



Leisure and youth in the southeast region in Brazil

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ABSTRACT

The aim of this study was to identify the interests of young people in their occupation of free time that configures the experiences they have lived and to analyze what they would like to live in terms of leisure, but that, due to some impending factor, do not do so. The research is linked to a larger study: "Leisure in Brazil" that analyzed the ways of living leisure in the national territory. The article dealt specifically with youth leisure in the southeast region and the information was collected through structured interviews. Despite the existing differences due to the socioeconomic situation, gender, and education of young people, we identified the relevance attributed to leisure in the company of friends, confirming the socializing and unifying role of groups through leisure. The analysis pointed out the economic and educational inequality, reflected in the access to leisure activities and justifies the need to abandon a homogenizing view of youth.

Keywords: Leisure, Youth, Free Time, Tourism, Education

INTRODUCTION

Leisure discussions have gained greater prominence in different areas of society in recent decades. This evidence given to leisure gains notoriety in magazines, newspapers, advertising pieces of different products and services, becoming a reflection of the intensification of investigations on the topic that, gradually, is becoming an object of studies in the Humanities.

Although the sociological studies point to internal divisions, giving rise to the sociology of youth, leisure, and education, it is important to highlight that the specific domains of sociological studies need to ensure the comprehensiveness of the vision and understanding of the analyzed subject because, if such integrity does not occur, we run the risk of building fragmented views of the topic.

In the sociology of youth, Pais (1990), who studies youth culture, argues that youth behaviour is directly linked to issues of free time, being, "in the field of leisure that youth cultures acquire greater visibility and expression" (p. 591). He also argues that the investigative possibilities that this area of knowledge presents are legitimized as an important field of interdisciplinary studies of life, customs, and various social manifestations. In other words, to talk about youth, it is necessary to discuss leisure (Pais, 1990).

Leisure can be understood as a historical-cultural manifestation intrinsic to the complexities of life in society and, as well as other dimensions of human experience, it is constituted by and in the relationships that people establish with their peers and with the structures that make up the uniqueness of each social scenario (Soutto Mayor & Isayama, 2017). Therefore, thinking about youth based on leisure experiences reflects the dialogue established between different sociologies, with a view to valuing the wealth and

diversity that make up human activities. In this perspective, youth is taken as a social category that has gained prominence in the last decades, making comprehensive studies necessary to be able to encompass the different youths in a contextualized and dialogical way with the different social aspects that comprise them.

Youth is understood as a social historical category and, therefore, presents itself from age markers only due to methodological criteria established in data collection, without being its main determinant. Thus, youth take place in the plural sense, comprising all youth formed by diversity and plurality, recognized in a country of continental proportions, such as Brazil. Likewise, it is necessary to consider that the line that demarcates the different phases of life, according to Pais (2009), appears increasingly tenuous, undoing age marks and rites of passage.

Currently, the features that define the boundaries between the different life stages are more fluid and discontinuous (Pais, 2009, p.373), and the age factor only is not enough to classify this phase of human development. The complexity that accompanies the topic in line with the lack of consensus among scholars makes it difficult to construct a concept of youth. Approaching more a diverse set of ways of life than the age limits, youth constitute a socially constructed category and subject to the countless and constant transformations of its time.

Research carried out with young people from Catalonia (Spain) by Lopes-Sintas, Gharaman, and Rubiales (2017) demonstrated that youth is not a homogeneous category. The authors concluded that leisure habits varied according to social class and, within the same class by age and gender. It is in this regard that cultural practices and specifically leisure take a privileged position in the lives of young people, insofar as they provide sociability, identity construction, and human development.

These aspects were identified by Brenner, Dayrell, and Carrano (2008) in the survey "Profile of Brazilian Youth." According to the authors, it is necessary to provide access to spaces, equipment, institutions, and leisure services that contribute so that young people can make choices in their free time. The study showed that inequalities in access to leisure, in youth, were more present when considering the categories "gender" and "income range."

Son (2017) states that social justice in leisure should provide equal access to different spaces and leisure equipment with the development of activities and programs without the risk of discriminatory practices on the part of the recreation team, or other members of the community.

In this context, this study aimed to know the leisure experiences of a portion of Brazilian youth residing in the southeast region of the country, and in a specific way to: a) identify the interests of young people regarding the occupation of free time, which configure the experiences they lived and, b) analyse their main desires, what they would

like to experience at leisure, but do not do, recognizing the impeding justifications.

METHOD

Leisure in Brazil: youth and the southeastern region of the country

This research is part of a study that analyzed the involvement of Brazilian citizens with leisure experiences. This is the research "Leisure in Brazil: representations and realizations of everyday experiences," the universe of which considered individuals who reside in the Brazilian territories, covering the 26 states of the federation and the Federal District, targeting Brazilians over seven years old, selected to compose the research sample. Based on socioeconomic, educational, geographic, and gender variables, among others, different social groups, their preferences, and desires for leisure experiences were analyzed.

