

Personal Reflection Essay



Leisure is inversely perceived by males and females, given the assortment of responsibilities they have in the current community. After outlining several approaches to describing leisure, it is recommended that gender variations studied in a communal context can ameliorate explaining variations in the perceptions of leisure choices than biological sex only. A suggestion of how gender variations may impact the leisure perception is presented.

My personal leisure choices have been affected by history. The feminism movements all around the world have incurred a great hindrance in the selection of my favorite leisure. This is because, once I try to satisfy my desires as a part of leisure and an error unexpectedly arising, I will find myself in dangers of responsibilities. Civil rights and sexual revolutions have also been a challenge in my leisure selection. This is because it makes it hard when a wife complains of rape. Workplace changes are another factor to consider as I can be moved from the area where I used to satisfy my leisure.

Another factor that can be very detrimental is the body image. I have a good figure and attractive body image. However, if things would be different, my self-esteem would be lowered, and it would be hard for me to socialize with other friends. As well, gender identity factors out how I select my leisure activities. This is so because, in some instances, I am comfortable sharing my leisure with the opposite gender. Self-confidence and esteem are what it takes for me to be able to select my leisure and enjoy it to the maximum.

Culture is the other thing that makes it hard to select my leisure activities. It

keeps me tied to my community and cannot be explored in other communities. Religion, race and, ethnicity are interconnected. They keep me believing that my community is the best, and thus I should not intermingle too much with other communities. This affects me, because it is my leisure to socialize with other people as well as learn about their way of living. Everyone in a democratic country is affiliated to a particular political party. Thus, I feel it hard to associate with persons who are against my ideological agendas linked to politics. Age and occupation have also affected my selection of leisure. In some cases, I get myself out of my favorite leisure since my counterparts are of different age, and we do not match.

In addition, media has a lot of influence on my selection of leisure. Sometimes, I find myself taking part in an activity due to media influence. In other cases, I avoid participating in some entertainments because of the stereotypes attached to certain communities. For example, some tribes are said to be witches, and I fear integrating with them. In the accumulation of the above highlighted effects, images of the media also have a great effect.

In the light of the above analysis, I will create five goals for improving and expanding my leisure choices. To start with, I will take leisure as an experience. This is because leisure takes into account the individual's choice, motivation, and perception of the activity and its experience. Leisure hypothesized as an experience may result into the examination of the leisure quality uncovering predicted benefits linked with leisure like self-expression, enjoyment of the growth of social linkages, self-enhancement, and/or the happiness of integrating body and mind in the actions. As well, I will take the social nature of leisure understandings. This is because leisure is a part of the social universe. It is a creation of a certain culture and time, reflecting social and economic structures. In addition, I will assume leisure selection as gender identity to be one of the goals that I will establish in order to expand the selection. This is because individuals are evinced male or female and afterward learn to be both

masculine and feminine by the use of the socialization they get. However, individuals vary in what they recognize with masculine or feminine traits. The gender role attitudes will also do great things. The perception of gender roles denotes the behavior prototypes, which are inversely displayed by different genders. These prototypes are also recognized through determining attitudes and socialization as well as life styles of women and men.

For the purpose of fulfilling the above explained goal that would expand my leisure selection, I will develop a theoretical model to learn gender variations in the leisure perception. The model will explain how leisure is inversely perceived by women and men. As well, it will elaborate the interrelationship between leisure selection and history (feminist movement, sexual revolution, work place changes, civil rights), self-image (body image, gender identity, self-confidence, and esteem), media (societal expectations, stereotypes, images in the media), and culture (religion, race, ethnicity, family, political affiliation, age, occupational) offering the diversity of responsibilities they have in the modern society. It is proposed that gender variations studied in the social context can perfectly explain variations in the leisure perception than the biological sex alone. Suggestions of how gender variations may impact the leisure perceptions presented.