

House Arrest, Adolescent Unrest: Leisure Activities During Pandemic, Scenario of South Asian Countries

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Abstract

The educational and social life of adolescents has been transformed in the last one and a half years, due to the global pandemic COVID-19. In order, to control, the expansion of this virus during the second wave (Feb.-August 2021), as it is a severe acute respiratory syndrome with modified features, all the educational institutions had been closed and even board examinations of central as well as state boards were cancelled. Students were forced to stay at home and classes were organised through online mode. Now adolescents, spend most of their time with their smartphones for attending their online classes as well as during their leisure time for socialising with their peers.

The specific objective of the study is to examine the leisure time activities of adolescents during the second wave. The study is a cross-cultural study of **460** adolescents in the age group of (16-18) years studying in senior secondary class (Grade XIIth) in South Asian countries; India, Maldives, and Bhutan. The study has used tools such as Leisure Interest Measure (LIM by Ragheb and Beard, 1992) and a structured key information schedule designed for studying smartphone usage patterns (SPUP) for collecting information. AMOS 23, NVivo 12 and other statistical packages have been used for analysing the data, to test the model designed for studying leisure time activities and their effects. The results of the study focus on digital leisure and the health problems associated with it. The findings of the study will be helpful in policy formulation related to adolescents' technology usage and the effective use of their leisure time. The study concluded that excess use of technology either for educational or any other purpose has a bad impact on the psycho-physiological health of adolescents and it requires serious attention.

Keywords: Pandemic, Digital Leisure, Adolescent, Socialisation, Health Issues

INTRODUCTION

The images of the train station in Wuhan, China being cordoned off with a metal fence and news of the Spring festival travel being suspended throughout the country (Linder, 2020). As the outbreak of COVID-19 that began at the end of 2019, hundreds of thousands of people have perished (Worldometer, 2020), the stock markets crashed sparking fears of global recession (Merrill and Day, 2020), millions have lost their jobs (Tappe, 2020), and the social life has undergone a profound transformation. The same condition was found during the second wave in amidst of 2021 or one can say that worst for South Asian countries.

South Asian region comprises 7 countries, Bhutan, Bangladesh, India, Maldives, Nepal, Pakistan and Sri Lanka. The region has diversified religion, ethnic and linguistic groups, India places a prominent position in this sub-continent and almost 20% of the world's population resides in this region. The study is a cross-cultural study of India, Bhutan and Maldives which has diversified culture, religion and geographical conditions. Due to the second swing of COVID-19 during April-August 2021, the lifestyle of adolescents had changed and they were forced to stay at home, classes were organising online. The proposed study highlighted the routine life of adolescents

and changes in leisure activities during the second wave, which was now administered by digital gadgets. The study explored the facts related to excessive use of digital technologies either for online studies and leisure activities and health threats associated with it.

LEISURE, DIGITAL TECHNOLOGY AND SOCIALISATION

The hallmark of leisure constraints imposed on the world's population has been dubbed "social distancing" (Menjivar et al., 2020). In order, to increase physical distance or to eliminate contact between people and thus prevent the spread of disease, different countries, states and municipalities have adopted a slew of measures to discourage the populace from vesting bars, restaurants, beaches, parks, playgrounds, trails, national parks, golf courses, malls and shopping centres (Stodolska, M., 2020). George Bernard Shaw said, "a perpetual holiday is a good working definition of hell" (Brightbill, 1960, p.5) and that the crisis evokes both the best and the worst in people.

Adolescent Leisure Activities During Pandemic:

The pandemic, however, has also brought the best in people and communities, and has revealed to the public the critical role leisure plays in human life and in helping us cope with traumatic events (Kleiber et al., 2002). During the pandemic, adolescents were finding new ways for spending their leisure time. Problem-focused, people forced to cancel their leisure travels turned to backyard staycations and invented new ways of playing sports and spending time together (Reuters, April 20, 2020).

The adolescent leisure world is different from others and of great interest to explore new facts related to it. Leisure pursuits play an important role in the development of an adolescent. Leisure activities may be important for healthy psychological development during adolescence (Hendry, 1983). Participation of adolescent in leisure activities enhance their knowledge, mental and physical health and promote social cohesion. It has also been shown that social linkage and leisure time variables have an important association with psychiatric illness (Fitzgerald and Jeffers).

Digital Technology and Socialisation:

Socialisation or Social participation can be defined as the engagement of an individual

in social activities that enable shared, the meaningful social connection among family, friends, or communities of people. During the first social wave of social media around the 2000s, it was found that most youths were engaged in casual social communication with peers they knew from school. The advent of digital technology has transformed the scenario of the entire world, as most of the children go online; it has changed the features of every stage from childhood to adulthood. Tapscott (2008) believes that human beings are living in a digital age marked by a revolution of technology in daily life, which allows rapid global communications and networking that shape contemporary society. Engagement with these technologies "is ubiquitous and impacts upon nearly all aspects of life, including leisure," which has prompted recent, though limited, research on technologically mediated or digital leisure (Parry and Penny Light, 2014, and Spracklen, 2015). The concerned research suggests that cell phone use is related to the outcomes that certain leisure activities may produce such as physical fitness, boredom relief, and stress relief (Lepp et al., 2014; Leung, 2008).

Adolescents in this digital era are highly motivated to participate in online social occupations (Subrahmanyam and Greenfield, 2008); they are using different modes of communication for socialising with peers, making new friends, group activities, and expressing their views. According to Mc Kenna and Seidman (2006) and Keenan and Shiri (2009), who also explored sociability in social networking sites like Facebook, MySpace, LinkedIn, and Twitter; digital structures facilitate sociability because they enable users to share, express, explore and resolve social needs.

