

CHAPTER

3

LEISURE

THEME: Man's Dominion over the world



Key words

- leisure
- abuse of leisure
- Hadith

After studying this chapter and practicing its activities you will be able to:

- understand the Islamic teachings about leisure.
- appreciate the importance of leisure in Islam.
- understand types of leisure activities.
- identify modern trends of leisure.
- recognise how leisure can be misused in society today.
- understand the effects of African traditional understanding of leisure.

Introduction

After man was created, he was ordered by the Almighty Allah to work in order to earn a living. Despite the command, man needs to rest and relax. After a long day of work, you feel exhausted and you need to rest.

In this chapter you will be equipped with the understanding of religious teachings about leisure for an individual and society, in order to make the right choice of leisure activities.

3.1: Islamic teachings about leisure

Need for leisure



Fig 3.1:

Activity 3.1:**Read the dialogue and work out the task;**

Magoba: Mukasa, I often see you participating in marathons. Airtel, MTN, cancer run and the one organised by your company. In the evening you're always riding bicycles with your children. Is it that you're showing off?

Mukasa: My friend you're getting it the wrong way. Those activities help to boost our health and to relax our bodies and brains.

Magoba: Me I can relax while eating chicken at my home, sleeping in my bed not like you.

Mukasa: Birds of the same feathers. I was just like you, but when we gathered at our school as alumni, one of the old girls Lucky a tutor/ trainer in exercising shared with us issues regarding exercising, how to exercise, the advantages and disadvantages of physical exercises. So on that day I made a decision to exercise, I no longer have difficulty in breathing and walking and I am always relaxed. Welcome to this new well being.

Magoba: I have not run or jumped in the past three years, I feel I need to refresh myself now and I admire you so much. Can we start the exercise now?

Mukasa: (laughing) Are you forgetting it is time for Juma prayers? Let's meet in the evening at 5pm.

Task

1. Imagine you are lucky, demonstrate to the class the different forms of exercises.
2. Brainstorm on the advantages and disadvantages of exercising.
3. Share your experience about the reasons why you enjoy and practice the game you perform at school.

3.2: The need for leisure as presented in Surat Ash-Sharh 94:7**Activity 3.2:**

In groups; **Surat Ash-Sharh 94:7 states**

"So when you have finished (your occupation), devote yourself for Allah's worship"

1. Read the quotation stated above to be in position to attend to the task.
2. List examples of occupations that are being referred to in the Surat.
3. Explain the various activities of worship which one performs in devotion to Allah.
4. What activities do people indulge in when not at their occupation that are prohibited?
5. How would you advise people who use time after work wrongly?

Home work

1. Consult your area Imam and inquire from him about the Quran and Hadith teachings regarding leisure.
2. Note down your findings.

Islam has laid it upon Muslims to work but after find/create time for relaxation. This targets one to rest and among the things one can involve in is worship in that when you have finished (your occupation), devote yourself for Allah's worship and do other activities to relax such as jogging, playing football and netball.

Leisure is needed for mankind because through it one interacts with others, gets time to unite with people, refreshes one's mind and body to be able to serve at the work place, kills boredom and one can use it in praise and worship of Allah.

What the Quran teaches about leisure

Activity 3.3: :

1. Trace the Surahs below from a translated Quran
 - a) Surat Al- Ankabut 29:20 b) Surat Luqman 31:8 c) Surah Al-mumin 40:21
2. In a table explain the teachings of leisure reflected therein.
3. Present to the class.
4. Write down in your note books.

Prophet Muhammad as a role model and how he spent his leisure time

Activity 3.4: :

In groups; read the dialogue below and perform the tasks that follow:

Jalia: Joweria as you are lost. I came to your home and you were not there over the weekend. Did you get a weekend job?

Joweria: Something close to work.

Jalia: What then is keeping you busy? You know it is my routine to come and visit you over the weekend and we share past week's experiences.

Joweria: I came to realise that there were more beneficial things I should do when I am not at work.

Jalia: What is it that you're engaged in?

Joweria: Picking "Marijuana" in the backyard of Mr. Kasozi's home.

Jalia: Joweria you are losing it now. What tempted you into that?

Joweria: Need to increase my earning, I get additional income in this work and yet I do it in my free time.

Jalia: You are my friend and I cannot let you transgress. You should join me at Sheikh Mugerwa's orphanage school. He started a program for adults to learn how to read and recite the Holy Quran.

Joweria: That is a good idea.

Jalia: We can also join the orphan children in their evening games and extracurricular activities like making ropes, paper bags and mats.

Joweria: There we can perform our childhood exercises.

