

A STUDY OF  
LEISURE TIME ACTIVITIES OF THE ADOLESCENT  
BOYS OF GREATER GUWAHATI

A PROJECT REPORT ON MINOR RESEARCH

*Sponsored by*

UNIVERSITY GRANTS COMMISSION



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## PREFACE

This study is an attempt to find out different types of leisure time activities of adolescents boys and girls of Guwahati city. It is a minor research project and is sponsored by University Grants Commission.

To day in the city of Guwahati many of the adolescents become addicted to alcohol and drugs. It is also observed that adolescents' criminality is increasing day by day. SO this study is an attempt to find out various reasons of this problem. During the period of adolescence one has to face different problems in life because of ignorance of the society about the various needs and problems of the adolescents. This problem may be of various kinds like mental, physical, psychological, emotional or recreational. I want to investigate the recreational problems of this period that is different type of leisure time activities of the adolescents of Guwahati city and its' effect on adolescents' various problems like drug addiction, alcoholism, etc.

The study begins with the derivation of the concept of education for leisure of adolescents from the investigator's point of view. Different natures of adolescents and their needs and problems are stated along with the importance of studying adolescence period. History of related literature are discussed afterwards. In the 2nd chapter the aims and objectives of the study, hypotheses, research setting, delimitation and the significance of the study are discussed. Chapter four analyses the data available from both primary and secondary sources. It discusses different types of leisure time activities of the adolescents of Guwahati City, varieties of co-curricular activities of different educational institutions, different type of crimes of adolescents and its causes. The fifth chapter gives the summary of the major findings of the present study and the preventive and remedial measures of different social problems of adolescents.

I sincerely thank the University Grants Commission for sponsoring the project.

I take this opportunity to express my gratitude to Dr. Jayanta Das for his kind-cooperation in giving me various information about the problems of adolescents. I am also thankful to Dr. Pankaj Sarma for giving me chance to meet the drug addicted youths at his psychiatric hospital and his valuable advice in conducting the investigation.

I am grateful to the head of the institutions of my investigation for helping me in collecting data and to all the adolescent boys of my sample for their co-operations.

Biva Goswami

## Contents

	Page No.
<b>CHAPTER I</b>	1-8
1.1 Introduction.	1
1.2 Adolescence how it is defined.	1
1.3 Importance of studying adolescent's problems.	5
1.4 History of related literature.	6
<b>CHAPTER-II</b>	9-11
2.1 Present study.	9
2.2 Objectives of the study.	9
2.3 Hypotheses of the study.	9
2.4 Research setting.	10
2.5 Delimitation of the study.	10
2.6 Significance of the study.	11
<b>CHAPTER-III DESIGN OF THE STUDY AND PROCEDURE</b>	12-13
3.1 Sample of the study.	12
3.2 Research method.	12
3.3 Tools used.	13
<b>CHAPTER-IV INTERPRETATION AND ANALYSIS OF THE DATA.</b>	14-29
4.1 Type of activities performed by adolescents during their leisure hours.	14
1. Enjoying T.V.	15
2. Roaming with friends.	16
3. Playing different games.	17
4. Going to cyber café in the city.	19
4.2 Type of co-curricular activities of the institutions.	19
4.3 Different type of crimes of adolescence.	22
4.4 Different causes of adolescent's crime.	24
<b>CHAPTER-V FINDINGS AND REMEDIAL MEASURES.</b>	30-35
5.1 Findings of the present study.	30
5.2 Preventive and remedial measures.	32
<b>BIBLIOGRAPHY.</b>	36-38

## CHAPTER - I

### 1.1 INTRODUCTION

In the present day society education is essential not only for earning our livelihood but is also essential for all round development of personality of human being. Proper education helps an individual to develop him or her physically, mentally and socially. For all round development of personality, education for leisure is also very important. Educational thinkers often heard remarking that unsystematic and unorganized leisure will ruin the vitality of a nation. We can see that leisure is an actual condition of our life now, hence the problem how shall we spend our leisure hours so that we may obtain the utmost profit and satisfaction specially during adolescence. Our young boys and girls do not find any scope to utilize their leisure hours properly due to lack of knowledge and so they have to spend their leisure hours in vain and create problems in the society for which many social crimes like drinking, drug-addiction, burglary etc. are increasing day by day.

Such studies gain importance all the more in the city of Guwahati, where it is felt that many social crimes are committed by the adolescent boys and girls who have got enough leisure time to spend but who have not received education to utilize such time properly.

Here an attempt is made to find out how the adolescent boys of Guwahati City spend their leisure time and how the highest type of education should endeavour to offer to the adolescent with wide variety of leisure time occupation, which help them in passing their spare hours and by which many social problems can be settled.

### 1.2 ADOLESCENCE HOW IT IS DEFINED:

Adolescence is fundamentally a period of physical and psychological change. This change furnishes the physical basis for emotional, social, intellectual and economic

maturity.<sup>1</sup> Therefore in the words of Luella Cole, adolescence is a period of growth." In the course of a few years the individual undergoes changes in both sizes and proportions, changes that take him from a childish to mature level".<sup>2</sup>

Cole further says that "in a modern society a long period of adolescence has replaced the short period of puberty that was recognized as important from early times just as primitive people utilized few months of puberty as a special preparation of boys and girls for their future participation in the life of the tribe, also modern education want to utilize the longer period of adolescence for special preparation in meeting the manifold problems of the present day society".<sup>3</sup>

Stanley Hall, in his adolescence made much of puberty as a period of great stress and strain, storm and strife and pleaded that incidents occurring in this period might be of extremely great importance in moulding the whole future carrier of youth.

The problem of adolescent and their adjustment to the changing pattern of the society are a matter of serious concern for the progress of the society as a whole because youth represent the energy of the present and the hope of the future. It is under these circumstances that the parents and educationist need to gain a thorough understanding of the various characteristic of the adolescents and their problems and need for healthy growth of their potentialities during the process of maturity.<sup>4</sup>

Adolescence is a period which begins with puberty and ends with the general ceasation of physical growth. It emerges from later childhood stage and merges into adulthood. It is a period of day dreams of adventures of intense affection and stirring of the "heart". It is the period during which maturity is in the process of attainment. The maturity not only relates to physical development and the power of procreation in the individual but also to the maturity in the mental faculty though it is difficult to consider adolescent either as a child or as an adult.

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<sup>1</sup> Cole Luella, Psychology of adolescence (Halt Rinehart and Winstone, New York) 5<sup>th</sup> edition, 1961, page.9.

<sup>2</sup> Idid, P.32/S.

<sup>3</sup> Ibid, P.9.

<sup>4</sup> Crow and Crow. "Adolescent development and adjustment", McGraw Hill Company, 1958, P.3.

An adolescent tries to stand on his own feet believing that youth is rights. He is self assertive and wants to be recognized, if he is refused recognition in one way he attempts another way. Many adolescent have their personal problems. These problems are of many kinds corresponding to the growing abilities. Social and political problems haunt their mind and the conflict between religion and science arises.

Adolescence can also be defined as a time of creative energy and vitality of great zest for living. It can also be a time for self-expression, curiosity and exploration, a time of discovery and adventure.

