

LEISURE IN A CHANGING SOCIETY

DEFINITION:

Leisure refers to the time when a person is free from his or her routine work or professional duties.

It can also be defined as the time when one is relaxing and enjoying socially and mentally.

LEISURE IN PRESENT SITUATION

There are two types of leisure active leisure and passive leisure.

TYPES OF LEISURE

ACTIVE LEISURE. This is the kind of leisure which involves the participation of one enjoying himself or relaxing or when an individual is involved in productive leisure e.g. dancing, swimming, jogging, evening walk, playing football, netball, playing cards, board games, etc.

PASSIVE LEISURE. This is the kind of leisure that does not necessitate movement of one intending to relax or where an individual does not participate in an activity but he is simply entertained. For example, watching rugby, football, watching films, drama, listening to music, sun bathing, sleeping, watching people dance, etc.

WAYS OF SPENDING LEISURE TODAY

- By visiting friends, the sick people and relatives.
- Through attending Sunday services
- By playing football, netball and indoor games
- Through listening to radios. T.V programs and mobile phones, etc.
- Through attending wedding parties, graduations and others ceremonies.
- By traveling, Touring and discovering new areas like students' trips to various areas.
- By attending important days like independent day, martyrs' day.
- Through attending fellowship meetings
- By drinking alcohol especially at bars, beer pots,(malwa)
- Through gambling and smuggling.

- By reading magazines, novels and newspapers to relax the mind
- By attending discussions, seminars and workshops
- Through smoking and drug taking.
- By preaching the gospel.
- By reading the Bible and other Christian literature.
- By sleeping
- By gossiping especially the women and girls.
- By praying to God

ADVANTAGES/IMPORTANCE OF LEISURE TODAY

- It helps in the promotion of good health through physical and recreational activities like sports, games, drama etc.
- It removes an individual from idleness. An English proverb goes on “An idle mind is the devils worship.
- It is a source of income to professionals e.g. Musicians, footballers which helps them to earn their living and support to the family.
- Leisure is important for refreshment and relaxation of one’s mind and body thus promoting health like jogging to reduce body size and sleeping.
- Leisure is important in a way that it helps in rendering voluntary services, setting projects, assisting the less privileged, etc.
- It helps in promoting cultural and traditional values like through songs, dance and plays, storytelling riddles poetry, etc
- It promotes practical skills such as making of pot, weaving baskets, mats leading to earning of income to individuals and family at large.
- Leisure promotes a sense of personal worth and creativity especially through hand craft, handwork like pottery, fine art etc.
- Leisure helps one to develop his/her talents e.g. playing Footballers, netball singing, etc.
- Leisure promotes international relationship e.g. through friendly matches
- It helps one to develop friendship and strengthens them through participating in social activities like drama, touring new areas, visiting friends and relatives.

- Leisure helps in promoting national unity during national celebrations such as independence, Uganda martyrs day, labor day, etc
- It helps in restoration of the used energy during work hence giving hence giving an individual a health mind and body.
- Leisure is important for personal enjoyment through listening to music, watching movies reading magazines, etc.
- It helps people to be physically fit through playing football, netball, swimming, etc
- Leisure is important for extending God's kingdom since it can be used for preaching and doing charitable work that in turn encourages expansion of God's kingdom.
- Some leisure activities help people to forget their problems in the short run like death of beloved ones e.g. drinking alcohol, smoking
- It helps one to acquire new knowledge through reading magazines, newspapers novels, watching television
- Leisure helps to discover new places and new activities through going to national parks, game reserves, beaches, touring, etc
- It helps to reflect on our lives and achievements so that we can adjust accordingly.
- Leisure enables one to make a positive contribution to general development of his society through games and sports.
- In school curriculum leisure time makes teaching and learning an interest to the young ones hence maintaining them in school.
- It renews our relationship with God through praying and repenting