Jalia: That will be very good utilization of the weekend and a way in which we can relax from our busy work schedules.

Task, from the dialogues

1. Discuss the physical ways of spending leisure mentioned.
2. Apart from physical leisure, how else can one spend his or her leisure time?
3. Religiously how can a Muslim utilize his or her leisure time?
4. Brainstorm on the way Prophet Muhammad spent his leisure time.
5. Present to the class.

Activity 3.5: :

Read the story below to help you work out the task

When the situation settled down and most of the Prophet's enemies had embraced Islam, the prophet was in position to strengthen his influence. He conducted his life normally without destruction and disturbance.

He woke up before Fajr prayers, spent time in remembrance of Allah. After Adhan he went for Fajr prayers and would enter the mosque with his right foot first, led the prayer in congregation and after used the remaining time in remembrance of Allah. He would then interact with his companions in a number of issues: social, political, economic and religious concerns that would be raised by his companions. He would then go back home to check on his family and attend to their domestic needs.

At home, he helped in domestic work, had meals with his family, always visited other family members, friends and the sick. On the way he would go through the community like the market to check on his people. While doing all that, he never forgot his duties as the Imam and leader of Medina city.

In the night, he would wake up for the night prayer (Tahajud) and also recite the Quran and praised Allah. He would then take a nap and wait for the Fajr prayers.

Task

1. Why should a Muslim follow Prophet Muhammad's ways of leisure?
2. Present to the class.
3. Write down in your note books.

The Prophet in any place where he stayed he divided his time into three parts, first the time for Allah, for his family and third for himself. He further divided his personal time between himself and common masses. In the time outside his primary occupation of spreading Islam or his mission of inviting people to the way of God, he had time for relaxing in which he spent time with family and friends, read or recited the Quran, performed Sunnah prayers, played with his wife and grand children, visited friends and relatives, asked for forgiveness and prayed for the dead. *The Holy Quran Surat Al- Ahzad 33:21 says "The messenger of God is an excellent model to those of you who put hope in God and the last day and remember Him often."* We should therefore copy the way he spent his leisure time.

3.3: Importance of leisure in Islam

Importance of leisure according to the teaching of islam

Leisure is important to every individual though some people may take it as a time waste. Leisure is part of human life so vital for one to create time for.

Activity 3.6: :

In groups;

1. Demonstrate leisure activities that you perform
 - a) at school
 - b) at home
2. Brainstorm on the benefits of the above and share.

In Islam, leisure is vital like other activities. Muslims must involve in it because through it our minds are relaxed. One is free, one becomes physically fit, jovial and entirely rejuvenated. There is acquisition of skills, development and improvement of talent.

The Various Leisure Activities in Society

Activity 3.7: :

In groups; read the statement and work out the task:

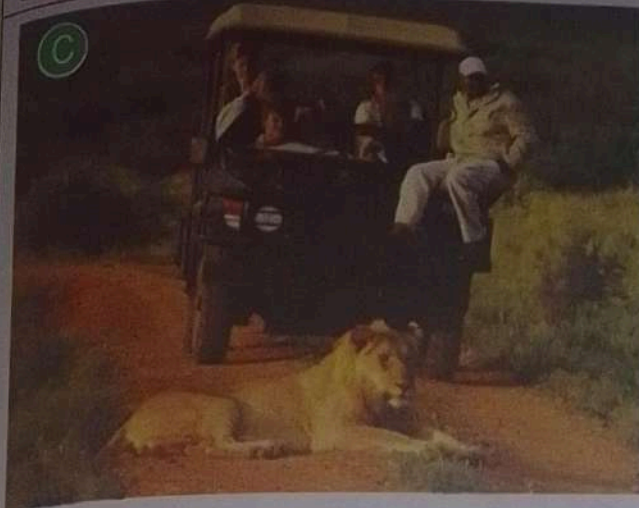
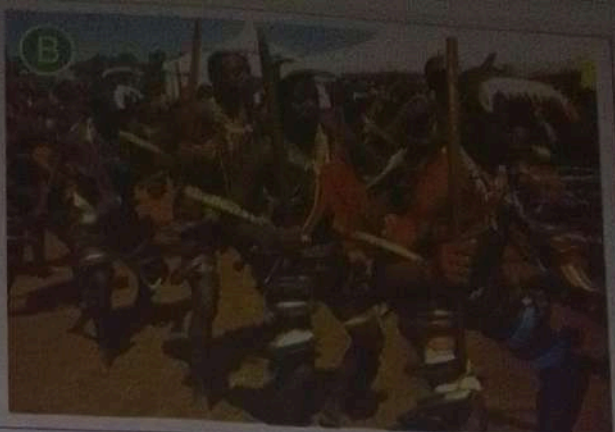


Fig 3.2:

In all societies around the world, people indulge in various leisure activities. These activities vary from one society to another, race, age group and origins.

