Work Life And Leisure Chapter Notes | 4d84b345d1c9324df00353806e6de399

Quality of Life

The term ‘resilience’ refers to a person’s capacity to handle difficulties, demands and pressure without experiencing negative effects. Traditionally, social work has focused on the nature and impact of resilience in children and adults who have experienced traumatic events, but it is increasingly recognised that social workers need to develop personal resilience to manage the emotional demands and support effectively and sustainably. Developing Resilience for Social Work Practice provides social workers with a tool-box of strategies to help them enhance their resilience and protect their wellbeing. Written by experienced practitioners in the field, the book draws on key research to present a series of evidence-based interventions. These strategies are designed to help social work students and practitioners develop important qualities that underpin resilience, such as self-awareness, time management, relaxation skills and empathy as well as to enable them to gain support from their personal and professional networks. Grounded in both theory and practice, each chapter explores how the various resilience techniques can be applied to help social workers manage the complexities and challenges they face in everyday practice. The use of relevant and engaging case studies throughout is particularly useful in bringing the book to life for the reader.

Outcast London

Bachelor Thesis from the year 2011 in the subject Business economics - Personnel and Organisation, grade: 1,3, Ashcroft International Business School Cambridge (International Management), course: Undergraduate Major Project, language: English, abstract: Title of Contents Abstract III List of Tables IV List of Figures V 1. Introduction 1 2. Background to the study 1 3. Objectives of the study 4 1.3.1. Layout of the study 5 1.4. Usefulness of the study 5 2.2. History of the term Work-life balance 6 2.3. Definition of the term Work-life balance 7 2.4. The complexity of Work-life balance 10 2.5. Reasons for the increasing popularity of Work-life balance 11 2.6. Cultural Research on Work-life balance 13 3. Research Methodology 16 3.1. Introduction 16.2. Research Objectives 16.3. Research Design 17.3.5. Reliability and Validity 21.3.6. Data Analysis 22.4. Findings and Results 23.4.1. Introduction 23.4.2. The results of the U.S. questionnaire 23.4.3. German pilot study 25. Analysis 28.5.1. Introduction 28.5.2. Change of society 28.5.3. Demographic changes 31.5.4. Business pressures 33.5.5. Intercultural Work-life balance differences between Germany and the U.S. 33.6. Conclusions and Recommendations 37.6.1. Introduction 37.6.2. Reasons for the popularity 37.6.3. Cultural Differences 38.6.4. Limitations of the study 39.6.5. Future Research and Recommendations 39.7. References vi 8. Appendices ix The term ‘Work-life balance’ has become very popular over the past decades due to several reasons. For example, the demographic change and business pressure to be the “employer of choice” in order to attract and retain a high number of skilled workforce cause companies all around the world to offer Work-life balance policies that aim at supporting their employees in creating a healthy and productive balance between their working and private life. Moreover, certain differences between cultures in terms of the employees’ Work-life balances and the employers’ approaches to it can be noticed. As this dissertation concentrated on the differences between the U.S. and German culture, it compared a questionnaire filled out by an American employee working for an American company to a pilot study of German companies. Differences were discovered in the attitude towards the Work-life balance of the leadership within a company. Also, the offerings of sport- and leisure facilities differed as well as family-friendly policies. Finally, the dissertation came to the conclusion that Work-life balance policies have to be customised to the respective culture of the employees in order to be really effective.

Young Women, Work, and Family in England 1918-1950

This edited collection explores Positive Sociology of Leisure (PSL) as a subfield relating to leisure studies, sociology of leisure, and sociology of happiness. Defined as an area of research that examines social aspects of leisure life with a focus on the optimal functioning of relationship, group, community, organization, and other social units, PSL differs from more critical forms of sociology in that its starting point is social positives. The contributions draw on a range of diverse disciplinary backgrounds to consider various meanings of leisure across themes such as: ageing; sex, sexuality and family; community, youth, and education; and arts and creativity. Positive Sociology of Leisure will be a key reference within the field of sociology of leisure, as well as an important introductory book for those interested in leisure studies.