DISADVANTAGES / PROBLEMS ASSOCIATED WITH T LEISURE

- There is misuse and abuse of sex e.g. active participation in trans-night discos were chances for hugging, Kissing, etc. are done. This may lead to sexual immorality like rape, defilement, prostitution
- Leisure is time consuming for funs, for example time which could have been used to do productive work is spent in leisure, e.g. football and other sports.
- Leisure may lead to adaption of foreign cultures e.g. dancing, styles. This affects our social and cultural status leading to cultural decay, e.g. dancing naked (kimansulo)

- It may lead to accidents e.g. car driving due to over drinking of alcohol, even football may lead to fractures on legs and bodies.
- One may be exhausted during active leisure e.g. a wrestler, footballers etc. in that starting works becomes a problem after losing to much energy and getting tired.
- Leisure is expensive because it requires a lot of money e.g. music play requires buying instruments, footballers need uniforms and others, watching football matches, going to beaches, theatres, etc. This may deny many people a chance to enjoy leisure activities.
- Due to leisure time being commercialized, some people have resorted to stealing so as to get money to enjoy leisure.
- Leisure has led to poor performance of some individuals in schools and institutions as a result of concentrating on leisure activities and abandoning classes and lectures, e.g. watching DSTV, Soaps, going to beaches and discos
- It has led to evasion of God as some people use leisure time for immoral acts such as sex immorality beside others use Sunday for drinking instead of going to church to worship God.
- Leisure time has increased laziness and apathy towards work especially among the youth leading to increased cases of poverty.
- Leisure has led to death and loss of lives to people through accidents, bomb blasts have occurred in various entertainment places e.g. at Lugogo rugby grounds where people died when they were watching football match in 2010.
- It has led to family instabilities and breakup due to over spending in form of attending night discos with too much drinking of alcohol leading to domestic violence and thus divorce.
- Leisure has led to disease due to high rate of abuse and misuse of sex inform of prostitution, defilement, adultery, fornication, etc during leisure time. For example, HIV/AIDS, STDs. It has also led to diseases like eye and ear defects due to over watching T.V, video games on computers and phone.
- It may lead to misconduct, disrespect and disobedience to the parent by the youths which have also increased a generation gap between the parents and their children. This is true especially for children who escape from home and schools to go to discos at night, watching of movies.

- Leisure has led to moral decay and immorality among the youths through watching pornographic movies like blue movies, reading pornographic literature, etc
- It has led to fighting and hatred among people as a result of peer groups among the youth during leisure which has also resulted into injuries and even death.
- Excessive uses of leisure leads to loss of jobs e.g. some people spend time drinking and taking alcohol instead of working.
- It has led to boredom especially to those who are engaged in passive leisure e.g. watching TV, Reading novels.

UNPRODUCTIVE LEISURE THAT THE YOUTH GET INVOLVED IN TODAY/MISUSE OF LEISURE TODAY

- Through drinking excessive alcohol which leads to immorality.
- Through smoking and taking of drugs like cocaine due to peer groups which leads to immorality
- People misuse leisure through going to discos and trans-night
- Through gambling which involves sports betting, playing cards to the extent of misusing their school fees.
- Through roaming about the streets and villages and hanging in towns.
- Through reading dirty and immoral literature e.g. Orion newspapers, play boy magazine.
- People spend their leisure hunting for the people of the opposite sex and having sex like fornication, prostitution, etc.
- By gossiping and rumor mongering.
- By driving carelessly to show off
- People misuse leisure through stealing in order to get money for leisure.
- Through watching pornographic films and videos
- Through playing dangerous games like rugby, wrestling, etc which can cause accidents
- People misuse their leisure by speaking vulgar language.
- Through killing people
- Others have misused leisure time by fighting which has created conflict among people.

