

The Sociological study on Urban Dual Careers' Work and Leisure

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Abstract

In recent decades, both of husband and wife's involvement in to paid work. There are some problems among their career and social life. Dual careers that live in urban areas, they face some of problems from urban background. They select some leisure activities to avoid their career and social problems.

This sociological study focuses on identifying their work and leisure. This is an explorative study which covers 75 questionnaires with dual career couples who live in the Colombo district to collect quantitative and qualitative information. The secondary information was mostly collected from the sociological literatures, books and internet.

Dual careers who engage with different occupations, they have different leisure. It influences their wage, working hours, some of career and social problems. There are two major leisure activities can be categorized as indoor and outdoor activities. Some of dual career face psychological and physical problems from less leisure time.

Key words: dual career, Leisure, Stress, Urban, Work

1. Background of the Study

The work is very important of today's world. Majority of people engage in jobs to fulfill their needs. Work has a good history and also today's work has a value. Today, People who engage in some work they charge for their work. But past societies, upper class people who had slaves, they got services from them without payments. The industrialization and globalization factors influenced work and it divided to major parts as unpaid and paid work. Today's world, can be clearly visible, there are so many people like to engage with paid work.

Today, most husbands and wives engage with paid works called as dual careers. Therefore, traditional roles have been changed in them. Dual careers select both rural and urban areas for living places. Dual careers that live in urban areas, they have to face so many difficulties from living places. As well as career life influence to their social and family life. Therefore, they try to withdraw their living places and try forgetting their heavy career role. Then they select "leisure" for reducing their psychological and physical difficulties.

1.1 Research Problem

Whether the urban dual career people get leisure time or not?

1.2 Main Objective and sub objectives

Identifying the types of dual career families' leisure time activities as the main objective of this study. And also sub objectives are the identifying the impact of leisure time to avoid career stress, the factors which impact to select leisure activities, and the dual careers which use methods for getting leisure.

1.3 Research Questions

Is there a clearly visible leisure time in dual career families? Are there problems between their job & leisure time? Is there an impact of their job to their leisure time? Which kind of activities do they select to spend their leisure time?

1.4 Significance of the Study

This study is very important to people who studying leisure activities. As well as, this is very important to policy makers. They can identify urban dual careers work and leisure activities. There are so many factors affect for leisure. According to this study, they can identify some weakness of dual career who less leisure.

1.5 Sampling Method and Data Collection

The method was adapted Simple Random Sampling Technique. The sampling method, which involves the study in considering data of relatively small numbers of information that represent a large group in order to have a clear understanding of their reliability, limitation the size of the sampling was limited. Primary data and Secondary data use for the data collection in this study.

1.5.1 Field Setting

The field of the study in Pamunuva Grama Niladhari division of Maharagama divisional secretariat in Colombo district in Sri Lanka. Under the Maharagama Divisional Secretariat in Pamunuwa Grama Niladhari Division only 75 dual career families mainly selected for this study.

1.6 Limitations of the Study

Take decision on the sample, so it isn't represent the whole country situation. The accuracy of findings, it depends on the covering sample by the study.

2. Literature Review

Before the industrial revolution people spent their lives with freely without any stress. They enjoyed their leisure time happily with doing a lot of activities and without having more needs and wants. In that period within family, father was the bread winner and mother played a separate role. Within that role she did domestic work such as farming gardening and so forth with freely, therefore they could be able to manage their time and ensured physical and psychological wellbeing of their lives. When coming from past to present there is a radical change happened in the society. Now the society is not like previous, most of the people are working. Today works are more complex rather than previous. Every one of the world have to play a lot of roles. Out of those roles, the working role of people is very important because of that complexity of their lives is increased rapidly.

2.1 Work and History

Dealing with a lot of role is caused to increase the stress level of people. Stress causes to reduce the living standard of the people. According to the expectation of career people, career stress can be raised within the working premises. Stress level can be reduced dealing with the leisure.

The main factor which is caused to physical and psychological wellbeing of people can be identified as leisure. According to present context it is questionable to identify whether people have enough time to enjoy with their leisure.

Based on above factors, this study makes effort to identify whether dual career people enjoy their leisure freely.

