Digital Leisure: Transformation of Leisure Activities

Ömer Faruk Tutar
Munzur University, Turkey
https://orcid.org/0000-0001-8084-6329

Fatih Harun Turhan
Karabük University, Turkey
https://orcid.org/0000-0001-5644-6157

Abstract
In this study, the aim is to elucidate the relationship between digital technologies and the concept of leisure time. Digital leisure time can be defined as the time spent by individuals using digital tools and platforms for entertainment, recreation, acquiring knowledge, communication, socialization, and escaping from a negative mood state during their free time. It is anticipated that this research will provide a foundation for researchers working on digital leisure time to engage in innovative studies that integrate different disciplines and theories. Furthermore, through the development of a measurement tool incorporating different information paradigms and diverse samples, the concept of digital leisure time will progress towards becoming a distinct field of study.
Keywords: Digital Leisure, Leisure Time, Digital Tools, Technology

Introduction

Leisure time, while being an important aspect of human life, provides individuals with opportunities to engage in activities that offer pleasure, relaxation, and satisfaction outside of work and other responsibilities. According to Hurd and Anderson (2011), leisure time is defined as time independent of obligations, work, and tasks necessary for existence, such as sleep and eating. While leisure time is now considered as discretionary time, some individuals argue that it is constructive leisure time when utilized effectively. However, only a small portion of the time spent away from work is actually independent of other necessary obligations for existence. Leisure time is also seen as encompassing activities in which individuals engage during their free time, excluding non-work-related life maintenance tasks such as housecleaning or sleep. Leisure activities encompass various activities that we engage in for reasons such as enjoyment, relaxation, and satisfaction.

Leisure time refers to discretionary time or free time during which an individual can act as they please. It is a period of time not bound by predetermined physiological or social needs. It provides individuals with the opportunity to engage in personally meaningful and enjoyable activities. Leisure time can be spent in various ways, such as participating in sports, reading books, watching movies, playing games, or spending time with friends and family. These activities are typically pursued for pleasure, relaxation, or other forms of satisfaction following the completion of work and other responsibilities (Clayton, 2022).

It is possible to argue that individuals' inclination to join a group in their leisure time has become faster and easier with the advent of digital tools. Studies supporting the theory of social capital, which assumes individuals'

focus on being part of a social group, establish a strong connection between this theory and digital leisure time (Bingöl & Eker, 2021; Biricik, 2022; Denktaş et al., 2023; Karaş, 2021). According to Veblen, any well-structured industrial society relies on material power and the means of expressing that power. Therefore, gaining and maintaining reputation is associated with conspicuous consumption and leisure (Güleç, 2015). Aligning with Veblen's perspective, we can observe that the consequences of using digital tools during leisure time (leisurely behavior, conspicuousness, social status) are consistent with his notion. This raises an intriguing question of whether individuals who turn to digital tools in their leisure time can be classified as the leisure class, warranting further discussion and research. Considering the allure of social media today, it can be argued that a significant portion of people are driven by the intention to validate themselves and establish a position within the social hierarchy in the virtual realm through social media and digital tools. Veblen suggested that every social class seeks a place in the class above, gradually ascending the social hierarchy to attain a comfortable and mentally satisfying life (Açıkalın & Erdoğan, 2004).

Research suggests that leisure activities can have a significant impact on subjective well-being and serve as a mediator for psychological mechanisms (Newmanc et al., 2014). Leisure time not only greatly influences quality of life but is also an integral part of one's lifestyle. Striking a balance between work and rest, and varying leisure activities, can help individuals maintain a healthy and fulfilling lifestyle (Junová, 2020). However, how individuals spend their leisure time affects positive emotional states and the experience of flow. It is suggested that leisure activities that allow individuals to experience flow can reduce negative emotional states and enhance positive emotional states. Flow is a mental state in which individuals are fully immersed in an activity, losing track of time and their surroundings. Therefore, engaging in leisure activities that enable individuals to experience flow can have a positive impact on their well-being (Hurd & Anderson, 2011).

In this regard, leisure time is an important aspect of human life, apart from work and other responsibilities. It can be said to provide individuals with opportunities for pleasure, relaxation, and satisfaction. Leisure activities can take various forms, including simple relaxation, activities for enjoyment, and creative pursuits (McManus et al., 2011).