FACTORS/PRINCIPLES THAT GOVERN A GOOD LEISURE

- One should choose an activity that is not harmful to him or herself and the community
- One should choose an activity which is not addictive for example alcohol, smoking because they lead to poverty.
- The activity chosen should not take too much of the family income, e.g. too much spending on alcohol as it can lead to divorce and separation.
- The activity chosen should not bring regrets to the person as it may bring bankruptcy, hung over, accidents and body deformities.
- The leisure activity should not cause man's evasion of God but instead should bring man close to God.
- The leisure activity should not result into disease, e.g. smoking which may cause lung cancer and sex intercourse may lead acquisition of AIDs.
- The activity chosen should not bring about abstinence from work or even creating laziness to an individual.
- The activity chosen should be in harmony with the state laws e.g. it is illegal to attend nude shows (kimansulo), gambling, watching of pornography.
- The activity chosen should not bring about boredom to an individual thus should be an alternative of leisure activities.
- The activity chosen should be one that strengthens family bonds and community relations e.g. beer party celebrations.
- The activity chosen should be in line with one's talent e.g. football, netball, dancing, etc
- The activity chosen should be able to relax an individual's mind and this depends on individual's interest e.g. listening to music and sleeping.
- The activity chosen should not be expensive because it can lead to poverty thus bad acts like stealing
- Good leisure should be directed by the parents especially to the young children, in other words young children should go for leisure activities that are approved by the parents.

HOW LEISURE IS LOOKED AT TODAY/ MODERN ATTITUDE TOWARDS LEISURE TIME SPENDING.

- Today leisure is commercialized; meaning that only those with money can enjoy good leisure activities. For example, there is need for money so as to be entertained thus leisure activities are commercialized.
- Leisure is attended by few people today and only those who can afford.
- Self choice for leisure activities is common due to permissiveness compared to African Tradition where elders had to choose for young one the leisure activity.
- Today leisure time spending activities are passive. This is mainly attributed to the western influence.
- Today's leisure activities are less social. There is reduced community solidarity i.e. Leisure today is individualistic unlike in African Traditional Society where it was communal.
- Today some people don't have a community in which to enjoy leisure due to best and adopting European type of leisure and life style.
- Today there is high misuse of leisure although few leisure makers such as singers, dramatists among others are saving.
- Due to the need to get money for leisure activities, leisure has resulted into evil practices such as gambling, pick pocketing, etc.
- There is decrease in African culture as regards leisure time spending. For example in some societies today local instruments like drumming say at the party or wedding is seen as primitive and it has lost meaning.
- There is increased gap between the rich and the poor because leisure activities are highly commercialized. And they have also created classes of the elite and illiterates leading to disunity in the community.
- There are increased cases of rural-urban migration on the side of the youths due to difference in leisure activities of rural areas compared to those in urban areas. i.e., there is a difference between leisure activities in urban areas and that of rural areas.

- There are limited leisure activities today e.g. internet, movies, swimming, reading novels, listening to music, and games.
- People have turned leisure into business like musicians, footballers etc.
- Leisure has led to immorality through activities like reading pornographic literature, watching pornographic movies.
- There are increased cases of idleness due to failure to get leisure activities.
- Work has taken a lot of time for people leaving very little time for leisure.
- Leisure has led to marriage breaking through drinking, adultery etc.
- Leisure has led to death through activities like motor rally.

EFFECTS MONEY HAS HAD ON LEISURE TODAY

POSITIVE EFFECTS

- Leisure has created employment opportunities today to the people leading to earning of income.
- Skills and talents have been improved thus people are able to pay for training so as to be able to earn more income.
- There is a variety of leisure activities all aimed at attaining money and in turn offering entertainment to people.
- The standards of living of people have improved as a result of earning income through leisure activities.
- It has increased creativity and people have become more knowledgeable with a view of getting more money.
- It has promoted unity nationally and internationally as a result of competitive leisure activities.
- Leisure has encouraged hard work among people so as to get money for spending on leisure activities.
- There is a consumer satisfaction as the industries cut prices due to competition.

NEGATIVE EFFECTS

- Passive leisure is preferred to active leisure subsequently leading to loss of skills
- It has increased cases of laziness of people as they concentrate on leisure for example watching Nigerian movies.
- It has promoted disunity among the people as a result of getting or creating classes such as the rich and the poor.
- Some people have been eliminated and limited to particular places depending on their income.
- Some people have turned into immoral in order to acquire money for leisure time spending.
- It is more of profit making than educative thus it acts as an avenue to exploitation.
- Western leisure activities are preferred to local activities hence leading to loss of African values.
- It has increased cases of individualism hence undermining traditional norms and values such sharing.
- There are increasing cases of theft so as to get money to enjoy leisure time.

