Early research into the factors that limit participation in leisure activities conceptualised these limitations as 'insurmountable barriers' (Jackson, et al., 1993). It is argued that this definition refers to the inability of an individual to participate in a leisure activity as a result of an obstacle. (Jackson, et al., 1993). Research in this area has now begun to examine, in a meaningful and non-generalizable way, the factors that reduce the relationship between a leisure activity and the likelihood that individual will participate in it (James, 2000). The term "constraints" encompasses a broader understanding of people's leisure choices in that "leisure participation does not depend on the absence of constraints, but rather on the inability of individuals to choose leisure activities as they wish" (Jackson, et al., 1993). More specifically, constraints can be explained as "factors that can prevent, reduce, modify participation or negatively affect the quality or enjoyment of leisure activities" (Shaw, 1999). Furthermore, Jackson and Scott (1999) defined leisure time constraints as factors that "limit people's participation in leisure activities, people's use of leisure services or people's enjoyment of available activities".

Crawford & Godbey (1987) First, a model of leisure constraints is put forward that includes three types of constraints: intrinsic, interpersonal and structural (Hudson et al. Gilbert, 2000; Nyaupane & Andereck, 2008). Later, in 1991, Jackson et al. suggested that the three types of constraints are hierarchical in order of importance and that participants in leisure activities need to overcome each successive level of constraints (Crawford et al., 1991).

The first type is intrinsic constraints, which are individual characteristics that influence leisure preferences (Walker, 2007). The Second type interpersonal constraints include factors such as shyness and anxiety within an individual, as well as their ability to be social and communicate with their

environment. Such constraints can also be described as social constraints (Walker, 2007). The final constraint is structural, involving factors such as time and money, which arise after leisure preferences have been formed but before leisure participation takes place. (Jackson, 2007).

However, leisure constraints alone cannot be expected to explain the concept of unmanaged leisure. This is because the leisure constraints model cannot explain individuals' motivation, their perception of boredom, whether they are educated about leisure and, most importantly, even the activities that individuals prefer to do in their leisure time can prevent the efficient use of available leisure time.

Leisure and education, two important phenomena of human life, are interrelated with various differences and meanings. What these two important phenomena have in common is their numerous contributions to human life and development (Sivan, 2007:51). This strong connection between education and leisure leads to the emergence of leisure education. Although there is no specific definition for the concept of leisure education, in general terms it is the acquisition of knowledge and equipment about how individuals can make their knowledge, skills and abilities correct and valuable by being aware of the importance of how to use their leisure time (Sivan, 2007: 52). In short, leisure education is education for the 'rational and productive use' of individuals' leisure time (Stebbins 1999). Leisure education is education that helps individuals to improve and develop themselves in the use of their leisure time and to reveal their creativity individually or socially (Mundy & Odum, 1979). The efficient use of leisure time for the development and improvement of individuals and societies is the primary purpose of leisure education. Leisure activities are private evaluations of individuals and depend on their age, gender, income, interests and motivation. In this case, taking into account these characteristics, which we can increasingly increase, answering the question "how to make the best use of leisure time" is the most important task of leisure education (Kleiber & Linde, 2014). Educational programmers for making the best use of leisure time should be understood not only as the information on the right and wrong use of leisure time provided in the national curriculum in schools, but also as the information provided through special educational practices, various private or state-sponsored sports and hobby courses, leisure centres (gyms, play centres) (Pesavento, 2002).

Crandall (1980) defined leisure motivation as an internal process that leads individuals to participate in leisure activities in response to their leisure needs, and explained it as the satisfaction of an individual's leisure needs through leisure activities. Tsai and Kuo (2016) defined leisure motivation as an intrinsic process that encourages active and sustained participation in leisure activities for happiness and health and directs these activities towards specific goals related to intellectual, social, competence-mastery and stimulus-avoidance constructs. In Wu's (2009) study on the relationships between leisure constraints, leisure motivation and leisure satisfaction, the leisure motivation scale includes the constructs of 'intellectual motive', 'social motive', 'mastery motive' and 'stimulus avoidance motive'. Looking at the explanations and definitions, it can be seen that there is a strong link between leisure motivation and leisure constraints.