The research had a qualitative-quantitative character, developed by means of a sample survey, with collection carried out through personal interviews, at flow points, in the cities previously drawn to compose the sample. Using the survey technique, a structured interview form containing open and closed questions was used as a research instrument.

As an evaluation parameter, in a probabilistic sample, the survey showed a maximum sampling error of 2% for the country and a confidence level of 95%. The total sample size was 2,400 interviews, divided into the five regions of the country. Interviewers applied the interview forms structured individually and according to the pre-defined quotas (municipality, sex, age, education, and income).

After checking and validating, the data were inserted into a bank developed exclusively for this purpose, containing validation rules that prevented the entry of data unrelated to the possible answers to closed questions. The functionalities, as predicted, encompass several crossings between the collected data, offering possibilities and points of view that can enrich the results, when exploring to the maximum the possible observations in this universe (Stoppa & Isayama, 2017).

For this text, we opted for a sampling of young people, between 15- and 24-years old living in the southeast region of Brazil, composed of the states of São Paulo, Rio de Janeiro, Espírito Santo, and Minas Gerais. The size of the excerpt considered the IBGE (Brasil, 2010) data referring to the total population of the southeast region: 80,364,410, of which 16.9% relate young people. In total, the clipping considered 198 young people living in the southeast region and presented a maximum sampling error of $\pm 7\%$. Thus, the sample was constructed by representative quotas of the population considering the variables of region and state. In addition, the survey considered, in each state, sex, age, education, and family income, according to the IBGE census (Brasil, 2010)

quotas, respecting the proportionality of the sampling established here.

For organization of the collected data, the classification of cultural interests, used in Brazil, prepared by Dumazedier (1980) was used, distinguishing five fields: physical sports; social; artistic; manuals; and intellectual. Camargo (2017) adds a sixth interest, referring to tourist interests. We also consider idleness as another leisure possibility informed by the research participants. These fields are closely related, being differentiated only to denote the cultural diversity that encompasses leisure.

RESULTS AND DISCUSSION

Presentation and discussion of the results will take place in two parts and aims to know leisure experiences lived after the fulfilment of the obligations, for which the following question was asked: Excluding activities that are your obligations, what do you do the rest of your time? This question was repeated, specifying weekdays and weekends. These initial questions give evidence of the ways of occupying the time free from obligations.

After viewing this panorama and wishing to know more details about the leisure habits of this portion of the Brazilian youth, other questions were developed that will be presented in the second part of this session: 1) what are the interests of young people in the southeast region, regarding occupation of free time? The questions that guided the second part of the research were: what would you like to do in your free time? This question was repeated, specifying weekdays and weekends, as well as: 2) what are the factors that hinder experiences in free time? It is worth mentioning that this survey considered the following variables: gender, education, and income.

The analyses about leisure experiences occurred among the different groups of young people in southeast Brazil were carried out by grouping the data of individuals who had similar socioeconomic, educational, and gender characteristics and, subsequently, compared with answers that detailed the activities carried out. Finally, these crossings were broken down looking for similarities and differences in the leisure activities experienced between the groups.

It is worth mentioning that, even within the framework of youth established for analysis in this research, there are peculiarities between each individual and between the groups that are part of the spectrum of young people aged between 15 and 24 years in the southeast region, which do not allow their homogenization, because of socioeconomic and educational differences. The analyses considered these differences, authorizing the use of the term youth, in the plural and thinking about specificities that bring these individuals together in the form of occupation of time.

The first analysis carried out focuses on the social classes in which young people are distributed. The graph (Figure 1) below illustrates the forms of occupation of time depending on different Brazilian social classes, showing opportunities for some and difficulties for others.

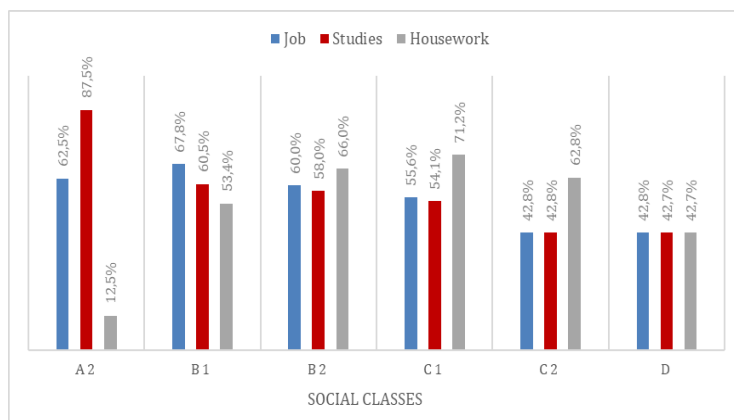


Figure 1. Relationship between activities performed by obligation and social class (Source: Data from the survey "Leisure in Brazil.")