The central fact of adolescence is the sexual development. It is true that sex does not begin in adolescence and that sex manifestations appear much earlier, but it must be admitted that there is the full development of sex in adolescence. In a sense sex is the fundamental fact of adolescence and as such the whole subject of sex in relation to adolescence is very important and nothing but harm can result from the neglect of this essential characteristics. Sex then is the fundamental fact of adolescence, if not all life, "like the overflow of a great river, it irrigates and fertilizes great tracts of life territory"<sup>5</sup>

During adolescence certain fundamental changes takes place. The physique grows stronger and the young person increases in height and weight. The physical interfere in intellectual activities to some extent.

The physical changes are usually accompanied by some emotional strain. "An emotion is a strict up state of the entire organism".

According to Luella Cole, an emotion is an experience that effects an individuals' vital processes stimulating him to greater activity, that is normal. Emotional life furnishes the basic drives that impel him to action. This strength vary not only in person to person but from age to age, when they can not be satisfied they lead to frustration and conflict, which may be resolved in "a number of ways."<sup>6</sup>

Most of the psychologists are of belief that emotional changes accompanying adolescents are in a part a result of cultural exceptions which govern the behaviour of

<sup>5</sup> Ross, James S. - "Ground work of educational psychology." George, G. Harray & Co. 1955, Page 48.

<sup>6</sup> Cole, Luella. "Psychology of adolescence" Halt Rimchert and Winstam), 1961, 5<sup>th</sup> edition, P. 260.

all. They also believe that most of the emotional disorders develop when the adolescent do not find proper ways to channelize their exuberant energies into proper channels. "Emotions of timidity and withdrawing or of irritability and aggressiveness".<sup>7</sup>

Luella Cole in her book "Adolescence psychology", says that an important contribution of school to emotional stability is the provision of adequate outlets for the easily aroused emotions of adolescents".<sup>8</sup>

The adequate outlets means the number of activities a school should provide to the adolescents to participate within and outside the school hours, and there is no doubt points out the importance of leisure time activities of an adolescents.

"There is a tide which begins to rise in the veins of youth at the age of eleven or twelve. It is called by the name of adolescence. If that tide can be taken at the flood, and a new voyage begins in the strength and along the flow of its currents we think that it will move on to fortune."<sup>9</sup>

Now we find that the journey from baby hood to adolescence is a long one, full of adventures and challenges, uphill and downhill, rough and smooth places. The duty of the teacher and guardian is to make the road neither too difficult nor too easy but to try to equip the child with a healthy body alert mind and a courageous spirit to pursue the journey happily and successfully.

The education of the adolescent should be so planned as to develop normal attitude to sex, to use leisure time profitable to achieve economic and intellectual independence and to make new emotional and social adjustment to reality.<sup>10</sup>

Keeping all these things in mind the present investigation is an attempt to find out what are the conditions of adolescent population of greater Guwahati, how they spent their leisure time and how the highest type of education should endeavour to offer

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<sup>7</sup> Sydney. L. Pressy Francies, P. Robinson, Horrocks, Echer Psychology in education. 4<sup>th</sup> edition – 1967, P. 14.

<sup>8</sup> The encyclopedia of mental health (Deutscher Albert Helen Fisherman) executive editor, Vol. 1, 1961, P. 37.

<sup>9</sup> Ross, James S. – "Ground work of educational psychology. (George, G. Harrap & Co. Ltd.) New edition, 1935, P. 159.

<sup>10</sup> Cole Luella – "Psychology of adolescence" (Hatt, Rimehert Gumstone), New York, 1961.



to the adolescent with wide variety of leisure time occupation which help them in passing their spare time and by which many social problems can be settled.

### **1.3 IMPORTANCE OF STUDYING ADOLESCENT'S PROBLEM:**

In the society of today adolescents are more numerous than they were ever before. The demographic trend has tilted the median age of population on the younger generation. Population below the age of 13 is now overwhelmingly more than the population above this age. Along with the dramatic increase in the number of adolescents in the society certain problems are also increased regarding as how these adolescents can be directed into responsible citizen for tomorrows' society. The number of anti-social acts performed by the adolescents are increasing day by day in the city of Guwahati, why the adolescents are becoming so truant. There is therefore reasons to feel concern.

The youths are the backbone of the country. Prosperity of a nation can not be imagined without thinking alround developments of the youth of today's society. But now a days it is seen that most of the youths are frustrated due to various reasons. For this frustration a group of youths are choosing the path of violence and they are indulging themselves in the addiction of drugs and thus majority of youths of today's society are ruined. Sometimes the rebellion goes beyond the normal and desirable standards. It turns into an attack on society, into the illegal behaviour that we call juvenile delinquency.

To probe into the nature and dimension of leisure time activities of the adolescents, to identify the causes that lead the adolescents to identify the causes that lead the adolescents to resort to deviant behaviour and above all to study the socio-educational back ground of the adolescents in Guwahati City, a study on the leisure time activities of the adolescents has become imperative so that a remedy to the vexing problem can be found out.

#### 1.4 HISTORY OF RELATED LITERATURE:

The provision of co-curricular activities in educational institution may help the adolescent boys to spend their leisure time properly in future. These activities have been considered by educationists all over the world as an important and integral part of general education. For the harmonious development of a child a programme of co-curricular activities is an imperative need along with general education.

It has been found from research survey reports that very few research works have been done on co-curricular activities both in and outside India. The educationists from outside India like Thorndike (1912, 1917), Carter and Strong (1933) Terman and Miles (1936), Gitelson (1938), Kudu (1939), Traylor and Micale (1914), Sparlin (1942), Kuhlar and Lee (1943), Strong (1945), Rarick (1949) have done their researches in this field. The Indian researchers in this respect are Agarkar (1947), A.B. Parikh (1951), P.V. Rao (1952), S.A. Sindhi (1956), Sukla (1957), Jahri (1960), S. Bose (1963), Rao and Patel (1965), Bakshi (1965, 1971), N.Y. Peddy (1966), Mrs. Banerji (1974). The purpose of co-curricular are both academic and non-academic. Generally the co-curricular activities helps to enrich and diversify the entire school programme. In this regard the study of Thorndike (1912, 1917) is of great importance. He conducted his study first on hundred and afterwards on three hundred and thirty four college students and reported the correlation between the individual's rank of abilities and his rank of interest in school subjects.<sup>11</sup>

Gitelson in 1938 made studies regarding the influence of games in the social adjustment of children. He made a comparison between the children who showed proficiency in games and sports and the children not proficient in games and sports. After the proper study he found that some has positive influences on the social adjustment of children. He concluded saying, "play is used as a therapy which contributes to social adjustment of children."<sup>12</sup>

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<sup>11</sup> Buch, M.B. (Secondary Survey of Research in education, 1972-78. Society for educational Research and development.

<sup>12</sup> Gitelson Manwell: Clinical experience with play therapy (Amar I or the psychiatrist) 1938 pp. (466 to 478).

Strong in 1943 studied the importance of students activity. In the same year Kuhlen and Lee reported that boys active in game were highly in social adaptability.<sup>13</sup>

In the year 1953, Millichamp made a study of play activities and found out that play helps a child to express his emotions in a socially acceptable way and allows him to get rid of pent up energy in a manner that will meet social expectation and win social approval.

