

The impact of digitalization on the leisure time of today's youth

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Abstract: This article presents the results of research on the impact of digitalization on the leisure of modern youth. The factors in the transformation of leisure activities, the role of leisure practices in the lives of modern Russian youth are revealed. Our conclusions are based on data from the studies independently conducted by the authors from 2003 to 2020. About 2,000 respondents were survived annually. Quantitative survey data were supplemented by the results of interviews with experts, the youth of the small and medium-sized cities of Chelyabinsk Region, frame analysis of case studies and the content analysis of the social networking accounts of young people, secondary analysis and document analysis. The analysis established common practices of youth leisure, identified the impact of digitalization on the changing shape of the leisure activities and identified the destructive effects of the Internet on the leisure of today's youth of the South Urals.

Key-words: leisure; Internet; media space; youth, free time;

Introduction

Over the past few decades, Russian society has undergone drastic changes, which have significantly influenced the role and format of youth leisure. It is important to rethink approaches to the study of leisure

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practices. Leisure activities are one of the most important areas of self-realization, self-actualization and an integral component of a person's lifestyle; without leisure the full socialization of the individual is impossible here is much research devoted to the study of leisure, in sociology and in other fields (Best 2009). The study of the leisure time of secondary school students and university students is relevant, because these social groups are more influenced by innovations than others and have a more flexible value system and leisure largely determines their degree of satisfaction with life.

How Youth Leisure is changing?

The dramatic changes that have taken place in Russian society over the past few decades have significantly influenced the place and role of leisure in the socialization of younger generations. This necessitates a rethinking of the approaches to the study of leisure practices, taking into account the modern socio-cultural situation.

For most young people, immersion in the media space is an integral part of spending their free time. Young people actively consume content presented on the Internet, are fond of computer games, computer game streams are very popular too. Also youth communicate using social networks (Twitter, TikTok, Instagram etc.), and also create trends for certain types of recreation, representing their leisure in the digital space. Leading theorists of sociology considered leisure activities in their works. For example, Marx developed a dialectical concept for a more detailed description of the concept of free time: "Free time, which is both leisure and time for more sublime activity, of course, turns the one who possesses it into another subject" (Marx, 1969). Bourdieu emphasized the significant difference in the leisure practices of people belonging to different social strata: the more privileged class is characterized by completely different forms of leisure activities than the provincial bourgeoisie or representatives of the lower classes. He obtained empirical data showing the social structuring of consumption, including leisure forms (Bourdieu, 2005). Kaplan most fully revealed the concept of leisure and developed several models (Kaplan, 1962). Parker considers leisure activity an important condition for the inclusion of the young generation in the socio-cultural life of society and identifies such features of leisure activity as choice, flexibility, spontaneity and self-determination (Parker, 1976).

Parsons studied the topic of leisure practices in the problem of relations between generations. Sh. Best, presents leisure as a kind of social context within which the self-determination of an individual takes place (Best, 2009). Dumazedier introduced the concept of "the civilization of leisure". His idea is based on leisure not only as a centre of modern cultural practices, but also as a central component of knowledge about a society and its culture (Yaroshenko, 2019; Dumazedier, 1962). Johns speaks of the free pastime of citizens as one of the important aspects of studying the social life of contemporary Britain (Johns, 1979). Arnold claims there is a close relationship between active leisure and a successful human career (Arnold, 2020).

Leisure practices were also the subject of study for many Russian sociologists. Zborovskiy considered leisure (or free time) in close conjunction with culture, which "acts as the content of free time, it's certain "filling" (Zborovskiy, 2006). Lisovskiy, Dobrynina, and Ikonnikova studied the lifestyle and cultural values of modern youth and their influence on the socialization of the younger generation (Lisovskiy, 2000; Dobrynina, 2017). Surtaev examines the leisure practices of young people, and the culture of leisure is presented as "a measure of the realization of the sociocultural potential of an individual in conditions of leisure activity, a measure of the skills she has acquired to regulate leisure time, the readiness of an individual to participate in socially significant types of leisure activity" (Surtaev, 1998). Leisure practices and the impact of their orientation on the professional activities of citizens were studied by Temeneva (2005). Fatov considered the leisure activities of young people in the context of social education; he proposed ways to solve the problem of "the effective use of the educational potential of cultural and leisure activities in the educational system of universities" (Fatov, 2007). Ponukalina and Pogreshaeva studied leisure as a criterion of a person's quality of life and an indicator of his or her psychological state (Ponukalina, 2011; Pogreshaeva, 2012). Drobinskaya studied the problem of the rational use of free time by young people and considered the dependence of personality development on how this time passes (Drobinskaya, 2012). Orlov defined leisure as "a set of human activities in free time, with the help of which immediate physical, mental and spiritual needs are satisfied, mainly of a restorative nature, as well as a specific social method for the further development of human forces" (Orlov, 1983).

