

LEISURE

It can be defined as a period of time that one has at his or her own disposal and is free to use it as he wants without being bound by any necessity or timetabled responsibility.

There are 2 major forms of leisure which include;

Active leisure where people are directly involved in the production of the leisure activity either to enjoy or to entertain others for example dancing, playing football, singing etc.

Passive leisure where people indirectly get involved as spectators, or just watching for example watching movies, listening to music etc.

IMPORTANCE OF LEISURE TODAY

leisure helps people to improve on their talents and abilities in different fields for individual well being and the society at large. For example Judith Babirye a Ugandan gospel musician sung a song like “favour” which earned her popularity and was able to contest for a parliamentary post in Buikwe district.

It helps people to develop economically like the artists or footballers who are paid for their services. For example Hon. Kyagulanyi Sentamu also known as Bobi Wine President of Natioanal Unity Platform (NUP) through music earned money which enabled him to construct a beach at Busabala known as “one love beach”.

Through leisure national unity is promoted in that people of different backgrounds come together for a national cause to show their togetherness and their patriotism. For example whenever Uganda cranes, the Uganda’s football team plays, people forget their differences and unite to support it even if the entry fee is high.

It helps people to develop and preserve their personal values and heritage in society. When they participate in cultural dances and music, it helps them to learn and value their culture. For example the Bagisu have the “Akadodi” dance used during the “Imbalu” season.

It used to refresh one’s mind and body in order to relax from the heavy day’s work. This can be done by swimming, watching television; sleeping etc. in turn this energizes one for the next activity.

It leads to social and community development, whereby people come together to renew and strengthen their relationships by visiting friends and relatives, writing letters, sending messages etc.

It helps people to get employment opportunities especially those who work in different leisure industries like those on TVs, actors, musicians, waitress etc.

It is used to offer charitable/voluntary services to the needy, the sick, etc. for example the Kabaka of Buganda Birthday run has become a source of funds facilitate fight against killer diseases like HIV AIDS by setting up Medical facilities and specialized equipment.

Leisure time is used by some people to improve on their physical fitness which can be done through jogging, running etc. and this in turn helps the participants to improve on their health hence limiting the rate of contracting disease like high blood pressure.

It can be used for spiritual development where people participate in different religious activities like reading the bible, going to church hence strengthening their relationship with God.

It assists people to develop intellectually because they acquire new knowledge after engaging in various leisure activities like reading newspapers, listening to radios etc. which helps them to know what is happening in the world.

Through leisure people develop new skills which can assist them to get money for example people learn how to weave mats, baskets which they sell and get money to improve on their standards of living.

PROBLEMS ASSOCIATED WITH LEISURE TODAY

Today leisure leads to boredom most especially when it is too much that is why the youth are tempted to use drugs, escape from homes, abuse sex etc. that destroy lives.

Leisure is expensive and costly in that without money one cannot enjoy leisure for example if one has to drink beer, he has to buy it, if he wants to go to the beach, he needs money for entrance hence knocking out many people from enjoying leisure.

It leads to moral degeneration as people access pornographic materials from mobile phones, televisions and some reading materials after which they try to exercise what they have seen hence destroying their morals.

Due to taking alcohol as a leisure activity, many problems have been created like accidents, domestic violence and this destabilizes the peace and security of the society and cause death.

It leads to school dropouts after children becoming rebellious to their parents and school authorities because of too much leisure. i.e. some students escape and attend leisure activities like clubbing, watching movies which could lead them into expulsion from school..

Some people have become addicted to certain forms of entertainment and can't do without them. For example people who are addicted to gambling, sports betting can't do without them and can end up losing their property in trying to get money for gambling or betting causing poverty.

Improper use of leisure has led to the spread of STDs like HIV/ AIDS; this is because they engage in sexual abuse like fornication, prostitution, casual sex during leisure which affects their health.

Leisure can lead to poverty due to overspending of money on different leisure activities like sports betting, alcoholism hence retarding the development of the family and society at large.

Leisure can lead to unemployment where some people fail to balance leisure with work by spending most of their time on leisure and ignore the duties allocated to them which can lead them into dismissal from work.

During leisure time, some people lose respect for God since they cannot spare time for him and instead they use their time to engage in activities like gambling, sexual abuse etc which are condemned by Christianity as they distort their relationship with God.

Leisure activities today have made people to lose the value/respect for their culture in favour of the western culture. For example some people expose their nakedness while dancing on stage like Sheebah Karungi of TNS who dresses half naked.

Some leisure activities lead to injuries where some people who participate in vigorous games like boxing, football, rugby can end up getting crippled due to bone fractures, heavy falls and malice.