A recent study conducted by PFI found that nearly 46 percent of adolescents reported that they are spending more time online in social media activities during the lockdown. In a country like India, nearly 243 million, adolescents, lives are on the verge of great risk due to this pandemic (Gupta, P.,2020). A significant growth in video calls, exchange of text messages, chatting through several social platforms with their friends and relatives, download of movies and watching web series from various platforms

like Netflix and playing online games with their friends were quite popular leisure activities amongst adolescents apart of watching television, cooking, playing indoor games and attending online classes. The global pandemic has affected the leisure activities, choices, environment and companions; with whom they share their woes and joys, due to lockdown they were missing these things. The study outlines a rich, complex, and structured picture of adolescents studying in Grade XIIth and their leisure activities even in the time of the Coronavirus in South Asian countries

LITERATURE REVIEW

In Ireland, online social networking has become a dominant feature in adolescents' leisure time (Downey, Hayes, and O'Neill, 2006), with 9 out of every 10 teenagers aged 9-16 years old having a social networking profile and engaging in daily use (O'Neill and Dinh, 2011). The study by Jessica Kennedy and Helen Lynch (2016) discussed the issues related to cyber-culture; overall, there was a realisation of needing some protection in this social space along with parental guidance in negotiating the social norms and culture therein. A study by Chandrakanta J. and Akhand S. (2021), the study focussed on the leisure time activities of adolescents during pandemic COVID-19 and highlighted that adolescents spend most of their time on digital platforms. The study selected adolescents from India and Bhutan and studied the effects of leisure activities using digital technology and health problems faced by them. The result showed that initially when it studied the direct relation in absence of a mediator between independent (LIM) and dependent variable (Hlth_Pr) existed a non-significant effect. There was no mediation effect of digital leisure between leisure interest measures and health problems. The study claimed that Indian adolescents were at greater risk side than Bhutanese, either digitally or from a health point of view. Another study by Sharma and Jain (2021), Impact of COVID-19 on adolescent leisure activities of SAARC countries. The study highlighted the leisure activities of adolescents before and during lockdown and results showed that there was a statistically significant difference in leisure activities during unlocking and lockdown. Time SNS-LD (social networking sites during lockdown) explained uniquely a significant amount of variance in DV

whereas Sex and Leisure Interest-LD are not the significant predictor of DV; Health Problem-LD. It reflects that time spent on social networking sites during lockdown predicted the health problem during lockdown very efficiently.

Recent studies have consistently found that most adolescents in Western industrialized countries (over 90 percent of adolescents in the United States) use the internet, often spending many hours a day involved with various kinds of digital leisure (Caldwell and Witt, 2011). College students report using their phones in nearly every conceivable situation, including during class, while studying, during meals, while driving, at the movies, in the bathroom, and during sex (Harrison and Gilmore, 2012; Tindell and Bohlander, 2011). A study by Monika, S. (2020) examines constraints imposed by the global pandemic, how people responded and the lesson they learned and secondly explored the roles of leisure in coping with stress and isolation due to pandemic COVID-19. A survey of 685 K-12 teachers in the United States, was conducted for Common Sense Media by Knowledge Networks (now part of the GfK Group), from May 5-17, 2012, most of the teacher thinks that digital media affected the student's academic performance, face to face communication, homework habit, and critical thinking, on the other side it has helped the students in media use; website surfing, computer programming, computer games, online video surfing, mobile applications, texting, online social networking, video games, and many other online activities

Studies have found that regularly using television and computer screens increases sedentary behavior, decreases physical activity, and is associated with reduced fitness (Mansoubi et al., 2014). A study by Allaby and Shannon (2019) regarding experience related to smartphone usage of adolescents' (14-17 years) in Atlantic Canada, The study reported that all participants spend time between 2- 4 hours daily on their smartphones during school days. Participants used smartphones more on weekends. Adolescents used smart gadgets to communicate with others and facilitate leisure. Additional costs associated with high-frequency cell phone use have been identified by our group and include reduced academic performance, increased sleep

disturbance, reduced sleep quality, and increased anxiety (Lepp, Barkley, and Karpinski, 2014; Li, Lepp and Barkley, 2015). Additionally, a growing number of studies identify a positive relationship between cell phone use and anxiety, depression, and similar measures of distress (Beranuy, Oberst, Carbonell, and Chamorro, 2009; Harwood, Dooley, Scott and Joiner, 2014). It was found that high-frequency cell phone users tended to have higher anxiety and less happiness relative to peers who used the cell phone less often (Lepp, Barkley, and Karpinski, 2014).

The study conducted by Andrew Lepp et al. (2017), highlighted on leisure time cell phone use, low users reported more physical leisure activities; while high users reported more screen-based and social activities, as well as more time, spent being idle, it was found that students used their cell phone for leisure were categorized into seven self-explanatory themes: visiting online social networking sites (SNS), using other apps (non-SNS related), texting, surfing the internet, games, calling, and email. A study by Iryna S. and Monika S. (2015) focusing on family social leisure, examined that the participants reported the boundaries between parents and their children related to the use of SNS, even parents were friending their adolescent children who allowed them to access their account and checked them on regular basis, it was found that SNS can be used by families for joint, satisfying leisure pursuits that build connection and trust among family members. The study conducted by Laura Rojas de Francisco et al. (2016) found that informants told that social connectivity enables persons to share their experiences, for other informants, social media facilitate the creation of relationships that develop in the virtual environment and then progress to face-to-face interaction, informants discussed that people with whom we cannot meet up regularly, social connections and relationships can be maintained through the use of technology. Research by Hamill (2003) regarding the adoption of ICTs in the home suggests that people invest in technology more to make better use of their free time than to save time on household chores. Hatice, A.G. et al., (2017: 521.) on the use of social network sites among depressed adolescents finds that

half of the adolescents in both groups (depressed and non-depressed) shared depressive symptoms on online social media; this indicates how widespread depressive symptoms are in adolescents, depressed adolescents used SNSs longer than non-depressed adolescents and the results also showed that depressive adolescents were online more frequently and intensely than their non-depressed counterparts, which suggests that depressed adolescents may be heavy internet users.