The Psychology of Quality of Life

This volume seeks to address the rising expectations of working parents in advanced Western welfare states for work-life balance and quality of life, and the tensions that ensue from these expectations within individual lives, households, work organizations, and policy frameworks.

Philosophy of Leisure

The tourism and hospitality industries are seeing continued success, which is why so many new businesses are trying to find a foothold in the field. However, the functions and responsibilities of management differ heavily between organizations within the tourism industry, such as the differences faced by big chain hotels, family owned hotels, and individually owned hotels. Understanding the methods of managing such companies is vital to ensuring their success. Industrial and Managerial Solutions for Tourism Enterprises is a pivotal reference source that focuses on the latest developments on management in the tourism and hospitality industries. Highlighting a range of topics including core competency, customer relationship management, and departmental relationships, this book is ideally designed for managers, restaurateurs, tour developers, destination management professionals, travel agencies, tourism media journalists, hotel managers, management consulting companies, human resources professionals, performance evaluators, researchers, academicians, and students.

Leisure Lifestyles

Blending social analysis and philosophy, Albert Borgmann maintains that technology creates a controlling pattern in our lives. This pattern, discernible even in such an inconspicuous action as switching on a stereo, has global effects: it sharply divides life labor and leisure, it sustains the industrial unthinking and, it fosters the view that the earth itself is a technological device. He argues that technology has served us as well in conquering hunger and disease, but that when we turn to it for richer experiences, it leads instead to a life dominated by efforts and thoughtless consumption. Borgmann does not reject technology but calls for public conversation about the nature of the good life. He counsels us to make room in a technological age for making all kinds of leisure and activities that engage us in their own right.

Torkildsen’s Sport and Leisure Management

In Twenty-First Century Workplace Challenges, Edna Rabenu examines shifting psychological relationships in the workplace. Rabenu debates a plethora of issues pertinent to employees, workers, managers, and organizations, offering timely recommendations on how organizations should respond to new developments.

Positive Sociology of Leisure

For this new edition the book has been completely revised, bringing the subject up to date in line with recent developments. Key changes address issues surrounding government policy and public sector leisure provision, the National Lottery, global conditions such as the world economic climate and the European Union, and communication and travel advances. New content also covers: play, recreation, leisure and the needs of people leisure trends, planning and government the legacy of CCT and the introduction of Best Value management, training and operational aspect of Leisure & Recreation Management Leisure and Recreation Management deals with the theory of leisure studies as well as the day-to-day pratices of managing sport, leisure and recreation facilities, ensuring this book’s continued success as a student text and a guide for the practitioner.
Urban Migrants in Rural Japan

Rural communities in Japan have suffered from significant depopulation and economic downturn in post-war years. Low birth rates, aging populations, agricultural decline and youth migration to large cities have been compounded by the triple disaster of 11 March 2011, which destroyed farming and fishing communities and left thousands of people homeless. This book identifies these challenges and acknowledges that an era of post-growth has arrived in Japan. Through exploring new forms of regional employment, community empowerment, and reverse migration, the book addresses potential opportunities and benefits that may help to create a new Japan and ensure the quality of life in depopulating areas and post-disaster scenarios. This book will be of interest not only to students of Japanese society, but also to those outside of Japan who are seeking new approaches for tackling depopulation challenges.

Changing Trends in Japan's Employment and Leisure Activities

Quality of Life: An Interdisciplinary Perspective presents the Quality of Life using a contemporary and interdisciplinary approach. Various socio-cultural, spiritual, technological, and human factors contribute to an immense bearing on our lives, and are an integral part of this book. This book highlights cultural differences in terms of Quality of Life. It recognizes the presence of cultural differences resulting from the social status attributed to an individual's age, gender, class, race, and ethnicity. It can be used as a guide in the field of global well-being and for future research. It presents clues to complex problems and empirical materials, and attempts to bring out a more comprehensive picture of global and contemporary Quality of Life and well-being. This book will be of interest to those researching, academics, practitioners, and students of management, behavioral science, human factors, psychology, health economics, sociology, public health, and politics.