Hartley in the year 1957 supports the findings of Millichamp and did a study on "Some safety values in play and states that strenuous play activities, such as hammering, running, jumping, climbing, skating and swimming help the child to let off the pent up emotional stream. The hostile and aggressive pupil may obtain satisfaction in such activities as bag punching, aquatic games, hand ball, squash, tennis and badminton. The child's negativistic may find group activities and team games more useful, specially Volley ball, touch ball group calisthems and soccer. If the child gains very little by his unwillingness it teaches him a lesson and leads to a more acceptable manner of dealing with his emotions."<sup>14</sup>

In India Agarkar made a critical study of the importance of folk dance of Maharastra as a means of physical education in the school curriculum. In 1972 Nair<sup>15</sup> studied the effects of N.C.C. training on physical growth, adjustment, personality traits and on academic achievement of high school pupils in Kerela.

Many studies have been carried out in the field of juvenile delinquency. Willium Healy's study (1915) in the Unites States was one of the pioneering works in this context. A project on juvenile crime in Guwahati city was conducted by Dr. Nilima Deka, Dr. Abha Mishra Chakravorty and Mrs Ranjana Sen in 2000.

Kakar<sup>16</sup> in the year 1964 investigated into the problems of adolescent in home, school health and social areas.

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<sup>13</sup> Kuhlen, Raymond Lee, Bontrice, (Personality Characteristical and social adaptability in adolescence. Journal of educational psychology), 1943.

<sup>14</sup> Hartleg, R.E. "Some safety vales in play child study" 1957, PP 12-14.

<sup>15</sup> Nair R.S. : "A study on the effect of N.C.C. on physical growth adjustment, academic achievement and certain.

<sup>16</sup> Kakar A.: "Adjustment problems of adolescent. Ph.D. education.

Agarwal<sup>17</sup> in the year 1979 studied the adjustment problems of secondary school pupils as perceived and judged by parents, teachers and pupils themselves by constructing an inventory. In 1974 Das<sup>18</sup> conducted a study and found that 66.40 % of the delinquents are involved in property crimes and 35.50\30 % have come from broken homes.

In 1986 Mrs. Bhagawati studied about co-curricular activities organized in the secondary schools of Assam and its relevences on physical, social, emotional aspects of adolescent girls and boys. Her attempt has been made to analyse and study the existing pattern of the co-curricular activities in the secondary schools of Assam and its relevance on the physical, social and emotional aspects of adolescent girls and boys.

In 1993 Dr. Jeuti Baruah, (Director of Law Research Institute) made a project on "Drug abuse and its statutory control". Here she made an attempt to investigate the existing situation of drug abuse and the nature of implementation of the provision of statutory laws to control the same.

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<sup>17</sup> Agarwal, P.N. : "Adjustment problems of pupils of secondary school", Ph.D. Education, Agra University, 1970.

<sup>18</sup> Das P. (1974): "Juvenile Delinquency, Personality Traits of high school pupils in Kerela State", Ph.D. Education, Kerela University, 1972, p.25.

## CHAPTER -- II

### **2.1 PRESENT STUDY:**

Present study attempts to find out the significance of the leisure time activities of the adolescent boys of Greater Guwahati, its effect on society and its influence on the all round development of personality of the adolescent boys.

### **2.2 OBJECTIVE OF THE STUDY:**

The objective of the present study are given below:

- (1) To find out how the adolescent boys of Greater Guwahati spend their leisure time.
- (2) To find out what type of extra-curricular activities are offered and how much importance has been given by the educational institution of greater Guwahati, which help the adolescent to spend their leisure time.
- (3) To find out whether the adolescent of greater Guwahati find any scope in other institutions to spend leisure time with some valuable activities.
- (4) To find out whether misuse of leisure time is one of the reasons of delinquency.
- (5) To find out whether the lack of knowledge to utilize leisure time properly is one of the reasons of increasing drug addiction and alcoholism among the adolescents of the present day society.
- (6) To suggest measures for the prevention of adolescents criminality of the society.

### **2.3 HYPOTHESES OF THE STUDY:**

On the basis of the studies available in this field and my observation of adolescent's criminality I investigated, tested and verified in the study.

- 1) Most of the adolescent boys spend leisure time in vain in greater Guwahati which creates many problems in the society.

- 2) All the educational institutions of greater Guwahati have not given much importance on various type of co-curricular activities that will help them to utilize their leisure hours fruitfully in future and thus the creative impulses are neglected.
- 3) During the period of adolescence the boys become very active. So introduction of different kind of leisure time activities help them to utilize their energy properly otherwise it leads them to divert their energy in different antisocial activities like drug addiction, alcoholism etc.
- 4) Ignorance or negligence of the guardians to deal with their adolescent boys is responsible for increasing adolescent's criminality day by day.
- 5) Misuse of leisure time is one of the reasons of drug addiction and alcoholism etc.

#### 2.4 RESEARCH SETTING:

The setting for the present research in the city of Guwahati. The major precondition for setting selection were –

1. Guwahati is the capital city of Assam having wide range of diversified population. Urban areas display more criminality than to rural areas. In the city of Guwahati the rate of different crimes and delinquency increases due to its countless unauthorized construction in recent years, which makes the city a fertile breeding ground for such activities.
2. In the city most of the adolescent spent their leisure hours in vain due to which they have to face with various immoral activities like drug addiction, alcoholism, etc.
3. All the educational institution in the city do not give much importance on co-curricular activities with the help of which the adolescents can be able to spent their leisure hours properly in future. Considering all these factors the leisure time activities of the adolescents of Guwahati city will facilitate the investigator to carry out the study.

#### 2.5 DELIMITATION OF THE STUDY:

Delimitation of study arises because the project have to be completed within a specified time. Adolescents have to face various problems during this period like mental, physical, social etc. It is important to deal with all the problems of adolescence

but as it is not possible to study all these problems at a time hence only the problem due to misuse of leisure time and its effect on the society will be delimited in the investigation.

## **2.6 SIGNIFICANCE OF THE STUDY:**

The significance of any social research lies in its role in finding the solution for the problem. Now a days adolescence criminality, drug addiction and alcoholism is no doubt a vital social problem. Youths are the asset of future nation. But today most of the youths have taken wrong path due to negligence of society. It is the responsibility of every state to ensure the all round development of the adolescents' personality of the society. Our educational system should also be made suitable for all round development of adolescents' personality. It is seen that the youths of the Guwahati City find many scopes to indulge themselves in antisocial activities during their leisure hours. If proper education for leisure time activities can be imparted to them in our educational institutions and in other recreationed centers then their behaviour can be moulded to valuable needs of the society. It is therefore necessary for the society to study the problems of adolescents scientifically. Then only it will help to find out a well planned action to counter their social problems.

The present investigation is designed to throw light on the various kinds of leisure time activities performed by the adolescents of Greater Guwahati. It will also throw light on different kinds of co-curricular activities in the educational institutions of Guwahati city, how much importance is given in performing such activities by the students and its effects in spending leisure hours by the adolescents in future.

If the investigation can be done properly it will help to find out how the adolescents of Guwahati city spent their leisure hours and how they indulge themselves in some antisocial activities like drug addiction, alcoholism etc. It is very essential for the present society to know the causes of such crimes and to find out solution. It's effective prevention is very much bound with large scale changes and transformation in our social and cultural condition and requires the improvement of all major social services directed towards youth welfare. Here the significance of the study lies.

## **CHAPTER – III**

### **DESIGN OF THE STUDY**

#### **3.1 SAMPLE OF THE STUDY:**

Only the urban Higher Secondary Schools will be selected. For this study two types of samples will be selected.

- (i) Sample for investigating the nature of leisure time activities of adolescents in the city.
- (ii) Samples for investigating the causes of drug addiction and alcoholism of adolescence at their leisure hours.