Social class A2 has the possibility to invest most of their time in studies, 87.5%, which represents more than twice the percentage of young people in classes C2 and D, who have said to dedicate their time to studies. Such disparities configure the difference in opportunities that each social group has for itself and that feed back into the distancing of classes. This reality is not only reflected in the ways of experiencing leisure, but also in the ways of accessing the labour and income market, perpetuating social distance, which generates the injustices perceived daily. Once again, data from Brazilian surveys involving youth (Brasil, 2013; Brenner et al., 2008), do not allow us to understand it in the singular, as the differences refer to thinking about youths, burdened with social economic, educational, geographical differences, perpetuating the huge inequalities that divide the Brazilian population

To analyse the social leisure dynamics adopted by this portion of Brazilian youth, one considers the heterogeneity of people included in this classification, with differences that do not allow generalist statements. The misunderstanding of formulating a unique image for all youth, according to Brenner et al. (2008) is partly the result of an association with the time of youth, and of youth cultures, essentially to moments of fun and pleasure, far from work obligations, an activity that would represent adulthood.

Analyses made from the survey of information bring characteristics not of the Brazilian youth, in a generalized way, but they approach in a concrete way a segment of the analysed youth. It is also important to highlight that, even the geographic profile used for the purposes of the present study does not allow a consensual understanding of youth, as socioeconomic, educational, gender issues, among others, permeate and build the multiplicity and diversity related to

this and the other stages of human development. Activities pointed out to be enjoyed at leisure give evidence of the construction of an understanding that has been adopted by this part of society and also, about how youth expresses itself in the choice of these experiences.

When it comes to access to leisure activities, social markers such as economic, educational, and social power can be decisive, especially considering the existence of the entertainment industry that fosters advertising and universal access to leisure practices and imposes limitations on access to those segments of youth with lower financial conditions, who are unable, due to economic reasons, to access and have certain experiences. However, it is important to highlight that, although a segment of youth has less economic power, they also have their leisure experiences and do so according to their economic, geographical, and social possibilities.

Among the countless possibilities of experiencing leisure, interest in group activities, classified as social, represented the form of leisure time occupation most frequently reported by young people, regardless of the respondents' family financial status or social class. This information indicates the preference for sharing leisure moments with friends, partners, boyfriends/girlfriends. Brenner et al (2008) call attention to the centrality of peers in the formation of identity and the role that leisure has in this process. Research by Martins, Trindade, Menandro & Nascimento (2014) also shows the relevance given by young people to occupy their free time with friends, and this time is decisive in the formation of each individual's identity and in the lifestyle, they choose to follow.

Leisure time carries a character of freedom in which young people can relate to their peers more freely, away from the eyes and rules of adults, enabling the creation of types of codes and laws of their own conduct, forming collective and individual identities. This way of experiencing leisure is observed in all the youth studied here, regardless of social strata, despite changes in the amount of time available for daily obligations that is influenced by the class of individuals. Young people from lower income classes have, in general, less time available for leisure, even so, when possible, they dedicate part of their leisure time to activities with peers.

As a higher family income was observed, the occupation of leisure time with social activities was also greater. This result may have occurred due to the time differences available for obligations between groups. Young people who grow up in family environments with lower incomes need to enter the world of work earlier, acquire more obligations, sometimes even reconcile work and studies, leaving less time for leisure between peers.

Leisure has a socializing and unifying role for groups, based on the social interests of leisure, Lazcano, Romera and Freitas (2020) state that youth leisure goes beyond the idea of simple enjoyment of time, and is realized as an authentic sign of identity.

In this sense, the data indicate that in addition to social meetings with peers, the most frequently performed activities as a form of leisure, considering all the young people analysed (men and women), were physical-sports, artistic, leisure, and tourism. Although such activities are experienced by young men and women, there are marked differences when analysed from the perspective of weekdays, weekends.

It is observed that, during the week, leisure time is reserved for physical-sports activities (26.6%), social (17.5%), leisure (10.5%), intellectual (8.5%) and tourism (4.5%).

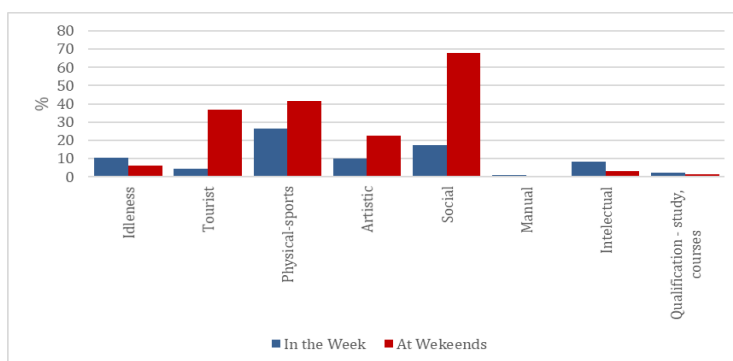


Figure 2. Relationship between leisure activities performed during the week and the weekend. (Source: Data from the survey "Leisure in Brazil.")

