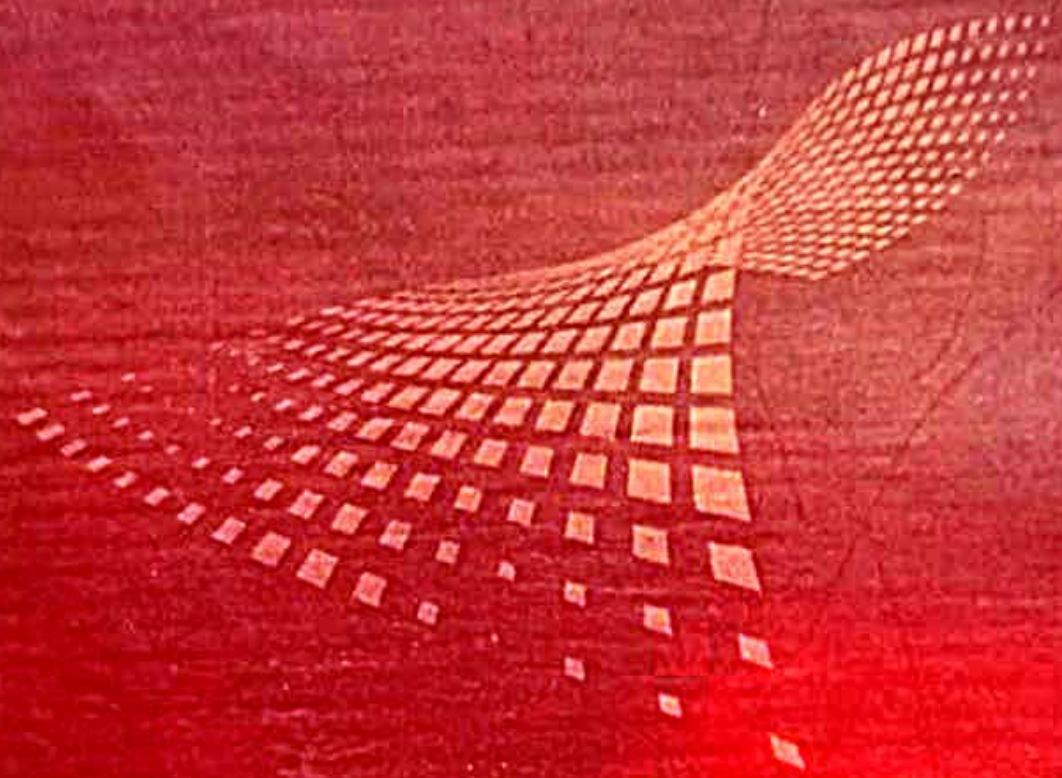


VALUES AND ETHICS **In the 21st Century**



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&

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VALUE OF LEISURE TIME TO AVOID BOREDOM PRONENESS AMONG UNDERGRADUATE STUDENTS

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INTRODUCTION

People get 24 hours a day. It is now on the individual to divide this time accordingly and utilize it productively. In reality, most people are aware of the importance of leisure time but tend to ignore it which results in wastage and misuse of leisure time. Leisure helps in re-energizing and relaxing people, so that they can carry on with their work or studies effectively; provided they make the optimum use of it. Effective time-management is necessary to make productive use of leisure time and engages in meaningful activities. By properly planning and organizing their daily schedule, people can utilize all of their leisure time in different co-curricular activities to avoid getting bored. Not utilizing their leisure time productively can lead to a monotonous lifestyle that can turn into boredom proneness and result in smoking, drinking, anxiety, drug abuse, poor academic performance, poor interpersonal skills etc. thus, proper knowledge of utilization of leisure time is necessary to avoid boredom and improve their lifestyle.

The studies on the brief history of leisure suggest that the notions of leisure and leisure time emerged in Victorian Britain, in the late 19th century, late in the Industrial Revolution (GNU, 2008). During 1870's, the emergence of trade unions and efficient machinery reduced working hours and