The New Habit at Work

Short GIST of NCERT - Class 12 Social Science for UPSC & State PSCs (including History Economy Policy Geography) Table of Contents Class 10 Geography (Contemporary India) - Chapter 1 Resources and Development Chapter 2 Water Resources Chapter 3 Agriculture Chapter 4 Minerals And Energy Resources Chapter 5 Manufacturing Industries Chapter 6 Life of National Economy 10 History (India and the Contemporary World) Chapter 1 The Rise Of Nationalism In Europe Chapter 2 The Nationalist Movement - India-China Chapter 3 Nationalism In India Chapter 4 The Making Of A Global World Chapter 5 The Age Of Industrialization Chapter 6 Work, Life And Leisure Chapter 7 Print Culture And The Modern World Chapter 8 Novels, Society And Class Chapter 10 Understanding Economic Development Chapter 1 Developing Chapter 2 Services Sectors Of The Indian Economy Chapter 3 Money In The Modern World Chapter 4 Inflation, Deflation And Unemployment Chapter 10 Politics (Democratic Politics) Chapter 1 Power And Politics Chapter 2 Federalism Chapter 3 Democracy And Diversity Chapter 4 Gender, Religion And Caste Chapter 5 Political Parties Chapter 6 Outcomes Of Democracy Chapter 7 Challenges To Democracy

Communication in Family Contexts

Communication in Family Contexts provides a guide to the literature on ecological economics in an informative and easily accessible form. It is essential reading for students of political economy, political science, sociology, and related disciplines. The book's editors, combining insights from a range of disciplines including heterodox economics, political ecology, sociology, political science, social psychology, applied philosophy, environmental ethics and a range of natural sciences. This handbook, edited by a leading figure in the field, demonstrates the dynamism of ecological economics in a wide-ranging collection of state-of-the-art essays. Containing contributions from an array of international researchers who are pushing the boundaries of the field, the Routledge Handbook of Ecological Economics showcases the diversity of the field and the ways it is advancing. A critical analytical perspective is combined with realism about how economic systems operate and their essential connection to the natural world and society. This provides a rich understanding of how biophysical reality relates to and integrates with social reality. Chapters provide succinct overviews of the literature covering a range of subject areas including: heterodox thought on the environment; society, power and politics, markets and consumption; value and ethics; science and society; methods for evaluation and policy analysis; policy challenges; and the future post-growth society. The rich insights dispel the myth of there being no alternatives to current economic thought and the political economy it supports. The Routledge Handbook of Ecological Economics provides a guide to the literature on ecological economics in an informative and easily accessible form. It is essential reading for those interested in exploring and understanding the interactions between the social, ecological and economic and is an important resource for those interested in fields such as: human ecologies; political ecologies; environmental politics, human geography, environmental management, environmental evaluation, future and transition studies, environmental policy, development studies and heterodox economics.

Research Handbook on Work–Life Balance

From physical and mental to social and sexual, Hales' 'AN INVITATION TO HEALT helps readers achieve a healthier lifestyle now and in the future. In addition to integrated, up-to-date coverage of the Covid 19 pandemic, the 20th Edition covers new research on such topics as happiness and health, current statistics on life expectancy and death rates, mental health and anxiety, loneliness and online presence. Dietary Guidelines, immunization, sleep habits, stress levels, safe sex practices, substance abuse, dubious diets and trendy foods, fitness monitors, vaping and cannabinoids. It also addresses healthy living on a budget, preventive measures and practical strategies that turn small changes into big benefits. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Twenty-First Century Workplace Challenges

At the time the largest city in the world, Victorian London intrigued and appalled politicians, clergymen, novelists and social investigators. Dickens, Mayhew, Booth, Gissing and George Bernard Shaw, to name but a few, developed a morbid fascination with its squalid streets and the sensational gulf between London classes. Outcast London explores the London economy, in particular its vast numbers of casual and irregular day labourers and the artisans and seamstresses engaged in seasonal and workshop trades. This vast assemblage was volatile, subject to the ups and downs of the world economy, to the vagaries of the weather, and to the rise and fall of various trades. Its crises could cause panic in wealthy London. New forms of charity came into being as well, as an embryonic form of the twentieth century welfare state. At first sight, the London described in this book is wholly remote from the city encountered today. This book will be of interest to those researching, academics, practitioners, and students of management, behavioral science, human factors, psychology, health economics, sociology, public health, and politics.