REASONS WHY CHRISTIANS DISAPPROVE SECULAR OR (NON CHRISTIAN) WAYS OF SPENDING LEISURE.

- Pornographic literature has destroyed the youth such as blue movies, sex magazines, etc.
- People have lost skills and creativity due to involvement in passive leisure such as watching films and listening to recorded music.
- Gambling has encouraged the system of convectionness among people especially the youth.
- It has increased drug abuse and thus a catalyst of immorality
- It has caused loss of cultural value due to the brain washing by the secular activities.
- It creates and widens the gap between the rich and the poor
- Young people have become rebellious both in homes and at school as they concentrate on secular ways of leisure.

- The leisure industry has greatly contributed to the spread of S.T.DS such as AIDS since it promotes sex promiscuity.
- Secular leisure activities have caused man's evasion of God due to people being busy with leisure industry throughout the whole weekend than going to church.
- Dubious acts have cropped up among people who look for money in order to go for entertainment and drinking, for example, stealing.
- It has caused addiction to alcohol leading to diseases and their associated problems.
- It has encouraged popularization of discos and night clubs that are associated with sort of immorality.
- Many fancy fashions have been adopted e.g. Madonna tops, Jennifer Lopez skirts, long slit, etc that have attracted members of the opposite sex and thus sex misuse.
- Secular leisure results into loss of respect in society by smoking and over drinking of alcohol by professionals.
- Secular leisure activities have resulted into imprisonment as a result of breaking the set laws e.g. public smoking, rape as a result of watching blue movies, etc.
- It may lead to fighting among the youths due to boy/girl relationships leading to injuries and body deformities.
- Leisure has promoted marriage instability as a result of over drinking and indulgence into extra marital sex.
- Secular leisure time spending has promoted hooliganism and its associated problems such as accidents.

HOW BEST SHOULD YOUTHS/STUDENTS SPEND THEIR LEISURE TIME

- The youths should spend their leisure time to extend God's kingdom through preaching the word of God.
- They should use their leisure time through developing aspects of life e.g. making of handcrafts for sale, meetings, etc.
- The youth should use their leisure time visiting the sick, friends, prisoners and comfort them with the work of Christ as indicated in(Luke 10:27-28)

- Through joining clubs such as Youth Alive club, Region of Mary, Young Christians Society, Young Men Christian Association (YMCA), YWCA, this promotes religious instruction.
- The youth should use their leisure time for pilgrimage to religious places like Namugongo Uganda martyrs shrine just like Jesus did during his time of going to Jerusalem.
- The youth should use their leisure time reading books, magazines, newspapers to acquire new knowledge and skills
- The youth should use their leisure time for self enjoyment and reflection as indicated in (Deuteronomy 5:12-15)
- The youth should also spend their leisure time through helping their parents in domestic work.
- Through doing charitable work to unfortunate such as the elderly, the orphans, etc
- The youth should spend their leisure by going for retreats for self reflection.
- The youth should spend their leisure time by practicing in church and school choir, singing and also composing songs or hymns for praising God.
- The elderly youth should spend their leisure time counseling and guiding the youth in matters regarding spiritual, social and economic.
- They should spend their free time attending workshops and seminars.
- They should use their free time to pray and thank God for everything that they get from him.

GAMES AND SPORTS AS A FORM OF SPENDING LEISURE TIME.

Sports can be defined as a physical activity in which people can compete against each other. Leisure activities include running, playing football, netball, swimming volleyball, basket ball and many others. In the school curriculum, it is referred to as co- curricular activities.

ADVANTAGES OF GAMES AND SPORTS

- Sports helps in importing self- discipline among the participants.
- Sports is a form of entertainment and enjoyment to people who watch hence acquisition of the relaxed mind.