During the weekend, the percentage of participation in tourist activities (36.7%) and physical-sports (41.7%) increases, while leisure falls to 6.1% and activities classified as intellectual 3% (Figure 2).

Data presented shows a low participation in artistic and intellectual activities. Comparing the data to official surveys of the Brazilian government, such as: Information System and Cultural Indicators (Brasil, 2013) and Profile of Brazilian States and Municipalities (MUNIC): Culture - 2014 (Brasil, 2015), it is possible to list supposed reasons for little adherence to artistic activities by young people. MUNIC: Culture - 2014 (Brasil, 2015) points out that the frequency of traditional cultural facilities that fit the scope of artistic and intellectual interests, such as: museums, theatres, movie theatres, bookstores, and cultural centres, are still low in the Brazilian territory, although the Southeast has a higher average number of cultural facilities than other regions of Brazil.

Public libraries showed a leap in dissemination from 1999 to 2014, moving from 76.3% of municipalities to 97.1% in fifteen years, being the most common cultural equipment in the national territory. Museums, cinemas, and theatres or concert halls also grew, reaching 27.2%, 10.4%, and 23.4% of municipalities in Brazil, respectively. On the other hand, bookstores showed a decrease of 8.7% in the fifteen years evaluated. Despite the progression in the offer of cultural activities by the State, these numbers are still considered low because more than 70% of Brazilian cities do not have museums or theatres and almost 90% do not have cinemas (Brasil, 2015). The lack of infrastructure that allows free access for young people is not the only problem; even the cities privileged in equipment for activities of this type, sometimes lack public policies that encourage the

participation of young people in artistic and intellectual activities, directly reflecting on interests of occupying their leisure time.

It is relevant to highlight that, in addition to the presence of the leisure facilities mentioned above, it is also important to consider the cultural entertainment policies that such facilities require, as well as education for this type of leisure. In general, it means, to promote an education for leisure experiences that go beyond physical sporting interests and also encompass an education for the understanding of other artistic manifestations combined with leisure policies that favour access to equipment, often concentrated in central regions of cities.

Regarding the development of programs and their liveness processes, Theriault (2019) states that the evaluation of leisure programs for black youth needs to be carried out critically. According to him, to realize the potential of a programming strategy that brings social transformations to the local reality, specific questions about the action deserve attention, such as, what specific skills, attitudes, and knowledge young people must master so that they can transform their communities? Which characteristics, such as degree of structure, social norms, among other elements are important in this transformation? How are challenges negotiated and implemented, such as financing issues? For Theriault (2019), understanding these questions can provide practical answers related to leisure programs and the possibility of social transformation, as well as understanding when and how organized recreation programs are of real importance to youth.

It is also important to consider, according to Munné (1980), that the self-conditioning and hetero-conditioning factors determine forms of time occupation by different age, ethnic, gender, social, and intellectual groups, etc. Such processes are anchored in the idea that all human actions are impregnated with two types of conditioning that will interfere with different degrees of intensity. Thus, self-conditioning is related to doing what is desired, with freedom, and without the character of obligation, whereas, hetero conditioning is related to doing by necessity, in a mandatory way, driven or directed by factors extrinsic to man. Here we have the possibility of influencing the hetero-conditioned experiences of young people through education for leisure, expanding the repertoire of possibilities and perceptions with an emphasis on promoting well-being, stimulating new values, and changing the focus of consumption, expanding the collection of possibilities.

For this youth to enjoy incorporating intellectual and artistic activities in their leisure time, consideration must be given to the preparation received to enjoy this type of leisure, that is, aspects related to leisure education. For Fredricks & Eccles (2006), the incentive to participate in planned out-of-school activities would be one of the ways to stimulate the expansion of the youth's leisure repertoire, capable of providing different opportunities for personal and collective growth and development. The aim of pointing out the need

for educational development so that young people can enjoy more cultural activities is not, at any time, to create a sort of ranking of the best and worst activities, it is just a questioning regarding the finding of low participation in activities of this among young people.

The second most widespread group of equipment in the municipalities are sports stadiums or gyms, which can be related to the general population's interest in sports practices (Brasil, 2015). Data show that, among the young audience, there is a high interest in physical sports practices, being the second most performed activity by young people at leisure, behind only social activities. Sports participation of young people allows problematizing issues based on gender markers, when it is observed that the participation of women in these activities was lower. During the weekends, 10% of them affirmed to practice some sport activity, while during the week 13% do so. Men presented 69.2% of participation in any sport or exercise on weekends and 40.6% during the week. These data are in line with research carried out with young Croatians (Ópic & Duranovic, 2014), in which men prefer to spend their free time with sports activities, while this option is not mentioned by women.