Social Science Lab Manual

This innovative and thought-provoking Research Handbook explores the theoretical debate surrounding work–life balance, and provides a reflection on the opportunity to adopt multilevel...
work and leisure

Achille-Louis-Alphonse Duret's "The Theory of the Leisure Class" is a pioneering work that examines the concept of leisure in the context of social class and economic conditions. First published in 1897, this book traces the history of the relationship between work and leisure, from the "leisure preference" of male workers in the eighteenth century, through the increase in working hours in the nineteenth century, and the rise of leisure as a social and economic phenomenon.

The book provides a comprehensive analysis of the relationship between leisure and work, and how this relationship has evolved over time. It offers insights into the ways in which leisure has been shaped by historical and social factors, and how it continues to be a central aspect of modern life.

Duret's work remains a seminal text in the study of leisure, and continues to influence contemporary discussions on the subject. It is essential reading for anyone interested in the history, sociology, or economics of leisure.

How's Life? 2020 Measuring Well-being

This book is a comprehensive resource on the state of global well-being, providing a detailed analysis of the factors that contribute to well-being and the factors that detract from it. It covers a wide range of topics, from health and education to income and social support, and offers insights into how these factors interact to shape well-being across different countries.

One of the key takeaways from the book is that well-being is not just about income and wealth, but also about factors such as health, education, and social connections. The book also highlights the importance of measuring well-being in a holistic way, taking into account the diverse needs and priorities of different individuals and communities.

The book is a valuable resource for policymakers, researchers, and anyone interested in understanding the factors that contribute to well-being and how they can work together to create more equitable and prosperous societies.

