

## Discussion on Leisure Education of College Teachers

Wu Qin, Wu Dazhong, Wu Xinyun

( Nanjing University of Information Science & Technology, Nanjing , Jiangsu 210044,China )

**Abstract:** The increase of leisure time provides some conditions for the free development of college teachers' personality and if used reasonably, it will have important value for teachers' professional development. Based on the analysis of the present situation of college teachers' leisure education, the paper not only expounds the significance on carrying out leisure education in universities and colleges, but also proposes the strategies of carrying it out.

**Key words:** college, teacher, leisure education

College teachers have relatively more leisure time. During this time, teachers can arrange their life according to their own intend and choose the significant or interesting patterns of activity that is fit to their inner needs. And in this process, they present themselves totally different from how they perform in their college works.

Albert Einstein, a science master once said that man's difference depends on the spare time. Leisure education is an activity aiming at guiding people's leisure activities in their spare time with reasonable leisure values. Through leisure education, teachers can get skills that can benefit their whole life, improve the quality of life and achieve higher self-worth. Leisure education can not only promote teachers' physical and mental health better, but also realize their self-development and thereby improving their innovation ability.

### 1. Present situation of college teachers' leisure education

In China, Yu Guangyuan is the first scholar who proposed to study leisure time. In the paper *The socialist construction and the patterns of life, values and the growth of people*, He put forward the research about leisure time for the first time. *The sociology of leisure*, edited by Wang Yalin and Dong Hongyang, was the first systemic masterpiece in the sociology of leisure in China. Since then, the study about leisure time has begun gradually<sup>[1]</sup>. Some teachers who teaching and doing scientific research in the first line, began to talk about the use of leisure time with their own experience and released themselves by travel, sports, reading, etc, in order to inspire their interests and hobbies during the activities. They deeply realized that they can be more creative in the next teaching and scientific research work only after relaxing their bodies and mind fully. But previous research is more about the teachers' subjective feeling and experience. They just made a simple description about the significance of their professional growth and personal life, instead of doing further research and discussion about leisure education.

In the present study, leisure studies in western countries have been relatively mature. Many subjects such as economics, sociology, travel, culture, education, etc, have joined into the research. But the special research of leisure education for teachers is relatively less.

Leisure education has become a trend in foreign countries. In 60s and 70s of the 20th century, Leisure education had become a hot research in the United States. A large number of academic researches were published and many institutions studying leisure education were established. In Australia, the Ministry of Education required schools to use students' leisure time creatively. And Japan led the world in the construction of the system of leisure education and legislation. Japanese leisure education not only paid attention to the methods, but also emphasized on the cultivation of leisure consciousness and morality of social education objects. In 1996, the 21st century international education committee submitted a report to UNESCO in which stressing that a complete education system must includes leisure education, and leisure education should be treated as one of the essential ways to shape the character of people. From overseas educational programs, especially the developed countries such as European countries and the United States, leisure education has become an indispensable part of education for their citizens. Mostly, leisure education and conventional education were put on the equally important position, and leisure education was brought into the overall system of school education[2].

Although existing research about teachers' leisure time have pointed out that leisure time has very important significance to teachers' life value and development, the study of teachers' leisure time and life is not that enough—not only in the depth of theory, but also in the quantity of the results of practice. In general, the study about college teachers' leisure time and life is almost blank.

In the area of leisure education and professional development, the existing studies have pointed out that leisure is important for growth and professional development of teachers, but the research on the relationship between leisure life and teachers' professional development is rare. They just did some tentative presentation in theory. Some further researches about the relationship between leisure life and teachers' professional development are necessary.

In the feasibility of leisure education, all of the existing studies put forward the corresponding suggestions and countermeasures on the use of teachers' leisure time. But the feasibility of suggestions about how to use the teachers' spare time more meaningful and more beneficial for their professional growth and individual perfection are worth further scrutiny.

## **2. Significance of carrying out leisure education in colleges**

Leisure education plays an important role in promoting the harmonious development of the theory and practice for the teachers. It makes teachers not only quest for the perfect integration between theory, but also enrich and improve the process of self-development though obtaining new knowledge after the practical leisure activities.

