

Ab166

Estimation of Leisure Benefit of Leisure Time Consumption as an Economic Product: A BAL analysis

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Leisure benefits are non-monitory gains that lead to the positive changes in the needs of individuals or substantial environments, including interpersonal relationships, physical fitness, alleviation of social problems, and stabilization of communities. The purpose of this study was to estimate the leisure benefits of leisure time consumption for the national production. There was one independent variable called *Leisure Time* (LT) and dependent variable was Benefits of Leisure (BOL), in this study. The secondary and primary data were collected in a survey of a sample comprising on 60 person. The Benefits Approach to Leisure (BAL) is used to measure leisure benefits considering leisure benefits areas as a production for leisure time. According to the findings there is opportunity cost which borne their time choice and leisure and Revenue undertakings. On the other hand amount and quality of leisure time is important for people's well-being due to the direct satisfaction it brings. Additionally, leisure, taken in certain ways, is important for physical and mental health of a person. Leisure also contributes to the well-being of people other than the person directly enjoying leisure. When a person engages in leisure, the benefits gained are shared with others in a multitude of ways, including improvements in personal relationships, family functioning, and in terms of creation of social capital networks (at least from some types of shared leisure).

Key words: *Leisure Benefits, Production, Benefits approach to leisure*

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