Worklife Balance

The burgeoning social scientific study of worklife has emphasized the effects of the post-industrial economy on travel and place. However, this volume takes some of these issues out of a different area of leisure: the space-time carved out by people as part of their everyday lives – the time that is more or less the joint space of pressures and influences of work, and leisure. This book offers important new insights into the dynamics of the transformation of leisure in contemporary societies, tracing the emergent issues at stake in the discursive and examining Leisure Studies' fundamental connections with cognate disciplines such as Sociology, Cultural Studies, History, Sport Studies and Tourism. This book contains original work from key scholars across the globe, including those working outside the Leisure Studies mainstream. It showcases the state of the art of contemporary Leisure Studies, covering key topics and key thinkers who are advancing the field from psychology to business, and from everyday practice to leisure policy. The book suggests that leisure in the 21st century should be understood as a central part of worklife, rather than something separate or subordinate. It provides an invaluable resource for all who are interested in understanding the complex and dynamic interrelationships between work and leisure, and how they are changing over time. The book is essential reading for anyone interested in the field of Leisure Studies.
Imperial Capital Chapter 7 Weavers, Iron Smelters and Factory Owners Chapter 8 Civilising the ‘Native’, Educating the Nation Chapter 9 Women, Castle and Reform Chapter 10 The Chartered Indian Association Chapter 11 The Making of the National Movement: 1870–1947 Chapter 12 After Independence NCERT Class 8 Geography (Resource and Development) Chapter 1 Resources Chapter 2 Land, Soil, Water, Natural Vegetation and Wildlife Resources Chapter 3 Mineral and Power Resources Chapter 4 Agriculture Chapter 5 Industries Chapter 6 Human Resources NCERT Class 8 Polity (Social and Political Life 3) Chapter 1 The Indian Constitution Chapter 2 Understanding Secularism Chapter 3 Why Do We Need a Parliament? Chapter 4 Understanding Laws Chapter 5 Judiciary Chapter 6 Understanding Our Criminal Justice System Chapter 7 Understanding Marginalisation Chapter 8 Contrepointing Marginalisation Chapter 9 Public Facilities Chapter 10 Law and Social Justice NCERT Class 9 History (India and Contemporary World 1) Chapter 1 The French Revolution Chapter 2 Socialism in Europe and the Russian Revolution Chapter 3 Nazism and the Rise of Hitler Chapter 4 Forest Society and Colonialism Chapter 5 Pastoralists in the Modern World Chapter 6 Pastoralists and Farmers NCERT Class 9 Geography (Contemporary India 1) Chapter 1 India – Size and Location Chapter 2 Physical Features Of India Chapter 3 Drainage Chapter 4 Climate Chapter 5 Natural Vegetation And Wild life Chapter 6 Population NCERT Class 9 Political Science (Democratic Polities 1) Chapter 1 Democracy In The Contemporary World Chapter 2 What Is Democracy? Why Democracy? Chapter 3 Constitutional Design Chapter 4 Electoral Politics Chapter 5 Working Of Institutions Chapter 6 Democratic Rights NCERT Class 9 Economics Chapter 4 The Story Of Village Palampur Chapter 3 People As Resource Chapter 3 Poverty As A Challenge Chapter 4 Food Security In India NCERT Class 10 History (India and the contemporary world 2) Chapter 1 The Rise Of Nationalism In Europe Chapter 2 The Nationalist Movement In Indo-China Chapter 3 Nationalism In India Chapter 4 The Making Of A Global World Chapter 5 The Age Of Industrialisation Chapter 6 Work, Life And Leisure Cities In The Contemporary World Chapter 7 Print Culture And The Modern World NCERT Class 10 Geography Chapter 1 Resources Chapter 2 Human Resource Chapter 3 Water Resources Chapter 4 Agriculture Chapter 5 Minerals And Energy Resources Chapter 6 Manufacturing Industries Chapter 7 Lifelines Of National Economy NCERT Class 10 Political Science (Democratic Polities 2) Chapter 1 Power-Sharing Chapter 2 Federalism Chapter 3 Democracy And Boundary Disputes Chapter 4 Gender, Religion And Caste Chapter 5 Popular Struggles And Movements Chapter 6 Political Parties Chapter 7 Outcomes Of Democracy Chapter 8 Challenges To Democracy NCERT Class 10 Economics (Understanding Economic Development) Chapter 1 Development Chapter 2 Sector Of The Indian Economy Chapter 3 Money And Credit Chapter 4 Globalisation And The Indian Economy Chapter 5 Consumer Rights

The Discipline of Leisure

An innovative, student-friendly textbook covering the major elements of the field of Family Communication Family Communication, a rapidly growing sub-discipline within Communication Studies, explores the processes and factors involved in family interactions and relationships. Communication in Family Contexts is a clear and accessible survey of the essential principles, theories, and concepts of the field. Unlike textbooks that present a vast amount of material across only a few chapters—this innovative textbook features brief, easily understood chapters, ideally suited for undergraduate courses on the subject. The text provides concise yet comprehensive coverage of a diverse range of topics, from fundamental aspects of caretaking and sibling communication, to topics not covered in other textbooks such as estrangement and marginalization. 32 chapters cover theories of family communication, family communication processes, and communicating in family relationships. The authors, noted researchers and educators in the field, complement discussions of standard topics with those of growing contemporary interest, such as LGBTQ family communication, step-family and half-sibling relationships, and the influence of technology on family. This textbook: Provides a well-rounded examination of the major elements of Family Communication studies Explains the foundational theories of the field, including Family Communication Patterns Theory and Relational Dialectics Theory Features numerous practical application exercises to enable students apply theory to practice Includes a complete set pedagogical features, such as case studies, visualizations and models of theories, illustrations, and discussion questions Offers a flexible organizational structure that allows instructors to pick and choose chapters to meet the needs of their courses Combining clinical experience with patients' own stories, the authors cover the causes of and prognosis for SCI through case studies, review common courses of rehabilitation, and answer the "what now?" questions—from daily routines to larger issues concerning sex, education and employment, childbearing, and parenting with SCI.