Leisure values mainly includes the ways to make use of leisure time, to understand the relationship between leisure activity and the ability for peoples' knowledge development, personality perfection,

individual socialization, the quality of life, etc. The matter that teachers carry on leisure education positively is beneficial to the forming of reasonable leisure values and concept of life-long education, the self-construction of knowledge, the formation and development of various abilities and the perfection of their individual personality. Higher education in China is in the direction of scale development and education transformation. Teachers' personalities are displayed. The discretionary leisure time they have is increasing and their leisure activities are developing in various ways.

### **2.1 Promote the development of teachers' personalities**

Leisure education, which is about how college teachers arrange their spare time reasonably and improve the value of leisure life, arises at the historic moment and forms a new wave. Teachers must do their work according to the arrangement of the school at ordinary times and most of their time is formatting, regularizing and institutionalizing. Nevertheless, nowadays, the development of the society, not only requires the teachers to hold professional technical knowledge, but also have healthy physique and innovation ability so that they can adapt to the needs of teaching and scientific research work. However, in terms of the current actual situation, there exist some obvious personality problems on some teachers such as the anxiety caused by the situation that they don't acclimatize themselves to the increasingly advanced education and teaching reform, the autism and indifference caused by the pressure of scientific researches and poor interpersonal relationship, self-centered and increasingly utilitarian values, the disharmony behavior caused by personality structural imbalance, etc. All this personality problems, if not timely corrected, can not only interfere teachers' normal study and work, thus making teachers incompetent for the work of "educating people", but also make them not adapt to the society. In the new historical period, correcting teachers' personality, cultivating personality of teachers, has become the basic task of the teacher education. The value of leisure education for teachers' personality optimization is that it enables teachers to take a positive way to use the free time they gain. Besides the time of increasingly tense work and study, it makes teachers be able to arrange their own life by the psychological time more and choose a meaningful pattern of activity according to the feelings and needs at that time, thus displaying a real, true self freely, uniquely and perfectly. During this process, teachers' good character is formed and strengthened, while unhealthy personality is restrained and overcome step by step. With the development of teachers' leisure activity, the teacher's personality has been further sublimated. At the same time, teachers set up normal communication with others and form a healthy interpersonal relationship in leisure activities. This is not only an important content of teachers' personality, but also an important way for teachers to train and form healthy personality. Many of teachers' characters are the results of the normal communication and a healthy interpersonal relationship with each other. Teachers' personality characteristics, such as tolerance and love, sincerity and honesty, modesty and altruism, equality and respect, and the teachers' sense of self-respect, self-confidence and proper self-consciousness, etc, can get the training and development only in the normal communication and healthy relationships with others.

## **2.2 Improve the knowledge structure of teachers**

An important trend in the development of today's knowledge is the integration of knowledge, highly unified on the basis of natural science, social science and humanities in highly differentiated. With the advent of the era of knowledge economy, knowledge socialization and social better educated degree is increasing day by day and the trend will be more and more obvious<sup>[3]</sup>. For every teacher, science, technology, religion, art, philosophy, etc, should be in his sight. Of course, the composite and diversity of teachers' knowledge structure do not simply reject the unity and direction. Different teachers' knowledge structure still has their own focus. It embodies one containing derivatives and derivatives containing one, which is the unity of one and derivatives.

## **2.3 Enrich the culture life of teachers**

College teachers are not like the ones working in office all the day. In summer and winter vacations, they can arrange their own time relatively more. In addition to the necessary work, they need to find some suitable programs to spend this free time. With a rich, wonderful theme activities and spiritual culture to enrich their amateur life, leisure education is carried out. Teachers participate in leisure education activities independently, actively and selectively. In a moderate amount of leisure, they relax, know and change themselves. In a happy lifestyle, they educate, enrich and improve themselves. As a result, it can edify teachers' body and soul, so that they develop an independent, introspective, self-confident and self-control character gradually and thus, improving their quality of life.