For this study the boys students from class IX to XII from urban schools and from Higher Secondary classes of some city colleges.

For investigating the causes of drug addiction and alcoholism at leisure hours by the adolescents some case studies will be collected from psychiatric hospital.

Due to time, money, man power and practical physibility of gathering data the size of the sample will be restricted to 110 only.

#### **3.2 RESEARCH METHODS:**

To obtain accurate information scientific enquiries are very much needed. Any preconceived notion of the investigators may lead to inaccurate and misleading conclusions. Therefore sufficient care was taken at time of collecting data. Data were collected both from primary and secondary sources.

To collect data from primary sources case study and interview method was used. For this purpose the adolescents were interviewed with the help of structural interview schedule and information regarding their leisure time activities, their personal and social characteristics, income of the family, their attitude towards parents and schools were collected, case studies of some drug addicted and alcoholic students in the de-addicted center were used to supplement the findings of this study.



Secondary sources of information include official records. Such as reports of the psychiatrist, report of the head of the institution etc. several resource journal and reports were due consulted.

### **3.3 TOOLS USED:**

- (i) Questionnaires for head of the institutions were prepared to study the provisions of different type of co-curricular activities, provisions of N.C.C./A.C.C. and scouts etc. in the institutions.
- (ii) Another questionnaires for adolescents of Guwahati city were also prepared to investigate the students' participation in different type of co-curricular activities, their interest and their daily routine.
- (iii) A structural interview schedule work prepared for case study in the psychiatric hospital at Patarkuchi about 10KM from Guwahati City.

## CHAPTER – IV

### INTERPRETATIONS AND ANALYSIS OF DATA

In this chapter the investigator first analyse the sample from the point of view of different type of activities performed by the adolescents of Guwahati city during their leisure hours.

#### 4.1 TYPE OF ACTIVITIES PERFORMED BY THE ADOLESCENTS DURING LEISURE HOURS:

In this study leisure time activities of the adolescents are classified in to six types, viz. playing different games, practicing music, enjoying T.V., drawing different pictures, roaming with their friends, going to cyber cafés for internet surfing. Different type of activity wise distribution of sample are shown in table no. 4.1.

**TABLE 4.1**

Sl. No.	Name of the activities	Nos. of students	Percentage of students
1.	Enjoying T.V.	30	27.27
2.	Roaming with friends	30	27.27
3.	Playing different games	20	18.18
4.	Practicing music	10	9.09
5.	Drawing different pictures	10	9.09
6.	Going to Cyber Cafés in the city	10	9.09
	<b>Total</b>	<b>110</b>	<b>99.99</b>

An analysis of the distribution reveals that enjoying T.V. and roaming with friends occupy the highest position. 18.18% of the sample engage themselves in playing different games, 9.09% practicing music, 9.09% engage their leisure hours in drawing

different pictures and other 9.09% go to the cyber cafe for different purposes like internet surfing, engage in online chatting, enjoy on line music and video clips and many more.

### **1. Enjoying T.V.**

IT has been observed during investigation that most of the adolescents enjoy T.V. during their leisure hours. It exerts a great influence upon their personality development. No doubt T.V. is a very useful media of communication. They become very informative of different type of knowledge by this media. But to day the role played by television is not very encouraging. Varieties of programmees are very injurious for the youth of today's society. In the last five years or so, especially since the private net works have become a part of the Indian T.V. scene a whole new dimension has been added to the lives of young person. Now a days television especially the private channel networks engages adolescents in a big way. Film and film based programmes form an important part of the most watched networks. No doubt there are some truly entertaining programmes. However unlike a film seen in a cinema hall that gets over and forces one to move to another activity, films and programmes on T.V. carry on and on. Apart from time factor the quality of films and programmes that depicted violence, sex and crime is quantifiable. Let us see how the adolescents get influenced by television. When a television character appears attractive to an adolescent he immediately imitate his mannerism. If certain wrong action is justified in a film or T.V. story it is cue for the adolescent to find that acceptable. For example when violence shown by hero is justified as in killing the villain, it sanctions aggressive acts in real life. Thus they learn to support violence and aggressive behaviour. It is also observed that most of the adolescents have a tendency to switch on the T.V. when it is time for a film or a programme with action at their leisure hours. Many films are full of sexual suggestiveness and lewd songs. Large doses of seeing the unreal world on T.V. can begin to give the youngsters the impression that this is the real world. Moreover it is also seen that watching hours of television takes one away from walking, playing, reading, working and mixing with others. Many adolescents are known to have lethargic and overweight because the amount of their physical activity is reduced significantly when they watch T.V. continuously. The damage to eyesight due to long hours of T.V.

watching has also been recorded. Thus T.V. effects in the physical development of the adolescents. It is also observed that the youth may learn the habit of drinking alcohol as such scene of drinking by the hero is very common in different films and serials.

Thus it is observed that many of the adolescent of Guwahati City spare their time by enjoying T.V. for long hours. If they find scope to utilize their energy in some constructive ways like playing different games, practicing music, drawing different pictures or organizing literary students' clubs, social service, gardening, photography, scouts and guide etc., their leisure time can be made meaningful which help all round development of personality of today's adolescents.

## **2. Roaming with friends:**

Roaming with friends occupy the same position with enjoying in the study. It is seen from the investigation that those adolescents who have not any interest in physical games, cultural activities, literary activities, music or drawing they spent their leisure hours either enjoying T.V. or roaming with their friends due to which they have to face various problems at the influence of peer group relation. During the period of adolescence friends are the most important peers. From the very beginning, peer group interaction help one to conduct oneself in social situations, to develop age relevant skills and interests and to share feelings and problems with others, loyalty and commitment to friends are important for adolescents. Keeping a promise means trustworthy and it is highly valued. Adolescents share a lot of secrets and personal problems with one another with an understanding that these will be kept secret. If there is a breach of trust, good friends might break off relationship. Defending one another in different situation is seen as the test of loyalty. In many situation adolescents face the dilemma of choosing between loyalty to friends and loyalty to parents. The effect of peer group relation is a major considering factor for personality development of the adolescents. Peer group relation influence the adolescents life in two ways.

It helps the adolescent in the socialization process, otherwise it turns the adolescent to be unsocial, delinquent or criminal in the society. During this investigation here is found some cases of drug addicted boys who become the victim of bad companions. Companions play an important role in developing delinquent

behaviour. Several studies have established that criminal behaviour is not inherited rather it is acquired in interaction with persons, primarily through companionship and by participation in small intimate groups.<sup>1</sup>

The process of socialization occurring independently of family relationship, which begin early in life as the child associates with children outside the family. Associates provide him a new world which his parents cannot provide. As a result peer group associations exert a direct influence. Influence of bad companions, specially those who carry the habit and attitudes of law violation may easily spread patterns of delinquency in the group.

Companionship, thus appears to be one of the most important factor in the causation of delinquency. Healy<sup>2</sup> found influence of bad companionship was a single factor in causing delinquency in 34% of his cases. Bad company was the chief precipitating cause in 22.7% of cases in a study conducted in Delhi.<sup>3</sup> Das<sup>4</sup> found 33.6% crimes are committed in association with bad companions in a study in Jaipur, Sharma<sup>5</sup> found 90% committed the offence with the help of associates.

This shows that peer group relation plays a vital role in the formation of delinquent personality. It is seen that if the adolescent can be made busy during their leisure hours with different kinds of leisure time activities according to his interest then they donot find scope to roam aimlessly with their peers and they donot have to face such problems like drug addiction, alcoholism and other kinds of violence at the influence of their companionship.