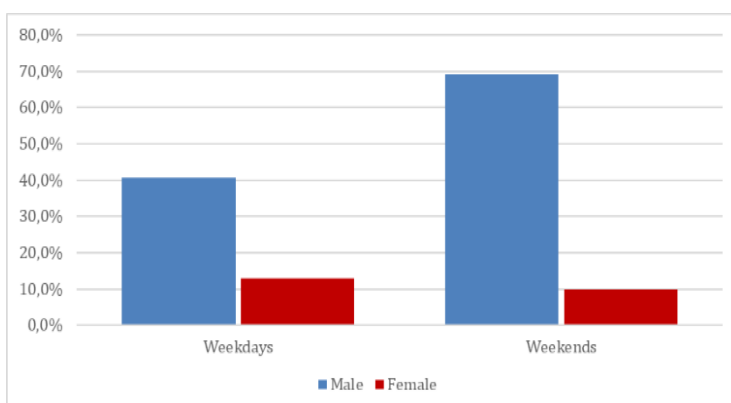


Figure 3. Comparison between participation in physical-sports activities during the week and on weekends according to gender (Source: Data from the survey "Leisure in Brazil")

Whether due to factors such as public security that imputes greater risks of locomotion and occupation of community spaces to women, or due to the fact that women still dedicate themselves to a longer working day than men when taking on more domestic tasks in the time outside formal work, or even because it is an interest in which, culturally, men are even more stimulated in Brazilian society; the fact is that women have reported less participation in physical activities, suggesting that there is a socio-spatial division influenced by gender in the southeast. According to Brenner et al (2008), men have greater mobility in public spaces while women remain more present in domestic spaces with less participation in extra-family activities.

When we analyse social leisure experiences based on the gender marker, we notice that the percentage of young women who choose social activities increases to 73% on weekends, while among young men it was 63.1%. Even though the increase in participation in leisure situations at social events experienced by young women on weekends is greater

than that performed by young male audiences, it is observed that the time invested in leisure experiences during weekdays is greater among young boys (Table 1).

Table 1. Activities usually performed during holidays, weekdays, and weekends according to gender

| Activity | Period | Women | Men |
|--------------------------------|----------|-------|--------|
| Idleness | Weekdays | 1% | 8.1% |
| | Weekends | 5% | 6.1% |
| Touristic | Weekdays | 6% | 1% |
| | Weekends | 42% | 31.4% |
| Physical-sports | Weekdays | 13% | 40.6% |
| | Weekends | 10% | 69.2% |
| Artistic | Weekdays | 10% | 7% |
| | Weekends | 26% | 16.2% |
| Social | Weekdays | 11% | 18.2 % |
| | Weekends | 73% | 63.1% |
| Manual | Weekdays | 2% | - |
| | Weekends | - | - |
| Intellectual | Weekdays | 13% | 4.0 % |
| | Weekends | 6% | 1% |
| Qualification – Study, Courses | Weekdays | 4% | 1% |
| | Weekends | 2% | 1% |
| Others | Weekdays | 100% | 100% |
| | Weekends | 53% | 63.1% |

Source: Data from the survey “Leisure in Brazil.”

Time spent on obligations, analysed based on the gender marker, shows that 84% of young women said they had a stimulated obligation to do household chores and 27% with their family/children. Conversely, 48.8% of young men said they were obligated to do household chores and 18.2% had an obligation to take care of their family and children during the day. The scenario presented indicates that, despite the changes and advances in women's rights, women in the Southeast of Brazil play a more focused role in caring for the home and raising families, obligations that have been stimulated since childhood, while men are more stimulated for life outside the home.

Historically the role of women in Brazilian homes has been reflected in their leisure options since their youth, and it can be seen that while 18.2% of young men said they participated

in social gatherings during the week, 11% of young women said they reserved part of their time for such an experience. These are social roles dictated by Western culture, although, gradually, there are changes in the performance of these socially established roles.

WHAT YOUNG PEOPLE WOULD LIKE TO EXPERIENCE IN THEIR FREE TIME

Apart from the leisure experiences that are possible to be carried out, there are those that still linger in the field of young people's dreams, wishes, or desires. To approach these desires, young people were asked about what they would like to experience at leisure. In the first place of preferences, both female (40.18%) and male (37.25%) appear tourist activities. Young people cited tourist activities – understood here from the concept of Camargo (2017) as trips and excursions – as the main leisure choice on weekends and stated that they had the desire to continue experiencing it. When relating income to schooling, this trend has not changed; the preference of young people remains focused on tourism.

Social markers influence access to leisure, and, in the case of tourist leisure, they are even more difficult to reach because it is an experience that depends on financial resources. We can infer that these young people possibly still want to travel to other more distant places or that demand more expenses, without yet obtaining it.

