Unit 2 : Work and leisure
; "if you like what you do, it's not work "

Master 1 Human Resource

Overview Vocabulary 1 :

Definitions work time and leisure time:

What is meant by work time?

Work is defined as an activity involving mental or physical effort done in order to achieve a purpose or result.

A time period when you are required to work. Antonyms: time off. A time period when you are not required to work. Working (labouring) time is the period of <u>time</u> that a person spends at paid **labour**. **Unpaid labor** such as personal housework or caring for children or pets is not considered part of the working week.

What work activities mean?

Definition. Set of tasks and duties performed, or meant to be performed, by one person for a single economic unit: The term job is used in reference to employment. Persons may have one or several jobs.

Leisure is defined as a freedom provided by the cessation of activities especially : time free from work or duties Freedom from the demands of work or duty: She looked forward to retirement and a life of leisure. Time free from the demands of work or duty, when one can rest, enjoy hobbies or sports, etc.: Most evenings he had the leisure in which to follow his interests.

What are leisure activities?

Leisure activities are activities people participate in when free, maybe in the evenings or weekends. Activities are   taken during free time outside the mandatory time. These are activities taken for pleasure, relaxation, or other satisfactions, typically after work and completion of other responsibilities.

Examples of leisure activities are walking, swimming, meditation, reading, playing games and dancing. Leisure refers to the free time that people can spend away from their everyday responsibilities (e.g. work and domestic tasks) to rest, relax and enjoy life

Work and Leisure Relationships

Research has found positive relationships between work and leisure, such that people choose leisure activities involving the same psychological, social, and behavioural skills as their work.

Other studies argue, negative relationship with individuals sometimes compensating for work deficiencies through leisure activities. For e.g. individuals with low occupational status are more likely to stress the importance of prize-winning in leisure than individuals with high status.

Work and leisure are independent :

The relation between work and leisure is often seen as a balance between the two. Work is typically associated with activities done for financial gain or to fulfil responsibilities, while leisure involves activities done for enjoyment, relaxation, and personal development. Finding a healthy balance between work and leisure is important for overall well-being and productivity. Engaging in leisure activities can help reduce stress and prevent burnout, while finding fulfilment in work can contribute to a sense of purpose and accomplishment. Balancing work and leisure can lead to a more fulfilling and sustainable lifestyle.

What is the similarities between work and leisure?

There is a strong relationship between work and leisure. Work provides the opportunity to earn money, which can be used to enjoy leisure activities. In addition, work can help people develop skills and knowledge that can be used for leisure activities.

Homework 3 :

Extracxt all Terminologies about work and Leisure and
then Translated into Arabic

Homework 4 :

From the Text above Extract all différences and similarities
between work and leisure

Activity 2 :

What do you want from work? Use the word partnerships from Exercise B from the pervious lesson
and make a list.. and choose the five most important things to you .

Send all your Homeworks before Thursday next week To
The following Email ; gestion23000@gmail.com

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