This study aims to examine and contribute to the literature by exploring the concept of digital leisure time, which is perceived as modern leisure activities, based on existing research on digital leisure time in the literature.

Historical Development of the Concept of Leisure

Many researchers in the field of leisure studies have attempted to include a section on the history of leisure in textbooks. The concept of leisure can be traced back to primitive societies where it was not clearly delineated as a separate realm of life but rather integrated with other aspects of daily life such as work, family, and community. In fact, in those primitive societies, elements of play, ceremonial actions, and festivals were present (Huizinga, 1949).

During the ancient Greek period, leisure time was primarily associated with the aristocracy and was considered a privilege. Greek philosophers, who placed great importance on the development of the mind and body, devoted their leisure time to pursuits related to knowledge, art, beauty, as well as social and physical development. Activities such as ancient theaters, Olympic games, and sculptures were seen as leisure pursuits during this era (Bull et al., 2003). Notably, in the ancient period, the aristocratic class's attendance of gladiatorial fights served as a leisure activity. In the medieval period, spectating jousting tournaments stood out as one of the most captivating leisure activities. In modern times, examples of leisure activities include participating in tourism-related activities, shopping, and engaging in artistic or sporting events, which are considered ways of utilizing leisure time effectively (Toker, 2021).

The Greek civilization and the writings of Plato and Aristotle are believed to have had a significant influence on modern leisure. Aristotle can be considered the father of leisure (Goodale & Goodbey, 1988). According to the Greeks, status and a good life were achieved through the wise use of leisure. While ordinary manual laborers were seen as individuals

fulfilling the necessary tasks for survival in daily life, the more talented members of society (the elite) dedicated their time to political and philosophical debates, art, sports, and education. Therefore, leisure became associated with the pursuit of knowledge, virtue, and excellence. Huizinga (1949) argued that play could involve seriousness and included these valuable activities in the category of play. Greek competitions and sophistry were linked to primitive forms of play. The Greeks indeed had abundant leisure time. Torkildsen (1983) stated that leisure in modern industrialized societies is still characterized by two aspects of Greek civilization.

During the Renaissance period, there was an increased interest in humanity and the arts, providing the general public with more opportunities for leisure and education. In this era, work life was exalted, and leisure was considered undesirable (Shivers, 1981; Torkildsen, 1983). The Industrial Revolution further suppressed the development of leisure for the middle class, who lived a difficult life devoid of leisure time. On the other hand, the upper class utilized their wealth and leisure time to impress others, attain social status, and gain self-respect.

Veblen (1953) associated the leisure class with nobles and priests, arguing that the leisure class has existed since primitive times. However, its boundaries became more distinct with the emergence of higher societies and the division of labor. Therefore, while the leisure class may theoretically exist prior to the industrial era, the "pecuniary" standards of living during the industrial period solidified the existence of leisure in both theory and reality. For a gentleman with leisure time, respect, honor, and social status were attained through ownership and conspicuous consumption of valuable goods. Consequently, there was a struggle to accumulate wealth and engage in unproductive use of time.

In contemporary times, leisure has become a condition supported by individuals and all kinds of institutions and organizations where humans exist. Businesses have started to derive greater productivity and profitability from their employees through activities conducted under the name of "Corporate Wellness." For instance, the company Travellers Corporation found that for every $1 invested in their employees' healthy lifestyle programs, they generated a return of $3.40 and achieved a total reduction of $7.8 million in healthcare expenses. This demonstrates that providing leisure time for employees during working hours can actually be beneficial for the business. Furthermore, businesses have realized that sponsoring leisure activities such as sports events, films, and concerts can elevate their relationships with people to higher levels. In this context, the concept of leisure is now perceived as a right that individuals should possess, recognized by businesses, governments, and individuals themselves (Metin, 2013).

Leisure Definitions

Samdahl (1991) observed that the focus of leisure research has shifted and evolved in relation to the beliefs surrounding leisure. In the 1950s and 1960s, leisure was defined as time off from work, and researchers were interested in the nature of behavior during this non-work time period. In the 1970s, the focus shifted to the psychological characteristics of leisure, and research began to concentrate on the reasons and benefits of leisure behavior.