1. Share with your pair about the kind of society you come from.
2. List the leisure activities carried out in your societies.
3. Where are these leisure activities carried out?
4. Using a table list the leisure activities that are similar and those which differ with your pair.

Similar leisure activities	Differing leisure activities

5. Identify leisure activities not acceptable in your societies.
6. Share with the class.

Different societies have different leisure activities with different values attached to them. But in almost all the societies leisure is after work and people indulge in activities such as wrestling, football, singing, physical exercises, reading watching T.V and visiting friends and relatives.

The ways through which African communities spent their leisure time in Traditional Africa

The concept of leisure was an important aspect of life in African Traditional Society the leisure activities were passed on by elders from one generation to another.

Activity 3.8: :

Listen to the elder of this community who has been invited in class. Take note as he describes how they spent leisure time in their days, from the elders narrations;

1. Identify the leisure activities carried out in traditional Africa.
2. List the leisure activities that were adopted by Islam.
3. Why were some of the traditional leisure activities prohibited in Islam.
4. Share with the class.
5. Note down in your books.

Home work

1. Visit the elder in your community to find out more about how Africans spent their leisure time.
2. Note down your findings.
3. Type in Microsoft word and present to the teacher for scoring.

Unlike the modern society, people in African traditional society carried on their leisure activities all the time and freely like they could sing while digging, story tell when cooking.

The different leisure activities in school

Activity 3.9: :





Fig 3.3:

Identify leisure activities conducted at school and home.

1. List the leisure activities you wish to have at school and are not there since you spend most of your time at school.
2. Mention leisure activities you do not involve in and why?

3. Would you allow your child to involve in leisure activities? Support the response you give.
4. List the leisure activities at school that should be withdrawn.
5. Present to the class.

Schools have various leisure activities with different values attached aiming at promoting talents, career, fitness and research. They include art and craft, music dance and drama, games and sports.

What happens if one has no time for leisure?

Activity 3.10:

Use the skit in this activity.

Abubakr: Asalaam alaikum warahumatulahi wabarakatuh

Farouq: Waalaikum salaam warahumatulahi wabarakatuh

Abubakr: Do you know work without leisure makes one a slave?

Farouq: Why do you say so? By me being hard working, is that enslaving myself?

Abubakr: Very much so. Work without play makes Rashid a dull Muslim is a summative of your situation, hence enslaving yourself in the name of hard work.

Halima: I very much concur with you, Abubakr. I have for quite a long time and very keenly followed the schedule of my brother's work Farouq. He basically has no time of rest except when retiring to go to bed very late in the night and he is always very tensed up, his face frowning and dull, feet swollen and very heavy dragging them in the house corridors.

The doctor has also commented that his excessive sweating and the big belly are a result of not exercising at all. The morning and evening headache are a result of not having enough rest.

Abubakr: Can you imagine? My brother please, set a moment of relief for yourself. Work should be mixed with constructive leisure for refreshment of your mind.

Halima: Civilise him. He is wearing himself down so fast and we wouldn't like to lose a brother so soon in the name of working up to the last atom of his strength with no moment of leisure. Style up Farouq.

Abubakr: A word to the wise is enough. Hard work should be mixed with constructive leisure to live a true Islamic meaningful Islamic life to promote unity and hail Allah at all times.

1. From the skit, why does Farouq have no time for leisure?
2. Explain the consequences of Farouq having no leisure.
3. How would you advise Farouq regarding relaxing?
4. Share with the class and note down.

Relaxing and being off duty is one of the aspects of life some people ignore but such people usually face challenges which put their life in danger since they may be attacked by diseases like headache, high blood pressure, feeling dizzy accompanied with tension, being dull and frowning because of lack of rest in their daily life schedules.

Using the internet to search what happens if one has no time for leisure.

Read the statement and workout the task

Majority of us have used the internet and love it so much. It is one of the ways in which we spend our leisure time.