Krippendorf (1989) points out that all social strata should have access to vacations and travel, but, in Brazil, we do not yet have public policies with tourism programs especially aimed at young people. Even after the creation of the Ministry of Tourism in 2003, the implementation of specific policies related to youth and tourism promotion was minimal, limiting possibilities of the right to leisure provided for in the Constitution.

Studies have shown the importance of tourism for young people; Abreu's research (1995) with Portuguese young people, mostly with university degrees (75.4%) analysed motivations and imagination regarding leisure travel for this audience. The young people surveyed, men and women worked, and international tourism was part of their leisure habits. Nevertheless, the trips they experienced were offered by Portuguese associations at more affordable prices than travel agencies. These young people pointed out four dimensions of representations about leisure travel: cultural dimension (getting to know new places and new cultures), sociability (meeting people, making new friends), rest (breaking routine and doing nothing) prestige (everyone travels, traveling is important).

Wang' study (2017) with young Chinese people showed that leisure tourism represented a factor that brought satisfaction (physical and social) with the comfort, stimuli, and novelties experienced in the trips by the studied group.

Cavaton (2015) analysed low-income youth (IBGE), men and women, students at a Federal Institute (high school) in

Brasília (Distrito Federal/Brazil), who described their desires in relation to leisure travel. The author identified that the young people had not travelled in the last three years and pointed out many concerns related to leisure tourism: experiencing stewardship, comfort, rest, fun, reduction of social controls, contemplating landscapes, traveling in a group, among others. The study pointed out the lack of access of these young people to tourism, as a leisure option due to financial conditions, as well as highlighting that the wishes indicated would be possible to be satisfied and points out the need to implement public policies for this audience (Cavaton, 2015). The data are in line with this research, as tourist interests are present in the imagination of young people, however, the socioeconomic condition and the absence of public policies inhibit and prevent a segment of the youth from accessing this type of leisure.

High school students from a suburb on the outskirts of Porto Alegre (Rio Grande do Sul/Brazil) pointed out the lack of opportunities for leisure tourism. Such young people did not have tourist leisure habits in childhood, and this extended to youth. They stated that tourism motivates the search for new knowledge, new perspectives, and learning and, therefore, the author states that this experience should be offered through educational programs (Nunes, 2014). When relating the importance of education and tourism, the author emphasizes that “tourism encourages students to better understand their socio-cultural reality, committing themselves as citizens to preserve it, through the maintenance, care, and improvement of natural and cultural heritage” (p. 17).

Currently, there are low-cost trips and new possibilities that enable more economical tourism (coaching surf, hostels, Airbnb, Uber, among others). These forms of accommodation and shared means of transport are more accessible than those offered on the market. Rosa’s research (2000) studied young tourists who participated in the carnival in Ouro Preto/Minas Gerais/Brazil and proved that students’ houses/hostels represent a more accessible option that young people use to stay. Even with these new ways of traveling, tourism, in these studies, represented a little democratic modality and access to the most favoured sections of the population.

However, tourism proved to be a yearning for the various youths and corroborates the data of this research because, regardless of education and income of the young people studied, tourist leisure is the main desired experience. Tourism should be available mainly to low-income young men and women, as they face greater barriers to accessing leisure. Leisure tourism is a right and allows young people to break their routine, slow down the processes of social control, allow for new forms of behaviour and various opportunities for experimenting with novelty and identity negotiation for this audience (Abreu, 1995).

Followed by the option of experiencing tourist activities, both young women and men showed a desire to practice physical and sports activities and represented the second

leisure option highlighted as an activity they would like to experience in their free time. These are habits that these young people said they already have, both during the week (first option) and on weekends (second option), but they would like to continue experiencing them.

Research conducted by Cavichioli, Mezadri & Starepravo (2006) sought to understand the consumption and formation of sport and leisure habits of young Brazilians between 18 and 30 years old and demonstrated that, at the beginning of this age group, there was a greater incidence of sports activities, but as there was an increase in age, young people decreased the practice of physical and sports activities. This also occurred with those who had small children, both among the women and men studied.

Manual, intellectual, and artistic activities were little indicated among young women, while among men, there was no choice for these options. In the artistic activities, there was a preference for the male group, whose frequency occurs among higher education students. We understand the importance of education for leisure and knowledge of different activities so that the choices are more authentic in free time. Perhaps the lack of knowledge of these types of possibilities, lack of infrastructure to experience these possibilities, minimum of experimentation in childhood, can explain the little indication of manual, intellectual, and artistic activities.

Among the less expressive activities and interests among young men, we have: social (5.76%) and qualification (4.8%). Although social activities were more marked in the experiences of young people and little mentioned among the activities they would like, sociability permeates all other leisure experiences. Manual, intellectual, and leisure activities are among the least preferred by young people in the Southeast, for both sexes.

