Leisure is Pleasure – die Jugendfreizeitstudie

Engl. transl.: Leisure is Pleasure - the Youth Leisure Study

# Keywords

* youth
* leisure time
* media
* activities
* relevance
* life world

# Details

## Year

2019

## Issued

2019

## Language

German

## Authors

Institut für Jugendkulturforschung;Großegger B.;Rohrer M.

## Type

Short report

## Publisher

Institut für Jugendkulturforschung

## Topics

* Internet usage, practices and engagement
* Wellbeing
* Digital and socio-cultural environment

## Sample

1,000 young Austrians aged 16 to 29, quoted by age, gender, formal education, area of living, and migration background (representative online-survey)
59 young Austrians aged 16 to 29, selected by age, gender, formal education, area of living, and migration background (qualitative word rap discussion)

## Implications For Policy Makers About

## Other PolicyMaker Implication

Awareness for the needs of the younger generation

## Implications For Stakeholders About

* Researchers
* Industry
* Healthcare

# Abstract

"For young people, leisure time means "getting free from everyday stress" and "being able to do something that one doesn't have to do and that one enjoys". The leisure cultures of young Austrians offer a mix of activity and chilling out. Eight out of ten young people (81%) especially like to do something with their friends in their free time, but seven out of ten young people (71%) also love to just do nothing and relax for once.Especially for young people with a low and medium level of education the following applies the following applies: "I don't have any special preferences when it comes to leisure activities - the main thing is that I just do not have to work."" (Großegger/Rohrer, 2019, 1; translated by the coder)

# Outcome

- "The main thing is leisure time itself: 31% are still looking for their favourite leisure activity"
- "Youth leisure is leisure time with friends and family"
- "Exalted pleasure is out, and solidity is in: Sport and outdoor energy refuelling is in vogue"
- "Above-average sports enthusiasm in the West, couch potatoes in the East"
- "Young people's leisure needs are changing, introverts are still neglected - a task for providers of leisure activities"
- "Cool leisure activities against stress - health promotion must also react"
"Social media are firmly anchored in the everyday lives of today's youth. The overwhelming majority is connected with their peers via social media. Thus, it is surprising that social media activities are not named as part of the "really cool leisure programme". Media use in general does not belong to the most important aspects of young people's leisure preferences. They are only in the middle of the list of the most popular leisure activities. Gaming as well as reading are still more favoured, compared to Internet use, TV and streaming."
(Großegger/Rohrer, 2019, 1-2; translated by the coder)