- It helps an individual to exploit his/her talent and use it to benefit his future and the benefit of the entire community.
- Sports encourages the spirit of team work and cooperation.
- It provides an outlet for the emotions both by the participants and spectators.
- It encourages international co-operation as it cuts across social, religious and political boundaries.
- It helps one to forget troubles in the meantime giving him/her a clean mind, for example watching football matches, netball, etc.
- It helps in achieving material rewards to an individual such as medals, houses, plot of land, money, vehicles among others.
- Sports provides market for locally produced commodities or goods such as drinks, food, etc during the sports season.
- It gives a chance to sports men and women to travel to different parts of the world and learning more about new places.
- It gives mental refreshment especially after a serious mental exercise for example to students.
- Sports is also important for doing away with bored which is common in passive leisure form, for example, watching football.
- It helps people to develop a competitive spirit which may later help them in their secular life.
- It promotes physical fitness and health of individuals
- Sports is a source of employment and income to the professionals for the benefit of their families and country at large.
- It can be a gesture of co-operation and friendship, for example, matches between schools, countries, club among others.
- It makes the participants popular and even the country that is excelling in sports, for example, Brazil, Spain, Egypt, among others.
- It gives fame to pupils who excel and enables them to acquire many friends in various places

- Sports also helps individuals to attain marriage partners due to exposure in various activities
- In the school curriculum, sports makes teaching and learning interesting to the young ones hence maintaining them in school.

DISADVANTAGES OF GAMES AND SPORTS

- Some people can get deformities as a result of injuries occurring from practicing sports.
- Sports activities have been commercialized and as such very few people can afford to enjoy them as leisure activities.
- Hooliganism/blackmailing and use of abusive language can be exhibited during sports events. Hooliganism has sometime led to accidents and death especially among students.
- It has resulted into increased cases of accidents and loss of lives, for example, motor rallies
- Due to competition to excel over others, some people have decided to use drugs such as marijuana. These drugs are aimed at stimulating extra energy. However, they are addictive and may cause side effects to the body.
- When sports become monotonous, it turns out to be boring hence not the best form of leisure time spending.
- It has resulted into poor performance in academics to students who are over committed to sports at the expense of reading books.
- Sports sometimes leads to over spending especially on the side of spectators hence grooming poverty.
- Sportswear are very expensive hence leading to the activity to be handled in an improper way.
- Sports promotes immorality through the use of vulgar language, alcoholism, sex immorality by the sportsmen and rally fans.
- Due to over commitment to sports, it has created conflicts between parents and their children.
- Through sports, some people seek personal glories hence leading to man's evasion of God i.e. people get committed to sports and forget to spend sometime for God.

- Sports may create enmity and hatred among participant due to brutal instinct involved in some sports e.g. rugby, boxing , wrestling, etc
- It increases government expenditure as well as the school's expenditure on transport and allowances of participants thus affecting other sectors.
- Some people have been caused to indulge in unethical behaviors for example bribing of refugees, practicing of witch craft, magic and the use of drugs so as to excel.

SMOKING

Definition: Smoking is the frequent use of tobacco which involves the inhaling and exhaling of smoke by use of a pipe through the mouth.

OR

Smoking is a practice in which a substance is burned and the resulting *smoke* breathed in to be tasted and absorbed into the blood stream.

Reasons why people smoke

- People smoke due to family background. There are always high chances for one to become a smoker if he was raised in a family of smokers, i.e. if the relatives are smokers, the children will also begin smoking.
- Some people smoke at an early age due to lack of Parental guidance. Some people do smoke because the parents have neglected them. They therefore lack guidance because of wide spread of freedom and they don't know the dangers of smoking.
- Some people smoke because they desire to discover secret of smoking i.e. curiosity.
- Some people smoke due to group influence or peer pressure i.e. to fit in the society where people smoke.
- Some people because they believe that smoking can relieve a person from stress, depression, frustrations etc
- Some smoke to forget their problems
- Some people smoke due to the belief that cigarettes give courage e.g. soldiers smoke while going for war.