In some cases leisure leads to loss of life to either direct participants or their spectators for example one famous Ugandan Artist Moze Radio was killed from a bar in Entebbe after a small misunderstanding with the bar attendant while enjoying leisure.

MODERN ATTITUDE TOWARDS LEISURE/(MODERN UNDERSTANDING OF LEISURE)

Today leisure is commercialized in that people pay for most of the activities such as attending music shows, concerts which denies so many people who have no money a chance to enjoy because they cannot pay the money.

Today leisure is individualized since people enjoy it alone instead of enjoying it as a community. People take beer from their homes, read novels individually which denies them a chance to develop socially.

In the modern society, leisure is passively spent by watching movies, watching football instead of actively participating in these activities which kills creativity and denies one a chance to become physically fit and intelligent.

Today leisure is separated from work in that people first work and rest afterwards. Sometimes they rest in the evenings and over the weekend which can make one more passive than active because they may fail to get time to participate.

There is a lot of permissiveness in leisure today especially among the youth since they tend to enjoy any leisure activity whether good or bad because there is no one to direct them or even stop them from any wrong leisure activities which destroys their morals.

Leisure today is optional making one free to enjoy it or not and there are people who work for 24 hours without rest just because it is their choice due to the work situation many people have missed leisure time.

Due to the need to get money for leisure activities, immorality has been promoted like gambling, prostitution, etc which are illegal and many people have come to believe that immorality in leisure is part of life.

Today, there is free choice for leisure activities that one chooses to enjoy according to one's interest unlike in ATS where choice was made by the elders. This is because people pay for their desired leisure activities.

Leisure today has trends that people follow as fashions for example people participating in terms of parties like all-white parties, wines and blankets, then in terms of wears, age bracket and sex etc... This is to define entertainment.

Today's leisure creates classes among people who enjoy it, that it is easy to see the rich and the poor according to the places of entertainment like going to the beach for the rich and sitting under the tree for the poor, leisure time is for the rich.

Today's leisure is more of employment opportunity and income generating than enjoyment and entertainment, because the more the time a DJ and MC spend on a leisure event the more they negotiate an increase in their payment.

SAMPLE QUESTION:

1). Compare the modern and African Traditional attitude towards leisure.

AFRICAN TRADITIONAL UNDERSTANDING OF LEISURE.

In African traditional society, leisure was sometimes mixed up with work though there were specific periods of leisure. This was done for community development e.g. some people would go for farming and punctuate work with singing to energize themselves.

In most cases, leisure was active rather than passive. People would participate in dances, playing games etc for entertainment to derive joy as well as to strengthen their relationships in their communities.

Leisure was free of charge i.e. there was no commercial element involved which made many people to enjoy the different activities which were freely available e.g. beer parties were freely enjoyed by everyone.

Leisure promoted cultural activities and this helped the young generation to know their cultural background, laws and customs e.g. cultural activities like initiation ceremonies, traditional songs and dances helped people to relax and at the same time strengthen their relationship among the living and dead.

In African traditional society, leisure was used to develop skills and talents through weaving mat, baskets etc which was done for social and economic development.

Community values were taught in form of sex education especially in the evenings where children would sit around the fire place and be taught about the history of their ancestors, customs, norms through story telling in order to maintain their societies for future generation.

In African traditional society, children were guided on the leisure activities to be enjoyed; this was done by the elders in order to guard young ones against immoral activities like sex abuse.

Leisure was compulsory, everyone was supposed to enjoy and participate in leisure in order to promote co-operation and to develop relationships e.g. beer parties were compulsory for all men in society.

In African traditional society, leisure was communal, people came together to celebrate and enjoy, this was done in order to ensure community solidarity e.g. beer parties, wedding parties, were enjoyed communally.

Leisure promoted spiritual development among Traditional Africans because during that free time, communities or individuals built and used shrines to consult and even worshiped their gods as well as ancestral spirits in order to receive blessings and protection.

Leisure was used as time for entertainment, enjoyment and relaxation after seasons of hard work and success hence organizing beer parties, weddings, and other occasions that brought people together in joy.

Leisure strengthened social ties and relationships as people would use free time to visit their distant relatives and friends to know how they were living as well as extending them love and care.

HOW LEISURE WAS INTEGRATED IN THE LIVES OF AFRICANS

Indeed leisure was part of life in ATS; there was no separation of leisure from work as shown below.

Africans spent leisure time while hunting animals for meat meaning that as they were enjoying the activity of hunting, they were benefiting from it by getting meat for the survival of their families.

They spent their time storytelling which was basically done by the elders to the young ones and it helped them to know the different aspects of life like listening to elders, obedience, and good eating behavior so as to overcome challenges in life like being greedy.