Information related to artistic, social, qualification/studies, and ‘doing nothing’ proved to be less relevant than information related to tourism and physical sports. According to the information collected, young women have a greater preference for social activities (12.14%) and qualification (10.28%) than in artistic activities (6.54%), leisure (2.8%), manual and intellectual (0.93%), and ‘doing nothing’ appears with 7.4% of the choices (Figure 4).

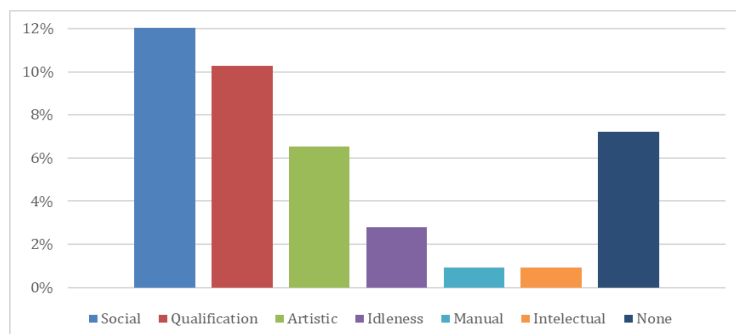


Figure 4. Female interests in addition to tourist and physical-sports preferences according to income (Source: Data from the survey “Leisure in Brazil.”)

The possibility of occupying time with 'doing nothing' is representative for a small part of the interviewees (7.2% for women and 7.69% for men), which may reflect the society that impresses the need to always be busy or producing, as the capital logic rules both working time and free time (Padilha, 2004). In this perspective, time, whatever it may be, must be linked to productivity while any trace of idleness must be avoided at all costs.

Among young men, artistic activities appear with 8.82% of the preferences followed by doing nothing, with 7.84%. There is a proximity between social activities and qualifications with 4.9%, followed by 2.94% who prefer something other than the options listed in the questionnaire, and 1.96% would like to practice idleness. Manual and intellectual activities are not among the preferences of the young people surveyed (Figure 5).

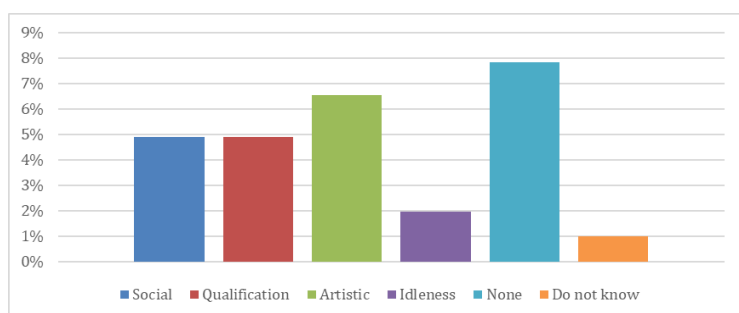


Figure 5. Male interests in addition to tourist and physical-sports preferences according to income (Source: Data from the survey "Leisure in Brazil.")

Young men are less concerned with social activities and qualification, with 4.9% of the choices in both, than women, with 12.14% for social activities and 10.28% for qualifications and studies.

These data corroborate the research by Araújo, Chauvel & Schulze (2011) in which they sought to know the options, reasons, and meanings of leisure for young women and men in a community in Rio de Janeiro/Brazil. The respondents, mostly low-income and with incomplete high school, recognize leisure as something important in their lives, even though they have few resources (financial and little free time) to experience it. Part of the free time of these young women was used for reading and studies, carried out alone at home or in the community library. Young women, who were early mothers, said they used their free time as an opportunity to qualify and be able to return to the job market. This is, without a doubt, a legitimate way to visualize and value the occupation of free time, considering that leisure is not an isolated phenomenon, but a potential possibility of individual development that supposes a perspective of social development.

When the analyses fall on what they would like to do in their free time, analysed from the family income of young people in the Southeast, the data point to practically the same dimension when crossed with the data about what they would like to do in their free time vs. schooling, suggesting these different youths have the same yearnings for leisure

experiences. However, it is noted that the highest concentration of young people in the southeast region has an income between one and five minimum wages, a factor that generates discrepancies perceived in this study. The analysis of income seems to be directly linked to the level of education, as confirmed in the first part of this study. This information makes us think that the economic power of families accompanies the possibilities of educational advancement, as a segment of the youth needs to choose work over study to help with household expenses, making access to and permanence in school seats difficult, especially after completing high school. This analysis reinforces the idea that social, economic, educational, geographic differences are inhibiting factors for access to leisure for young Brazilians (Figure 6).