Parker (1983) distinguished between two groups of definitions of leisure. One group of definitions focuses on "subtracting from total time what needs to be subtracted in order to have leisure time left. Clearly, the minimum thing that can be subtracted from total time to have leisure time in a narrow sense is the time spent in gainful employment." In the literature, leisure has been defined as activities freely chosen and engaged in at one's own discretion (Dumazedier, 1960, 1967; Brightbill, 1963; Gist & Fava, 1964; Parker, 1976).

Dumazedier's (1967) definition is one among several other definitions that characterize leisure as freely chosen activities. Dumazedier regarded leisure as an activity that excludes work, family, and societal obligations, and instead focuses on relaxation, entertainment, or the development of knowledge and skills. However, Dumazedier acknowledged the practical impossibility of absolute freedom and thus introduced the concept of "semi-leisure." This concept encompasses activities that individuals engage in out of necessity but still derive pleasure and satisfaction from.

De Grazia (1962), with his significant work "Of Time, Work and Leisure," has emerged as one of the leading figures in leisure studies, influencing numerous researchers and scholars in the field. According to De Grazia, leisure encompasses activities that individuals engage in for their own well-being.

The concept of leisure time is inherently subjective and can be defined in various ways. According to Human Kinetics, leisure time is described as the time freed from obligations, work (both paid and unpaid), and essential tasks necessary for existence, such as sleep. Leisure time can also be perceived as the remaining time available, and some individuals argue for its constructive utilization. It can be viewed as activities that are not work-oriented and do not involve tasks related to maintaining life, such as household chores or sleep. Consequently, the line between work and leisure time is not always clear, and what may be considered leisure time for some individuals could be work for others, while the opposite could be true for some others (Hurd & Anderson, 2011).

Although the definition of leisure time is not definitive, the boundaries between work and leisure are not always clear. According to Hurd and Anderson (2011), leisure time can be defined as the time freed from obligations, work, and essential tasks for existence, such as sleep and eating. Leisure time is considered as the remaining time available, and some individuals argue that it should be utilized constructively.

As evident from the literature, the concept of leisure time is not new. Throughout history, examples can be found regarding the activities people engage in during their leisure time. In general, it can be stated that individuals, within their individual interpretations of leisure time, tend to seek their own intrinsic rewards (such as a sense of achievement and escape from boredom) and also evaluate external rewards, such as establishing social relationships and strengthening friendships (Gürbüz & Henderson, 2013; Henderson, 1996; Kleiber, 2001).

The political, demographic, economic, scientific, social, and technological advancements that occurred in the 20th century led to the emergence of a new concept called "modern leisure time." This concept facilitated the provision of time necessary for functions such as entertainment, liberation, and relaxation (Sağcan, 1986; Godbey et al., 2005). When reviewing the literature in the field, some studies highlight the significant influence of cultural factors in the differentiation observed in the definition of leisure time (Gürbüz & Henderson, 2013; Sivan, 2011). This indicates the need to examine leisure time activities from both traditional and modern perspectives in conjunction with the changing nature of culture and time.

Traditional and Modern Leisure Activities

Leisure activities have been an integral part of human life since ancient times. The concept of leisure time has evolved over time, and with the emergence of industrialization, the nature of leisure activities has also changed. In the late 19th and early 20th centuries, industrial employers began reducing working hours and implementing half-day Saturdays, providing workers with more leisure time. Nowadays, leisure activities can be pursued in various forms and can be engaged in individually or as a group (Auger, 2020).

Leisure time provides an opportunity to escape from the stresses of daily life and engage in activities that bring enjoyment. It can encompass a wide range of activities, from reading books to going for walks or playing games (Li & Cheng, 2022). Leisure activities have been an integral part of human life since ancient times. The concept of leisure time has evolved over time, and with the emergence of industrialization, the nature of leisure activities has also changed. Traditional leisure activities are significant components of a society's cultural heritage. They can also promote social cohesion and encourage physical activity. Modern leisure activities can have a significant impact on individuals' well-being and health. The impact of leisure activities on well-being and health may vary depending on the type of activity. Therefore, it is important to promote leisure activities that have a positive impact on individuals' well-being and health.

Traditional leisure activities refer to activities that have been passed down from generation to generation and are part of a society's cultural heritage. These activities often require minimal equipment and are

simple in nature. For example, Batu Seremban is a traditional game that is performed as a light physical activity during leisure time. Traditional games are significant components of a society's cultural heritage and can promote social cohesion and physical activity (Mohamed & Tajuddin, 2018).

