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## Synopsis

Leisure time and the activities play important roles in the lives of young people in many countries. In Malaysia, the government aspiration on youth development has been presented in Malaysian policies to guide the young generation. The Malaysian National Youth Policy was established to encourage youth involvement in a variety of physical, social, cultural, and community activities. In response to that, Young Partners (YP) Policy was born with the objective to cater for youth needs in leisure activities and to curb immoral social behaviors among them. It promotes the use of leisure time as a means to spiritual, social, and physical development and to foster integration and community involvement among them.

This study examines youth participation, attitudes and satisfaction in leisure activities under the Young Partners (Rakan Muda) policy. A multi-model design was used to collect both the quantitative and qualitative data. Using the cluster random sampling technique for quantitative data gathering, self-completed questionnaires were distributed among Young Partners participants. Descriptive and inferential statistical analyses were used to analyze the quantitative data. Qualitative data were gathered from interviews with YP officers regarding their views on the management and the mechanism used in implementing the YP policy in the state of Selangor.

Results of the study showed that youth mainly conceptualized leisure as having 'free time'. The involvement in leisure activities differed between male and female where males involved themselves in more active or sporting activities whereas female were more passive. Findings related to negative activities were relatively small for both sexes and youth seemed to have a positive attitude towards activities under YP policy. However, the upper SES youth have a better understanding of how they can fill their

spare time with diversely interesting activities. As far as leisure satisfaction is concerned, 'aesthetic' aspect stands out and they also agreed that 'relaxation' gave them the most satisfaction. Qualitative data showed that the government has been prescriptive in setting the structure in the management aspect. Moreover, the YP mechanism through organized leisure was seen as one way to achieve the government's goals and aspirations towards diverting youth from social ills.

This study suggests that leisure education should be introduced in schools' curriculum and the provision of quality government sponsored leisure activities should be available for youth positive social changes following the aspiration of the nation, together with more systemize leisure programs in accordance with youth leisure needs.

## Sinopsis

Aktiviti masa lapang memainkan peranan penting terhadap kehidupan golongan muda di kebanyakan negara. Di Malaysia, aspirasi Negara terhadap perkembangan belia telah dipersembahkan melalui dasar Negara untuk membantu generasi muda. Dasar Belia Nasional Malaysia diwujudkan bagi menggalakkan penyertaan golongan muda dalam pelbagai aktiviti fizikal, sosial, kebudayaan dan komuniti. Sehubungan dengan itu Polisi Rakan Muda dizahirkan dengan tujuan untuk menyediakan aktiviti 'leisure' dan untuk mengawal tingkah laku sosial yang tidak bermoral dikalangan mereka. Ini dijalankan melalui penggunaan masa lapang bertujuan bagi membangunkan aspek rohani, sosial dan fizikal ke arah pembinaan integrasi dan penyertaan komuniti dikalangan mereka.

Kajian ini merujuk kepada penyertaan, sikap dan kepuasan terhadap aktiviti masa lapang dikalangan golongan muda dibawah polisi Rakan Muda. Rekabentuk Multi-model telah digunakan untuk mengumpul data kuantitatif dan kualitatif. Dengan menggunakan teknik sampel kluster secara rawak, soal selidik untuk pengumpulan data kuantitatif telah diedarkan kepada peserta Rakan Muda. Analisa statistik secara deskriptif dan inferensi telah digunakan bagi menganalisis data kuantitatif. Selain daripada itu, pengumpulan data kualitatif dilakukan melalui temuduga dengan pegawai-pegawai Rakan Muda bagi mendapatkan maklumat tentang aspek pengurusan dan mekanisma pelaksanaan polisi Rakan Muda di negeri Selangor.

Keputusan kajian menunjukkan bahawa konsep 'leisure' bagi golongan muda adalah 'memiliki masa lapang'. Terdapat perbezaan dalam corak pembabitian aktiviti masa lapang antara jantina iaitu golongan muda lelaki didapati terlibat dalam aktiviti yang lebih aktif berbanding wanita yang bersifat lebih pasif. Penglibatan golongan ini dalam

aktiviti negatif adalah sangat kecil atau hampir tiada. Secara keseluruhannya, sikap positif ditunjukkan semasa penglibatan dalam program Rakan Muda. Bagaimanapun, mereka yang datang dari latarbelakang sosio-ekonomi tinggi mempunyai pemahaman yang lebih baik tentang pengisian masa lapang dengan pelbagai aktiviti yang lebih menarik. Dari segi kepuasan, aspek 'estetik' adalah paling menonjol dan golongan ini juga bersetuju bahawa 'kerehatan' memberi lebih kepuasan. Data kualitatif pula menunjukkan bahawa kerajaan terlibat secara langsung dalam merangka struktur pentadbiran polisi Rakan Muda. Tambahan pula mekanisma Rakan Muda melalui aktiviti terancang dilihat sebagai satu cara bagi pihak kerajaan untuk mencapai tujuan dan aspirasi negara dalam membendung pelbagai gejala sosial di kalangan belia.

Kajian ini mencadangkan supaya pendidikan 'leisure' diperkenalkan di dalam kurikulum dan penyediaan aktiviti-aktiviti 'leisure' yang berkualiti, yang ditaja kerajaan terus diperluaskan bagi golongan muda demi perubahan sosial yang positif mengikut keperluan aspirasi negara, seiring dengan program yang lebih sistematik berasaskan kehendak golongan muda.

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## **Abbreviation**

- YP                Young Partners
- SES              Socioeconomic status