Currently, there are many different scientific approaches to understanding the essence of leisure, but a single definition of the concept of "leisure" is still missing.

In this work, we define leisure as free time, not busy with work or study, activities undertaken for pleasure, entertainment, self-improvement or the achievement of other goals, and not because of material

Methods and data

The empirical base is a number of studies conducted by the authors on the leisure practices of young people. One of the objectives of the research was to identify the role and place of digital technologies in the structure of the young generation's leisure time.

An important part of the research was the annual study (from 2003 to 2009) of the opinion of students of universities in Chelyabinsk Region on various aspects of their life, including leisure practices. The sample types were multistage, serial (university, course and group) and were as follows:

September–October 2003, 2,700 students from 9 universities;

December 2004, 2,500 students from 10 universities;

October–December 2005, 1,695 students from 5 universities;

October–November 2006, 2,325 students from 9 universities;

November 2007, 1,850 students from 6 universities;

October–November 2008, 2,285 students from 11 universities;

October–November 2009, 1,820 students from 9 universities.

In addition, in February 2005, we studied the leisure practices of young people by surveying 545 secondary school students (grades 7–9) and 570 students of vocational and specialized education in 5 cities of Chelyabinsk Region (Chelyabinsk, Zlatoust, Korkino, St. Ozersk and Yuzhnouralsk). A multi-stage representative sample was used: city, educational institution, class and course.

In 2007–2008, 910 secondary school students (grades 9–11), 430 students of vocational schools, 430 students of secondary special and 420 students of higher education were interviewed (multistage sample, quota); 111 experts from among teachers, head teachers, directors, deputy directors for teaching and educational work, teachers, and deans from 15

cities and districts of Chelyabinsk Region. The methods of collecting primary information were: a questionnaire survey, in-depth interviews, and document analysis. In January–March 2020, the authors conducted in-depth interviews with 300 people aged 16 to 30. The informants were young people living in cities of Chelyabinsk Region (Kopeysk, Korkino, Ozersk, Zlatoust and Yuzhnouralsk). The sample for the survey was formed by the method of available cases.

The authors also carried out a frame analysis of cases of youth leisure practices. In total, in 2020, 28 cases were analysed on the daily leisure practices of youth in Kopeysk, Korkino, Ozersk, Zlatoust and Yuzhnouralsk. The respondents described their traditional leisure activities, other participants in leisure practices, their attitude to various types of leisure, the possibility of access to certain types of leisure activities. When analysing situations, the methodology of frame analysis made it possible to comprehensively study the specifics of youth leisure in small and medium-sized cities of the region. From December 2019 to March 2020, the authors carried out a content analysis the accounts of social networks of youth in the cities of Kopeysk, Korkino, Yuzhnouralsk and Zlatoust. In total, 150 accounts of young people were analysed.

The methodological basis of the author's research was an interdisciplinary approach, which made it possible to consider the problem of leisure practices of all categories of modern Russian youth from various positions, relying on the methods and capabilities of related humanitarian disciplines: sociology, cultural studies, pedagogy, and philosophy.

The Structure of Cultural and Leisure Activities of Young People

Leisure meets the recreational communicative and entertainment needs of a person. The research, conducted over several years, allowed us to identify the features and content of leisure practices of modern students, pupils, working and non-working youth, to trace how their preferences changed and to identify the place and role of the media space in leisure practices.

The survey in 2020 identified how much free time young people have. The results of the survey in Kopeysk, Korkino, Ozersk, Zlatoust and Yuzhnouralsk showed that modern youth have a lot of time for leisure.

41.4% of young people aged 16 to 30 had from 2 to 5 hours a day of free time and more than 25% of respondents have from 5 to 8 hours of free time. Only 13% of respondents have less than two hours of leisure time per day. The content of leisure time is perceived by each young person in their own way. Some prefer to spend it with usefully, others exclusively for entertainment. Today's youth are generally satisfied with the conditions of their leisure time. This was confirmed by the studies that we conducted among the student youth of Chelyabinsk Region in the period from 2003 to 2007. Almost 50% of the respondents in different years noted positive changes in this area. The proportion of students who evaluate their leisure time highly increased with each year of the survey (44% in 2003, 47% in 2005 and 49% in 2007).