“The definition of work has been less problematical than that of leisure. Usually work is considered to be paid employment. But a significant change since the mid 1970 s has been to emphasize that “work” not only includes paid work. But also includes unpaid domestic & childcare work and some community voluntary activity. Work has often been equated with labor, in line with the Hebrew view that it was imposed on humankind to expiate the original sin committed by its fore fathers, or the protestant view that work was of service to god” (Haworth & Veal 2004:2).

“Work” can refer to any physical and mental activities which transform materials in to a more useful form, provide or distribute goods or services to others, and extend human knowledge and understanding” (Worsley 1987:254).

In pre-colonial Sri Lanka, there were occupations based on “land”. So, books and literary resources are proved that the ancient men and women both have worked in the same field.

In the ancient world, work based on family background or generation background. Specially, in the Asian countries, mainly consider about the caste system. Occupation or working system based on their caste.

“All the *jute* in a single *varna*¹ in a given region in ranked, just as the *varna* themselves are ranked. Occupational specialization often sets off one caste from another. A community may include castes of agricultural workers, merchants, artisans, priests, and sweepers. The untouchable *varna*, found throughout India, includes sub castes whose ancestry, ritual status, and occupations are consider even casual contact with untouchables to be defiling.”(Kottak 2004: 521).

“The great majority of men ,and amongst the village folk, of women also, were continually brought in to close touch with the soil and with each other by working together in the fields”(Coomaraswamy 1956:19).

Past Sri Lanka had faced a wide change in the colonial period. The traditional system was destroyed.

¹Varna is a *sanskrit* word which means type of order or class

2.2 Work in the Modern World

When coming from past to present there is a radical change happened in the society. Now the society is not like previous, most of the people are working. Today works are more complex rather than previous. Every one of the world have to play a lot of roles. Out of those roles, the working role of people is very important because of that complexity of their lives is increased rapidly.

“Occupational role, of course, is frequently associated with both social class and social status, but most commonly used measures of occupational ranking tap the prestige /esteem dimension rather than the economic one. Occupation is a basis for deference and honor not only because of its associated with particular roles, life styles that receive different degrees of honor. Plumbers and professors clearly are accorded different levels of honor because of what people associate with each of these occupations” (Hurst 2012: 44).

“So, in industrial society work activities are instrumental activities directed either towards meetings one’s own needs or those of one’s family, household, or community, and/or towards securing the means by which such needs can be met”(Worsley 1987:254).

Labor market and continue to work only as long as the benefits from income outweigh the benefits from leisure time”(Haworth & Veal 2004:86).

“Some people play games. For example, to earn an income for themselves and to provide entertainment for others. Others play the same games-football, cricket, tennis, darts, Snooker and so on simply for pleasure and recreation” (Worsley 1987:254).

With the technological advancement and the computer comes into the role, work can be seen in a new dimension.

“Peter Drucker(2002)has suggested that the next society will be dominated by knowledge workers. Their career development is characterized by finely tuned skills that are built around a solid knowledge base that continually needs updating. Medical doctors, dentists, and psychologists are examples of traditional established knowledge workers. The new breed of knowledge worker, however, has emerged from advances in technology, such as a hi-tech information technologist. Future knowledge workers will replace the current ones as technology continues to change with the introduction of advanced products”(Zunker 2006: 13)

2.2.1 Trends in Working Hours

Working hours are changed time to time rather than earlier because of industrialization, globalization and technological revolution. This is changed county wise and authority wise.

“Part of the socialization process prepares people for work. African peasants’ find industrial work very difficult because they have not been accustomed to working regular hours, under supervision, by set methods. In modern societies children are first prepared for work at school(p-62),and are later given further training when they start work: they are taught working skills & how to behave in working groups & organization”(Argyle 1972: 180).

“As said above, more income can be obtained, given the wage rate, by working for larger number of hours, that is, by having smaller amount of leisure. In other words, more income can be obtained at the sacrifice of leisure” (Ahuja 1992: 413).

3. Dual career couples

There is a significant difference between traditional family background and modern family background. The main reason which is caused to occur this difference is dual career concept. This can be identified as an

emerging trend in today. Simply dual career means, both husband and wife are engaging with career life and both have career goals.

3.1 History of Career Background of the World

Family life in the 1950s personality what is now termed the “traditional family”, within which role behaviors are very precisely defined according to gender. The male is the “breadwinner”, he goes to work each day, pursues a career and brings a pay check home to the family. Within this role, only a limited number of household duties are acceptable. He mows the grass, repairs the car, and repairs broken pipes. The female provides the support services. She manages the household, performs all domestic chores (e.g., cleaning, laundering, cooking, child care, dish washing and ironing) and provides emotional support for her husband (Green & Zenisek 1983:171).

