The importance of leisure participation for overall wellbeing has long been identified in both research and social discussion. Leisure activities can be defined as voluntary non-work activities that are engaged for enjoyment. People choose their leisure activities according to their particular needs. Also, it depends on their part of life cycle. For example? Teenagers want to have freedom to develop their own leisure activities.

Kim discovered in 2003 that leisure effects positively on physical and mental wellbeing. The concept of leisure may encompass many types of activities? With varying levels of effect on the participants. Leisure may contribute to psychological wellbeing by enhancing happiness and autonomy as well as by providing a means of relaxation.

Different researches let us know that different types of leisure include both the direct and indirect effects on wellbeing of people. There are three of them: active, social and time-out. Leisure of different types has different effect depending on the sex. Leisure is restorative and beneficial (благотворный), it helps people to cope with negative life events. Students in researches and in casual life often find that there is a chance to express oneself, engage in various activities, to find friends and to interact with them freely in scope of leisure.

Knowing the relevance of leisure participation on students’ wellbeing is beneficial. Understanding the conditions that affect adolescents’ happiness and stress-coping is a prerequisite for parents and educators, which will help improve their children’s wellbeing.