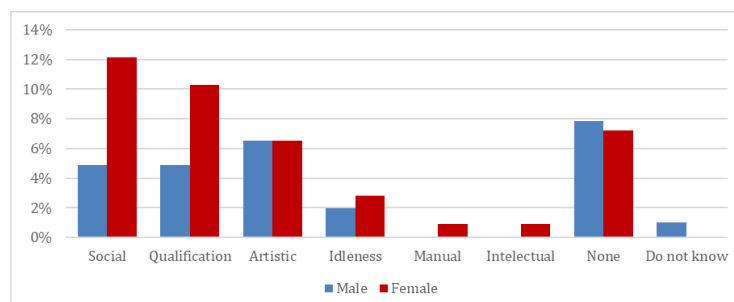


Figure 6. Relationship between preferences and total (Source: Data from the survey "Leisure in Brazil.")

A study by Cavichioli et al. (2006) showed that this segment of youth does not use their free time as they would like and points out several factors that hinder the experience of leisure, both by women and men. The lack of financial conditions was the most cited and limiting difficulty to experience leisure for young people from less favoured socioeconomic classes. However, for young people with higher education and income, lack of time was the main barrier to access to leisure.

Physical-sports activities represented the second option of activities that young people would like to experience, with 14.9% of female preferences, and 27.45% of male preferences. It is important to consider that in order to experience a physical-sports practice, in addition to time, spaces and material resources are necessary. Research carried out by Santos (2009) with young people from the periphery showed that a segment of young people would like the neighbourhood to have more squares and sports courts and indicated that the street represented the space in which it was possible to play sports on weekends.

On the other hand, a study with young people frequenting a square close to the centre of Caçador/Santa Catarina/Brazil revealed several problems related to sports spaces, with emphasis on the "lack of maintenance of equipment (court floor, beams, etc.); absence of materials such as balls and nets to be made available to practitioners; uncoated walking/running track, in addition to the lack of security for users" (Rotta & Pires, 2010, p. 14).

These studies demonstrate the needs of young people in relation to resources for experiencing different physical and sports activities. The young women and men studied in the southeast pointed out the relevance of physical-sports activities in their leisure experiences and who would like to continue experiencing them. This panorama needs to be considered in the formulation of public policies so that these different youths have access to leisure as a constitutional right.

CONCLUSION

The socio-economic and educational possibilities unfairly distributed in the country make it possible to perceive the differences in opportunities and access to leisure, justifying the need to treat youth in the plural. Even further away from a more homogeneous conception of youth, we also perceive class differences in leisure and, consequently, in opportunities to access and experience the diversity that leisure experiences can provide.

The most privileged strata of society are given more time for studies and professional training and, in a direct manner, for the less favoured strata, less time for studies as they need to spend more time for work and household chores. This data alone already signals and confirms the differences in opportunities and, consequently, the various youths that make up the Brazilian youth, ratifying a country of social inequalities that continues to perpetuate itself.

Social markers such as economic, educational, and social power are determining factors for leisure experiences, especially when we consider that there is an entertainment industry that, at the same time that promotes advertising and universal access to leisure practices, promotes limitations access to some segments of youth.

The difference between genders is also one of the determining factors for leisure experiences, mainly due to the fact that the time available for leisure is mostly shorter among women and the locomotion and occupation in public spaces, especially at night, is still greater on the part of men. Apparently, despite the changes in the way of life in recent years, with achievements and advances in women's rights that have reduced the distance between men and women, it is still perceived that women occupy more time with domestic tasks, reducing the period available for leisure activities. Violence against women is another factor that sometimes inhibits the occupation of certain leisure spaces.

The relevance attributed to leisure experiences in the company of friends confirms the importance of peers, giving leisure a decisive time in the formation of the individual's identity and in the lifestyle, he chooses to follow. Leisure has a socializing and unifying role for groups according to social interests of leisure, especially valued because it represents a time and space far from adult control.

We understand leisure as a phenomenon that presents multiple possibilities for the manifestation of culture, in which

young people express themselves and build identities. We also understand that living and choosing different leisure interests are directly related to the degree of knowledge and, consequently, to an educational process built throughout life.

Through the analyses, we reflect on some issues, such as, for example, the imagination of leisure being directly linked to travel for both young women and men, both for what they experience, and what they would like to experience in their free time and holidays. It also draws attention to the importance given to physical and sporting interests. The little choice in what I would like to do in my free time and holidays for artistic interests, but it depends on knowledge of the different artistic languages and, it can still be related to the various social barriers.

Finally, it reveals the need for policies for access to leisure as well as education for leisure that enable new experiences that go beyond physical sporting interests. Leisure policies need to dialogue with other initiatives in order to provide leisure experiences that go beyond the territorial limits of a certain segment of youth, giving them, in fact, access to the new.

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COMPLIANCE WITH ETHICAL STANDARDS

Authors' Contributions

Authors contributed equally to this paper.

Conflict of Interest

No potential conflict of interest was reported by the authors.

Ethical Approval

For this type of study, formal consent is not required.

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