They spent leisure time attending social ceremonies like wedding parties which helped to promote social relationships and ensure unity in the society and togetherness.

Leisure was spent while singing traditional songs and dancing traditional dances which helped them to develop their cultural values and heritage, entertainment and joy.

They spent leisure time performing initiation ceremonies to introduce young ones into adulthood for example Among the Bagisu, circumcision of the boys was done in order to initiate them into the adulthood stage thereafter, one would be allowed to marry.

They used to pray to their gods during leisure time which helped them to develop spiritually and to get blessings that made them prosper and live longer. For example the hunters in Buganda used to pray to Jjajja Ddungu before hunting in order to be blessed with meat.

They spent their leisure time weaving mats and baskets which helped them to develop their skills and at the same time they would use the different items in their daily lives like carrying food from markets or gardens to their homes.

They spent leisure time visiting friends and relatives which promoted good relationships and unity in the society as they always moved long distances to check on their relatives which kept them together..

They spent leisure time participating in beer parties which brought a lot of fun among Africans and at the same time helped them to relax after work in order gain the lost energy.

Wrestling was carried as part leisure time between different villages, clans and among individuals. This was to prove strength among the people within village and clans in form of competition entertainment and joy.

Omweso among the Baganda also known as board game was a common leisure activity carried out mainly by grown up ranging from youth up to the old men which induced logical thinking and giving way to knowledge of counting.

SAMPLE QUESTIONS

- *Discuss the view that leisure was interpreted in the lives of Africans*

BIBILICAL TEACHING ABOUT LEISURE TIME

According to the Bible, leisure is a special day God set aside because He had completed His creation and stopped working. For example on the seventh day, God finished what He had been doing, He stopped and blessed it. (Gen 2:2-3)

Leisure is for spiritual development through personal meditation and reflection that is why Jesus used to go to lonely places to pray to God hence strengthening his faith. (Mark 14:32-42)

The Old Testament teaches that leisure is the time set by God by His will, There is time for everything like time for working, and time for resting, time for joy and time for sorrow Ecclesiastes 3.

According to the Bible leisure is time for celebration of victories. In the Old Testament, the Israelites had to attend the Passover feast to remember how God saved their first born males when he was killing the first born males of the Egyptians. (Exodus 12:21)

Leisure is for carrying out charity by helping those in need in order to help them find happiness in life. For example Jesus fed 5000 men who were hungry with fish and bread.

According to the Bible, leisure is for talent development for the good of man and those around him. For example David played the harp for King Saul during his leisure time. (1Sam. 16:23)

Leisure is for social development since it brings people together to have fun and to develop friendship. For example Jesus visited Martha and Mary and comforted them when they lost their brother Lazarus. (11:38)

According to the Gospel of Mark, resting after work is part and parcel of life in order to restore the lost energy for example Jesus rested by sleeping at the back of the boat to show that he was also a human and tired after the daily work of preaching.(Mark 4:38)

Leisure is time for enjoying the company of others in order to have fun just as Jesus welcomed and interacted with children and extended his love. He took them in His arms, placed His hands on each of them and blessed them. Luke 18:15-16, Mark 10:13

Leisure is time for worship and prayer in order to get closer to God so as to be stronger in faith. For example God commanded the Israelites in the Decalogue to observe the Sabbath as a day of worship and prayer. (Mark 14:32)

Leisure was also used to compose hymns which were used for worship, thanksgiving and asking God for intervention in challenging situations. For example David and Solomon composed Psalms and songs which were used by Israelites during worship.

According to the Old Testament leisure was used for moments of joy by singing playing musical instruments and dancing. For example psalm 122 calls upon people to go to the house of the Lord singing joyfully, worshiping, and praising.

Leisure is used for pilgrimages for people to strengthen their relationship with God and one another just as the Israelites used to move long distances to visit Jerusalem Synagogue for worship and celebration of the Passover. (Luke 2:41-43)

According to John, leisure is for attending social functions and other festivals for the sake of strengthening relationships and bringing happiness to the people. For example in John 2:1 ff Jesus attended a wedding at Cana where he performed the first miracle of changing water into wine which brought happiness to the people.

Old Testament teaches that the Sabbath day is a day of resting because it is sacred, no one should do work on that day. (Exod. 35:1-3)

PROBLEMS ENCOUNTERED BY JESUS DURING HIS LEISURE

Jesus used to have conflicts with the Pharisees especially when he performed certain miracles. For example he performed a miracle one Sabbath day when he healed the paralyzed man. Mark 3:1 which caused a conflict among the Jews because the Sabbath was a day for resting.

Jesus was accused by the Pharisees of plucking and lobbying corn for consumption on the Sabbath day which was against the Jewish law of the Sabbath when he told them that the Sabbath was made for man.