During the study in 2007–2008 (the students were asked the same questions, and the sampling and data collection methods were the same. We were interested in what young people like to do in their free time and what they actually do. The answers to these questions allow us to understand how young people manage their free time. The results clearly demonstrate the desire of modern youth to spend their free time in the media space. The results indicate that most students prefer to listen to music and watch TV. Almost 50% like to play sports. In more detail, the preferences of young people for leisure are presented in Table 1.

Table 1-Youth activities in their free time
(% of the total number of respondents in 2020)

Youth activities	Social status				
	Pupil	Student	Working Student	Non-working Student	Working Youth
Surfing the Internet	83,3	77,1	69,2	87,9	53,7
Attend an amateur club	8,3	5,7	7,7	0,0	3,7
Do sports	45,8	32,9	34,6	15,2	22,2
Reading	37,5	15,7	26,9	21,2	29,6
Walking with friends	79,2	65,7	73,1	63,6	38,9

Watching TV	12,5	11,4	15,4	27,3	27,8
Go out to bars/restaurants/cafes	4,2	8,6	26,9	12,1	25,9
Go out to night clubs	0,0	0,0	23,1	12,1	9,3
Walking alone	20,8	11,4	3,8	15,2	13,0
Engaged in needlework or creativity	8,3	8,6	7,7	9,1	13,0
Play computer games	20,8	34,3	26,9	15,2	18,5
Play board games	0,0	1,4	3,8	3,0	1,9
Gambling	4,2	2,9	7,7	0,0	7,4
Go out to the cinema	12,5	17,1	34,6	30,3	13,0
Go out to museums / theatres	0,0	2,9	7,7	0,0	1,9
Participate in public activities	4,2	4,3	7,7	3,0	3,7
Total:	341,7	300,0	376,9	315,2	283,3

* The sum exceeds 100%, because one respondent could give several answers at the same time

What students most like to do and what they actually do in their free time (as a percentage of the total number of respondents for each group in 2007–2008)?

University students, secondary school students and students of technical schools like to listen to music in their free time a little more than university students. Most of the respondents like sports, but only 25% are actually engaged in them. 36% of university students like sports, which is slightly fewer than among other students. Watching TV is the third most popular leisure practices among secondary school students, students of technical schools and university students. About 65% of students like to study something new. 50% of university students like to visit museums, theatres and cinemas. About 33% of university students like to read (books, newspapers or magazines) and almost the same proportion among

college students and secondary school students, but only 20% of technical students. 20% of students spend their leisure time on hobbies such as dancing, art, or other types of creativity, visiting museums, theatres or cinemas. Interest in art and other types of creativity is noticeably lower among students of technical schools, and less than among students of universities.

There are several more of them among students of technical schools than among other groups of young people. A lot of teenagers like spend free time doing social work, go to Internet cafes, and secondary school students prefer just to hang out. Among other answers included "sitting at the computer", "photo editing, Web design", "playing computer games, network", "programming", "walking and spending time with friends", "I like to write and compose rap, poetry", "talking on the phone", "walking, having fun", "chilling with friends".

The opinion of experts on the leisure practices of students and pupils generally coincides with the answers of the youth themselves. Experts note that modern young people most like to listen to music and play sports in their free time (this was indicated by the vast majority of experts); the second preference was to different hobbies, third, watching TV. Experts from the field of higher education more often than the youth themselves believe that students like to work in their free time according to 61% of the university experts.

Youth TV Preferences

Currently, television occupies a significant place among the means of spending leisure time for all categories of the population, including young people. Our research in 2020 showed that among the television preferences of modern youth, entertainment shows and television series are leading (40% and 36.4%, respectively). Half of the girls surveyed chose entertaining TV shows as their favourite type of TV viewing. Among young men, this figure is only slightly more than 30%.

Also, more than half of the girls spend their leisure time watching television series, while sports TV shows are more popular among boys. Feature films are in third place in popularity - 25.5% of respondents are ready to watch TV for them (Table 2).

