

MIFGASH

JOURNAL OF SOCIAL-EDUCATIONAL WORK

Special Issue

Leisure Culture of Israeli Children and Youth

- > Definitions and challenges
- > Leisure inspired by the esthetic paradigm
- > Leisure as culture and culture as leisure
- > Leisure, violence and connectedness to school
- > Teenagers' use of the internet
- > Leisure among Arab teenagers: Does gender matter?
- > Leisure among children and youth with disability
- > Chess as a serious leisure activity in the service of students with ADHD
- > Volunteering, health and well-being
- > Children's periodicals in the 50s: A legal perspective
- > Educational activity in the museum



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Leisure Culture of Israeli Children and Youth

Guest-Editors: **Dr. Tali Hayosh & Prof. Meir Teichman**

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ABSTRACTS

Leisure culture of children and youth in Israel: Definitions and challenges

Tali Hayosh, Ph.D., Faculty of Education, Beit Berl College, Israel

This article examines the development of the concept of "leisure" over the years in view of three main social paradigms developed to analyze society: functional, conflictual and symbolic interaction. A parallel was found between leisure concepts and social paradigms. It discusses challenges in the leisure activities of young people (children, youth and young adults), reveals the reason for the scarcity of articles in this research field, and expands upon it as a valuable activity. Social agents tend to frame and supervise youth leisure, thus preventing them from realizing options of self-development, satisfaction and enjoyment in life, which might have greater effects on the life of the individual. The article calls for recognition of the importance of leisure in life, a change in the negative attitude towards leisure, and taking conscious steps to include education towards leisure in the development of youth programs.

Key words: sociological paradigms, leisure concepts, children and youth leisure, leisure challenges, leisure rewards, social agents, leisure education

The essence of leisure inspired by the esthetic paradigm

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Beyond the attempt to describe leisure activities, as they occur in the various sectors of society, with the boost of leisure industries, my aim is to

reflect on the essence of leisure. The idea is to examine the great potential that lies in the time space remaining after the fulfillment of all constraints that are needed to ensure existence, at which time one can encounter his/her personal freedom without any stipulations or external labels. During this time the person experiences something similar to how an artist feels when he/she senses the desire to create – not copy, not reproduce – a new painting, poem, story. Leisure, inspired by the artistic experience or the aesthetic paradigm, can become the intimate space of a person; a space in which one can also encounter individuality, the unique self that was hidden behind the social image, designed to meet the demands of the relevant environment. Then leisure ceases to be an "evasion." Instead it becomes an encounter with the self, as an essential part of existence, of life as a whole, and sometimes as a source of renewal and empowerment.

Key words: leisure, freedom, time, inner self, aesthetics, individuality.

Leisure as culture and culture as leisure: On seriousness in capitalist leisure industry

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Gilad Padva, Ph.D., University of Haifa; Chair of the Division of Visual Culture and Art at Achva College.

Following Taly Hayosh's new book *Serious Leisure: Culture and Consumption in Modern Society* (2018), this article critically reconsiders the relations between leisure and culture in contemporary Western society. Whereas culture is associated with an organized and structured system of arrangements and behavioral codes, apparently leisure is independent of the materialistic culture. Seemingly this is because leisure is external to the strict social constructions of productivity, profitability, efficiency and control, and is perceived as a haven of celebrated and unapologetic hedonism. Inspired by Hannah Arendt's distinction between "physical" *labor* and "cultural" *work*, this article critically examines the contemporary "leisure industry" as an extension of working hours which are disguised by playfulness and liberation, and it examines the subversive potentiality of the apparent "uselessness" of non-profitable leisure activities that challenge the capitalistic order. This article suggests a critical perspective with reference to the diffusion of leisure in the domain of labor while subordinating leisure activities to the imperatives of commodification and profitability. Questioning the emancipating potentiality of industrialized leisure stimulates criticism of the authenticity of the enjoyment of people who are

involved in "serious leisure," and raises the hypothesis that subordinating oneself to leisure and exhausting hobbies does not reflect a truly "different" or liberating consumption.