Jesus said that He is the Lord of the Sabbath which is intended for the good of man but not a burden to God's people as the Pharisees were emphasizing hence it is a good leisure time.

During the Passover feast Jesus was disturbed by those who had turned the temple into a market place and so his intention of praying to God was distracted since he had to drive them out in the act of cleansing the temple. Mark 11:15-17

During his leisure time as he interacted with the mother of John and James, Jesus was disappointed when she asked him to make her 2 sons important people in his kingdom which showed her lack of faith in divine matters since that authority was meant for only God the father.

When Jesus went to visit Martha and Mary he was also disappointed by Martha's character of being jealous of Mary her sister since she was always near Jesus listening to the word of God yet Martha was accusing her of being lazy in house chores.

Jesus' leisure was also disrupted by Nicodemus who failed to understand the explanation on how to acquire eternal life which was a must for those who followed him until he was told to be born again.

Jesus was betrayed by one of his disciples (Judas Iscariot) during the last supper which was made for enjoyment and he was later arrested by the Jewish leaders who later killed him.

Jesus was accused of associating with outcasts during his leisure time for example sinners, like the prostitute who poured expensive oil on his feet and wiped it with her hair as she cried.

Jesus was disturbed by his disciples when he was taken to be a less caring master during the storm when he was resting at the back of the boat until he woke up and commanded the storm to cease.

Jesus was arrested by the furious and hostile group of people while he was using his leisure time for praying to God in the garden of thereby denying him chance to pray to his father in heaven.

Jesus experienced lack of faith and cooperation among the disciples he went with to pray in the garden of Gethsemane as he could find them sleeping instead of standing firm in prayers. Lk 22:39-46.

ALCOHOLISM AND DRUNKARDNESS AS A WAY OF MISUSING LEISURE

Alcoholism refers to the excessive drinking of alcohol which leads to mental disturbance and negatively affecting the body and mind of the people involved and the society at large.

REASONS FOR DRINKING ALCOHOL DURING LEISURE TIME

People drink alcohol to temporarily forget their problems and stress which they might have encountered during the hard day's work in order to feel refreshed in the mind and body.

People drink alcohol to gain confidence most especially when approaching challenging situations e.g. musicians take alcohol in order to gain courage on stage to perform to a big group of people without fear.

Some young people drink alcohol to prove to the society that they have grown up since alcohol is meant to be taken by only adults in their free time to celebrate events that is why in Uganda, alcohol is meant for people above 18years.

Some people drink because of social influence with the feeling that if they don't drink, they will be termed as antisocial, feel out of place hence drinking alcohol becomes a unifying factor for them, they easily join up in groups.

Taking alcohol helps people to forget their problems and frustrations like losing a job, a loved one etc so people drink to have relief and peace of mind.

******Some people drink alcohol because they are shy and tongue tied and so to be able to speak publically or express themselves, they take some alcohol to open up their tongues and eyes.

Some people are already addicted, they can't do without drinking, since it is part of their life style and they feel abnormal, can't reason or work normally without it hence take alcohol to gain energy.

Some people drink alcohol for cultural purposes so that after fulfilling these ceremonies and festivals, they are seen as people who are loyal to their tradition e.g. the Baganda during the introduction ceremony where the father of the girl and the son in law have to share a local brew as a sign of a new bond between the two families.

Some people drink because of the convincing and attractive advertisements which persuade them to take a particular brand of alcohol for example; Guinness, according to the advert that it is made for winners so one drinks to be a winner. Like Uganda waragi the spirit of Uganda.

Some people drink alcohol because of poor examples from parents, elders and celebrities especially the musicians who are ever in bars and so many other people drink to be like them.

Environmental influence can also lead to alcoholism in that one grows up in a place where drinking is a normal and social activity and so will do the same since none of the people is condemning it e.g. those who stay around the drinking places like Kabalagala, Kansanga etc.

Possession of a lot of money to spend can also make some people to drink since they have less responsibilities, so they end up splashing the money while buying alcohol for example Shanitah Namuyimbwa aka Bad Black who used to buy alcohol for people in bars because she had a lot of money.

Some people drink alcohol for health reasons especially those with a lot of fats, they take wine to aid digestion and to reduce on the fats they have. Even in the tensest time of Covid-19 pandemic some people developed a feeling that drinking alcohol would save them from the corona virus.

DANGERS OF ALCOHOLISM

It can lead to brain damage if taken in excess which in the end may result into madness since it changes one's mental ability and reasoning.

It is a source of unhappiness in the family because when one becomes a drunkard whether father, mother or elder child, it results into constant fights that keep everyone in panic and pain.