In past, father oriented social pattern was in Sri Lanka.

3.2 Sri Lankan Traditional Career Patterns

In pre-colonial Sri Lanka, there were occupations based on “land”. So, books and literary resources are proved that the ancient men and women both have worked in the same field.

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Past Sri Lanka had faced a wide change in the colonial period. The traditional system was destroyed.

“In 1818, the British declared the Kandyan Proclamation after the rebellion was finally put down. The declamation virtually put an end to the indirect rule through Kandyan chiefs and brought about the whole country under a centralized civil service, through a vestige of the old system was maintained. The reason given for this complete change of policy was that the Kandyan rebellion convinced the British that they could no longer trust the Sinhala chiefs who violated the Kandyan convention”(Hettiarachchy 1987: 10).

“The basic feature of the economic structure in the Kandyan provinces was direct opposition to the interests of the emerging industrial capitalism of the imperial metropolis. Therefore, sooner or later it had to be replaced by a system which was more in harmony with the interests of capitalism. Once Kandyan kingdom was annexed, the sooner the traditional system was destroyed, the more advantageous it was to the economic interests of the imperial metropolis” (Hettiarachchy 1987: 10).

“While the introduction of new strains of rice, chemical fertilizers or mechanized fishing craft often does have a considerable impact on peasant societies to see the subsequent changes as inevitable consequences of the technology is misplaced materialism .Moreover, the single-mined concentration on such highly visible innovations has obscured other, more significant, reasons for the transformation of Asian social structures” (Alexander n.d: 1).

3.3 When Dual Career Emerged?

Enter into the work life by the women was a result of economic changes. That changed the social pattern which was continuing up to that.

“Economic necessity and the feminist movement have encouraged women to take up employment in the marketplace. As more women enter the market, stresses and strains are placed upon the traditional sexual division of household activities. If for no other reason, the time factor causes much of this pressure. There are simply not enough hours in a day for a women to continue all domestic duties and work out of necessity or out of choice the family structure is affected”(Green & Zenisek 1983: 171).

“When women work out of choice and an ideological belief that they have the right to pursue a career the strains placed upon the traditional family structure are even greater. When both spouses possess a need for

achievement in their careers the resulting family structure has become known as a two-career or dual-career family. It is this type of structure which this paper examines” (Green & Zenisek 1983: 171).

“A second advantage of the dual-career structure is that both members may operate outside of the activity restrictions that exist within the traditional family structure” (Green & Zenisek 1983: 172).

To support the family due to insufficient funds, women engaged with work.

Most of the countries of the world had to face a large number of conflict situations. In here, to improve the economic condition, women give a distinctive contribution and that paved the way to women involve with works.

“Role conflict is generally thought of as a system of competing demands from different roles; in the case of the dual-career family, the conflict is between family roles and work roles. Society generally has viewed the woman as the primary homemaker. The division of labor between spouses usually results in negotiating family roles, which are more complex when the family responsibilities include child care. When a husband neglects household tasks, his wife may experience role overload. Role conflict is likely when husbands or both husbands and wives believe that men should continue to fulfill the traditional role of family breadwinner” (Zunker 2006: 329).

“Conflict of interests between men & women are very unlike other conflicts, such as class conflicts. A worker and a capitalist do not typically like together under the same roof-sharing concerns and experiences and acting jointly. This aspect of “togetherness” gives the sex conflict some very special characteristics. One of these characteristics is that many aspects of conflicts between men & women have to be examined against the background of pervasive cooperative behavior” (Rege 2003: 131).

4. Leisure

Leisure is an essential factor that has a bounded relationship with human life without any difference.

“Defining leisure, play, and recreation provides us as leisure professionals with a strong foundation for the programs, services, and facilities that we provide. While we might disagree on the standard definition of leisure, play, or recreation, we are all concerned with providing an experience for participants” (Hurd and Anderson 2011: 9).

4.1 Leisure as Time

Leisure can be defined as time. It can be identified as the free time or workless time of their busy life.

“By this definition leisure is time free from obligations, work (paid and unpaid), and tasks required for existing (sleeping, eating). Leisure time is residual time. Some people argue it is the constructive use of free time. While many may view free time as all nonworking hours, only a small amount of time spent away from work is actually free from other obligations that are necessary for existence, such as sleeping and eating” (Hurd and Anderson 2011: 10).