In a study by Leeuwen et al. (2020), Leisure will not be locked down focussed on the impact of COVID-19 on society and people's leisure behaviour in the Netherlands. The study explained that activities were affected by the "intelligent lockdown" in the Netherlands. During the lockdown, people spent more leisure time at home and with their families. This caused a spike in the popularity of social-media-related leisure, gaming television and "traditional" forms of leisure like gardening, reading, house chores and playing board games. Self-organised outdoor leisure activities such as hiking, running and cycling were more popular. The psychological impact included high-level stress, anxiety and confusion. Normal leisure and recreation cannot function under social distancing rules, so by slight changes one can bring improvement in the tense environment. Leisure participation and satisfaction are important factors in improving quality of life (Ateca-Amestoy et al., 2008). The study suggested, designing leisure operations to create both safe and enjoyable guest experiences.

Ken Robert's study explained the lockdown leisure in Britain. There was a steep decline in travelling activities; it was due to instructions given by the government to stay at home. There were smaller declines in time spent studying and on personal care as people were not going outside for work or leisure. There was a sharp increase in time spent on gardening and DIY, average leisure time increased from 277 to 321 minutes per day. There were relatively small increases in time spent on unpaid child care, due to children being locked out of school and on sleep and rest. As with the sex, there were differences and similarities in the impact of lockdown on the use of time in different age groups. The decline in study time was entirely in the youngest age group. The

largest blocks of time before and during lockdown were spent sleeping and resting and on leisure. People had more leisure time or free time; there were fewer ways in which this time could be used. Maximum average minutes per day spent on watching TV, Blue-ray, or DVD followed by streaming TV or videos during the lockdown. Younger adults aged 18-24, spent an hour-long online per day throughout compared with older age groups. The study concluded that Britain had lost 20% of its economy and a larger proportion of jobs. There will be lessons for leisure scholars on the other side of the pandemic and why and which leisure matters.

METHODOLOGY

In order, to study the objectives and test the hypothesised model related to leisure activities of adolescents during the second wave of COVID-19, and health threats associated with the use of digital gadgets, the modus-operandi of the proposed work is discussed, to get an idea of how the research is conducted?

The study is a cross-cultural and qualitative mixed approach, selected 460 adolescents (16-18 years) studying in Grade XIIth from six schools. Two schools were selected respectively from each country India, Bhutan and Maldives and 52 teachers' views were collected regarding students' leisure activities during the second wave. The study collected data during the second wave March-August 2021 through online and offline mode. The

study explored the facts related to digital abuse and problems faced by adolescents. The study administered the questionnaire Leisure Interest Measure (LIM by Ragheb and Beard, 1992) short scale, standardised questionnaire for studying smartphone usage patterns (SPUP) by teens during lockdown and teacher's blog was used for collecting teacher's response, Kutumb app was used for contacting with teachers from India.

Dependent Variable- Leisure Activities, Physiological and Psychological Health Problem

Independent Variable- Sex, Time spend SNS, Environment

Mediating Variable- Lockdown due to COVID-19

AMOS 23 and other statistical packages used for diagrammatic representation and NVivo 12 are used for analysing teachers' views.

RESULTS

I. Model Fitting:

The model designed for understudy was tested by using AMOS 23. The model is recursive and the sample size is 460. The first step is Model Specification; to test whether the model is consistent with the theory. Digital leisure is the mediating variable in the model. The problem is to test whether the data fit a hypothesised model or not.

The hypothetical model is shown in **Fig. 1**

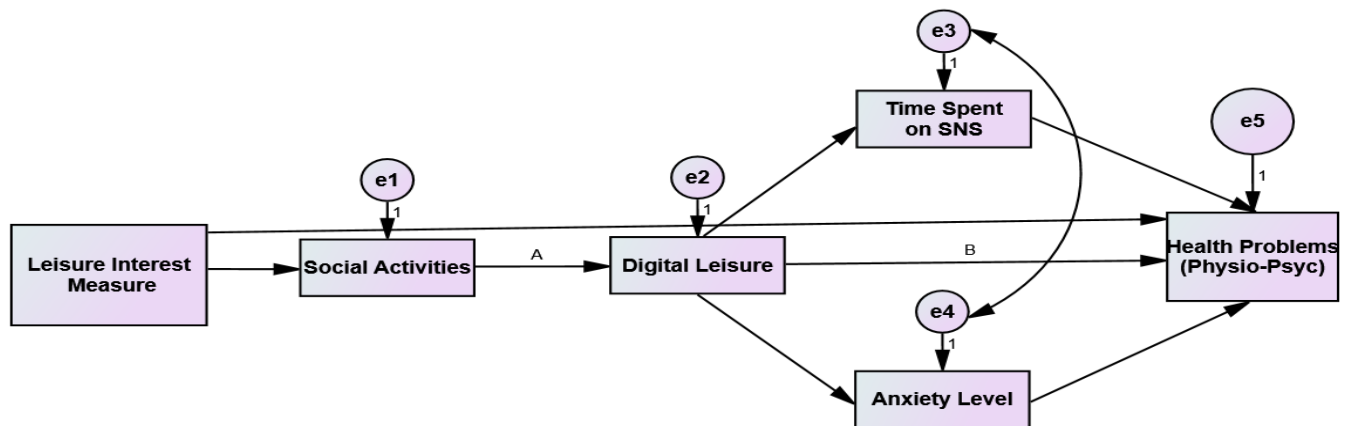


Fig.1 Hypothetical Model

Before estimating the parameters the study specified the model and tested that our model is identifiable, after that the study goes for estimating the model parameters. The report is given as:

Observed Endogenous Variable	Observed Exogenous Variable	Unobserved Exogenous Variable
Digt_Leis	LIM	e1
Soc_Act		e2
Anxt_Lvl		e3
T_SNS		e4
Hlth_Pr		e5

Variable counts (Group number 1)

- Number of variables in your model: 11
- Number of observed variables: 6
- Number of unobserved variables: 5
- Number of exogenous variables: 6
- Number of endogenous variables: 5

Notes for Model (Default model)

Computation of degrees of freedom (Default model)

Number of distinct sample moments:	21
Number of distinct parameters to be estimated:	15
Degrees of freedom (21 - 15):	6

Result (Default model)

Minimum was achieved

Chi-square = 7.763

Degrees of freedom = 6

Probability level = .256

Minimum was achieved it reflects solution conversed. The overall Chi-square value is 7.763 w Chi-square tests the null hypothesis that the over-identified (reduced) model fits the data as does a just-identified (full, saturated) model. The p-value, 0.256 which is greater than 0.05, i essentially the model is a good fit for the Chi-square value is not statistically significant. The n is the exploding model fit indices for hypothesised model.

MODEL FIT SUMMARY

CMIN

Model	NP AR	CMIN	DF	Default model			
				Independence model	CMIN/DF		
Default model	15	7.763	6	.256	1.294		
Saturated model	21	.000					
Independence model	6	3085.921					

This goodness of fit indices differentiates your model from the index (GFI) is simply the difference between the two models' chi independence model, it is 0.997 (greater than 0.9 reflects a good model). The p-value, 0.256 (greater than 0.05) is non-significant that model is a good fit. The p-value, 0.256 (greater than 0.05) is non-significant that model is a good fit. The p-value, 0.256 (greater than 0.05) is non-significant that model is a good fit.

RMR, GFI

Model	RMR	GFI	AGFI	Parsimony-Adjusted Measures		
				PGFI	PRATIO	PNFI
Default model	.105	.994	.980	.284	.400	.399
Saturated model	.000	1.000			.000	.000
Independence model	2.042	.379	.131	1.000	.000	.000

RMR, the root mean square residual, the index reflects the estimated variance and covariance differ from observed variance and covariance, it is .105 (greater than 0.05) non –significant. GFI, the goodness of fit, reflects the proportion of the variance in the sample variance-covariance matrix, GFI 0.994 (greater than 0.9 reflects a good model). The value of AGFI, adjusted goodness of fit index (AGFI) 0.980 (greater than 0.9 reflects a good model). The PGFI (P- Parsimony), index is adjusted to reward parsimonious (consisting of few paths). The PRATIO is the ratio of how much variance is explained to how much variance is required. The PNFI is the product of GFI and PCFI. Both PNFI and PCFI are parsimonious (consisting of few paths).

Baseline Comparisons

Model	NFI	RFI	IFI	RMSEA			
				RMSEA	LO 90	HI 90	PCFI
Default model	Delta1	rho1	Delta2	.025	.000	.069	
Independence model				.668	.648	.688	

The Root Mean Square Error of Approximation (RMSEA) estimates the lack of fit compared to the saturated model. RMSEA 0.025 (less than 0.05), indicates the model is well fitted LO 90 and HI 90 are the lower and upper ends of a 90% confidence interval on this estimate. PCLOSE is the p-value testing the null that RMSEA is not greater than 0.05, which is true in the above case.

HOELTER

Model	HOELTER .05	HOELTER .01
Default model	745	995
Independence model	4	5

If your sample size is larger than this then there will be the chances of rejecting the null hypothesis, it represents that the model is not fitted well, but in our case, the sample size is 460 and is accepted at a 5% level of significance

Thus based on the above results, the study concluded that the hypothesised model is well fitted, and thus the null hypothesis is **accepted**.

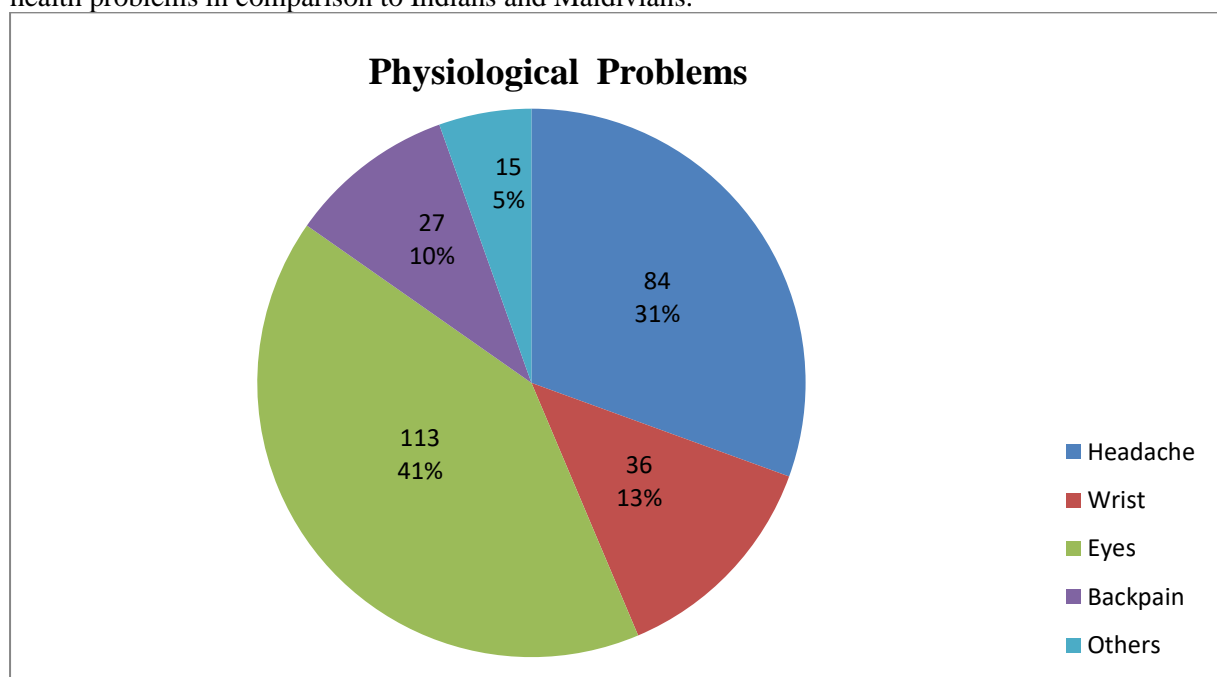
OTHER FACTS [HEALTH PROBLEMS]:

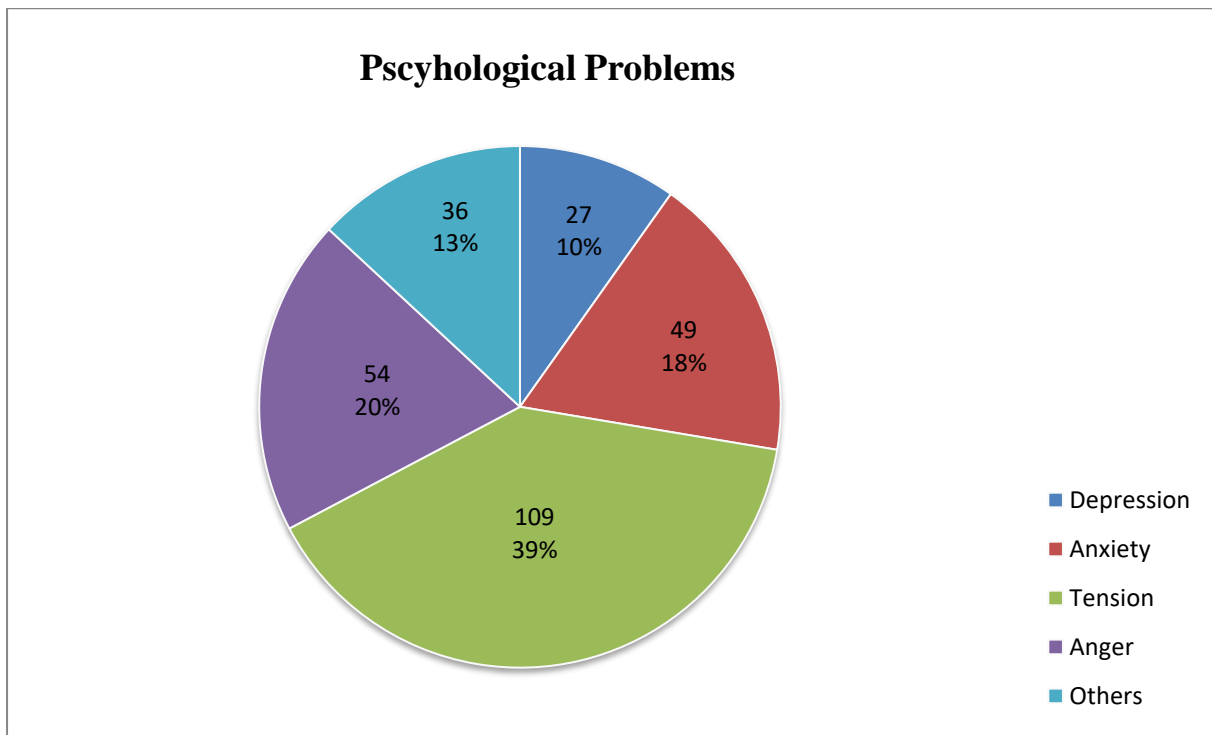
A. Physiological and Psychological Problems among Adolescents:

The given diagrammatic representation depicts the physiological and psychological problems faced by students from India, Bhutan, and the Maldives, who are involved in digital activities during their leisure time.

health problems in comparison to Indians and Maldivians.

Most adolescents are facing eye problems, suffered from long-sightedness whereas tension or stress is the major psychological problem faced by adolescents from the selected South Asian countries. It was found that adolescents from India and Maldives spend 3.2 hours more on social networking sites than Bhutanese, therefore they faced fewer





B. Boys and Girls (Health Problems)

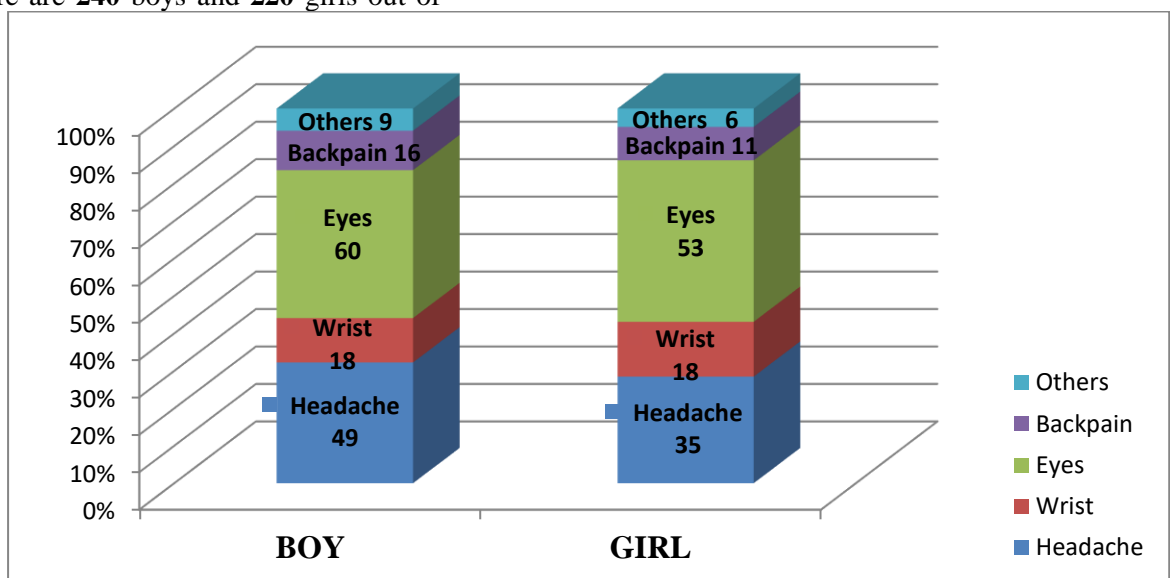
The given pictorial representation depicts the common health problems amongst adolescent boys and girls who are engaging in digital leisure activities during their leisure time. Headache and Eye problems are the major physiological problem faced by boys and girls, whereas tension or stress is the major problem faced by adolescents.