It leads to inefficiency at work since after taking alcohol; one may be late for work which may force the employer to chase him way leading to unemployment and all the related problems.

It leads to family neglect because most of the funds that would have sustained the family are spent on alcohol which may lead to divorce and separation.

It leads to addiction since some people feel that they can't do or act sensibly without it. This results into psychological problems, loss of appetite, self neglect, and inefficiency at work.

It makes one aggressive and ready to fight since he feels that he is stronger than the rest of the people around and this may lead to other problems like one being isolated by the friends, body deformities, etc.

To expectant mothers, alcohol affects the foetus which can be damaged and later miscarriage which causes misery and unhappiness.

It is dangerous to the drinker's health as makes it vulnerable to diseases like TB, lung cancer and in the long run, one may lose his/her life.

It results into poor hygiene of the drunkards since most time is spent drinking alcohol which results into isolation of that person due to the odour that may come from him.

It causes body deformities as a result of the drunkards staggering on the way and end up falling in trenches, potholes and sharp objects which severely damages their bodies.

It leads to loss of respect as drunkards wet their clothes on the way; they urinate in open places before the crowds and it is commonly known that the first aid to save a dying drunkard is giving them fresh urine which makes them public nuisance.

Alcohol is a source of death to many drinkers in different ways like people who take more than the body can handle, some people die during drinking competitions and others in fighting due false confidence brought by alcohol. For example The Late Mozey Radio a musician who was beaten to death by fellow drinkers from the bar in Entebbe.

If taken by drivers, they can cause accidents just because of their inability to reason well. This may cause body deformities to the road users and sometimes death may occur.

BIBLICAL TEACHING ABOUT ALCOHOL AND WINE

From the biblical point of view, alcohol consumption may not be bad but those who misuse it by over drinking and becoming addicts are the ones to blame and so moderate drinking can be supported by some Christians.

According to the book of Genesis, wine was part of the Israelites' diet which portrayed friendship, love and one's status. Gen27:25-27.

In the book of Deuteronomy, wine was part of the gifts and blessings from God to his obedient people in Israel after following the covenant law. Deut. 28, Gen27;28

In the gospel according to John, the first sign was performed by turning water into wine at the wedding at Cana, this brought joy to the people who had given up which means that one can take wine responsibly to strengthen his relationship with others.

The Bible also teaches that Jesus and his disciples used wine during the last supper to symbolise Jesus' love and forgiveness of sins for mankind as they all drunk on one cup. Lk22;17, mth14;27

The Bible teaches that among the riches that God would give to the Israelites after suffering in exile to show their restoration was wine as mountains were to drip with sweet wine. Amos 9:13-14.

According to St. Paul's letter to Timothy, Paul advised his brother Timothy to take a little wine for the good of his health. 1Tim. 5:23.

Wine was used for first aid to heal the man who was attacked by robbers. The Good Samaritan used wine to treat the injured man who had been beaten up by the robbers. Luke10:34.

Jesus took wine during his last moments on the cross because he was thirsty and in fulfillment of scriptures since his mission had been completed. John19: 28.

CONDEMNATION OF ALCOHOLISM

Wine is a mocker because Proverbs20:1 says it makes one loud and foolish; it is stupid to get drunk.

Wine robs people of God their senses. Hosea4:11 states that, wine makes people to lose judgment so much that they were even asking for revelations from mere pieces of wood.

Religious leaders who drink wine are condemned because they stagger and stumble in confusion; Isaiah was more concerned about priests and prophets who were so drunk that they did not understand the visions from God. Isaiah28:7.

Taking wine from the places of worship by the israelites was condemned by God because it destroyed the holy name of God. Amos condemned the rich who took wine or any strong drink in the places of worship yet they had taken it from those who owed them money. Amos 2;8

Women who took too much wine were condemned. Prophet Amos condemned the rich women of Samaria who demanded that their husbands keep them supplied with liquor, Amos said that such women would be dragged out of the city like rubbish. Amos 4;1-3

Those who force others to drink are condemned. Amos condemns the people of Israel for making the Nazarites to drink wine yet they were not supposed to drink because of their religious commitment. Amos 2;12

Wine caused shame to Noah after taking a lot of it, he got drunk, took off his clothes and lay naked in the tent and even Ham one of his sons saw his nakedness which was shameful. Gen9;18

Wine caused sexual immorality because it was after taking it that Lot slept with his daughters and even made them pregnant without his knowledge. This was a sin of incest and disgraced God. Gen 19;30

Drunkards will not inherit the kingdom of God according to 1Corinthians 6:10. This is because drunkards are judged by God as sinners.