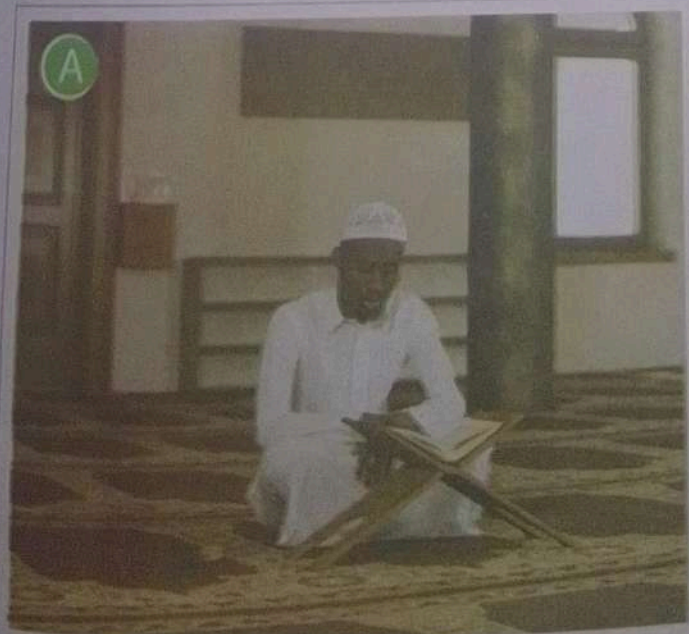
1. When do you always use the internet?
2. Identify leisure activities conducted that can be done using the internet.
3. Brainstorm on the activities that are Islamic but done using the internet.
4. How have people in your society used leisure through the internet?
5. Use the teacher's phone or school computer to find out what happens if a person has no time for leisure.

3.4: Types of leisure activities

Different leisure activities

- | | | |
|---------------|--------------|----------------|
| (a) Religious | (c) Physical | (e) Solidarity |
| (b) Cultural | (d) Social | |

Study the figure as a support in the activity



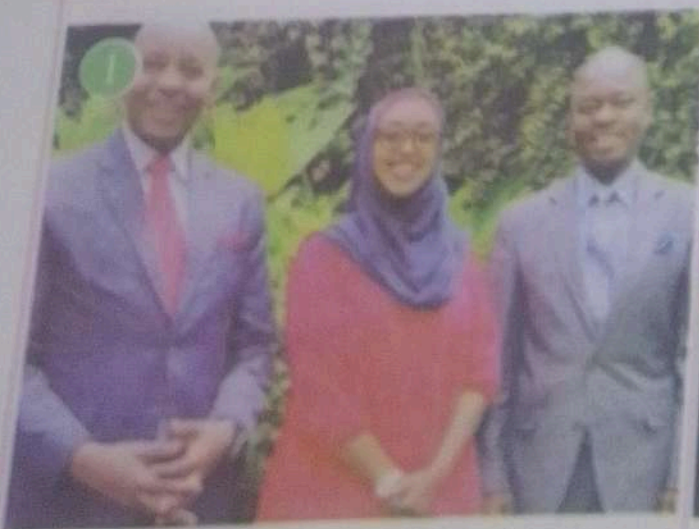
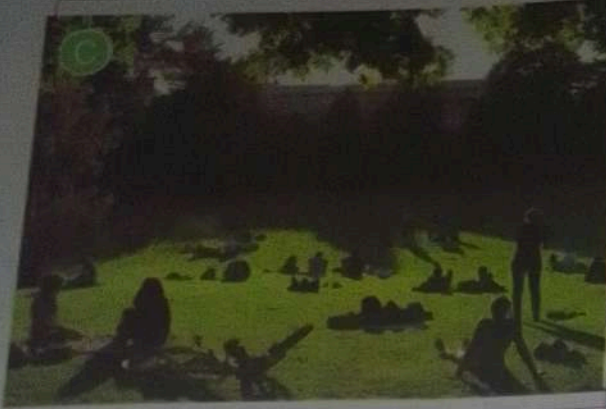


Fig 3.4:

1. Observe figure 3.4 above.
2. Identify the leisure activities as requested in the table.

Religious	Cultural	Physical	Social	Solitary

3. List any other solitary leisure activities you involve in that are not mentioned.
4. How have those activities benefitted your society?
5. Present to the class.

Leisure activities in Islam that can promote friendship and unity

The prophet said "Muslims are but a single brotherhood."

Do you know that leisure activities promote friendship and unity?

Activity 3.11:

In groups;

1. Identify five Islamic leisure activities that you can think of.
2. How do these activities promote friendship and unity?
3. Apart from leisure activities, mention other activities through which Muslims can promote friendship and unity.
4. Present to the class and note in your books.

Among the principles taught by Islam are brotherhood, unity and friendship. In our day to day lives a Muslim has to uphold Islamic principles and in activities such as leisure they should aim at promoting friendship and unity. This is reflected in activities like physical exercises such as athletics and football done in groups with Muslims of all classes, marriage, aqiqah. Circumcision ceremonies also bring society members to feast together, strengthening Islamic brotherhood. In cultural dance and drumming like the matali say on mauleeds, Muslims meet and enjoy themselves as brothers and sisters in Islam.