Table 2 - TV preferences of youth
(% of the total number of respondents in 2020)

TV genres	% of the number of respondents
Entertainment TV Shows	40,0
TV serials	36,4
Movies	25,5
I do not watch TV	25,5
News	21,8
Sports programs	14,5
Documentaries	11,4
Talk show	9,1
Educational programs	7,3
Mind games	5,5
Political programs	4,1
TVconcerts	3,6
Author's programs	0,5
Total:	205,0

* The sum exceeds 100%, because one respondent could give several answers at the same time

Every fourth of those who answered, as it turned out, does not watch TV at all (25%). Apparently this is due to the fact that your favourite movie or program can be watched on the Internet, moreover, viewing is not interrupted by advertising and you can choose a convenient time. Moreover, the number of those who do not watch TV, in principle, among boys is almost three times higher than among girls. Almost every fifth of the respondents watches the news, which indicates interest in the events taking place around them, although this indicator is not as high as we would like. However, it can be assumed that the share of those interested in what is happening in the country and in the world is much higher, just the majority of young people prefer to receive information from the

Internet. Political programming and TV concerts turned out to be one of the most unpopular television genres (4% for each option). The author's programs were chosen for viewing by only one person from the whole set.

Considering television genres in the preferences of various social groups, one should pay attention to the fact that the most popular television genre according to the survey results - entertainment television shows - is the least popular among students. This group of young people mainly prefers to watch television series. And such a genre as feature films is most popular among working people. It is interesting to note that among the unemployed category of youth, there is a high demand for viewing the news. In other groups, people are less interested in what is happening. Most likely, due to the large amount of free time, this category of people manages to monitor the environment in the world.

Comparing the results of our research with the studies of television viewing of young people in other cities of Russia, we saw that the television preferences of young people in different cities differ quite seriously. In part, this is due to the different wording and the suggested choice of answers. For example, the genre of television series was indicated in the list of answers in our study of the leisure time of young people in small towns in the Chelyabinsk region, in contrast to other research works. And this answer option was chosen by a fairly large number of young people - 36% of the respondents.

Digital Technologies in Organizing and Conducting Youth Leisure

There are a lot to new forms of leisure activities especially among young people. In 2020, the answer to the question: "What do you prefer to do in your free time?" was: "I surf the Internet" was the leading one. This was indicated by 70% of respondents, "sitting on the internet" meant any activity not related to school or work: using social networks, chatting, watching videos, etc.

The results of the survey in 2020 showed that secondary school students and students prefer to spend time on the Internet. In the 2000s, the popularity of the Internet in the structure of youth leisure was not yet very high: in 2003, only 20% of respondents spent time on the Internet, and by 2007 the share was 41%. In a 2009 study of young students of

Chelyabinsk Region, only 18% of secondary school students and 27% of students spent time on the Internet.

According to a survey of Moscow youth conducted by Lomonosov Moscow State University in 2002, 42.2% of young Muscovites spent their free time on the Internet, while 86.8% watched TV and 40.4% of respondents were engaged in music, art, reading, and more than 33% went to concerts and the cinema (Aryamova, 2012). The significantly lower proportion of young people who spent time on the Internet a decade and a half ago is primarily due to the lower availability of this form of leisure.

In addition to spending free time on the Internet, young people use the digital space to get information about the possibilities of organizing their leisure time.

Thus, it was the Internet that turned out to be the most popular source of information on cultural and leisure activities in small towns of the Southern Urals (Zlatoust, Kopeysk, Korkino, Yuzhnouralsk). More than 50% of respondents learn information from the Internet (websites, social networks). The second most popular is advice from acquaintances, friends, and relatives of informants (48%).

Comparing the results obtained with the results of studies of students in the Chelyabinsk region, which were carried out by the authors in the first decade of the 21st century, showed that the popularity of the Internet in the structure of youth leisure was not so high, but even then it had an undoubted tendency to increase. So, in 2003, only every fifth respondent spent time on the Internet, and by 2007 the share of those had increased to 41%. And according to a study conducted by the authors within the framework of monitoring in 2009 among students of the Chelyabinsk region, only 18% of schoolchildren and 27% of students in secondary specialized institutions spent their time on the Internet. In 2007-2008. The teenagers' visit to Internet cafes did not arouse much interest either. In the general ranking of favourite activities in free time, visiting Internet cafes is in 13th place. An insignificant share of the respondents (4.8% of students, 4.1% of schoolchildren, 4.0% of college students and 3.5% of college students) indicated that they spent their free time there. It is noteworthy that young men are more interested in Internet cafes than girls, respondents aged 15-16.