Many people are aware of the positive effects of active leisure activities, but still prefer to spend their leisure time in passive leisure activities. Individual factors such as psychological state and personality traits of individuals, intellectual development, establishment of interpersonal relationships, respect, achievement, mastery, challenge and competition goals directly affect leisure interests and leisure orientations (Wu's 2009). Chang & Chen (2013) found that leisure motivation, leisure constraints, leisure motivations such as achievement and interaction with others are related to intrinsic leisure constraints. Iannotti et al. (2012) proved that motivation has an impact on the planned management of leisure time and that motivation is at the forefront of outdoor recreation activity preferences. Liang (2017) found that leisure management has a significant effect on motivation, leisure constraints and leisure satisfaction among basketball players. Aaltonen S. et al. (2014) has revealed in a study he conducted a relationship between regular and planned physical leisure activities and intrinsic motivation.

Like education and motivation, internet, smartphone and social media addiction can prevent people from managing their leisure time and using it productively. The use of the use of social media, mobile phones and the internet in various ways can create barriers for to participate in active leisure activities that would enable them to benefit more physically, mentally and psychologically, even though they are leisure activities (Bryce, 2001). However, regardless of the positive or negative consequences, the strong link between leisure time and internet and mobile phone use is well known. First of all, mobile phones are now an integral part of many leisure activities. Second, with the internet, being constantly online is increasingly becoming a leisure activity (O'Lea, 2011). Thirdly, it is much easier for individuals to turn to their mobile phones in their leisure time as they do not have any leisure time management awareness (Lepp et al., 2014, Shine & Beak, 2013). Although the use of mobile phones, the internet and social media as a leisure activity to easily and simply escape from stress and boredom has become quite widespread, this use is usually passive, relatively nonchallenging and low-skilled leisure activities (Lepp, et al., 2015). Such activities are unlikely to create a sense of competence, and it is likely that individuals will not

develop themselves and may experience negative consequences in long-term use (Poser, 2011). In their study, Wei et al. (2015) concluded that individuals who use mobile phones only to escape boredom and stress, without planning their leisure time, show negative emotions associated with mobile phone use. On the other hand, individuals who planned their leisure time with active recreational activities were found to be happy (Wei et al., 2015).

When we look at the literature on the inability to manage leisure time, it is seen that it is possible to encounter many negative situations as a result of individuals not planning their leisure time correctly and not spending it efficiently. In 1919, Sandor Ferenczi described in his classic "Sunday Neuroses" the phenomenon of people experiencing anxiety and stress on Sundays (Raluca, 2016). Aronsson and Gustafsson (2005) found in their study that only 15% of people felt subjectively well after a vacation. In addition, a study of 1530 Dutch workers revealed that the rate of physical illnesses or psychological disorders such as fatigue, reluctance and stress that may cause discomfort on weekends or holidays was 3.2% for men and 2.7% for women (Nawijn, et al., 2010). Van der Palen et al. in another study (1995) emphasized discomforts such as fatigue that occur at the beginning of vacation or on weekends (Van der Palen, et al., 1995).

Although it cannot be said that all negative outcomes are due to the inability to manage leisure time, it can be explained that being unplanned, unprogrammed and far from management consciousness brings individuals closer to anxiety and stress. Vingerhoets et al. (2002) investigated people getting sick, especially on weekends or holidays, and introduced the concept of 'leisure sickness'. Leisure sickness is not a defined illness, but so far it has mostly been studied with a focus on reluctance.

In addition to medical reasons and accidents, it can be assumed that the reasons affecting people's health are due to poor management of leisure time, for example due to problems in the transition from work to leisure mode or from leisure mode to work mode. In relation to these disorders, factors such as responsibility, need for control, guilt and anxiety, together with high stress at work, can be cited as examples (Suls & Rittenhouse, 1990). If we try to make sense of these dysfunctions with Kelly's (2009) leisure model, which associates them with a purely intrinsically motivated choice of activity, we can see that personality traits and stress levels arise as a result of people's inability to manage their leisure time, and therefore distraction from the possible benefits of leisure time. Martin (1964) addressed the problem of people getting sick in their leisure time, referring to the problem of defining leisure as defined by Ferenczi (1950). According to Martin (1964), the cause of discomfort or anxiety is not leisure time, but the way people manage their leisure time. Ferenczi (1950) sees the weekly holiday as an obstacle to freedom (Raluca, 2016). Frankl (1959) argues that the cause of illness and stress during the days of leave is boredom and feelings of meaninglessness. According to Martin (1964), healthy adaptation to leisure time depends on academic, psychological, emotional, and spiritual situations. In another study, Kubey & Csikszentmihalyi (1990, 2002) found that the longer people watch television, the more guilt, regret and dissatisfaction they feel. Two different studies with similar results show that mobile phone use during leisure time reduces boredom, but there is a positive relationship between mobile phone use and measures of anxiety, depression and other measures of boredom (Beranuy, et al., 2009; Harwood, et al., 2014). In their study, Lepp, et al. (2016) found that some of the people who were interested in their mobile phones for a long time during their leisure time felt as if they were cursed, they could not stop themselves from using their mobile phones, they hated this situation and even described themselves as sick, and they showed that the inability to manage leisure time confronts individuals with very serious consequences.