Prophet Muhammad (PBUH) also married Aisha daughter of his close companion Abubakr. He also married off his two daughters Ruqayyah and umm Khulthum after Ruqayyah's death to another companion Uthuman bin Affan to promote friendship and good relation.

Unacceptable ways of spending leisure time in Islam

Leisure is allowed but not all leisure activities are acceptable. There are those not allowed. Let us discover about them in this unit.

Activity 3.12:

In groups, observe the figure below.

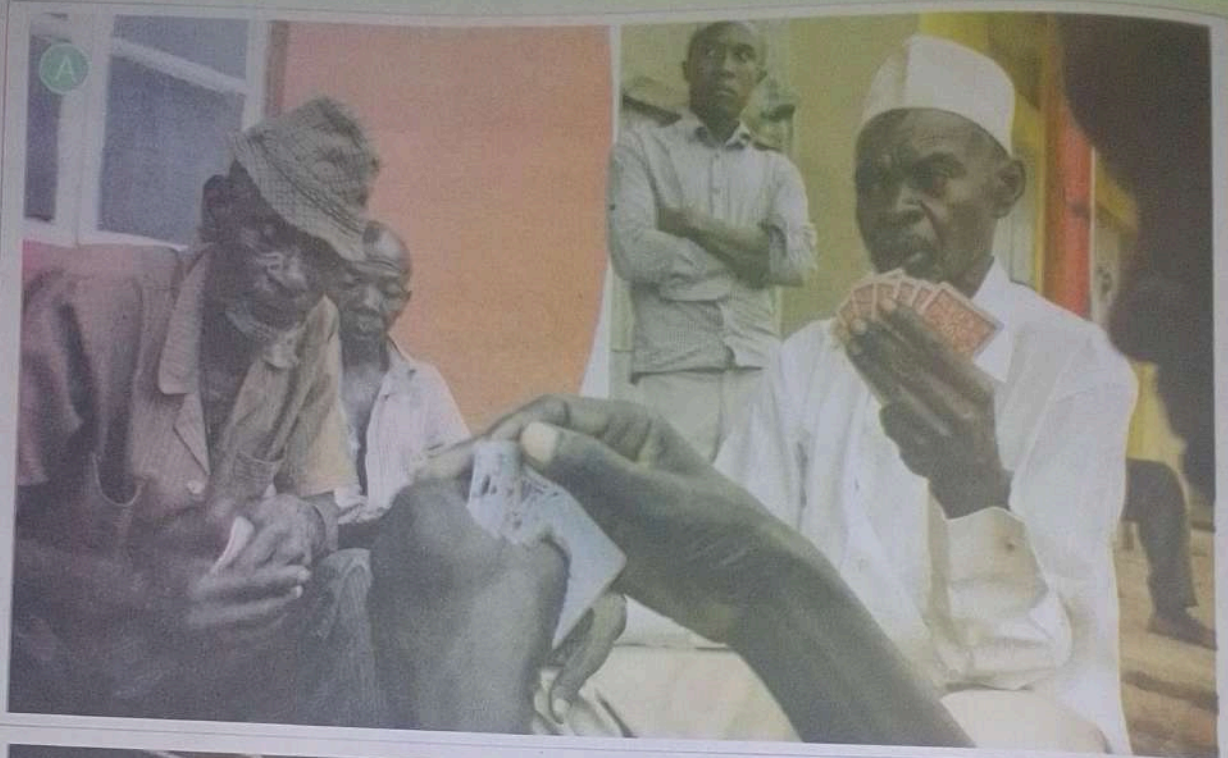


Fig 3.5:

1. List the different leisure activities in the figure above.
2. Explain the disadvantages of spending leisure in the above ways.
3. What are the effects of involving in leisure activities (b) and (d) to one's life?
4. Brainstorm on leisure activities you would advise your school mates to involve in.
5. Share with the class and teacher.

3.5: Modern trends of leisure

The changes in the patterns of leisure in modern society

From African traditional leisure, leisure evolved into modernity as the world also evolves. Numerous ways of leisure have come into play as shall be discussed in this unit.

Activity 3.13:

In groups;

1. Use the table below and brainstorm on how the leisure activities have changed in modern society.

African Traditional Society	Modern leisure
Visited friends and relatives, conversed and reflected on their past, shared life challenges.
Went to playgrounds and watched local people play football, netball, wrestling and other games.
Weaving art and crafts like baskets and mats
Telling stories by elders seated at the fire place

2. In a debate, support or refute the statement "Modern leisure is a necessary evil"
3. Secretaries should note views from the debate.
4. Present to the teacher for more guidance.