It is possible to mention various activities within the scope of traditional leisure time. For instance, leisure activities can include reading, sports, climbing, social gatherings, conversations, or shopping (Li et al., 2021). Leisure activities that predominantly involve physical activities have also been associated with health outcomes such as reducing the risk of chronic diseases like obesity, diabetes, and cardiovascular diseases (Haller et al., 2013). Additionally, diverse leisure activities stemming from different cultures, street games developed within communities, and activities derived from factors such as the environment, level of development, and cultural heritage of a society can be observed.

Traditional street games, such as running, jumping, hopping, and climbing, strengthen the development of individuals' large and small muscles, thus making a significant contribution to their physical development. The emotions experienced by individuals during play, such as excitement, joy, anger, and sadness, contribute to their emotional development. The communication and harmony with playmates during the game contribute to their social development (Gezginci, 2020).

The process of socialization that begins within the family continues in school, work, and social circles, and various factors, including modern communication tools, have become influential determinants in leisure activities (Celik, 2018). Modern leisure activities refer to recently emerged activities that are often associated with technological advancements. These activities can be carried out indoors or outdoors and can be pursued individually or in groups.

Television stands as one of the most significant media technologies that encompass the leisure time of modern individuals (Boschele & Çizmeci, 2016). Additionally, people, especially young individuals, actively engage with computers and the internet, participating in activities such as online chatting, gaming, establishing virtual friendships, joining virtual communities, engaging in electronic communication, and socializing in virtual environments, indicating the mass adoption of information and communication-based activities (Karaca, 2007). These examples highlight the modern leisure activities people partake in.

Therefore, it is crucial to comprehend the benefits of leisure activities and encourage individuals to make the most of their leisure time in order to enhance their well-being and quality of life. Key factors influencing quality of life include physical, sensory, cognitive, and social aspects (Ceyhun & Turhan, 2017). It is not inaccurate to state that digitalization is one of the most influential factors affecting these aspects, given the significant integration of digital technologies into our lives today.

Relationship of Digitalization and Leisure

In today's society, the relationship between leisure time and technology has become increasingly intertwined. Technology has transformed traditional notions of leisure and provided individuals with opportunities to engage in new leisure activities. According to Encyclopedia (2023), other computer-based technologies such as personal computers, the internet, the World Wide Web, and video games have significantly influenced people's leisure lives in modern society. These technology-based leisure activities can provide relaxation, stimulation, and social interaction with others. However, research findings regarding the relationship between technology-based leisure activities and health are controversial and subject to debate. Generally, the predominant use of computers or technology as a focal point in leisure activities tends to reduce participation in active and health-enhancing leisure activities (Kerner et al., 2001).

The impact of technology on leisure activities has also been examined in the context of different generations (Eisenman, 2013). According to Eisenman, technological advancements that have altered people's mobility, such as trains, bicycles, cars, and airplanes, have influenced how individuals utilize their leisure time for travel and exploration of new places. Leisure trends and technology have also been studied within the X, Y, and Z generations. The study found that technology influences how

individuals engage in leisure activities and that each generation has unique preferences regarding leisure activities and technology usage.

Technology has changed how people spend their leisure time and has significant implications for the future. According to Hall (2022), technology has transformed how individuals engage in their hobbies and leisure activities. For example, people can now participate in virtual reality experiences that simulate real-life activities, including sports, travel, and social interactions. Technology has also facilitated access to information and resources for leisure activities, including online education programs, booking systems, and social media groups.

A study by Lampe et al. (2008) suggests that online social networks provide individuals with opportunities to enhance their leisure experiences by sharing leisure-related content, connecting with like-minded individuals, and participating in online communities centered around specific leisure interests. This social aspect of leisure in the digital age influences individuals' leisure preferences and behaviors by fostering a sense of belonging and providing social support. However, it is important to acknowledge the challenges posed by digital devices and technology's impact on leisure. Excessive use of digital devices is referred to as problematic or addictive behavior, which raises concerns among researchers. A study conducted by Montag et al. (2018) emphasizes the potential negative effects of excessive digital device use on individuals' mental health, sleep patterns, and overall well-being. Additionally, the constant connectivity facilitated by digital devices, the feeling of information overload, and the blurring of work-leisure boundaries are believed to contribute to stress and feelings of burnout.