There are **240** boys and **220** girls out of

which 152 (63.33%) boys and 123 (55.90%) girls are suffering from physiological and psychological problems whereas 88 (36.67%) boys and 97 (44.10%) girls are not suffering from any health problems.

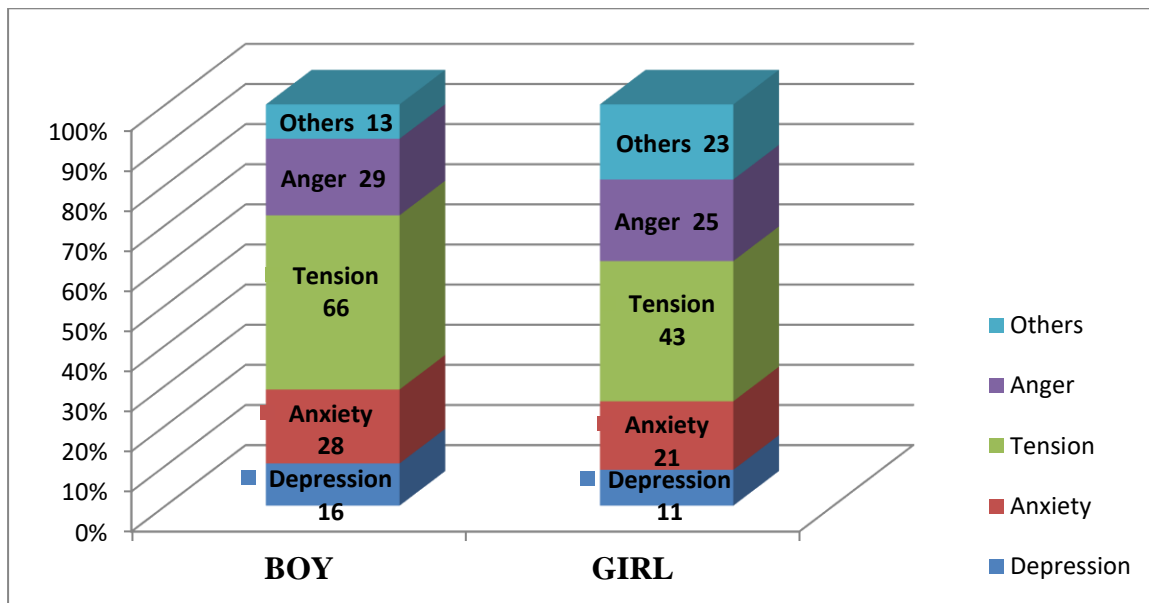
Physiological Problems:

The given diagram shows the boys and girls suffering from physiological problems.



Psychological Problems:

The given diagram shows the boys and girls suffering from psychological problems.



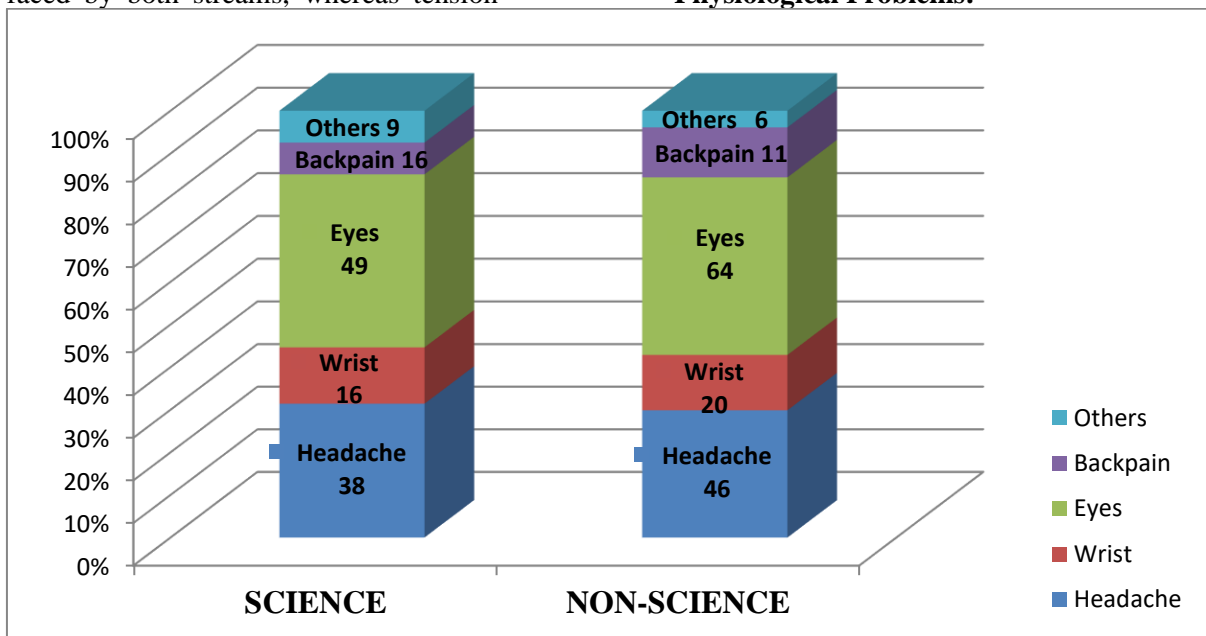
C. Science and Non-science (Health Problems)