Work-life balance

GIST of NCERT Classwise Class 6-10 (17 books in 1) for UPSC and State Civil Services Exams including History Geography Political Geography (General Studies Big Book)

What is leisure? How does leisure relate to leading a good life? This critical and intelligent study interrogates the basic premises of leisure and demonstrates the continuing relevance of these questions for our society today. It not only explores the traditional philosophical concepts at the heart of leisure studies, but also pursues new possibilities for reconceptualising leisure that have emerged from recent developments in society, technology and the broader discipline of philosophy itself. Approaching leisure from a philosophically inquisitive perspective, the book argues that leisure revolves around the pursuit of happiness, human flourishing and well-being, making it both a state of mind and a state of being. Its exploration of the meaning of leisure further extends to such topics as identity, ethics, spirituality, friendship, technology, embodiment, well-being, ethics, the fundamental properties of leisure and the challenge of offering a meaningful definition. Revitalising the subject of leisure studies with its originality, Philosophy of Leisure: Foundations of the Good Life is fascinating reading for all students and scholars of leisure studies, philosophy, sociology, psychology and ethics.

Developing Resilience for Social Work Practice

It is a platitude that most people, as they say, ‘work to live’ rather than ‘live to work.’ And in the late twentieth and early twenty-first centuries, work weeks have expanded and the divide between work time and personal time has significantly blurred due to innovations in such things as electronic communications. Concerns over the value of work in our lives, as well as with the balance or use of time between work and leisure, confront most people in contemporary society. Discussions over the values of time, leisure, and work are directly related to the time-honored questions of work and leisure. And this question has become even more pertinent in recent years with the increasing popular interest, especially with the growth of the new leisure industries. In this volume, leading scholars address a range of value considerations related to peoples’ thoughts and practices around time utilization, leisure, and work with masterful insight. In addressing various practical issues, these scholars demonstrate the timeless relevance and practical import of Philosophy to human lived experience.

NCERT Solutions for Class 10 Social Science Chapter 18 Work, Life and Leisure

This fascinating account of young women's lives challenges existing assumptions about working class life and womanhood in England between the end of the First World War and the beginning of the 1920s. Selina Todd uses extensive oral histories and autobiographical material.

Research Anthology on Changing Dynamics of Safety and Security in the Workforce

Increase productivity, efficiency, and full brain power when you apply Now Habit strategies to your business What if working harder, stressing more, and putting in more hours aren’t the secret to success? What if effective time managers, entrepreneurs, and businesspeople simply use more of their brain to make creative decisions, work in the zone, and live more fully in the process? The Now Habit at Work gives you a hands-on manual enabling the resilience and focus of champions—the ability to bounce back from set-backs, to believe in yourself, and focus on solving problems rather than seeing only obstacles. This one-of-a-kind program offers Tools to enable superior quality work that creates work-life balance Strategies to maintain focus and self-confidence through effective willpower and goal-setting techniques to ignite motivation in yourself and others How to tackle projects with creativity and ease. Filled with practical examples that are thoroughly tested and easy to implement, The Now Habit at Work will have you increasing your mindfulness while reforming old habits and reducing your stress. You’ll be amazed at how soon your new habits will be inspiring and motivating those around you to new levels of productivity.

Industrial and Managerial Solutions for Tourism Enterprises

How did Americans come to believe that working at home is feasible, productive, and desirable? Easy Living examines how the idea of working within the home was constructed and disseminated in popular culture and mass media during the twentieth century. Through the analysis of national magazines and newspapers, television and film, and marketing and advertising materials from the housing, telecommunications, and office technology industries, Easy Living traces changing concepts about what it meant to work in the home. These ideas reflected larger social, political-economic, and technological trends of the times. Elizabeth A. Patton reveals that the notion of the home as a space that exists solely in the private sphere is a myth, as the social meaning of the home and its market value in relation to the public sphere are intricately linked.

Page 4/5