

STUDY ON HOW UNDERGRADUATES SPEND THEIR LEISURE TIME IN THE FACULTY OF HUMANITIES AND SOCIAL SCIENCES AT RUHUNA UNIVERSITY

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This study aims to investigate how 3000 level undergraduates spend their leisure time in the Faculty of Humanities and Social Sciences (FoHSS) in the University of Ruhuna. The objectives of the study are to explore the ways of spending leisure time, to find out the preferences for the leisure activities and the most popular leisure activity among the 3000 level undergraduates in the FoHSS at University of Ruhuna. The population of the study has covered all 461 undergraduates of 3000 level in the FoHSS at University of Ruhuna. The simple random sampling technique has been used to select the sample from the population of 461 undergraduates. The objective of this sampling method was to ensure that each undergraduate student had an equal chance of being selected for the sample, thereby providing a representative subset of the entire population. To achieve this goal, the random number generator procedure in the Excel application was used. A qualitative approach was employed to collect primary data from the sample, and a questionnaire was distributed to 210 undergraduates via WhatsApp. But, only 194 undergraduate students had responded. To find out the answers for the research questions, descriptive analysis techniques, such as tables and figures were used to analyze the primary data, using Excel application. The findings highlighted a diverse range of leisure activities in which undergraduates choose to invest their leisure time. These activities encompassed both solitary and social pursuits. The results of the study revealed that undergraduates are very fond of spending their leisure time using social media, such as WhatsApp, Facebook, Instagram, YouTube and Twitter. Furthermore, this study revealed that the undergraduates are gradually moving away from reading books and doing sports among the ways they choose to spend their leisure time. Therefore, it is very important to take an action to promote these activities. Otherwise, future graduates will become physically and mentally degenerate. For better mental and physical health, encouraging reading and physical activity is essential. Future graduates' wellbeing is put at risk if these tasks are neglected. Therefore, effective leisure involvement can be encouraged through targeted initiatives.

Keywords: *Leisure time, Leisure activities, Time allocation, Social media, Qualitative analysis, Undergraduates*