### 3. Playing different games:

It is observed from the investigation that the percentage of sample of playing different games is 18.18%. All the boys have an urge to play different games. But they can not fulfil their desire due to lack of proper facilities in our educational institutions. Most of the adolescents of the sample are of middle income group. Their guardians can

<sup>1</sup> Garrison, K. (1942). "The Psychology of Adolescence", New York, Prentice Hall, 208.

<sup>2</sup> Healy, W. (1915). The individual delinquent Boston; Little Brown & Co.

<sup>3</sup> Shank U. 91976). "Exceptional Children", Delhi, Sterling Publishers Pvt. Ltd. P. 108.

<sup>4</sup> Das P. unpublished Ph.D. thesis, p. 148.

<sup>5</sup> Sharma, D. (1996). "Young delinquent in India", Jaipur, Printwell, p. 117.

not provide facilities to their sons and daughters in some other institutions to fulfil their urge as it needs money and time.

Today most of the families are nuclear family. Both parents are very busy. They can not spent more time with their children to admit their wards in different type of institution except the educational institution. In the educational institutions also all the boys and girls cannot take part in different type of play activity due to lack of enough provision of these co-curricular activities. Though it is seen from the investigation that all institution have provision of different types of co-curricular activities yet it can not fulfil the demand of the students due to lack of infrastructure. Fund from the Govt. is also not very encouraging. If every body of the society feel that co-curricular activities are also as important as the curricular subjects then such condition can be minimized and our adolescent will be benefited by which many social problems of the youth can be removed. In this regard we may mention the remark of the Secondary Education Commission "They are as integral a part of the activities of a school as its curricular work and their organization needs just as much care and fore thought. If they are properly conducted they can help in the development of very valuable attitudes and qualities". (Report of the Secondary Education Commission).

It is found from the investigation that the number of students participating in drawing different pictures and musical activities are 9.09%. It is also due to lack of proper facilities in the school and other institutions. Moreover the economic condition of the guardian and lack of time to be spent to the children are another reason for not giving importance in such activities. Beside the adolescent do not find any interest in these activities as they can spent their time in enjoying T.V. and roaming with their friends.

All the guardian and the head of the institution should feel to give more importance in these activities, along with curricular activities the co-curricular activities also help the adolescents to develop themselves physically, mentally, morally and socially. So we may refer in this respect the opinion of secondary education commission that these activities provide opportunities to the children for developing their individual characteristics abilities and self confidence. These activities helps the adolescents to develop their aesthetic and cultural value.

#### 4. **Going to Cyber Café in the city:**

Today in the city of Guwahati due to the development of information technology many Cyber Cafes are coming up into existence. This help the adolescent of higher income group to spend their leisure hours. Here the adolescents of age group from 12 to 18 years primarily engage themselves in different activities like visiting in various website, and engage in online chatting which transcends geographic boundaries, enjoying on online music and video clips and many more.

To day internet has occupied a famous place in the society. It is the important reward of computer age. Our youths are very much benefited through this media. Though it brings revolutionary change in the knowledge explosions of modern society, yet it also ruins our future generations to some extent because this media is famous for its different type of crimes. Different type of necked pictures are also available in this media. Some of the adolescents become busy in enjoying such pictures or they become busy in online chatting in the Cyber Cafes which are available in the city. Pornography, Gambling, Hate speech, drugs etc are also available through this media. Thus it also help the youth to commit different crimes. So our guardian, teachers, and all other members of the society need to be aware in using the computers by their adolescent boys and girls.

#### 4.2 **TYPE OF CO-CURRICULAR ACTIVITIES OF INSTITUTIONS:**

It is observed from the investigation that there are provisions for different type of co-curricular activities in the educational institutions like physical activities, literary activities, musical activities and cultural activities but all types of activities are not provided in all the institutions that investigated. The following tables shows now. Of adolescents performed different types of co-curricular activities in the institutions.

**TABLE 4.2****Co-curricular activity wise distribution of the sample.**

Sl. No.	Name of co-curricular activities	No. of students	Percentage
1.	Physical activity	45	40.90
2.	Literary activity	25	22.72
3.	Musical activity	25	22.72
4.	Cultural activity	15	13.63
	TOTAL	N=110	99.97

It is also observed that the nos. of students performed physical activities is highest.

It is seen that physical activities occupy 40.90% of the sample. Literary activities occupy the 22.72%, musical activity 22.72% and cultural activities occupy 13.63% of the sample.

Though majority of the institutions have provisions of different types of co-curricular activities, yet it can not fulfil the needs of the students due to various reasons like lack of fund, proper infrastructure like play ground, different types of playing materials and lack of rooms etc.

It is also observed that majority of students do not take part in these activities because they do not find any encouragement from guardians or teachers. It is important that credit for participation in student activities should be awarded on the same principle that given on other curricular offerings. As co-curricular activities constitute the dynamic part of school life and play an important role in physical, mental, moral and social development of the adolescents. So these type of activities should be given enough importance so that every body in the institution can come out to take part in these activities. Moreover it is observed during the investigation that taking part in different types of co-curricular activities in student life help the adolescent to spend their leisure time properly in future and it also help them to solve different problems of adolescent's life in future like drug addiction, alcoholism etc.



Regarding vocational activities it is seen that majority of the institution do not have provisions for such type of activities. During the period of adolescence they want to be self dependent. Introducing different type of vocational subjects in secondary level help the adolescent to be self dependent in future and it will also help them to utilize their leisure hours properly.

Regarding the provision of NCC/ACC, Scout etc., it is observed that though in some of the institution there are provisions yet it is not very encouraging. Some of the headmasters remark that it creates some amount of indiscipline in the institution in performing the class of N.C.C. due to lack of capacity to manage these activities by the teacher concerned. So the teacher should have sufficient amount of knowledge to arrange these classes at proper time of the institutions. So there should be trained teacher for these activities and it should be managed in such a way so that it can not create any anomalies in the institutions.

N.C.C. (National Cadet Corps), A.C.C. (Auxillary Cadet Corps) helps in the development of valuable qualities of the pupils. Scouting and guide is an international movement and it is encouraged both at the National and State Level. The Secondary Education Commission of 1952-53 points out "Scouting is one of the most effective means for the training of character and the qualities necessary for good citizenship. It has the great merits that it appears to pupils of all ages and taps their manifold energies". Though its various games, activities and technical skills, it is possible to lay the foundation of the ideals of social service, good behaviour, respect for leaders, loyalty to the state and preparedness to meet any situation.<sup>4</sup>

Similarly through N.C.C. certain physical and other activities of a quasi nature are taught to the pupils.<sup>5</sup>

Now we find that if our adolescents are given such types of activities their minds can not diverted to evil side of the society and their leisure time will also be properly utilized. So we the members of the society should feel it seriously so that in all educational institutions during the period of adolescence these types of activities are provided in a proper way.

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<sup>4</sup> Report of the Secondary Education Commission, 1952-53 (The Govt. of India) , . 127.

<sup>5</sup> Ibid, p. 127.

### 4.3 DIFFERENT TYPES OF CRIMES OF ADOLESCENTS:

Misuse of leisure time is one of the causes of different problems of adolescent like alcoholism and drug addiction.

It is found from the investigation that adolescents crime is increasing day by day. Following table shows different type of juvenile crimes from 1996 to 2000.