St. Paul condemned the Christians in the Corinthian church who misused the Lord's Supper when they over ate and over drunk wine hence Christians should not over drink wine to avoid coming under god's judgment. 1Corinthians11:17-33.

SOLUTIONS TO ADDICTION.

Addicts need to be counseled and guided by teaching them to realise that they are sick and in need of treatment. James in his letter calls upon the sick to call the church leaders for help. James4;14

Christians should pray to God for guidance for such people to change since they are hindrances for the growth of the Christian family and can lead others to stumble in their faith. Prayer made in faith will heal the sick. James 5;15.

The relatives and friends of the addict should be kind and caring since they are the only ones to give love to the one who has been rejected by the entire community.

Christians should also encourage the addicts to respect the image of God in which they were created by remaining holy since God does not associate with unholy people.

Addicts should use their bodies for God's glory instead of filling such bodies with alcohol. Paul says that our bodies were created for God's glory. 1Cor. 6:19-20.

Christians should accept the Holy Spirit to guide their freedom to glorify God instead of engaging in alcoholism. In his letter to the Galatians, St. Paul says that Christian freedom means being guided and controlled by the Holy Spirit.

Alcoholics should be encouraged to have alternative leisure activities which are more social and friendly. Jesus enjoyed leisure activities like playing with the children, praying, fellowshiping etc.

If possible, the addicts should be taken to rehabilitation centre to be treated, counseled, and cared for in order to renew their life styles.

Christians should be exemplary in their behaviour so that the addicts and those who would be addicts to learn from them and in the long run, they stop drinking alcohol.

Christian parents should be taught how to handle their children especially those who are addicts instead of rejecting them and banishing them from their families. In this, they would be exercising responsible parenthood.

People who drink excessively should be taught to develop self control over their drinking behavior so as to change and become good people who command respect in the society.

People who use alcohol should be encouraged to take a little just for their health in terms of digestion as St. Paul advised Timothy whose illness could be treated by drinking little wine. 1Tim. 5:23

GAMBLING AS A FORM OF LEISURE MISUSE

Gambling is a kind of game based on chance and luck whereby the participants put their money and other valuables at risk of either saving or losing them at the end of the game.

REASONS/CAUSES OF GAMBLING

Peer influence in which group members copy and want to be like their friends most especially when they are happy and talk about the benefits e.g. quick money that their friends get and they want to emulate them in order to fit in the groups.

The need to get quick money makes some people to gamble because they believe that after winning the game, they will raise their standards of living through acquiring basic needs and luxuries as well.

Some people gamble because they lack guidance and counseling from their parents and guardians who would have helped them to use their money well and guide them into getting healthy leisure activities like praying to God.

Others gamble out of a belief that practice makes perfect and in so doing they want to prove to others how lucky they are, how rich they are to stand out of the crowds as lucky ones.

Ignorance on how to use their money since they think that they have enough and they and it can be wasted in any way possible to gain fame and to acquire more money as well.

Weakness of the law that gives chance to some citizens to participate in any activity with minimal restriction, so such people gamble knowing that they may not be punished like gambling companies acquire licenses to operate anywhere anytime.

Mass media in form of radios, TVs that advertise and sometimes entertain the public by whatever is favourable to them with the intention of enlarging their businesses for example super three and super five on Bukedde TV almost every day.

Decline in religious conviction can also make some people to gamble since in gambling there is less love for each other, instead the arguments and conflicts after one's loss can lead to hatred which contradicts the religious life of the majority of the society.

Poverty makes people fail to earn a living, and therefore may not be in position to buy the basic needs of life. This may force them to engage in gambling in order to try their luck just because they want to survive.

Permissiveness makes people to gamble because there is no one condemning or even care about their activities. They participate in open theft of people's property, money in the name of gambling well knowing that everyone in the society is minding his/her business.

Lack of responsibilities among some people with a lot of money on them yet they have no burdens and dependants on whom to spend it like a family, this prompts them to use that excessive money in gambling.

Idleness makes some people involve themselves in gambling because those who lack what to do end up going for gambling in order to pass time as if it is their work.

IMPACT OF GAMBLING ON SOCIETY

POSITIVE IMPACT

Gambling helps one to improve on his or her standards of living since after winning, some individual can use that money to invest, buy basics needs of life, leading to personal and society development.

It is a source of employment opportunities to those operating machines, attendants, which enables them to attain the basic needs of life and improve on their welfare like in the so many betting companies around the country.

It is a source of government revenue through taxing of gambling centres, those who send and receive money on their phones through taxes imposed on their income, thus such revenue is used in vital sectors of the society.

The money got from gambling can be used to offer charity to the needy people of the society which can enable them to improve on their welfare and live a happy life.

Through gambling one becomes famous which enables him to be hosted on TVs, radios and can inspire others to use well the money attained from gambling.