## **Conclusion and Recommendations**

There is a strong link between the behavior of individuals in the management of their leisure time and their lifestyles, attitudes, interests and outlook on life. It is possible to make this important interpretation by examining individuals' perceptions of the unmanageability of leisure time and by reviewing the literature on unmanageable leisure time. Firstly, studies of individuals' perceptions of leisure are more concerned with categorizing the factors that hinder leisure management than with examining the perceptions themselves and their potential to explain differences in behavior. In other words, in the studies analyzing the factors that hinder the management of this leisure time, certain patterns are created by the researchers. However, it is not only barriers to leisure that are behind the failure to manage leisure. Therefore, the extracted factors may reflect more than the researcher's perceptual construct of the respondent. The factors that prevent individuals from managing their leisure time should not only be seen as barriers to leisure. It is important to identify and show why they cannot use their leisure time more efficiently. This is why the concept of unmanaged leisure is important.

The main objective of the study is the introduction of the concept of unmanaged leisure time. The second purpose is that leisure time is also defined as non-work time and as a result of the work-leisure paradox, it casts a shadow over the concept of leisure time. It is thought that this concept of non-work time used

in defining leisure time may create different connotations on individuals and this situation may create psychological barriers. It is also to provide an insight into how leisure and variable leisure constraints can be understood.

With this insight, it is important to acknowledge the complexity of the relationships between not only structural factors but also intrinsic and psychological factors. Leisure education, leisure motivation, the extent to which the activities that individuals frequently prefer in their leisure time are beneficial to the individual, and individuals' lack of awareness of their leisure time are very complex and interrelated phenomena that make leisure time unmanageable.

Our study introduces the concept of unmanaged leisure time as a new structure, with the idea that the quantity and quality of leisure time may not be increasing at the same time, and that this leisure time, which all individuals in modern societies have and which is increasing in quantity every day, may not be used in a meaningful and beneficial way due to many constraints.

Many theorists point out that the leisure time of the individual is increasing today. In many parts of the world, we often come across examples where the weekly working day has been reduced to 4 days. However, this is useless if leisure time is not managed. Future researchers should first analyses in detail the literature on leisure education, leisure psychology and leisure motivation. It is clear that the threat to those who spend their leisure time without knowing how to manage it, due to problems such as lack of education, lack of motivation and technological addiction, is directly proportional to the increase in leisure time. There is a need for studies in the literature that highlight the problems caused by the increase in leisure time.

Setting personal and professional priorities and making arrangements accordingly is the key to managing time and ourselves. Identifying individual characteristics and priorities is at the heart of managing or planning our time and our lives. To manage leisure time, we need to recognise our leisure time and plan how to make the best use of it. Firstly, we need to set realistic goals, identify our own motivators and make the most efficient use of technology. We need to remember that time is the greatest and most irreversible gift we have been given.

Many theorists point out that the leisure time of the individual is increasing today. In many parts of the world, we often come across examples where the weekly working day has been reduced to 4 days. However, this is useless if leisure time is not managed. Future researchers should first analyses in detail the literature on leisure education, leisure psychology and leisure motivation. It is clear that the threat to those who spend their leisure time without knowing how to manage it, due to problems such as lack of education, lack of motivation and technological addiction, is directly proportional to the increase in leisure time. There is a need for studies in the literature that highlight the problems caused by the increase in leisure time.

Unmanageable leisure is an important issue that individuals face in their daily lives and various strategies need to be developed to deal with it. The conceptual perspective presented in this paper helps us to understand the origins and causes of unmanaged leisure. However, it is important that future research in this area examines in more detail the practical applications and the ways in which individuals cope with this situation. These methods can be developed by encouraging collaboration between researchers from psychology, education, sociology and other related disciplines. Using different research methods to understand the concept of unmanaged leisure time, a combination of quantitative and qualitative research methods can be used to examine the issue from different angles and gain a more comprehensive perspective. Furthermore, awareness-raising campaigns and counseling services for individuals can also help them cope with unmanageable leisure time. Future research based on these suggestions may contribute to individuals living more balanced and satisfying lives.

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