According to our survey, information about current cultural events taking place in their city is generally available to everyone, but more than

40% of respondents noted that such information does not always reach them. When analysing the cases, we found out that young people would like to receive information about events in their city more quickly, in addition, the channels of information dissemination caused dissatisfaction: "often information about city events is made by sticking up [advertising posters on advertisement stands], I don't look...". Based on the answers received, we can conclude that information channels in the city are not working effectively enough.

Nowadays, it is typical for young people to regularly visit social networks. Thus, according to a nationwide sociological survey conducted by the Institute of Sociology of the Russian Academy of Sciences in 2018, the overwhelming majority (91.8%) of young Russians communicate on social networks, visiting them on average 269 days a year, that is, at least five days a week (Gorshkov, 2019).

In addition to communicating on social networks, young people reflect their leisure in them: they take photos during their holidays and post them on Instagram, VKontakte, noting friends and the geolocation of the institution.

We monitored 100 accounts of young South Urals young residents on Instagram, since it is easier to make a selection of publications on this social network than on others.

Particular attention was paid to geolocation tags, which marked the places where the photo was taken. As a result of monitoring, a tendency was revealed - to spend their free time in another city.

For example, cities such as Kopeysk and Korkino are satellite cities of Chelyabinsk, except for trips to work or study, young people from these cities travel to Chelyabinsk for their leisure time: go to a concert, walk around the city centre, visit a cafe, etc., making posts about this in social networks, as a rule, posts about leisure in Chelyabinsk appear from Friday to Sunday.

Young residents of Yuzhnouralsk and Zlatoust do not go to Chelyabinsk for the purpose of rest so often (taking into account the distance), they try to combine the trip with other things.

For example, when analysing the cases, one of the informants said that he travels to Chelyabinsk to a doctor, at the same time he definitely devotes time to rest "I go to a cafe to sit, there is more choice or to a shopping centre".

The second tendency revealed in the course of the analysis was the spread of a relatively new form of leisure: the rest of schoolchildren in shopping and entertainment centres (trade centres, Malls)

Moreover, such leisure is not always associated with shopping. Schoolchildren most often noted themselves in geolocation at food courts in the shopping mall. During the in-depth interviews, we found out that a large number of teenagers gather in the malls, and many of them spend their time aimlessly. Informants reported that they do not always have money to buy food in food courts, but, nevertheless, young people gather here in companies, despite the emerging conflicts with food court security services. Among the student youth in the geolocations of Instagram, institutions were also in the lead, where you can not only sit, drink alcohol, but also dance.

How do Young People Rest More?

The second most popular way to spend leisure time was walking with friends. Among secondary school students 79.2%, students 65.7%, working students 73.1%. A frame analysis of the cases showed that walking with friends for secondary school students is not only a form of entertainment, but also "a way to relax from parents and school". According to the informant, (16 years old): "at home I am controlled by my parents, at school by teachers, and only on the street I can be myself, forget about studying". Despite the busy schedule of study, work and other types of employment, young people have time to devote it to their friends. It can be assumed that it is extremely important for young people to communicate with their friends, to realize their need for social recognition.

Looking at the choice of people with whom respondents prefer to spend their free time, we see that most of them choose to spend time with friends. Almost 25% of respondents like spending time with their family and relatives. 10% prefer to spend time alone. The most undesirable choice was spending time with work colleagues or classmates – 5%. Females prefer to relax with relatives much more often than males, more than 40% of the surveyed females chose this option, and males much more often choose to spend their free time with friends. Working youth prefer to spend time with family or relatives (67%).

A significant part of the respondents (primarily young students) devote their free time to sports. Among secondary school students, sports was chosen by 45.8%. Non-working young people are the least active in sports (only 15.1% of respondents). We believe this is due to the fact that sports activities require financial expenses (club membership, the purchase of equipment etc.).

However, in comparison the results of 2020 with the results of surveys of students in 2003–2009, the share of young people engaged in physical culture and sports has significantly decreased. Among the students surveyed in those years, the vast majority did this regularly or occasionally.

The study showed that reading was also popular. In the questionnaire, we clarified that we mean reading as a form of recreation, which implies an independent choice of books. 37.5% of secondary school students and 29.6% of working young people read "for fun". Students read the least (15.7%). Students explained that there is little time for reading due to study. Sports as a leisure activity are more common among male respondents, and reading is more common among females. We believe that in general, the popularity of sport is a positive trend.