**TABLE 4.3**  
**JUVENILE CRIME REGISTERED UNDER**  
**DIFFERENT HEADS IN ASSAM FROM 1996 - 2000**

Sl. No.	Headwise crime	1996		1997		1998		1999		2000	
		Reported	Convicted	Reported	Convicted	Reported	Convicted	Reported	Convicted	Reported	Convicted
1.	Murder	7	-	7	-	6	-	5	-	4	-
2.	Rape	-	-	1	-	1	-	-	-	3	-
3.	Kidnapping	-	-	1	-	-	-	1	-	-	-
4.	Dacoity	-	-	1	-	-	-	-	-	1	-
5.	Robbery	2	-	-	-	1	-	-	-	3	-
6.	Burglary	43	-	30	-	36	-	37	-	38	-
7.	Theft	70	-	75	-	79	-	83	-	90	-
8.	Riot	15	-	10	-	15	-	16	-	16	-
9.	Cheating	-	-	-	-	-	-	-	-	-	-
10.	Counter Feiting										
11.	Others	45	-	40	-	42	-	40	-	51	-
12.	Total	183		164		180		182		206	

Source: Statistical Handbook of Assam.

It is seen that increasing rate of juvenile crime is fluctuating. In 1996 the case registered against juvenile crime is 183. It decreased from 1996 to 1997 to 164 and it again increase to 180 in 1998, 182 in 1999 and 206 in 2000.

Juvenile crimes against property, i.e. robbery, burglary and theft and others occupies the highest position. So it is seen from this table that crime of young person is not decreased rather it is increased gradually.

There are different reasons of juvenile delinquency. Criminal behaviour is an extremely complex phenomenon and it involves both conscious and unconscious activities interlinks with biological, social, cultural and psychological factors. It is not

possible to investigate all the reasons of delinquency at a time within specified period. As the present investigation in, an attempts to study the recreational facilities of adolescents so only the problems of leisure time activities of the adolescents are investigated. It is found that most of the head of the institutions, guardian of the adolescents and psychiatrist are of the opinion that misuse of leisure time is one of the causes of different crimes committed by adolescents like drug addiction, alcoholism. Due to urbanization the adolescents of Guwahati city find many scope to indulge themselves in different type of anti social activities. They have enough leisure time to spend. Due to lack of knowledge how to spent these leisure hours properly their minds divert to some antisocial activities. It is found from an observation that in the city a good member of adolescents become addicted to drugs and alcoholism. Following table shows the no. of addicted youth in the city of Guwahati during the period 1991-93.

**TABLE 4.4**  
**Drug abuses in different zones of Guwahati.**

Sl. No.	Zones	Areas	Number of abuser	Percentage
1	North-East	Chandmari, Jyotinagar, Bhaskar Nagar, Mabunimaidan, Noonmati, Narengi, Geeta Nagar, Narikalbasti, Hatigaon, Rajgarh, Bhangagarh	67	22.33
2.	South-East	Ganeshguri, Rukminigaon, Hatigaon, Dispur, Khanapara, Beltola	49	16.33
3.	South-West	Fatasil, Birubari, Chatribari, Kumarpara, Bharalumukh, Santipur, Maligaon, Jalukbari, Azara.	58	19.33
4.	Central-North	Silpukhuri, Guwahati Club, Hedayatpur, Ambari, Chenikuthi, Uzanbazar, Panbazar, Fancy Bazar, Lakhtokia, Takaubari.	49	16.33
5	Central-South	Sarania (east, west and south), Ulubari, Lachitnagar, Rehabari, Paltan Bazar.	77	25.17
		Total	300	99.99

Source: "Drug abuse and its statutory control".

It is also found that young boys who become addicted come from some well-to-do families of the city. Following table will help to understand this condition in a more accurate way.

**TABLE 4.5**  
**Young drug addicted students with their monthly family income**

Sl. No.	Place of residence	Age	Educational level	Family income (approx.)	Type of drug abused
1.	Chenikuthi	22	Higher Secondary	500%	Covex, alcohol, Phensidyle, dizepam.
2.	Chandmari	22	Higher Secondary	4500/-	Bhang
3	Bamunimaidan	19	Higher Secondary	5000/-	Heroin, Morphin.
4.	Sarania	24	B.Com.	7000/-	Dizepam, Heroin
5.	Rajgarh	22	T.D.C. 1 <sup>st</sup> year	4000/-	Dizepam, Phensydyle.
6.	Rukminio\gaon	23	B.Com.	6000/-	Heroin
7.	Rehabari	22	T.D.C. 1 <sup>st</sup> year	4000/-	Phensidyle
8.	Panbazar	23	B.Sc.	5000/-0	Phensidyle
9.	Machkhowa	20	Class X	4000/-	Phensidyle.
10.	Santipur	19	Class X	4000/-	Bhang, Covex.

Source: "Drug Abuse and its statutory control".

#### 4.4 DIFFERENT CAUSES OF ADOLESCENT'S CRIME:

It is observed from the investigation that family environment is one of the causes of these social evils. Most of the families are nuclear families in the urban setting of Guwahati. Only a few have joint family system with traditional kingship bond. Others are commonly from troubled homes in which the fathers are heavy drinkers and

are often absent. Many young abuses are clearly children attempting to escape from a troubled reality.

During this investigation it is also found out from two case studies of drug addicted adolescents in psychiatric hospital and from different information on this matter from two leading psychiatrist Dr Jayanta Dasa and Dr. Pankaj Sarma that now the rate of alcoholism and drug addiction is increasing day by day due to negligence of the society towards the adolescents'. Alcoholism has reached epidemic proportion in recent times. There is not only single reasons for such condition. Regarding the cause of addiction to drug and alcohol following reasons are mainly responsible.

- (1) Bio-Psycho-Social factor.
- (2) Peer group relation.
- (3) Curiosity to explore new things.
- (4) Family problem.
- (5) Enjoyment.
- (6) To make free from anxiety.
- (7) Lack of recreational facilities.

It is observed from two cases of drug addicted youths found in the psychiatrist hospital that peer pressure and family are mainly responsible for their addiction. Mr. 'A' aged about 24 years belongs to a well-to-do family of Bokajan. He is the youngest son of his parent. He studied in the Arjyavidyapith College in Guwahati. He resided in a mess at Ulubari. He became addicted to brown sugar. He started this drug at peer pressure when he was about 19-20 years of age. After passing High School leaving examination he was admitted to college. But he could not appear in the examination due to his habit of addiction. He started to take drugs 4 years back and it gradually increases at the influence of peer pressure as he lived in a mess with his friends. So this investigation try to analyse how peer pressure force one to be addicted to drugs and alcohol.

The process of becoming a user is closely related to patterns of association. So peers play an important part in adolescent drug use. (Brook *et al.* 1980). During one's teens the need to conform to what others in the same age group are doing is often

strong. This applies to drug taking or not taking as much as to wearing jeans or a particular hair style (Jaffo 1980, p. 15).

