

Do young people
today make good use
of their leisure time?

People



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Leisure time can be well spent in many different ways. One popular option among the young is playing video games and watching television. While other activities like sports, social gathering and reading are available to them, many people feel that they spend too much time on these indoor games and screens and prefer them to be more active. In this essay, I will discuss my view on the issue to get positive results out of free time.

Nowadays, younger generation has greater choices of leisure facilities than previous one. Among such facilities are television and video games.

Some social experts and families are concerned about the health of teenage overindulge on these activities. This is supported by some reports that sitting too long in front of television could lead to problems of eyes and back. On the other hand, some medical experts believe that some video games can improve the dexterity of the player and this could help his or her future career like operating a doctor or pilot. In addition, watching television keeps young audience informed about what happens around locally as well as globally.

Related article: [How Teenagers Spend Their Time](#)

That would enhance teenagers' inquisitive mind and encourage them to keep eyes on challenging local and international issues. While such benefit is welcomed, there also are dangers of exposing them to violence, crimes and explicit scenes on some television series which can have negative impact on younger personalities. Alternatively, there are many activities which have positive results in terms of social, physical and educational values. For example, walking, jogging and trekking in a recreational park improve their

physical strength and give an opportunity to observe nature and environment.

Furthermore, spending time with family, relatives and friends outdoors enriches their social lives. As a result, they would be more interactive and responsible socially. Finally, one could simply be entertained by reading at home or playing some music. In conclusion, how much time should we spend on each activity during extra time is debatable. Each has its own merit so long as individual does not involve excessively. In my opinion, young and adult alike should choose sensibly on type of activity and time spent to get most benefits out of their free time.