## **2.4 Strengthen teachers' sense of belonging**

The so-called "belonging" is the concept belongs to cultural psychology. It refers to the identity of an individual or collective towards one thing or one phenomenon, and the degree of the association with this things or phenomena. Teachers' sense of belonging is teachers' approval of groups, associations and emotional attachment. At present, quite a number of teachers are not interested in group activities. Because they believe that they can solve all the "problems" alone without the dependence on the group. Psychology studies shows that teachers whose sense of belonging is not so strong tend to work with less passion and less sense of responsibility. Their social circle is narrow and they have few friends. Their amateur life is monotonous as they lack interests. They don't like reading books or newspapers and don't pay attention to absorb various nutritions of knowledge. Lacking necessary physical exercises is quite common among them. It is not only definitely not conducive to the physical or mental health of teachers so as to influence the quality and level of their education teaching and research activities, but also causes gap between teachers and other groups in society, as a result, other people can not make a comprehensive and objective evaluation about the teachers' work [4].

The significance of leisure education is obvious in college teachers. Therefore, colleges should develop various kinds of leisure education activities effectively based on the characteristics of teachers' physical and mental development. Colorful leisure education activities can give teachers spark innovation and thus, they can discover the view of creation, cultivate the spirit of innovation and tap their potential to the better.

### **3. Strategy of education for the teachers' leisure time**

Since the theory of teacher education entrenched, people always tried to understand its connotation from the angle such as vocational adjustment, survival and development. However, human's existence differs from animals, as teachers need leisure and enjoyment as well as work and survival. Teachers' education should not only try to promote the all-round development of students by vocational training which engage them in education activities effectively, but also help them exploit the unoccupied time healthily and live happily, thus the degree of social civilization and the quality of people's lives improved. In this sense, the ignorance of the education of teachers' amateur time gets teachers' education incomplete. Due to this, government should make the role of leisure time education in teachers' education clear and establish the status of leisure education in teachers' education, bringing leisure education into the teacher continuing education courses. It shall help teachers to update concepts by understanding the value of after-hours and gain more scientific arrangement to improve the quality of amateur activities.

#### **3.1 Establish the correct concept of leisure education for teachers**

Although teachers can arrange and govern their leisure time well, they don't attach enough importance to leisure education. They generally misread it as freedom, which means play with no purpose. As a result, although their free time is very abundant, they do not take full use of it and indulge effectiveness of the leisure time. It can be said that many problems in teachers' leisure life are due to the lack of correct consciousness and concept of leisure education. Therefore, colleges and universities should strengthen the propaganda and guidance towards the teachers' correct use of leisure time, making full use of inside or outside cultural activities as well as many other channels to cultivate a correct concept and consciousness of spare time. As a result, teachers can correctly understand the relationship among leisure, entertainment and work. Making it clear what leisure is and what is called meaningful leisure. Teachers will learn to select suitable hobbies, status of mood and the pattern of leisure activities. With scientifically established standards and goals, leisure activities play a role in personal growth and development.

#### **3.2 Entrench organizations of leisure education in colleges**

Recently, college labor unions are in charge of teachers' leisure education activities. However, leisure education is largely invisible as no one is really responsible for the coordination and management. Teachers' leisure education activities can not be organized effectively. For this kind of situation, universities and colleges should integrate leisure education resources, explicit the branch which is responsible for leisure education and establish special leisure education agencies which are engaged with the organization and management. Then Adding the leisure education into the daily education plan, putting the leisure education experts together, promoting native leisure education research and formulating leisure education activities plan, thus making leisure education practical and superior.

### **3.3 Appreciate the construction in the theory of leisure education**

As the teachers' leisure time grows, colleges and universities should not only help teachers to establish the correct leisure concept, but also build the leisure education content theory. In concern with the arrangement of leisure education curriculum, we need to highlight some basic knowledge of leisure life and courses about scientific leisure values. Then the development of some courses which are in accordance with the characteristics of teachers' physical and mental development should be accelerated, as it can reflect the requirements of new era to help teachers not only form healthy psychological quality and noble moral sentiment, but also improve teachers' ability of leisure activity and social intercourse, thus promoting the all-round development of teachers' [5]. In terms of the form, leisure education should be connected with work, personal quality and optimism of the structure of knowledge. It can be recreational activities or the ones that can bring fitness or even the social public welfare activities for service, as long as it can lead teachers to master leisure skills, form scientific view of leisure and promote the all-round coordinated development of the individuals.