The neophyte first learns the techniques of taking drug for getting high, he then learns to recognize the drug's effects and lastly he learns to enjoy them. The process occurs in a supportive atmosphere where friends act as tutors. To take an example – one Mr. 'A' aged about 26 years belongs to a well-to-do family of Jorhat district. He went to Madras to obtain a degree in Engineering and was staying in a hostel along with the other students of the same educational institution. As he narrated to the researcher, being influenced by his addicted friends, he also began to take drug (brown sugar) along with his room mate. Gradually he became habituated as well as drug dependent as a result of which he could not complete his course of study. Ultimately being informed about his severe addiction, his parents took him back to his native place for treatment. The researcher interviewed this boy in a hospital, where undergoing treatment.<sup>6</sup>

When a drug is not legally available the beginners are supplied by their friends, from whom they have learnt to use it. This is why illicit drug use can be described as a kind of communicable disease which spreads from user to user.

To save the youth from drug addiction and alcoholism due to peer pressure all educational thinkers and the guardian must be aware to prepare adolescents as a well balanced personality by providing such type of education which help them to fulfil different needs of adolescents like physical, mental, social and emotional. Here the importance recreational activities has arisen. If the adolescent's personality can be equipped properly then we may be sure that they can be saved from such evils of the society. Introducing varieties of leisure time activities in our educational institutions and in other places of recreational activities this problem can be solved to some extent.

#### **Family Problem:**

For every individual family is the primary source of identity and security. It is not only a social unit consisting of members related to birth, it is symbol of strength, status and self esteem. Stability of family life stands out at a most important factor in the development of a child. A defective and deficient family environment is fertile

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<sup>6</sup> Baruah, J. (1993). Drug abuse and statutory control".

ground for the germination of various crimes among the adolescence in the society. The findings of various studies have indicated that the family environment and delinquency are closely related. Broken home is one of the many factors which play significant role in the development of delinquency. Merrit<sup>7</sup> opined that half of delinquents come from broken homes.

A broken home is one in which the normal structures of the family are suffered by death, divorce, or separation, desertion or long absence of one spouse. Disorganisation of family in any form, whether caused by death, separation, desertion or remarriage of parent often makes the child confused and insecure. They suffer from emotional disturbances which in turn give rise to delinquent behaviour.

Broken homes are generally characterized by quarrels, emotional tensions, improper discipline, improper control, improper socialization of the child etc. which make the home conditions inadequate and the children feel deprived and rejected. Studies have shown that delinquent children from broken homes are marked by deficient in some traits such as self control, self discipline and character.<sup>8</sup> On the other hand self centredness, depression, quickness to anger, lack of sensitiveness are predominant features in such children. Breaking down of relationship of love and affection, co-operation and the feeling of insecurity that result from broken homes effect seriously many of the children and adolescent who becomes the victims of such circumstances.<sup>9</sup>

Psychiatric illness or personal problem of any individual is closely associated with his family problem. Presence of a drug addict in a family indicated serious psychosocial problem in that family. In such families children are brought up either in unduly orthodox and strict discipline or in undue permissiveness regarding the relationship between deviant behaviour in children or adolescents and the family

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<sup>7</sup> Merril M.A. (1947). *Problems of Child Delinquency*. New York. Houghton Mifflin Co. P.-3.

<sup>8</sup> Schneiders, A.A. (1960). *Personality development and adjustment in adolescence*. Milwaleku, The Bruce Publishing Co. p. 396-397.

<sup>9</sup> Merril, M.A. (1947). *"Problem of Child Delinquency"*, New York", Houghton Mittin Co. p. 3.

environment, some literature shows that drug abuse is seen as an example of delinquent behaviour.

Hatherington *et al.* (1977) found in his study that in the years following the divorce, children become more disobedient, aggressive and demanding and less affectionate. Parents' child rearing behaviour changed as well. They become less consistent, less affectionate and unable to control their children's behaviour.

It is useful to examine interpersonal and parent-child relationship in a family as factors influencing the development of behaviour problem in children.

Mr. B, a 24 years old Hindu male belonging to a middle class family admitted in the psychiatric hospital for drug dependence. He started to use and abuse drugs when he was in higher secondary class. He said that he started the habit for his feeling and insecurity and hatred towards his family. His father was an O.N.G.C. employee. He never took any interest towards his family. Gradually Mr. B came to know about his father's extra marital relationship and he could not face his father. He became very much aggressive in his attitude towards his father. In such a family environment Mr. B's academic performance was not up to the mark. He could not continue his study after Higher Secondary level. He started his business and earned money. He started to take drugs and soon became addicted. Thus the son was drawn in the battle between husband and wife.

Schwartzman (1975) from experience in psychotherapy with families of narcotic abusers, depicted a home environment full of discord. The parental dyad in the family was characterized by emotional distance and a lack of interaction.

Different studies also reflect the relationship between family structure and the psychiatric disorder. Sethi *et al.* (1987) reported a higher prevalence of psychiatric disorder in nuclear families as compared to joint families.

The joint family system, one time considered as a cohesive unit of social living to provide for the biological, emotional, productive and psychological needs of humankind, has undergone phenomenal disintegration. One of the off-shoots is more divorces and separations creating a new norm in society the so called single parent families, where children have no father as a result of divorce or separation. Similar is



the case in the families of single mother or single parent due to widowhood or unwed motherhood. It has become a problem for the working parents specially for the 'single' to provide association, attention and care to their children by carrying the responsibilities of parent hood, consequently the lack of attachment with the working parents has enhanced the freedom and independence to children and adolescents increased their decision making power and enable them to judge the traditional custom and behaviour. In attempting to adjust themselves in a new situation, they have been forced by circumstances to seize the newly opened opportunities for substitute companions. Adolescent want as friends whose who interests and values are similar to their who understand them and make them feel secure and in whom they can confide. Problems and discuss matters which they can not share with their parents.

The present investigation can come to the conclusion that adolescents criminality is not decreasing rather it is increasing. So now question may arise as how to solve this problem in the society and how our future generation can be saved from the present situation and how they can contribute in all round development of the society by which a crime free society can be established.

## CHAPTER – V

### **FINDINGS AND REMEDIAL MEASURES**

#### **5.1 FINDINGS OF THE PRESENT STUDY:**

The problem of leisure time of adolescents is really an useful phenomenon in the urban society of Guwahati City. Now a days every body gets enough leisure time due to increasing application of science to life. People living in big cities or the industrial worker living in industrial areas are exposed to plenty of leisure. Our adolescents too have enough of leisure during the vacation period of which there is abundance in India. A feeling of intense boredom and ennui seizes most of the boys and girls at the end of the term and after their examination. They have so many vacant hours and days. During these vacant hours and days they perform different kind of antisocial activities as they have nothing to do any constructive work which gives them pleasure and which fulfil their needs and desire.

The present study is an attempt to enquire into the different types of leisure time activities of the adolescents of Guwahati City. It also investigates different type of co-curricular activities in the educational institutions of the city, how much importance is given in such activities, what are the drawbacks in organizing varieties of co-curricular activities and how misuse of leisure time creates many problems like drug addiction and alcoholism among adolescents in the Guwahati City.

The major findings of this study can be summarized in the following manner.

A good percentage of adolescents spent their leisure hours in enjoying T.V. as they do not have to do any useful activity due to lack of knowledge of different type of leisure time activities like playing various games, practicing music, drawing different pictures etc. which help them to utilize their leisure in a proper way. Most of the guardians do not feel that different type of leisure time activities should be utilized in proper way as such activities fulfil their works-needs and interest.

Moreover, they do not find open space to play different games or move freely due to thickly populated and industrialization in the city of Guwahati.