4.2 Leisure as Activity

Leisure can be defined as an activity that a person should do. Specially, the activities which they do when they are in a free time period, can be known as the leisure. “Leisure can also be viewed as activities that people engage in during their free time—activities that are not work-oriented or that do not involve life maintenance tasks such as housecleaning, sleeping. Leisure as activity encompasses the activities that we engage in for reasons as varied as relaxation, competition, or growth and may include reading for pleasure, meditating, painting, and participating in sports. This definition gives no heed to how a person feels while doing the activity; it simply states that certain activities qualify as leisure because they take place during time away from work and are not engaged in for existence” (Hurd and Anderson 2011: 10).

4.3 Leisure Dealing with Stress

Leisure is an activity that can be used in order to deal with or overcome from depression situation.

“People experience different stress level at different stages of their lives. Cumulative life –changing events may trigger serious stress related illness. Life hassles are the everyday events that frustrate us. The tension discharge rate is our unique ability to offload stress at the end of the working day”, “Many organizations are inherently stressful because of the way they are designed, organised, structured, managed and run. In fact, some organizations subject their employees to excessive workloads, control, discipline, bullying and discrimination”(Malone 2006: 5).

“A common example of a work stressor is work overload. This can easily be eliminated by redesign of work, delegation and time management. Managing has a responsibility to understand stress and its causes and to take appropriate action to make the workplace as stress-free as possible” (Malone 2006: 5).

Rank	Life Event	Value
1	Death of a spouse	100
2	Divorce	73
3	Marriage separation	65
4	Jail term	63
5	Death of family member	63
6	Personal injury or illness	53
7	Marriage	50
8	Fired at work	47
9	Marriage reconciliation	45
10	Retirement	45

Table 1: The Holmes-Rahe Top 10 Life Events (Malone 2006: 11).

4.4 The theory of opportunity cost

When spend leisure time, have to sacrifice some other thinks on behalf of that.

e.g.: income of the day (Rs 850.00)

The chance of engaging with a income generating work such as gardening, painting (e.g. Rs 320.00)

Then the opportunity cost of leisure time can be identified as the next alternative that foregone on our leisure. According to above example the opportunity of the leisure time is the income of the day valued Rs850.00.

“If we make a simplifying assumption that obligated time is a constant (an assumption we will return to later), the key choice for individuals is between paid work and leisure – the income/leisure trade-off. Any time spent in leisure means losing potential earnings, so that the opportunity cost or *price of leisure* is the forgone earnings. If people behave rationally, they will enter the labor market and continue to work only as long as the benefits from income outweigh the benefits from leisure time” (Haworth & Veal 2004:86). Today majority of people use their leisure as an additional economic way. There is a strong relationship between leisure and work. That is overcoming from work is leisure. From the beginning man has engaged with work. Therefore one might think he often also engaged with leisure. There is a work and leisure relationship from the human evaluation to civilization and still it is going on. “Work and leisure can be caused to increase the living standard of the human beings. Balancing work and leisure cause to ensure physical and psychological wellbeing of humans.

They address the relationship between work and leisure patterns and time – pressure and stress; stress among working parents; work and leisure and the concept of well – being; the reciprocal relationship between leisure and health; and serious leisure, volunteerism and the quality of life” (Haworth & Veal 2004:8).

4.5 History of Work and Leisure Relationship

There is a strong relationship between leisure and work. That is overcoming from work is leisure. From the beginning man has engaged with work. Therefore one might think he often also engaged with leisure. There is a work and leisure relationship from the human evaluation to civilization and still it is going on.

“There is debate among anthropologists and leisure theorists as to whether the concepts of work and leisure are applicable in hunter - gather societies because of the lack of any clear dividing line in such societies between time spent engaging in actual hunting and gathering tasks and time spent in other activities. Direct evidence on the nature of the hunter – gatherer way of life has been assembled within the past century or so from the declining number of tribal groups leading traditional ways of life in areas as diverse as Australia, Papua New Guinea, South America and the Arctic, and efforts have been made to construct “time budgets” for individuals living in such circumstances. If work is activity deemed “necessary for survival” then the acts of hunting and gathering should be considered to be work” (Haworth & Veal 2004:17).