- Some people smoke because they believe that smoking keeps one's body warm when it is cold. For example, people on streets without beddings, people who live in cold countries or places.
- Some people smoke because they are idle and disorderly, therefore they smoke to kill boredom
- People in especially in urban areas prefer smoking as a modern fashion .e.g. prostitutes
- Most Africans smoke as results of cultural demands e.g. honoring the living dead.
- People smoke due to addiction to tobacco smoke.
- Other people smoke for prestige, for example, adolescents smoke in order to feel mature.
- Some people smoke in order to express their anger to other people most especially men from working places
- Some people smoke according to the nature of the job one is doing, for example a person working in a cigarette factory can be forced to begin smoking.
- Some people smoke due to serious advertisement of drugs which tempts one to try smoking.

Disadvantages of smoking/ dangers of smoking

The dangers of smoking are a long term and may not be seen immediately. These dangers may be medical, social or physical.

- Smoking leads to unholiness, Paul in his letter to the church in Corinth had stressed that our bodies are God's temple. Therefore, smoking makes the temple of the Holy Spirit which is our body dirty and denies God's staying in it.
- Medically smoking is a health problem/ hazard to man. Tobacco contributes heavily to cancer such as lung cancer which may lead to death.
- Smoking has led to heart problems and T.B cases have continued to multiply in smokers.
- Smoking is responsible for menstrual problems. It affects the menstruation period of women who smoke because it prolongs bleeding periods.
- It leads to production of weak children to its associate problems. Pregnant women who carry on the habit of smoking expose their unborn children to the poisonous substance found in tobacco called nicotine. It poisons both the blood and brain cells of the unborn child

- Smoking is an expensive leisure activity in terms of buying. The low income earners who smoke end up spending the little they have on smoking at the expense of other needs leading to poverty in the home.
- Smoking makes a person who does not smoke become a passive smoker hence health hazard.
- Smoking leads to addiction hence very difficult to deal with.
- Smoking also leads to miscarriage in women. This refers to the involuntary removal of the unborn child from the mother's womb. A woman who smokes whether directly or passively may never avoid miscarriage.
- Smokers stand a risk of causing fire outbreak in their homes, factories, petrol stations, personal cars, etc.
- A parent who smokes sets a bad example of himself to the children. This is because most children copy what their parents do. Therefore, it causes children to become indisciplined because the father shows a bad example to children.
- Anyone who smokes is likely to have a bad smell around him especially from the mouth. This can discourage many of his friends to be near him.
- Smoking leads to loss of appetite for food and the teeth change color
- Smoke can lead to body deformities, for example the mouth becomes red, figure deformities.
- It leads to air pollution

ALCOHOLISM

Alcoholism refers to the too much drinking of alcohol which leads to drunkenness.

OR

Alcoholism is a medical condition caused by regularly drinking a large amount of alcohol and not being able to stop.

REASONS WHY PEOPLE DRINK ALCOHOL

- ✓ Young people take alcohol to prove to others that they are mature and to show off especially the youths.

- ✓ Some people drink alcohol to get drunk and forget their problems.
- ✓ A person could also resort to drinking as a way of relieving tension he has after losing a dear one.
- ✓ Some people drink alcohol to feel bold so that they can get courage to talk in public.
- ✓ Other people drink due to influence from others/ friends or peer pressure.
- ✓ Some choose to drink in order to be sociable and would like to feel that they are part of the society.
- ✓ Other people drink alcohol as healthy drug prescribed by doctors. For example, to cure cough, constipation, etc.
- ✓ Others resort to drinking as a way of spending money because they do not have other side responsibilities like paying school fees for children or relatives.
- ✓ Others drink because they have a lot of money at their disposal for that purpose.
- ✓ There are other people who drink as a habit which they learnt and they can't live without drinking.
- ✓ Environmental influence also causes a person to drink, e.g. staying in a home where alcohol is sold and working in a brewery.
- ✓ People drink alcohol to avoid thirsty, some people when thirsty instead of taking water they drink alcohol.
- ✓ Other drink alcohol to become sexually strong and have sex effectively with their partners.