Roaming with friends occupy the 30% of the total sample. As the adolescents have nothing to do during their leisure hours they roam with their friends aimlessly. It helps them to indulge themselves in different antisocial activities. During adolescence friends are the most important peers. Loyalty and commitment to friends are important for adolescence. Acceptance and popularity among peers is important to adolescents. Excessive conformity to the peer group has a negative side to it. Boys in particular can form gangs that resort to group vandalism or inter-gang hostility. Gang leaders can incite their members in to fighting with other gangs on the streets. Once the boys start enjoying tactics, they may resort to other undesirable behaviours, such as eve-teasing, shop lifting, drinking alcohol, taking drugs etc. If the adolescents find different scope to indulge themselves in different leisure time activities such evils of the society can be minimized to a great extent.

Only 10% population of the sample indulge themselves in practicing music and 10% in drawing different pictures. Music and drawing can develop the aesthetic view of adolescents and helps to develop various moral virtues like self discipline, self direction etc.

Play is a means of physical education. It provides exercise for the limbs of the body and leads to robust health. Physical development and physical well being of students should receive considerable attention in any scheme of education. But it is seen from this investigation that only 20% of the sample engage themselves in playing different games. Though everybody have an urge to play, yet they do not find scopes to play as there are not enough provisions for playing different games in the educational institutions or other recreational centers in the city of Guwahati. Moreover, guardians also donot take much interest on playing different type of game or other co-curricular activities of their children. They are more concerned to the academic matters of their sons and daughters. In the educational institutions also due to lack of in-fra-structures enough provisions are not provided. So only a small percentage of adolescents engage themselves in different type of play activity and others spent their leisure hours either roaming with their friends or enjoying T.V.

There are provisions for different type of co-curricular activities in most of the educational institutions. But it is not adequate. Poor in-fra-structure, lack of fund, dearth

of trained teacher are some of the common features due to which every institution can not give much importance on these activities.

It is established that misuse of leisure time is one of the causes of different crimes of adolescents like drug addiction, alcoholism etc. To day in the city of Guwahati many adolescents become addicted to drugs and alcohol. There are various reasons of drugs addiction and alcoholism, like peer groups pressure, broken home, misuse of leisure times etc. Guardians are not aware about the needs and problems of adolescents. There remains a great gap of communications between guardians and their adolescent son and daughters.

Now a days in the city of Guwahati some youth spent their leisure hours in the cyber cafes. There are about 80 numbers of such Cyber Cafes in the City, where a large number of children from the age group of 12 to 18 years used internet service. No doubt it is a good sign of future generation that our children like of other advanced country find scopes in their native place to develop their knowledge with such type of electronic media, but we must remembers that it may also lead them to some evil deeds of the society as Cyber Crimes are also coming into existence. Crimes like gambling, hate speech, drugs, pornography are also available through this media. Some youths keep themselves busy in on-line chatting. These type of crimes also effect our adolescents to some extent.

## **5.2 PREVENTIVE REMEDIAL MEASURES:**

To save our youths from the ruin of different social crimes like drug addiction and alcoholism following measures should be taken by our guardians, educational thinkers, social workers etc.

- (a) Education for Public:** One of the important requisite for the prevention of drug addiction and alcoholism among adolescents is to create awareness about the different needs and problems of adolescence among the public through mass media, such as TV, news papers, magazines etc.
- (b) Promotion of home life:** Family is the primary source of identity and security. A welbult family is always the foundation of an adequate social organization. It

gives strength and support to the individual. Absence of timely and adequate child care and parental affection result in irretrievable damages to a child's psyche. Enhancement of family cohesion and interactions between the family members are very much essential for the teaching of moral value and discipline.

**(c) Promotion of recreational facilities:** Opportunities for healthy recreational facilities are extremely essential for healthy development. But it is a common deficiency in home, school and localities of our cities. Our adolescent boys and girls do not find open place to move freely and to play different games in the city due to thickly populated and heavy industrialized environment of the society. The Government and Municipal administration should take immediate steps to create some more recreational centers and play ground for the children where they get opportunities for healthy recreations.

**(d) Proper arrangement for co-curricular activities in the educational institutions:** As majority of city population is of middle income group the guardians can not afford to their children in other institutions for different kinds of leisure time activities except in the educational institutions. Co-curricular activities occupy an important place in modern education. In order to meet the emotional, social physical growth of the students the co-curricular aspects of the programme must be widely distributed and properly organized.

The students should be given the opportunities to handle problems themselves. The activities like students union and student club provide the means to boys and girls to learn how to work together in the control of their affairs and solve the problems.

The various co-curricular activities instead of becoming tools, by which the authority imposes his educational ends, becomes true to life situations, where the boys and girls learn to make creative, socially significant, socially useful and socially accepted responses to the various problems.

The success of co-curricular activities depends upon its organization. Therefore it is necessary to follow certain well-defined educative principles in the organisation and administration of co-curricular activities. These principles can be divided and discussed under the following heads – (1) Selection, (2) providing time and place, (3) providing motivation and (4) providing advice.

For successful implementation of co-curricular activities the above mentioned principles must be taken into consideration. Proper selection of activities is an important part of the organization. The activities that are considered must have greater educative value. It must arouse creative interest and talents and must be within the scope of pupil's ability. It must also be seen that all activities scheduled on school time and all activities must be free. Each activity of the co-curricular programme should be annually evaluated as a basis of its continuation. It is important that credit for participation in student activities should be awarded on the same principle that govern other curricular offerings.

A good organization of co-curricular activities provides such ideals as good citizenship, utilising leisure time properly developing responsibility, self direction, training in leadership, followership and, co-operation, sub ordination of self for common goal, school spirit, vocational choice and also character building.

- (e) **Public awareness and preventive measures:** Many of the crimes that occur in the society are due to mishandling of the young adolescents by parents and teachers. In order that they may not spend their extra energy in the antisocial ways the best home and the best school should provide some leisure time curricular activities to them. This will help them to avoid emotional tensions and mental abnormalities like nervousness, anxiety neurosis, phobia etc.

In view of considerable degree of ignorance about the ill effects of drug abuse on the individual, the family and the society at large, the Govt. should take some important steps towards awareness building and prevention education through formal and informal media. Voluntary organization should come forward and should be financially assisted for education, work for prohibition, counseling and rehabilitative work for alcoholic, drug addicts and other victims of social crime in the society. These organizations should be encouraged to utilize face to face communication techniques with special groups through street plays, pantomi shows and house to house talk. Socio-cultural programmes including essay, debate, poster competitions, film shows, exhibition etc. should be promoted in educational institutions.

**(f) Organising de-addiction at community level:** Drug addiction and alcoholism is psycho-social medical problem which needs to be treated in the entirety of the life situation of the addict. The basic objectives in creating facilities for treatment through voluntary organization as to ensure that the support of the family and the community through social welfare organization at the local level is mobilized to the maximum. The methodology must aims at strengthening the family as a unit and seeks to generate co-operation through social workers in motivating addicts to accept detoxication and to maintain thereafter a drug free life. For this purpose a number of de-addiction camps must be regularly organized providing counseling and treatment facilities to drug addicts in the localities they live in.

**(g) Strategy of active involvement of the family and the community:** The overall strategy for drug abuse prevention is based on an interdisciplinary integrated and co-ordinated action. The whole approach should be based on the premise that drug abuse can be tackled only through an active involvement of the family and the community. Voluntary organizations which represent the consciousness and concern of the community have to play a vital role in this respect.

Adopting the above measures it may be concluded that drug addiction and alcoholism among adolescents which is increasing day by day can be minimized and prevented.

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