It is clear that human had relationship with work and leisure, before the human civilization. He involved in work (hunting) as a sole or as group, and as a result of that he closed to the leisure to get free from tired.

When considering about the work, another significant concept has been taken into account which can be identified as leisure. Both leisure and work can be connected which each other.

4.6 Work and Leisure Relationship

When considering about the work, significance has been taken into account which can be identified as leisure. Both leisure and work can be connected with each other. “Human culture did not begin with the need to work, it began with language, dancing, laughing, acting, mimicking, and ritual and a variety of play forms. In a functionalist sense, the evolution of such activities can be seen as an early solution to the problem of leisure. In contemporary Western society the balance between work and leisure is, and has been at least since the enlightenment” (Haworth & Veal 2004: 17).

“It needs to be emphasized that leisure does not necessarily mean “doing nothing”. During the period of leisure, the worker may play with his children ,do his gardening ,listen radio or watch television ,eat goods, visit cinema,etc. Most of the consumption goods are enjoyed during the period of leisure” (Ahuja 1992: 412).

“Hobbies provide pleasure and diversion from work life. Hobbies should be completely different from your normal line of work, although sometimes a hobby may become a source of income. There is a 4,000-year – old inscription on an Assyrian tablet, which says ‘The gods do not subtract from the allotted span of men’s lives the hours spent in fishing’. Don’t begrudge yourself time for recreation. It is unlikely that, on your deathbed, you will say that you should have spent more time in the office!”(Malone 2006: 141).

4.7 Quality of Life with Work and Leisure

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They address the relationship between work and leisure patterns and time – pressure and stress; stress among working parents; work and leisure and the concept of well – being; the reciprocal relationship between leisure and health; and serious leisure, volunteerism and the quality of life” (Haworth & Veal 2004: 8).

Examine the reciprocal relationship between leisure and health. Many people feel stressed because of financial difficulties and the dominance of work in present world.

5. Field Setting and Data Analysis

The field of the study in Pamunuva Grama Niladhari[1] division of Maharagama divisional secretariat in Colombo district in Sri Lanka .Under the Maharagama Divisional Secretariat in Pamunuwa Grama Niladari Division (528 GN number) only 75 families mainly selected for this study. Specially to examine features in urban dual career’s work and leisure would be appeared.

In this area, majority of 569 people are engaging with self-employments and also there are considerable amount of 334 in government sector and 210 of private employers while minority amount of 18 people are foreign employers and some are hope to abroad for their occupation. According to the sample, 53% of females and 47% males. Majority of 82% represent Sinhala and 13% represent Tamils. Sinhala population more than ¾ of this sample.5% of minority represents Muslims. According to the sample, majorities represent 45-60 age level of dual careers. There were 40% of dual careers. Secondly, ¼ of dual careers in 25 -34 age level. Age level in 35 -44 dual careers in 23%.Minorities represent in 12% dual careers that belong to more than sixty. Dual career who engage in a same sector, they have lot of advantages and also disadvantages in their career and social life.

Somebody can arrange leave patterns in the same sector.

Gvt couples	Gvt Sector & pvt couples	Pvt sector couples	Self-employer couples	Pvt sector couples	Self-employer& foreign employers
43%	28%	12%	5%	8%	4%

According to the field data there are two major types of dual career’s leisure. It can be categorized indoor and outdoor activities. Majority of dual careers select both indoor and outdoor for their leisureactivities.In domestic leisure activities they do simple and interesting common leisure items like watching TV, reading books, gardening etc.

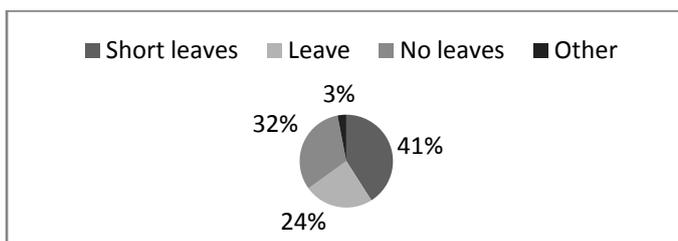


Figure 2: Leave Patterns for Leisure

According to above figure, Majority of 41% they have to get short leaves for leisure. When they unable to find a considerable time, they get leaves and short leaves. Sometimes they have to face problems from working place. But they get leaves without considering problems. As dual careers they want to join with their family members as well as they spend a considerable leisure.