PROBLEMS ASSOCIATED WITH ALCOHOLISM

- ✓ Alcohol is condemned in the Bible e.g. **Isaiah 5:12** condemns anyone who spends time drinking alcohol and **proverbs 20:1** says that anyone who takes alcohol is not wise and alcohol is a mocker.
- ✓ Alcohol reduces one's capacity to think clearly and reduces the mental judgment while God wants every man to have a sound mind and reason.
- ✓ Alcohol leads to poor standards of living in homes because one must spend money to buy it
- ✓ It leads to poor child care because people who get addicted to alcohol do not spare time to be with their children thus family neglect.

- ✓ Alcoholism may also cause damage to the health of one who takes it, for example it damages the liver.
- ✓ It leads to unhappy homes. Usually, happiness in homes where the husband or wife is a drunkard is not got because there are frequent fights and quarrels.
- ✓ Alcoholism could also cause accidents e.g. a driver who is alcoholic though is not drunk can cause accidents, a pedestrian who is drunk can easily be knocked down by vehicles.
- ✓ Drunkenness leads to low or no saving because those who take it earn money and spend it on alcohol.
- ✓ Alcoholism promotes immorality because usually people who are drunk lack self control. The result of this is usually adultery, rape, prostitution.
- ✓ It may lead to lack of education as children could be dismissed from school due to failing to pay school fees as all the money could be spent on alcohol.
- ✓ Alcohol creates a poor social image to a person because he is no longer respected and trusted. This is so because he is seen fighting in bars, falling on the road and neglecting his children.
- ✓ Quitting problems. Most drunkards tend to run away from their problems by resorting to taking alcohol in order to forget. Running away from problems is not solving them but postponing them for tomorrow, so drunkards just store their problems.
- ✓ Alcoholism leads to miscarriage in pregnant women and it leads to low birth weight in pregnant women.
- ✓ It leads to domestic violence in a home where by the husband may beat up his family when drunk.
- ✓ When taken by school children, they may be expelled or suspended from school.

BEAUTY CONTESTS AND VARIETY SHOWS AS A FORM OF LEISURE SPENDING.

ADVANTAGES OF BEAUTY CONTESTS

- It is a way of promoting culture especially dressing
- It is a source of income to the participants.
- It helps the participants to gain prominence and travel to various parts of the world.
- It is one way of making the country known to the world, for example Nigeria which has ever produced the only African miss world, Uganda has Quin Abenakyo as miss world.

- It is an exciting form of leisure time spending to the spectators hence giving a relaxed mind.
- It helps individuals to discover their skills and talents thus diversification to where one has more skills and talent.
- It helps the individual to achieve materials such as gifts, houses, cars, and cash among others due to excelling.
- It is a way of promoting of promoting and advertising institutions such as schools, hotels, clubs as well as countries.
- It gives fame and psychological satisfaction to the winners.
- It has helped participants to get marriage partners as well as a variety of friends.

DANGERS OF BEAUTY CONTESTS

- In Africa it undermines the dignity of a woman. The body of a woman is supposed to be exposed to only her husband but not to the public.
- Being beautiful is subjective, so the one considered beautiful by those judging the competition may not actually be the most beautiful.
- It promoted immorality as it motivates the sex appetite leading to fornication, prostitution, lesbianism, among others.
- The practice is normally expensive to the participants together with the organizers and a lot of exercise and anxiety is involved.
- Judgment is usually based on artificial factors rather than general ones or natural
- Judgment is not based on discipline or moral sound principles.
- It is only those who are versed with the current affairs, got makeup and clothes who win at the expense of the poor ones.
- It creates hatred among the participants especially those who lose the competition
- Beauty contest does not contribute a lot to economic development of the country; it instead increases expenditure on importing customers and judges.
- It is a way of gaining without working on the side of the winners which is not good
- It promotes immorality in form of racism, corruption due to the fact that it looks embarrassing to the Europeans to declare a Miss World who is an African.

- Beauty contest creates conflict between parents and their children. There are some parents who do not wish their children to participate in the exercise.
- It may result into arrogance especially to those who win the competition leading to disrespect of one another.