We live in a dynamic world. All the life activities change with the society and life changes and so is leisure.

Leisure existed long ago as shown in the previous unit and it has changed gradually. Some traditional Africa leisure activities were adopted, but technology advancement, modernization and civilisation have come up with new ones.

Among the modern patterns of leisure is use of televisions and radios to enjoy music, watch interesting programs and drama, smart phones in which people communicate with others, see those they have not seen in a long time, read stories, watch and play or involve in games.

How leisure has evolved into an industry

Leisure organisations provide relaxing service to customers in their free time.

Read the statement below to support you in the task

Reflect on previous knowledge acquired in your entrepreneurship lessons and respond to the task.

1. Mention examples of industries in your society.
2. List those that are for leisure and the particular leisure activity.
3. What are the common features of the industries mentioned in 2 above?
4. Explain why as of today leisure turned into an industry.
5. Come up with a leisure activity that can be set up in your school.
6. Explain how it will benefit the school community.
7. Share with the class and write in your note books.

Activity 3.14:

In groups, Observe the figure



Fig 3.6:

1. Describe the leisure activities above.
2. List at least five other leisure activities which have evolved into an industry.
3. Share with the class and note down.

Leisure industries are organisations that provide entertainment or brain relaxing services directly or indirectly free or with payment to people like music industry, media, sports.

New leisure organisations come up day by day because people venture in to them to earn a living, develop their talents and as a career.

Technological innovations in leisure, social media and leisure

Technology is important to every individual. Some people may use it to spread Islamic knowledge under social media and leisure.

Activity 3.15:

In groups, Observe study the figure below to help you work out the task

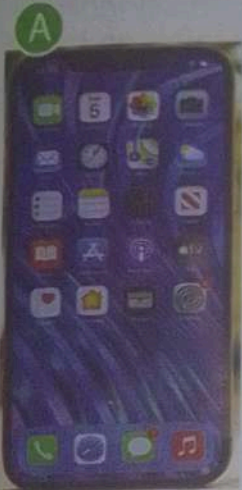




Fig 3.7:

1. List the technologies and devices in the figure above.
2. Explain how you can use five of them during your leisure time?
3. How have they been of benefit to your society?
4. Share with the class and note down.

Islam requires that a Muslim despite living in a changing world should not forget the Islamic rules, principles and practices.

Islam allows use of technology and utilization of the leisure time according to new trends. These however should be used positively and cautiously such as to seek more Islamic knowledge, effective and appropriate communication, acquisition of skills etc.

The Prophet Muhammad once said that *"whoever will be given chance to live, will see many changes in the world."*

Comparison between Islamic teachings of leisure and modern understanding of leisure

When you critically analyse Islam allows and encourages modern leisure but the activities should be in line with the principles of Islam.

Activity 3.16:

In groups;

1. Identify the ways you spend your leisure time in modern ways but according to the principles of Islam.
2. Explain the modern leisure activities that Islam prohibits.
3. Write a speech to advise members who involve in modern leisure that Islam prohibits.
4. Present to the class and record the findings.

3.6: Misuse of leisure in society today

Leisure is necessary in one's life and Muslims are encouraged to practice it. But in some instances leisure is misused as we are going to explore in this unit.

Dangers, abuse and solutions to leisure misuse.

Activity 3.17:

In groups, read the statement and respond to the activity

In our life time, we have all involved in leisure activities, individually, in groups, with friends, relatives, family and society. We can all analyse how leisure is instrumental in our lives but not everyone uses it well, some people misuse it.

1. Brainstorm with your pair scenarios from your society where people misuse leisure.
2. What are the outcomes of the misuse of leisure?
3. How can you stop leisure misuse in your society?
4. What are the commonly misused leisure activities in your society?
5. Identify the likely outcomes of leisure misuse to school-going children and the adults. Use the table.

Effects of leisure misuse to;

School going children	Adults

Activity 3.18:

In groups,

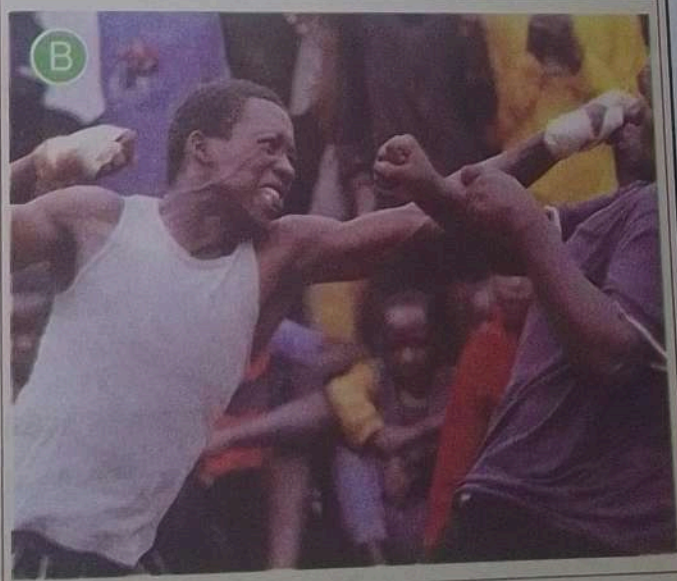


Fig 3.8:

Read the scenario and work out the activity in pairs

My former school Kalebu Islamic secondary was known in the whole town for our good performance in sports. Many students in the neighbouring towns joined the school not only for academics but with also the intention of developing their talents in games and sports and other extra curricular activities.

We involved in many school tournaments and friendly games with neighbouring schools but on a sad note in all the games we attended the students always ended up fighting with other school participants and this was the case for all the extracurricular activities.

At trips like the trade exhibitions some students stole from people's stalls and at geography tours, still some learners went against the instructions of the guides in the sites we visited.

This created a big challenge to the school administrators.

1. Identify the leisure activities in the scenario and how they are misused.
2. List other school leisure activities and how learners misuse them.
3. Suggest solutions to the school for the leisure activities which are abused in the scenario.
4. Present to the class.
5. Note down agreed upon views.

Some people because of disobedience or ignorance, abuse and misuse the aspect of leisure. This is done when one involves in such activities that Islam has forbidden such as drinking alcohol, gambling and fighting, this results into school drop outs, breaking up of families, loss of property, conflict in society, loss of respect and death.

3.7: Understanding the effects of African traditional leisure.

African traditional understanding of leisure versus modern understanding of leisure.

Are you aware that even in African traditional setting the aspect of leisure was pronounced.

Home work

In your group, write an essay on the new leisure activities in your society.

1. Form four groups.
2. Two groups should source out devices that can be used in the new leisure activities.
3. Two groups should use the local and low cost materials to make instruments which were used in traditional leisure activities.
4. Organise 3 skits using the leisure activities instruments you have made.

Activity 3.19:

1. In your groups demonstrate to the class new leisure activities and traditional ones using the instruments made.
2. Secretaries should write down the activities demonstrated in form of a table.

3.

New leisure activities	Traditional leisure activities

4. Compile your views.
5. Hang up all the leisure activities discussed.
6. List suitable leisure activities that students should involve in from those listed above.
7. Mention the demonstrated leisure practices of traditional African society and list those that are still relevant to people in the modern world.

Put your responses in the table below

African traditional society leisure	Phased out leisure activities	New leisure activities

8. Write the advantages and disadvantages of all of them.
9. Present to your teacher to be scored.

Take home

Consult elders in your community about traditional African society and their leisure activities.

Inquire from them about the leisure activities of their times that have been phased out.

Then make a list of new leisure activities that you know different from the above.

Sample Activity of Integration

Hajj Okwadi Yasin owns a huge bakery, where he employs about three hundred workers. However, the number of workers seems to be small as compared to the huge demand for his products. This has caused tension and fatigue at the work place.