Digitalization also influences how people engage in hobbies and leisure activities, and it is inevitable that it will have significant implications for the future. Therefore, understanding the relationship between leisure and digitalization and exploring ways to optimize the benefits of technology in leisure activities is important for maintaining a healthy and satisfying lifestyle.

Using Digital Tools in Leisure Management

Time, which serves as a unit for organizing all activities in daily life, is a powerful concept that influences human behavior and socialization. According to Marks, time is the domain of human development. Within this development, time is examined in two ways: the time allocated for obligatory activities and the time outside of those activities (Çelik, 2018). In fact, it aligns with Marks' approach that the terminology struggles to establish a common ground for the concepts of "free time" and "leisure time."

When it comes to time management in relation to leisure, it would not be incorrect to say that with modernization, many individuals lack the desire and inclination to manage their leftover time after work. This is because the new technologies of the modern world have become integrated into every moment, whether we are actively engaging with them or not.

Digital tools have become an essential element of modern life, transforming the way people manage their time, particularly their leisure time. According to Hamayun (2022), individuals using digital devices tend to have a tendency to switch between different digital media formats without emotionally investing in any particular activity. However, time management can be easily enhanced through online tools and technology. Online calendars, to-do lists, and time calculators are just a few examples of digital tools that can assist individuals in efficiently managing their time and making the most of their leisure time. Furthermore, with the expansion of digital tools and content, it is a fact that artificial intelligence algorithms have minimized the need for human labor and saved time in various fields.

The integration of digital technology into our lives has transformed the way people spend their leisure time. The internet, smartphones, and social media platforms have become an integral part of people's lives worldwide. The impact of mobile technology has been significant, with individuals devoting more time to their phones (Radu, 2021). Digital technology has both positive and negative effects on individuals' lives (Anderson & Rainie, 2018).

Digital tools refer to the use of digital technology to manage leisure time. Digital technology has

facilitated the management of leisure time by providing individuals with access to a wide range of leisure activities. For instance, people can use their smartphones to read books, listen to music, watch videos, play games, and much more. Digital technology has also made it easier for individuals to connect with others and participate in social activities. Social media platforms and messaging applications have facilitated the maintenance of friendships and interaction with broader communities (Anderson & Rainie, 2018; Radu, 2021).

Digital tools can help individuals manage their leisure time more efficiently and make the most of their leisure activities. For example, online calendars can assist individuals in planning their days, keeping track of appointments, and deadlines. To-do lists can help individuals prioritize tasks and ensure timely completion. Time calculators can assist individuals in estimating the time required to complete a task and allocate their time accordingly. Additionally, various applications such as Google Drive and other Google productivity tools are available for managing to-do lists and tasks (Hamayun, 2022).

Digital leisure encompasses a wide range of activities, including playing video games, watching movies, and browsing the internet. While digital leisure can be a great way to relax and unwind, it is important to use it in moderation and ensure that it does not negatively impact other aspects of life. Establishing boundaries on how much time to allocate to digital leisure activities is crucial (Przybylski et al., 2017).

In this context, digital tools have transformed the way people manage their time, including their leisure time. Online tools and technology can assist individuals in effectively managing their time and making the most of their leisure activities. However, the concept of leisure time carries a subjective quality. Therefore, it is important to understand the definition of leisure time and engage in activities that bring enjoyment, relaxation, and satisfaction. By utilizing digital tools and maximizing the value of leisure time, individuals can enhance their time management skills and maintain a healthy and fulfilling lifestyle.

The Role of Digitalization

Digital devices and technology have become an integral part of our daily lives, influencing our communication, work, and learning patterns. The use of digital devices has rapidly increased in recent years, highlighting the need to understand their effects on individuals and society. With the rapid advancement of technology, digital devices such as smartphones, tablets, and computers have become widespread, offering individuals a wide range of entertainment and leisure activities with instant access. This has led to significant changes in how people spend their leisure time and has played a crucial role in shaping their leisure behaviors.