Key words: culture industry, leisure industry, consumer culture, Neo Marxism, Tali Hayosh, *Serious Leisure: Culture and Consumption in Modern Society*

Leisure, violence, and connectedness to school: A systematic mapping of leisure activities among Israeli school students

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This article presents part of the data collected for a broader study conducted by the Ministry of Education in 2013. The study was designed to examine the range of leisure activities, their nature and distribution across areas of interest, geographic location and age. The leisure activities mapped in the present article took place, for the most part, in nonformal educational settings. Participants were 4332 adolescents in state schools, religious state schools, and Arab schools. The researchers believe that the adolescents' perspective of leisure must be considered, so that the programs developed will be relevant to them, and will be used as means for enhancing adolescents' development. The study is unique in its very large sample and in that it provides an opportunity to hear the adolescents' authentic voices as they define leisure, the way they spend their time, their wishes and desires in this area.

Accordingly, this was a mixed-methods study (quantitative questionnaires, focus groups and open questions), which enabled us to reveal an in-depth and multi-faceted portrait of the situation in Israel. The questionnaires provide responses from thousands of students and interviews in focus groups, facilitating a penetrating in-depth discussion as well as tracking trends and processes in the adolescents' world of leisure.

Key words: leisure activities, mapping, Israeli adolescents, violence, connectedness to school

Teenagers' use of the internet: Distinguishing between legitimate leisure activity and addiction

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Teenagers use the internet extensively, mainly through their smartphones. The internet presents the teenagers many opportunities for social interaction. Nonetheless, teenagers may pursue risk behaviors as part of the challenges they experience throughout their adolescence. The availability of the internet can result in its excessive use and addiction. This article presents a review of the prevalence of such excessive use and addiction among teenagers; its definition, the risk factors involved and the implications of such addiction. Furthermore, a review of essential parenting practices is presented in order to reinforce healthy and safe behavior on the internet among teenagers. Prevention and treatment strategies for excessive internet use and addiction are proposed.

Key words: internet addiction, excessive internet use, leisure time, adolescents, parenting practices

Leisure of Arab teenagers: Does gender matter?

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Few studies have focused on the leisure activities of young boys and girls in general, and adolescents from minority groups, in particular. The purpose of the study was to examine the differences between boys and girls in Arab society in Israel in relation to the categories of their leisure activities, motivations to participate in them, attitudes towards leisure, the perceptions of its rewards, and characteristics of their serious leisure. The results indicate gender differences in the leisure characteristics examined. Boys treat leisure as a practice through which they can accomplish future gender expectations that characterize the society to which they belong. Girls are motivated more by autonomous reasons relating to their need to belong to society and to promote ideological and personal goals (such as love, interest in the subject and academic improvement). The findings have implications on planning and implementing leisure programs and activities for boys and girls, and on formulating a leisure policy that addresses the needs of both genders.

Key words: children's leisure activities, minority group, gender, leisure motivations, attitudes towards leisure, leisure rewards, serious leisure

The "voice" of parents: Meaning and contribution of leisure to children and youth with disability

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Leisure activities are perceived as a way to increase participation of children and youth with disabilities in the community. Participation in leisure activities plays an important role in physical and mental well-being, the development of skills, and interactions with peers. Few studies have been conducted on the leisure of children with disabilities in Israel. The aim of this study was to expand the existing knowledge on the subject from the perspective of parents, because of their effect on their children's leisure time activities. A qualitative research was conducted in which 17 Israeli parents of children with disabilities were interviewed by means of a semi-structured interview. Content analysis reveals that parents value participation in leisure activities as an important aspect of their children's life and they make great efforts to give them opportunities to participate. Yet there is a gap between needs and responses, and there is a need for assistance on the part of the relevant authorities. Improvement of leisure services for children and youth with disabilities needs to take into consideration the knowledge and experiences of the parents.