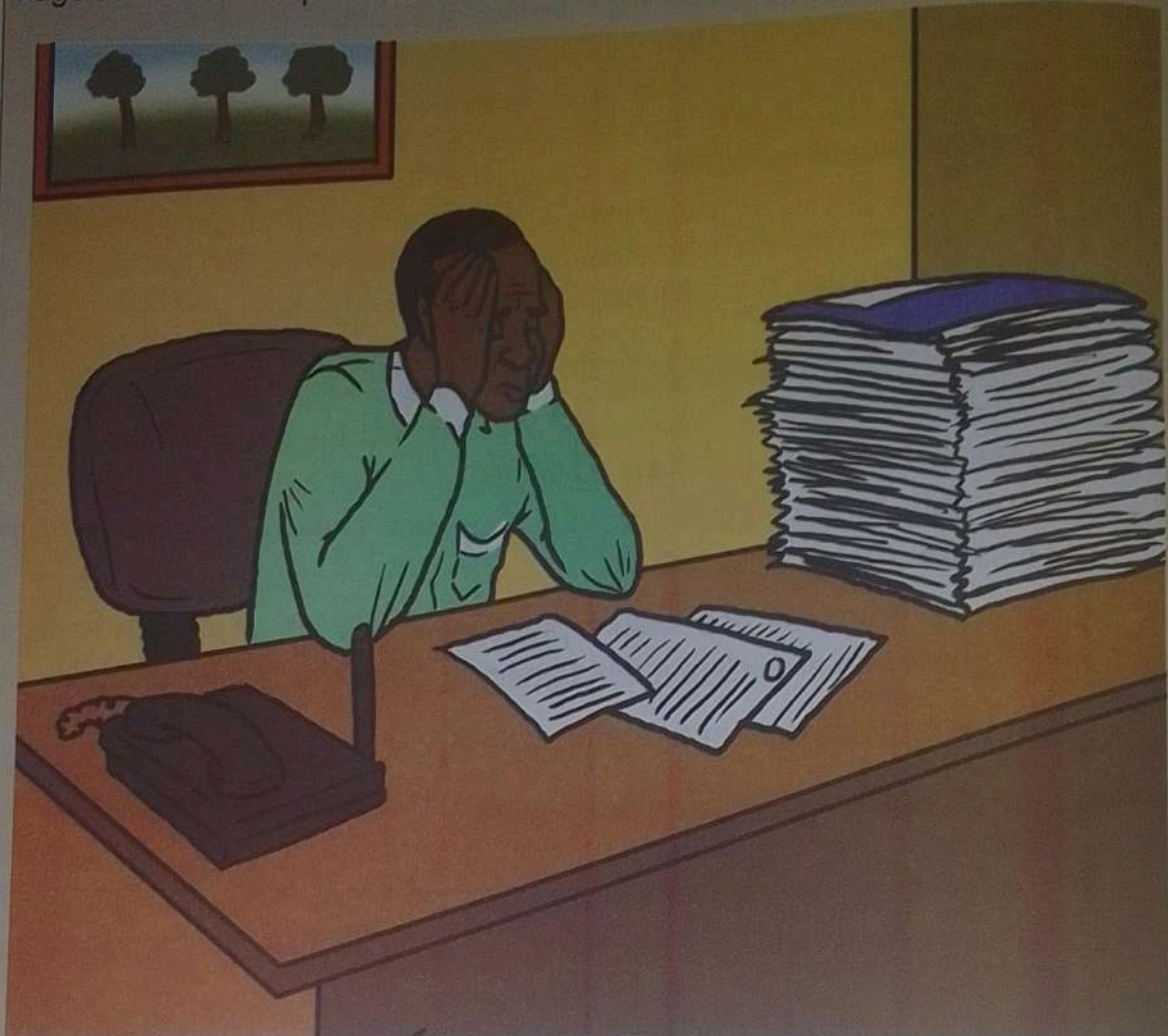


Fig 3.9:

Task:

As a business man of Harvest Spa and Gym company write a proposal for hajj Okwadi on how he is to handle this situation.

Chapter Summary

In the chapter you have acquired knowledge, understanding, skills, and values concerning leisure, the Islamic teachings about leisure, the importance of leisure in Islam, types of leisure activities, modern trends of leisure, how leisure can be misused in society today, the effects of African traditional understanding of leisure.

Glossary

- Work Ethics** : A set of values centred on the importance of doing work and reflected especially in a desire or determination to work.
- Rights**: A moral or legal entitlement to have or obtain something.
- Virtues**: Behavior showing high moral standards.
- Interest (usury)**: Is the charging of unreasonably high interest rates.
- Professional work**: relating to a job that requires special education, training or skills.
- Charity (Sadaqah)**: Voluntary offering or giving whose amount is at the will.
- Wealth**: the state of being rich material prosperity.
- Commercial transactions**: It is some sort of payment for a good or service.
- Begging**: Ask for something typically food or money, as a charity or gift.
- Prohibition**: The action of forbidding something.
- Wealth**: The process of creating something over a period of time.
- Development**: The process of starting to experience or suffer from ailment or feeling.
- Projects**: a planned piece of work that has a specific purpose (such as to find information or to make something new).
- Contentment**: The quality or state of being contented.
- Gambling**: The practice or activity of betting the practice of risking money or other stakes in a game or bet .
- Corruption**: Dishonest or illegal behavior especially by powerful people.
- Health**: The state of complete emotional and physical well being.
- Happiness**: An emotional state characterised by feelings of joy, satisfaction contentment and fulfillment.
- Generosity**: Willingness to give or share with others.
- Modern**: Characteristic of the present or the immediate past.
- Trends**: A general direction in which something is developing or changing.
- Misuse**: Use something in the wrong way or for the wrong purpose.
- Abuse**: Use something in the wrong way or for the wrong purpose.
- Solitary leisure**: It is an act were wealth people are spending more time alone in various forms.
- Unity**: the state of being united or joined as a whole.
- Pattern**: A repeated form or design especially that is used to decorate something.

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