### **3.4 Teachers' self education plays great role in leisure education**

The importance of leisure education determines that it features teachers. At present, most teachers fail to totally comprehend the importance of leisure education activities impact on people's growth. Concerning the arrangement, there also lacks self-consciousness. Therefore, teachers' leisure education should let people know its function in self-education as well as develop their own master role in leisure activity. During the concrete operation process, the internal cause and external cause should be combined organically and let the teachers choose and dominate the time, form and content of education on their own with the basis of teachers' freedom, autonomy and voluntary. As a result, leisure education becomes the platform to express teachers' personalized style, present diverse talents and improve noble personality. Then the goal of improving teachers' leisure life quality will be achieved.

### **3.5 Strengthen practical exercise upon leisure education**

Practice is not only an important part of higher education, but also the way to improve teachers' basic skills and innovative ability. As leisure education is an important part of education, colleges and universities must pay attention to teachers' leisure practice experience. In campus, the structure of teachers' leisure demand should be counted to determine the quantity, scale and layout of the leisure-used facilities or sites. The hardware foundation of leisure education should be improved and strong academic, artistic and elegant atmosphere for leisure education should be built. In the outside, teachers should get contact with the real society, the grass-roots level and scientific research units, engaging teachers with the big stage of the society. This is effective to help teachers to show their dreams, to release their own feelings in the social big stage. Through leisure activities, it can also improve teachers' learning ability of combining theory with practice effectively so that they can lay a solid foundation for lifelong development.

### **3.6 Optimize the environment of leisure education**

A favourable external environment is the fashion leader and the quality assurance of teachers' leisure education and life. But external environment full of selfishness, violence, pornography and hedonism, can lead teachers to vulgar and bring them to the abyss of corruption. From the point of view of systematic theory, leisure education can be effective only by coordinating the elements like universities, society and the individual teacher well and forming resultant force. Social media is an important power to affect teachers' daily life. Based on the premise of promoting health, benefit and civilization, the mass media should pay attention to social benefits and vigorously advocate the leisure lifestyle that is refined, elegant, optimistic and healthy, leading teachers to improve interest, to fulfill their potential and form their own personality, thus adapting to the society, benefiting society and enjoying leisure life. The environment of college life is fine. The school owns a library with rich collection and well-equipped facilities of sports sites. In the school, there are various social organizations, great lectures made by experts and profound academic scholars. These are very good environment for leisure education. Compared to internal environment, social environment is more complicated. Colleges can make full use of social resources and regard the outer environment as a base to implement leisure education. By raising funds and cooperating with the society, the environment will be improved. Atmosphere of leisure education activities will be clean and tidy , civilized , elegant and charming. To make teachers get self-improvement in leisure time indeed, we should provide teachers with healthy and helpful , elegant and popular activity forms as many as possible.

### **Conclusion**

College teachers are the key factors in the reform of college education in our country. In order to acquire higher quality of education, teachers' own qualities must be improved. Therefore, teachers' self-improvement and development, the use and status of their leisure time should be paid more attention to. To help teachers to establish the correct leisure cognition and attitude and cultivate the habit of using leisure time valuably , can give them skills and techniques of the patterns to enjoy leisure time that will benefit lifelong. Thus the quality of leisure life and mental state is improved, teachers' comprehensive quality is enhanced and teachers' professional status is better presented.



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**Author Introduction :** Wu Qin (1963 -) , a female assistant researcher with a master's degree from Nanjing, Jiangsu Province, is engaged in the research of education management.

**Author introduction :** Wu Dazhong (1958 -), a male associate professor from Nanjing, Jiangsu Province, is engaged in the research of education management.

**Author introduction :** Wu Xinyun (1987 -), a female student studying for a master's degree in Nanjing, Jiangsu Province, is doing research on the history of science and technology.

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**Address :** Room 303 , Building 3, HuaXiangJiYu Residential Area, Daijia Lane No.11, Gulou District, Nanjing, Jiangsu Province

Zip code : 210003

**The recipient's name :** Wu Qin

**E-mail :** wuqin@nuist.edu.cn