
A psychological approach to entertainment and leisure

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As the most important and long-standing needs of human beings, leisure and entertainment have always been satisfied in special ways and in accordance with the interests, tastes, facilities and environmental capacities. Different dimensions are conceivable for the need of entertainment and leisure. The passage of time and environmental changes have changed the way we meet and satisfy this need like other phenomena. Leisure time today has become one of the public opportunities that is relatively independent of work processes and formal activities and strongly demands policy-making, planning, preparation and allocation of facilities. Influenced by some profound changes, the modern industrial world has expanded the leisure time of the masses and a strong need to support it in any way possible. Most of the activities provided to actualize this capacity fall under the heading of “entertainment and recreation”. Due to their many dimensions, entertainment and recreation have attracted a range of interpretive and explanatory theories with a variety of approaches. Using the documentary method and reflecting on the theories presented theoretically, this article intends to analyze theoretically the psychological dimensions of this action.

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