Through gambling one can get friends, and this can make one fit in the society because of their gambling talent.

DANGERS OF GAMBLING

Gambling makes people to become lazy and only depend on chance rather than using their God given gifts and talents to survive yet laziness is condemned since it leads to poverty and covetousness.

Gambling is an unfair way of spending leisure time since only a few lucky ones will manage to win therefore it is seemingly a legal way of theft which is condemned in society and by Christianity.

Gambling expresses lack of love for one another and instead promotes hatred as well as lack of trust in God's providence where we think we have to gain out of luck and chance.

It makes some people to get addicted hence losing their identity respect/dignity in the society where they belong. With time one may become anti-social since few people can associate with a gambler.

With gambling, the economy is affected since the participants are rarely productive because they base their luck and their development on manipulating other people's property, and money instead of working.

It can lead to family breakdown and neglect whereby instead of catering for the needs of the family, the gambler risks all the money for serving family needs in betting where he loses it all.

Gambling can also lead to imprisonment in case it is officially illegal as participants will be regarded to be idle and disorderly hence against the development of the nation.

It leads to high levels of crime rate like theft and fighting since one has to recover the lost property hence ending up in prison.

It is a form of money misuse since money is used selfishly and can make the lucky ones benefit as the unlucky ones lose. This is wrong because money ought to be used for the benefit of others in the society.

It leads to unemployment when addicted gamblers are dismissed from their routine jobs for failing to give enough time to their work.

SOLUTIONS TO GAMBLING

Those who gamble should be counseled to realize usefulness of money and therefore should be taught the rightful way of spending money, by investing it, giving offertory. Etc.

Christians should pray to God to give guidance to the gamblers to have better knowledge about proper uses of money and change, begin to work hard in order to earn money in the rightful ways.

Gamblers should have love for others by respecting their property, in so doing they will refrain from cheating through gambling since God's commandments forbid stealing.

Christians should be holy and engage in only holy activities because God loves holiness instead of gambling which creates hatred and enmity. This is because God does not associate with unholy people.

Christians should work hard in order to earn wealth honestly using their hands and talents instead of cheating other through gambling.

Christians should be exemplary by doing right things in the society so that the gamblers can copy from their example and work hard to earn wealth in the righteous ways.

People should get better ways of spending leisure which can bring them closer to God and to one another. For example they should engage in fellowships and prayers to enable them enjoy leisure instead of gambling.

Christians should respect the image of God in which they were created by working for eternal life instead of over relying on wealth since it is temporary and eternal life is everlasting.

Laws should be put in place to guide people so that they can learn to work and avoid laziness since according to proverbs; laziness is a foolish way of living.

Rich Christians should share with the poor Christians so that they get means of survival instead of engaging in gambling in order to earn a living.

MASS MEDIA AS A SOURCE OF LEISURE

Mass media involves the flow of information from one person/destination to another and it involves forms like radios, newspapers, TVs etc.

NB; mass media is good.

It promotes resting and relaxation of the mind and body. This is because one can relax as he/she listens to a radio, reading newspapers etc. that motivates them to develop positive living.

It is a source of entertainment to the people who have fun as they are listening to music on radios, watch plays on TVs etc.

It keeps one in touch with the happenings around the world. When people watch TVs, they get to know what is happening in the world more especially if they watch news.

Through mass media evangelism can take place and people convert to Christianity. For example on radio stations like Top radio, salt radio and televisions like Top TV, channel 44 etc.

Mass media helps in passing on sex education which agrees with proper upbringing of children expected of parents.

Mass media is a source of income to the people who work on TVs, radios, newspapers which helps them to improve on their standards of living.

The public is sensitized through mass media about some problems that affect the country like AIDS, corruption in order to control immorality in the society.

Through it, advertisements are done and the public is made aware of the goods and services available for consumption, usage to improve their lives.

It is a source of revenue to the government, through taxes from the TV stations, newspapers, radios etc. and the taxes are used for the development of other sectors of the economy like construction of roads.

It a source of health awareness through communication and teaching for example President Y. K. Museveni has consistently used the TV, Radio stations and social media to alert and educate Ugandans on how to fight the Covid-19 pandemic like emphasizing the SOPs.

It is a source of formal education in the country and world at large because in the period of the lock down due to corona virus attack on the world, TVs, radios were used to promote teaching and learning i.e. learners continued to study from their homes.

It promotes talent development through the drama and sports programs which encourage people like footballers, musicians, and others to work so hard upon becoming very famous like the TV hosting upcoming musicians in order to promote them.

It is a source of employment opportunities for many classes of people like those who work directly in the media as journalists, Radio and TV presenters such as Samson Kasumba on NBS Television thus help to fight unemployment.