According to this study can be identified leave problems as a barrier to the leisure activities.

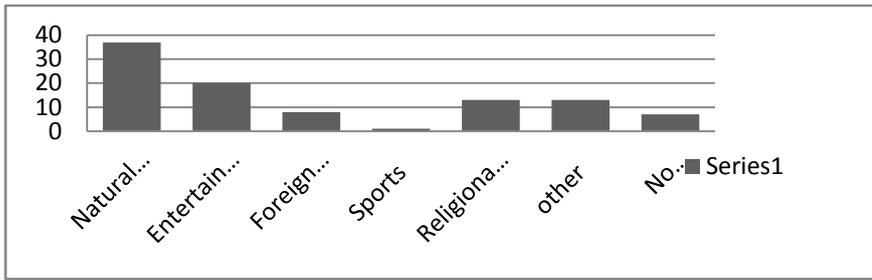


Figure 3: Outdoor Leisure Activities

According to this figure, Majority likes natural places. Somebody use natural places and religious places as a medical practice to avoid their career stress. 20% select entertainment places. It may be influence their wage or the economical background of them.

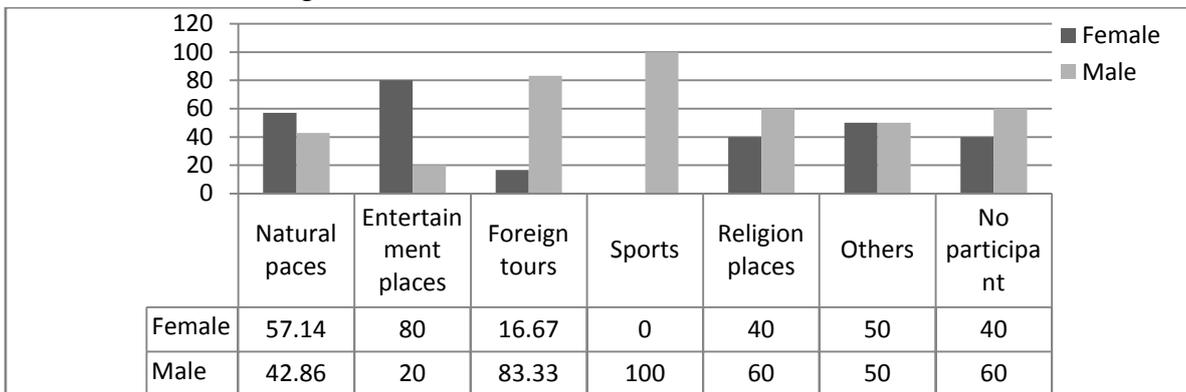


Figure 4: Outdoor Leisure and Sex

Majority of males like to join sports. Because of their nature and the energy of machismo. Males have more workload than females. Then they find mental relaxation from religious places. Majority of female like to join with entertainment places. They have fantastic world. They like to see fashions, yummy foods etc. As well as indoor activities are very important. According to the survey, Careers who engage with gardening, all are females. As their traditional role, they like to engage with home gardening. As a wife or mother, they have to contribute to house hold economy. After their working hours, they engage with gardening as an enjoyable leisure activity and additional economic way. People who engage indoor sports, 3/4% represent females. Females are like engage with indoor games more than males. Females like to play badmintons, chess, and caroms like indoor sports. People who like to engage with other indoor activities like playing music, sewing, paintings, and majority represent females. Females like some soft works than males. There is an inborn ability for doing these things.