The given pictorial representation highlighted the common health problems amongst adolescents who are studying in **Grade XII** and have opted for either science or non-science stream, engaging in digital leisure activities during their leisure time. Headache and Eye problems are the major physiological problem faced by both streams, whereas tension

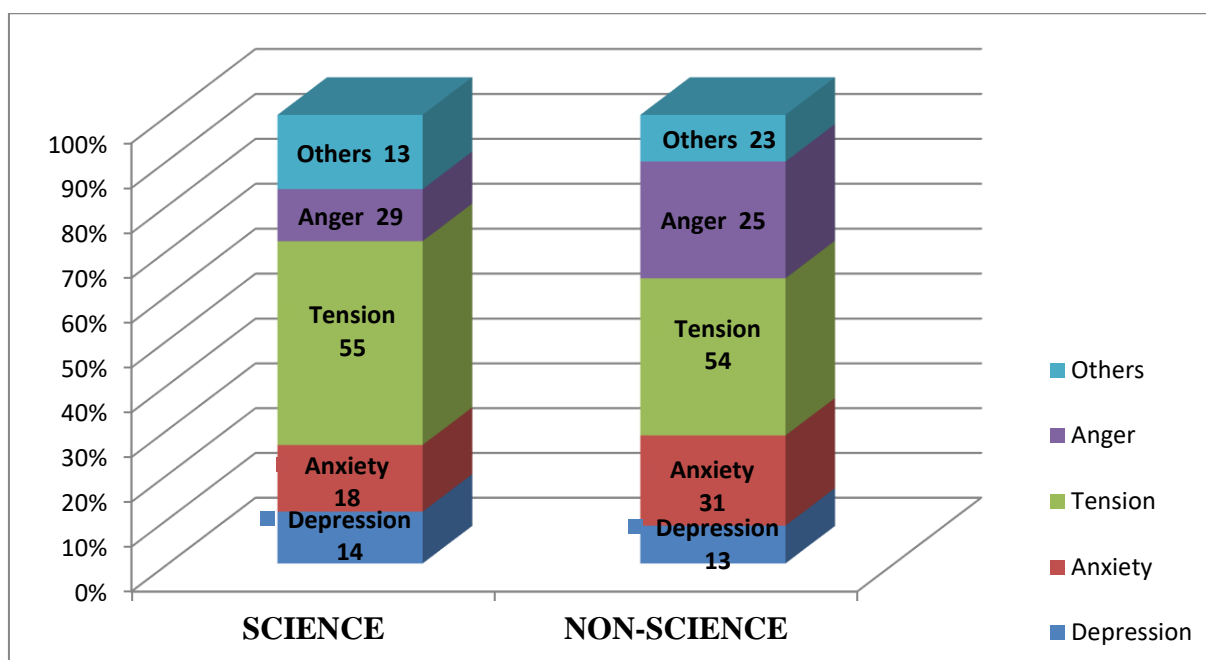
or stress is the major problem faced by adolescents.

There are **215** science and **245** non-science students, out of which 121 (56.28%) science and 154 (62.86%) non-science are suffering from physiological and psychological problems whereas 94 (43.72%) science and 91 (37.14%) non-science students are not suffering from any health problems.

Physiological Problems:



Psychological Problems:



Additional Facts

Some additional facts related to this study are based on the discussion with informants associated with this field, reports, and specific research papers findings that shed the light related to the negative and positive aspects of digital leisure with the help of digital technology on adolescents. Whether internet use is positive or negative, there is continuing debate about its impact on adolescents' emotional well-being, which is intrinsically linked to social relationships and identity (Spies Shapiro and Margolin, 2014). For adolescents today, online social platforms can also provide innovative, exciting opportunities for the development of occupational identities (Fok, Polgar, Shaw, Luke, and Mandich, 2009). Depressive disorders diagnosed in adolescence are associated with many physical and mental problems in adulthood and are common causes of morbidity (Mathers and Loncar 2006).

The study revealed the risks associated with SNS; exposure to cyberbullying and distribution of online hate material, exposure to sexual images online which promotes sexualised behaviours amongst online users, odd effects related to overuse of SNS highlighted some of the common problems faced by adolescents; depression, anxiety, sleeping disorder, decreased self-esteem and the suicidal tendency is quite common. Exposure to online content may encourage self-harm and suicide among adolescents (Dunlop et al., 2011).

Being a researcher what I have understood while discussing with adolescents and other key informants during field visits, that adolescents leisure-time pursuits are very much influenced by their peer group since they are the active member of any group in their school so they participate in the leisure activities according to their group interest. Since nowadays digital leisure is quite popular amongst adolescents so group members from school or other schools or close and old friends have created their specific group at What's App, Facebook, Twitter, Instagram, Snap chat and at many other sites where they share their images, videos, messages, sexting, spicy-gossips, notes, projects and even celebrating birthdays, examination-results, achievement parties and all future activities planned at such platforms, social networking sites are the medium through which, information dispersed among group members very easily. Adolescents must practice self-regulation either independently or under the guidance of their parents because there should be a balance in their daily life activities otherwise it will be destructive.