Digital devices have fundamentally transformed the way people engage in leisure activities, providing unprecedented convenience and accessibility. Research has shown that individuals allocate significant amounts of leisure time to activities facilitated by digital devices, such as browsing social media, playing online games, and streaming multimedia content. These activities are highly appealing options for individuals seeking immediate gratification and entertainment (Bingöl & Eker, 2021; Biricik, 2022; Denktaş et al., 2023; Karaş, 2021). Shneiderman and Plaisant (2010) emphasized the concept of "ubiquitous leisure," made possible by digital devices, which allows individuals to engage in leisure activities anytime and anywhere. For instance, internet-connected mobile devices enable individuals to access leisure content while traveling or waiting in line, such as watching movies or playing games. This constant access to leisure options blurs the boundaries between work and leisure time, yielding both positive and negative consequences. Furthermore, the widespread use of digital devices can give rise to concerns regarding privacy, security, and addiction, both for individuals and society at large.

Leisure time has numerous benefits, including stress reduction, mood improvement, and enhanced creativity. It is believed that leisure time can contribute to improving physical health by increasing physical activity and reducing sedentary behavior. However, it is important to use leisure time in a healthy manner. If leisure time is used to escape problems or avoid social interactions, it may

be necessary to reassess its usage (Kahneman, 2012). On the other hand, awareness of the modernized life can transform an individual into a completely indulgent, consuming, and unconscious robot (Çelik, 2018).

Instead of engaging in activities as a family, leisure time is often dedicated to media technologies such as television, the internet, mobile phones, and tablets, turning homes into media centers. This situation leads to communication breakdowns among family members in an environment where individuals are constantly connected to the outside world. Nowadays, living rooms have become places where family members sit together but each engage in different pursuits. Some get lost in watching series, some connect with the outside world through their smartphones, and others handle their tasks on computers. While some thinkers argue that this environment drives family members apart, others claim that media technologies actually enhance communication by providing topics for conversation among family members (Boschele & Çizmeci, 2016).

The decreasing work hours & individuals' income increases, influenced by modern technologies, are among the reasons that are increasingly highlighting the importance of leisure time activities. Therefore, leisure time activities can be seen as ongoing activities that generate satisfaction in individuals. When leisure time is used in a positive manner, it contributes to individual and societal development, but when used in a negative manner, it can lead to problems such as boredom and aimlessness (Yayla & Çetiner, 2019; Karaküçük, 2014).

Discussion and Conclusion

With the advancement of technology, the internet has evolved from being a communication tool to a social space, commonly referred to as social media (Durmuş et al., 2010; Kaplan & Haenlein, 2009; Erkul, 2009). Social media is defined as a platform where users determine the content, engage in continuous sharing, interaction, and discussions with each other, and communicate interactively through various platforms (Koçer, 2012; Erkul, 2009).

Digital technology encompasses applications such as computers, the internet, mobile phones, cameras, video, and web technologies, which enable the electronic display, storage, and transmission of information (Cabi, 2016). In today's digitally driven society, digital devices and the internet have become an integral part of leisure time, and the number of individuals who spend a significant amount of time online engaging in various activities during their leisure time is increasing (Zach & Lissitsa, 2016: 483). To achieve self-fulfillment and experience freedom, individuals now fill their leisure time, which is independent of the necessities of daily life, with new media technologies.

There are numerous studies in the literature that examine the relationship between leisure time and digital technologies, which we have identified through a simple selection method (Mcdaniel et al., 2021; Schultz & Mckeown, 2018; Denktaş et al., 2023; Ho & Cho, 2021; Bingöl & Eker, 2022; Karaş, 2019; Martinez, 2021; Gezginci, 2020; Lepp et al., 2017; Sözbilir, 2019; Güncan, 2021; Yardigül & Zinderen, 2015; Kocaman-Karaoğlu & Atasoy, 2018; Choi & Dattilo, 2017; Yusufoğlu, 2017; Tel & Köksalan, 2009; Veal, 2016; Yalçın et al., 2017; Aydın & Birol, 2020; Karakaya, 2019; Çizmeci, 2015; Wood et al., 2019; Özkazanç, 2020; Himmetoğlu & Ayhan, 2021; Karakoç & Taydaş, 2013; Boshele & Çizmeci, 2016; Güleryüz et al., 2020; Akyürek et al., 2018; Bingöl, 2021; Güler & Özmaden, 2023; Lenneis et al., 2023; Erten, 2019). These studies provide insights into the relationship between leisure time and digital technologies, shedding light on various aspects and implications.