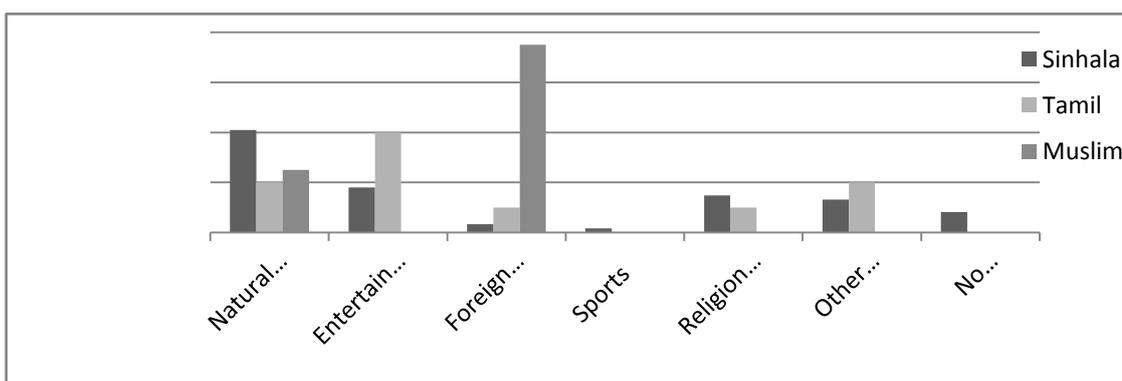


Figure 5: Outdoor Leisure and Ethnicity

According to above figure, 40.98% of Sinhala people select natural places like waterfalls, beaches etc. And also ¼ of Muslim people select natural places. Majority of ¾ Muslim people select foreign tours. It is mainly influence their economical background as a commercial ethnic group.

There are no Muslim people who select entertainment places, sports, religion places and other places. According to their religion ethics, they try to withdraw activities like games and sports. As well as both husband and wife cannot go to their religion places and they select their religion place for worshipping and praying place.

14.75% Sinhala people select religion places like temples and churches for spending leisure time. There are no religion barriers to participate these places.

40% of Tamils select entertainment places. According to their culture, they engage with singing, dancing like entertainment activities than others. Then, majority of Tamils select entertainment places. 13.11% of Sinhalese and 20% of Tamils select other places like friends' homes and relations' homes. They can chat and eat together. Somebody can share gossips with others. It can consider as primitive leisure activities which saved from the urbanization. Sometimes, ethnicity, and religion background can be identified as a barrier to affect their leisure.

According to the sample survey, Majority of 95% dual careers who able to manage their wage, they belong both of indoor and outdoor activities for spending their leisure. 5% of minority who able to manage their leisure. But, they belong to only indoor activities. It mainly influences their career role and social role. 40% who unable to manage their wage for leisure activities, they engage only indoor activities. Because, they do not have considerable wage as well as they select indoor activities without outdoor activities. 20% who fairly able to manage their leisure, they engage only indoor activities for managing their wage for other things. 60% who unable to manage their wage for leisure, although, they engage both of indoor and outdoor leisure activities. It is clearly visible; there are no dual careers who engage only outdoor activities and others.

According to sample survey, can be identified the most effective background of the leisure. 95% of dual careers who believe career background is the most effective background. According to them, career role schedule leisure activities and times for leisure. As dual careers, they suffer from lot of career problems. 5% of dual careers who believe economical background are the most effective background. People who suffer from economic difficulties, they cannot spend leisure as they wish.

There are no considerable leisure for manage their leisure activities and they cannot join some leisure activities. According to the sample, age, their ethnicity, wage, sex, working hours are strongly affecting their leisure activities. According to the category of this sample as a percentage of 99% has a visible leisure time.

99% of dual careers try to find leisure. Because, it is very essential for their family life and also the career life. Urban dual careers try to manage their work and leisure. Minorities, they are unable to manage their work and leisure. It influences their work load and the competition of the career ladder. Dual careers work in the same sector they manage their work and leisure and dual careers who engage with different sectors, they can arrange some leave patterns and other benefits. According to their occupation and wage, they choose their leisure activities. They choose indoor and outdoor activities in their leisure time. Majority of urban dual careers spend their leisure after their working hours. They choose evening time to spend their leisure. Working hours are highly influences to the urban dual careers' leisure. A considerable leisure avoids their career stress. Leisure avoids psychological and physical problems of urban dual careers.

6 .Conclusion and Recommendations

It can be identified some major factors related their career life which affects leisure activities. Their Occupation, Workload wage, working hours, leave, weekend working types are strongly affected their

leisure. As a result of considerable leisure time, majority of urban dual careers could be able to reduce psychological and physical problems. Leisure is an important thing which reduces stress of urban busy life. In Sri Lanka, all of social classes cannot enjoy same leisure activities according their wage, occupation and social background. Government and private sector should be arranged suitable programs for leaves. It must be consider both husband and wife engage in same sector. Majority have problems of leaves from their work place. Somebody who cannot get leaves in same working place. Therefore, administrators must be considering about their servant's social life and career life. Authorities should be increased some entertain activities for avoid career stress. Government should be reduced charges of entertainment places which majority use. And also government should arrange places reduce the congestion for guests near.

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