Teacher's View:

Teacher's view collected regarding adolescent's leisure activities during the second wave, analysed by NVivo 12. Teachers discussed that it was found that during lockdown most of the adolescents were online and spent most of their time either watching web series or movies or playing online games. Adolescents sleep

late in the night and get up very late, mostly at the time of their online classes. Small differences were found between boys' and girls' leisure activities during the lockdown in India but in Bhutan, it was quite different. Apart from it, adolescents showed some little interest in domestic activities like cooking, gardening, cleaning and other activities throughout lockdown. Analysis based on gender showed that there was a clear 'gender gap' in the context of engagement in online activities. Boys were predominantly engaged in online games, watching web series and surfing unauthorised material on the internet than girls (62.50% vs. 18.75). On the other hand, girls were more active in attending online classes, tutorials and webinars than boys (74.5% vs. 50.3%). In addition to it, adolescents shared that they use social networking sites for sharing their photographs, posts and videos. Some of the youths in India participate in several social cause campaigns to help poor ones, people who were migrating, and even animals who were facing food, clothes, and money-related problems.

Teacher's discussed that adolescents were claiming that they were suffering from physiological and psychological problems due to excessive use of technology; they were experiencing nervousness, anxiety, stress, boredom, loneliness, insomnia, anger, fear of isolation, insecurity, uncertainty about their future, actually they were missing their friends, with whom they share all their problems and get the solution of their problems. It was found that adolescent cohesion within the family had been increased and now they were showing interest in domestic activities, but it was found more commonly amongst Bhutanese. The concept of enforced leisure also gain popularity during lockdown because now adolescents were getting more time for leisure activities but within a selected boundary and under the surveillance of their parents, they claimed that they lost their freedom they don't need such leisure, because they can't plan their leisure activities without their friends.

DISCUSSIONS:

Radio was blamed for sleeplessness, comic books for making children 'criminal and promiscuous', television for social isolation, and now SNS for making

children depressed. Sociologists and psychologists say that children today interact more with their phones than with each other, and speculate that they might miss out on important social experiences (Turkle, 2011). Others have noted the concern that children's social skills will be negatively affected or otherwise altered because their friendships and communications with peers are digitally mediated (George, M.J. et al., 2015). It was found that children who are indulged in online activities pointed out as their adults either engaged in their official work or electronic devices, so they are missing them as they don't have time for them, so they concentrate their mind on such leisure activities because nobody has time to talk to them, they feel isolated. Children complained that because their parents spend so much time online, they must compete with digital devices for their parent's attention (Henn Steve, 2014). It's the effusion of the peer group that even tribal youths are also involved in malpractices (Singh and Sharma, 2019).

For most of the day adolescents engaged with their smartphones, their physical friendship transforming into technological ones, young ones were now more resilient and feeling comfortable with their gadgets, which created opportunities for contact with their friends and being engaged in entertainment activities throughout the day. Now it is quite obvious that the pandemic has drastically transformed the lifestyle and behaviour of adolescents which is now controlled by technology, supported by smartphones, it's quite a serious threat for everyone that this pandemic has created a new problem for everyone who is associated with the loving ones. The concept of *enforced leisure* forced the adolescents to spend their time at home because they have nothing to do throughout the day, for this they spend most of their time with their smartphones, but now they were feeling idleness from daily routine activities. Adolescents' descriptions of "wasting time" or "passing time" on their smartphones when bored could also be linked to a lack of meaningful involvement (Ragheb and Merydith, 2001). The most common distraction for the participants during unstructured leisure time was notifications (e.g., text messages, social media

notifications) and contributed to a multi-tasking effect in some cases (Lepp et al., 2017).

Thus the proposed study corroborates the previous studies' findings and presented some new issues which arise due to the present state of the situation. The study when confronted for the acceptance of research committee; personality traits and its effects on leisure activities and happiness, mediating role of leisure satisfaction but due to pandemic the condition collapsed. It reflected through analysis of the study, adolescent engagement in leisure activities changed due to the impact of the shutdown of educational institutions and social distancing on adolescents' well-being. These circumstances disturbed the balance between work/study and leisure, the combination of these couplets now affecting the exponential growth of the youth. The health emergencies are not yet over we have already faced two waves of COVID with a mutation in virus having different features every time and we are still finding out the ways for overcoming and recovering from it.

CONCLUSION

Due to the pandemic, there was a change in adolescents' leisure, the study revealed the facts related to change in leisure activities and its impact, greater articulation in enforced leisure, especially in unstructured leisure activities supported by digital technologies. Leisure activities experiencing; physiological, psychological, and social compensation during crises, plays an important role in personality development, adolescent's lifestyle, socialising with peers, and state of well-being. The leisure of youth during lockdown has substantially changed as they have free time but due to restrictions, they were not allowed to move freely anywhere, leisure under surveillance. This is **enforced leisure**, leisure in stressful situations, an individual not free to involved in activities of their own choice, supported by social deprivation.

The study concluded that, that digital leisure embedded by technologies are transforming entertainment activities into leisure activities with a healthy social interaction but it has some pitfalls in form of physical and psychological problems that have to be controlled within a given period, otherwise it will become a gigantic problem, so we must

find the solution for such problem, within a time, otherwise it will be a serious threat to the humanity, due to which world would face efficient manpower loss in the coming years.

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Contribution of the Co-author:

Mr. Udit Malaiya contributed in collecting data as well as in data entry so that results can be drawn through data analysis by running suitable software programs. Due to his valuable efforts, research work was completed within the desired time.

Conflict of Interests: Authors declare that the research work carried out by us is original and innovative. The study is not published earlier and we have not articulated the facts and misused the data and shreds of evidence.

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