As it can be understood from the literature, social media platforms and digital tools have started to be used as a leisure activity and have become the realm of entertainment culture (Kırık & Altun, 2018). While people used to spend their leisure time watching television in the past, they still continue to watch television, but with the increasing options, the internet, smartphones, and social media platforms have become an integral part of life (Taşçı & Ekiz, 2018). When we consider the concept of leisure time in traditional and modern terms, we can say that modern leisure activities now predominantly take place through digital tools and social media platforms rather than physical activities.

These new technologies are utilized by users as a source of information and entertainment, offering games, online learning, online shopping, social gatherings, blog writing, and various enjoyable activities. The time period in which such activities take place is commonly referred to as "online leisure time," "cyber leisure time," "virtual leisure time," or simply "electronic leisure time" (Nimrod & Adoni, 2012). The increased use of new technologies in daily life has transformed them into both facilitating everyday tasks and becoming a leisure activity in free time. This shift gives rise to a new, convenient, and enjoyable time span that affects individuals from children to adults (Erten, 2019; Bingöl & Eker, 2022; Boshele & Çizmeci, 2016; Aydın & Birol, 2020). Research conducted in Europe has indicated that the more parents use the internet, the more inclined their children are to use it as well (Livingstone & Das, 2010 as cited in Boschele & Çizmeci, 2016), demonstrating the significant role technology plays in people's lives across all age groups.

It is possible to explain traditional and modern leisure activities through Hanifan's theory of social capital and Veblen's theory of the leisure class. Both theories suggest that the effects of socialization are directly influenced by the internet and internet-based social environments, and it would not be wrong to state that they are inevitable for a conspicuous consumption and environment. This situation also paves the way for an income-focused evaluation of the subject.

From an international perspective, it has been observed that there is a negative relationship between income inequality and participation in cultural and sports activities during leisure time. More developed countries have a greater level of participation in cultural and sports activities due to having more leisure time available (Veal, 2016). Therefore, it would not be wrong to say that income level is one of the most important factors for experiencing satisfaction during leisure time. However, this perspective can also be contradicted by Veblen's theory. The emerging world of new technology, in line with McLuhan's concept of the "global village," encourages people to instantly share their leisure time on social media platforms, driven by the instinct to be included in the social sphere, which is associated with conspicuous consumption. In this sense, it can be argued that it somewhat disregards the relationship with income level. As the leisure activities of a consumer society are presented on social media shelves and followers feel the pressure to keep up, regardless of their low income level, it becomes inevitable for them to compromise on the first two stages of Maslow's hierarchy of needs. This situation complicates the (digital) management of leisure time within the framework of Veblen's "Theory of the Leisure Class".

In this context, it has been observed that numerous studies have been conducted on digital leisure time. These studies generally focus on the relationship between leisure time and digitization, but it is also possible to come across definitions of "digital leisure time." In their study, Schultz and Mckeown (2018) argued that digital leisure time refers to the time spent in digital applications and environments within the state of leisure. As for the concept of leisure time, when considered as the time remaining for individuals after work, digital leisure time, in our view, can be defined as the time spent by individuals in digital tools and platforms used for entertainment, leisure activities, acquiring information, communication, socializing, and escaping from negative moods during their free time.

In conclusion, the role of digital devices and technology in leisure time has reshaped the ways individuals engage in leisure activities. The widespread adoption of digital devices has facilitated convenience, accessibility, and new forms of leisure participation. In this regard, the relationship between leisure time and technology is complex and multifaceted. The digitization introduced by technology has transformed traditional concepts of leisure time and provided people with new avenues for engaging in leisure activities. However, the impact of digitization on health and well-being is still subject to debate, and the definition of leisure time carries a subjective quality. On the other hand, digital devices and technology have fostered new forms of leisure participation and social interaction. Online social networks have become popular platforms for virtual socialization and community engagement. This study is believed to contribute to the literature on future research and suggests the need for further studies on the concept of digital leisure time, including development of a measurement tool.

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Author Details

Ömer Faruk Tutar, *Munzur University, Turkey,* **Email ID***: tutar10476549@hotmail.com*

Fatih Harun Turhan, *Karabük University, Turkey,* **Email ID***: fharunturhan@karabuk.edu.tr*