DISADVANTAGES

It encourages passive leisure instead of active leisure which kills creativity and talent development. This is because people just sit and listen to radios or watch TVs etc in their leisure without actually practicing.

It is sometimes expensive and it cannot be affordable by the poor hence it is discriminative as the poor cannot afford TV sets hence leaving them discontented and this can make them to hate the rich stay without enjoyment.

Some programs promote immorality and instead of enlightening people about the proper way of life, they encourage them to abuse sex, smoke, drink alcohol etc. for example Red Pepper News Paper with stories of Mr. hyena which narrate his sexual stories that can make young ones to learn about sex and abuse it as well like Kandahar, Late Date, Goroggo.

It can be addictive if not controlled, thereby causing time wastage and at the same time encouraging laziness. For example some youth sit watching TVs the whole day instead of working to earn a living, spend a lot of time on WhatsApp.

There is a lot of blackmailing in some forms of mass media, where sometimes Social Media, radios, Newspapers produce wrong information about someone which can tarnish his or her name for example on TV programs like live wire, uncut Karakata talking about people's private life etc....

Anti-social behaviours such as drinking and smoking are advertised on radios and televisions which can make young ones to copy and start engaging in such activities and become social misfit.

There is loss of cultural values as most youth are interested in western culture at the expense of their traditional norms and values like watching soaps on TV of open romance, dating different from the one of African tradition.

It is a source of family conflicts especially between parents and their children who tend to getting rebellious by spending all their time on music and TV movies without work thereby annoying their parents.

It causes health problems especially after too much use where the TV negatively affects people's eyes, cause headache and damage their ears due to very loud noise in the environment.

Mass media affects social development in the family where some members tend to be too committed, addicted to watching TV programs one after the other by isolating themselves from the rest and force everyone else to be quiet.

SAMPLE QUESTIONS

- *Examine the advantages and disadvantages of mass media.*
- *As a Christian discuss the role of mass media in the development of the society.*
- *Comment on the Biblical teaching about leisure.*

LEISURE

1. (a) *Assess the role played by the mass media in the leisure industry in Uganda today.* (12mks)

(b) *As a Christian, to what extent would you want the leisure industry to be controlled by the state?* (13mks)
2. (a) *Justify the view that leisure in traditional African Society was basically for community development.* (12mks)

(b) *Compare the traditional African understanding of leisure with the Biblical understanding.* (13mks)
3. (a) *Examine the causes of gambling in Uganda today.* (13mks)

(b) *Discuss the Christian attitude to this practice.* (12mks)
4. (a) *Account for the increasing drug abuse and addiction in Uganda today.* (12mks)

(b) *Explain the ways in which drug-addiction may be a social hazard in the country.* (13mks)
5. (a) *Discuss the factors that have contributed to a growing permissive society.* (12mks)

(b) *Explain the indicators or manifestations of a growing permissive society.* (13mks)
6. *Reverend Okello decided that the only way to avoid Sin was to avoid leisure activities. Consequently he chose to keep his people in Church for the whole Sunday. As a Christian comment on the Reverend's decision.* (25mks)
7. (a) *To what extent does the use of leisure in traditional African society agree with Christian understanding of leisure?* (13mks)

(b) *Giving examples, discuss the significance of leisure to a community.* (12mks)

8. (a) *Examine the social values of leisure.* (12mks)
 (b) *Examine the ways in which leisure has become harmful to society.* (13mks)
9. (a) *Many Christians condemn the drinking of alcohol. What reasons do they give to support this view?* (12mks)
 (b) *Examine the dangers of addiction to alcohol.* (13mks)
10. (a) *Leisure activities are no longer a source of recreation but of suffering and misery. Discuss* (15mks)
 (b) *Examine the problems which Jesus encountered during his leisure time.* (10mks)
11. *Discuss the advantages and disadvantages of sports as a way of using one's leisure time.* (25mks)
12. (a) *Analyse the reasons why some people smoke, drink alcohol or use drugs.* (13mks)
 (b) *examine the dangers of drug abuse.* (12mks)
13. (a) *Explain what is meant by "Leisure Industry"* (12mks)
 (b) *To what extent is leisure industry a danger to the Ugandan society?* (13mks)
14. (a) *Examine the factors that lead to the wrong use of leisure among the youth in Uganda.* (12mks)
 (b) *How can a Christian use his leisure for the glory of God?* (13mks)
15. *In traditional Africa leisure was more usefully spent than it is today.*
 (a) *Analyse the factors which made this possible* (12mks)
 (b) *Analyse the difficulties that young Ugandan Christians face today in spending their leisure time.* (13mks)