



Youth Self-Management of Leisure: Perception of Rights and Well Being

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Abstract

The way young people access and develop their leisure experiences is a highly relevant issue in the current context. This project focuses on understanding the influence of self-managed leisure on the perception of the right to leisure and on the well-being of young people, both normalized and vulnerable, between 18 and 29 years old.

The novelty of this research lies in bringing into dialogue, with normalized and vulnerable young people, the self-management of leisure, the perception of the guarantee of rights, the discourses on subjective well-being (psychological and social), and satisfaction with leisure. This articulation will make it possible to reveal differences between normalized and vulnerable young people regarding gender, the perception of barriers and violations of the right to leisure, the leisure practices carried out and satisfaction with them, as well as the effects of exclusion on these dimensions.

To achieve this, a mixed methodological strategy is proposed. The quantitative perspective incorporates structural variables that will allow understanding the different factors that facilitate or hinder autonomy in leisure. The qualitative component includes the perspectives of young people on leisure self-management, aiming to understand the discourses they construct about their leisure, their rights, and their well-being.

Keywords: autonomy; leisure; self-management; vulnerability; youth