Key words: leisure, children with disabilities, parents, perspectives, needs, contribution

Chess as a serious leisure activity and its relation to the inhibition of students with and without ADHD

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The current study investigated whether chess training relates to inhibitory control in teenagers with and without ADHD, gifted and not gifted. Moreover, the study investigated the possibility that chess training could

improve inhibitory control. Participants completed a visual-spatial task designed for the purpose of the study, comprising two conditions. In the “free” condition participants were allowed to test different solutions before choosing the answer and in the “touch move” condition they were asked to choose the answer without any physical attempts, and once chosen, their answer could not be changed. This was in accordance with the touch move rule in chess, whereby a piece touched must be moved or captured. Additionally, participants completed Go/No-Go tasks. The new task was found to be partially effective, as only the touch move condition produced group differences, with chess players performing better than non-chess players, regardless of diagnosis. The No-Go task performance analysis also showed a significant main effect for chess training, and a significant interaction between chess, ADHD, and the use of medicine. Although without establishing causality, these results indicate chess players were less impulsive than non-chess players, regardless of diagnosis. However, it is not yet clear whether this is due to chess training, or a pre-existing difference.

Key words: ADHD, inhibitory control, executive function, impulsivity, serious leisure, education, chess

The relationship between volunteering in the community and health and well-being among Israeli youth

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Various definitions have been found in the literature regarding volunteering. Volunteering is actually performed freely by the individual, without material or other compensation, and motivated by a certain idea or purpose, as well as by its value. The mental, physical, and social contribution of volunteering has been found to be significant in the process of adolescent development and promotion of adolescent health in various countries around the

world. The goals of this study were threefold: 1) To examine the extent of volunteering among youth in Israel, the frequency of their participation and the types of volunteer work they perform; 2) To examine the relationship between participation in various types of volunteering and health and welfare indices among youth; 3) To examine the differences between types of volunteering and health and welfare indices among youth

This study is a quantitative cross-sectional study, based on a secondary analysis of HBSC 2014 data in Israel. The study population included over 16,251 students, aged 11–17, attending schools in State, State-Religious and State-Arab schools under the supervision of the Ministry of Education. The findings show that volunteering during adolescence is related to the mental, physical, and social health of the adolescent in a manner that benefits both society and youth, who are still developing. Consistent with the literature, our findings indicate that there is a positive relationship between volunteering among Israeli youth and overall health and welfare measures. Better subjective health status was found among those who volunteer in school, compared to those who volunteer in a non-school setting. A smaller advantage was found for youth who volunteer compared to non-volunteers with regard to anger. An inverse relationship was revealed between the weekly frequency of volunteering in a non-school framework and the frequency of headaches among the students. Volunteering among youth promotes better health and welfare compared to those who do not volunteer. Therefore, there is a need to encourage more volunteering in health-promoting frameworks, such as schools, with emphasis on certain activities.

Key words: volunteering, types of volunteering, youth, Israel, health status, psychosomatic symptoms, well-being

Call for a new perspective on children's periodicals in the first decade of the Israeli state from a legal point of view

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The article presents children's periodicals in the first decade of the Israeli state as important platforms for discussion of legal and moral issues. The periodicals analyzed in the article include: *Davar Li-yeladim*, *Mishmar Li-yeladim*, *Hatzofe Li-yeladim* and *Haaretz Shelanu*. The main claim is that in addition to literary and political, known and researched aspects of Israeli children's periodicals of that period, they constituted an important source

of discourse concerning matters related to the field of law or to affairs in which law was a main player. Looking back retrospectively, they indicate an attempt to shape their young readers' education towards legal and moral values such as the rule of law, justice, human rights, citizenship, as well as social and political points of view. In addition to the vital legal discourse emerging from the periodicals that were published during the period of society formation and nation building, the article relates to contemporary periodicals for children in Israel.

Key words: legal socialization, legal education, periodicals, children, youth, children's literacy, education toward moral values, children and actuality

Museal educational activity for children and youth in Israel

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Not many studies have dealt with educational activity in museums in Israel. The current article examines the role of museums in leisure time in Israel, among youth, and their role in the educational and cultural system in Israel. Also educational approaches which may promote educational activities in museums are presented. Findings stress the great importance of youth exposure to museal activity. Thus, current research recommendations call for higher involvement of the educational system in museal activity for youth, especially with regards to the concept of the "virtual museum". Conclusions show that museums should continuously develop new educational programs, as well as update existing programs, and thus enhance the visitor's experience, and increase students' and pupils' participation in such activities.

Key words: museums; education; youth; children's museums; virtual museum; leisure