Our assumption that working young people most often have the opportunity to relax in cafes, bars and restaurants was confirmed – more than 25% of working young people chose this format of leisure. Schoolchildren (4.2%) and students (8.6%) rarely choose this type of recreation. We believe that this is due to the small amount of money that young people have. Schoolchildren said that going to a cafe with friends is leisure, and with parents "this is different, it's for eating, nothing special", showing how the perception and interpretation of the same action (visiting a cafe) differs depending on the company (parents or friends).

Approximately the same situation has developed with visiting night clubs – this type of recreation was chosen mainly by working students (23.1%), but working young people are less likely to visit such institutions (9%). According to one of the informants (female 25 years old), "when I was studying in college, I constantly went dancing, now I have a family, a child, what clubs?". Even those respondents who do not have family responsibilities explain the desire for quiet leisure activities by the fact that they are tired from work and spend a lot of time on household chores.

The lack of interest in night clubs among secondary school students and students (0%) can be explained by age restrictions on visiting such entertainment venues. 20% of secondary school students chose to walk alone as a leisure activity. One of the informants said (female, 17 years old) "I like to go out with my friends, but sometimes I like to go out alone, think, especially if there are problems at school or I have a fight with someone".

Almost 35% of working students and 30% of non-working youth chose cinema as a leisure activity. Since the research was conducted in small cities, the types of leisure options are limited. Film premieres almost coincide with the dates in larger cities, and tickets are affordable, so even unemployed young people can afford this type of leisure.

Creative work is most often done by working young men and young women (13%). "After work, I go to rehearsals, my friends and I have our own music group, we play all sorts of things, just like that, not for money or fame, just like it" (male, 27 years old).

The least popular options for them were gambling and board games, participation in social activities and visiting theatres and museums.

When analysing the factors that influence the choice of the form and place of leisure for young people, it turned out that the proximity of the place of their recreation to their place of residence is not a significant factor, perhaps this is due to the fact that the survey was conducted in small cities, in which recreation places are mainly concentrated in the central part of the city, and it is quite easy to reach by public transport.

A curious trend was that for residents living in the central part of the city, the factor of the distance of the place of leisure from home is more significant than for residents of the suburbs and towns. Since the main array of entertainment facilities is located in the central part of the city, this criterion should be more significant for people living far from the centre than for the population of the central part of the city.

Another important criterion for choosing a leisure activity is the price. Its importance among the unemployed and working people is due to the fact that the first category has limited resources and can't afford large expenses, and the second category devotes most of its time to making money and is aware of the cost. Among secondary school students, the fewest respondents agreed with the importance of prices for leisure activities. This is easily explained by the fact that they do not earn money themselves, they get money for entertainment from their parents, and

because of their age, they do not yet realize how hard it is to earn money for their leisure time.

Almost 20% of the respondents believe that advertising has a significant impact on the choice of a place for their leisure activities. About 40% of respondents recognized the importance of having promotions / bonuses at leisure venues. The share of people who recognize the importance of this factor is much higher among the female respondents (58%). Only half as many males share this view.

Conclusion

The results revealed that young people now, no less than at the beginning of the 2000s, feel the need for recreation, entertainment, and communication that is not related to work or study. Most young people have enough for them free time during the day. The function of leisure as an opportunity for self-development is losing its popularity among young people, and the desire for entertainment, getting momentary pleasure becomes the basis for leisure activity.

The modern young generation often prefers passive forms of leisure. Television is no longer one of the primary forms of leisure, activities in the media space, including social networks, the internet in general and computer games are replacing it. In our opinion, this is a natural process, since the digitalization of society, which changes the worldview and values of people, especially affects the lifestyle of the younger generation, which is more susceptible to external influences than other age categories. In order to assess the positive and negative consequences of this process, it is necessary to conduct a separate study.

Our research also revealed a number of problematic areas related to the organization of leisure activities for young people in small cities of the Southern Urals. It is important to improve the quality and accessibility of such forms of cultural leisure as museums and theatres, and this should become one of the leading directions of regional policy and local governments. Thanks to the constant sociological monitoring of youth leisure, satisfaction of leisure activities, it is possible to solve problems arising in the field of organizing cultural recreation in a timely manner.

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