

# A Study on Relaxation and Weekend Activities Around in Chennai City

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**Abstract:** *This study investigates the impact of various relaxation and weekend activities on individuals' overall well-being and productivity. Mixed - methods approach combining qualitative interviews and quantitative surveys, we explore how different leisure pursuits—such as outdoor recreation, social interactions, cultural activities, and solitary hobbies—contribute to physical, mental, and emotional relaxation. The findings aim to provide insights into the most effective activities for reducing stress, enhancing life satisfaction, and improving work - life balance. Understanding these dynamics can inform personal lifestyle choices and organizational policies to foster a healthier and more balanced way of life.*

**Keywords:** Weekends, leisure, Social Interaction, pandemic, Economic level, work life balance, entertainment, relaxation, standard of living

## 1. Introduction

Weekends activity is a time for many people to relax, recharge, and enjoy some leisure time. For many, it's the only time during the week where they can truly unwind and do things they enjoy. weekends activity can be different for everyone, but they are often a time to spend with friends and family, catch up on chores, and pursue hobbies or interests. In this study will explore the importance of weekends activity, how people spend their weekends, and the benefits of having a weekend.

Firstly, weekends are important because they provide a much - needed break from the daily grind of work or school. People are able to step away from their responsibilities and take time for themselves. This break allows people to relax and recharge, reducing the risk burnout or stress - related illnesses. Furthermore, weekends activity provides an opportunity for people to connect with their loved ones, which can have a positive impact on mental health.

Secondly, people spend their weekends activity in many and different ways. Some may use the time to catch up on household chores, such as cleaning or grocery shopping. Others may take the opportunity to pursue their hobbies or interests, such as playing sports, painting, or reading. Additionally, weekends are popular time for socializing, whether it's spending time with friends or family or attending events like parties or concerts.

Finally, there are many benefits to having a weekend. As mentioned earlier, weekends activity can help people recharge and reduce stress, leading to better mental and physical health. Additionally, weekends activity can provide opportunities for personal growth and development, as people are able to focus on their interests and passions. Weekends can also be a time for people to reflect on their priorities and goals, allowing them to make positive changes in their lives.

In conclusion, weekends are an essential part of our lives. They got an opportunity to take rest, recharge, and pursue our interests. whether spent alone or with loved ones, weekends

offer a chance to prioritize our mental and physical health, connect with others, and grows individuals. Therefore, it's important that we make the most of our weekends and use the time to care for ourselves and those around us.

## Statement of the Problem

The present research weekend the time to unwind focuses on revealing the exact data and the study about the people and their spendings of their weekends based on their standards of living. Every living on the earth has 24 hours in their day but not everyone faces the same, everyone's live differs from others and the standards differs. This study is to explore and experience each and every type of lives and their perspective spendings of their valuable time during everyone's weekend. This research was conducted to gain knowledge and experience of different standards of living.

## Objectives of the study

- To study the weekend activities to the respondents
- To know the relaxation Activities in the study area

## 2. Review of Literature

**Bakker, Demerouti & Verbeke, 2004, Geurts & Sonnentag (2006) Work life balance:** many studies have focused on the importance of weekends as a key component of work life balance. It is found that having time off from work on weekends are essential for maintaining overall well - being and preventing burnout.

**Weekend activities:** Several studies have explored the types of activities that people engage in on weekends in the activity. This study found that people often prioritize leisure activities, such as spending time with family and friends, watching TV, and participating in hobbies and interests (**wittmer & Leyden, 2017**), Another study found that outdoor recreation activities were particularly popular on weekends, such as hiking, camping and fishing (**Henderson, cooper, & Mactavish, 2019**)

**Weekend effects:** Researchers have also explored the weekend effect, which refers to the impact of weekends on

various aspects of life, such as mood, well - being, and productivity. Some studies have found that people tend to experience a boost in positive mood and wellbeing - on weekends, while others have found that weekends can negatively affect productivity, particularly in the workplace (Baumeister & Masicampo, 2010; Sennett & Cobb, 1973).

**Weekend Travel:** Studies have also examined the role of weekend travel in people's lives. Research has found that weekend travel can provide opportunities for stress relief, relaxation, and personal growth (Roe & Davidson, 2019). However, weekend travel can also be associated with higher levels of stress due to travel - related factors such as traffic, crowds, and planning (Cromer & Brymer, 2016)

**Gender and weekend activities:** Some studies have also explored gender differences in week end activities. Research has found that men tend to engage in more active and outdoor activities on weekends, while women tend to prioritize social and leisure activities, such as spending time with family and friends. (Wittmer & Leyden, 2017)

Overall, the literature highlights the importance of weekends as key component of work life balance and wellbeing. The type of activities that people engage in on weekends can vary widely, but tend to prioritize leisure, socializing, and personal growth. Further research is needed to explore the impact on weekends on various aspects of life, including mood, well - being and productivity, as well as the role of weekend travel and gender differences in week end activities.

### Significance of the Study

- The research gives knowledge about the standards of living in the respondent of the study area.
- It provides factual evidence about the current status about how people face their weekends.
- This also gives information about the changes in the way of living, economical management, people's emotions, leisure life.
- This study could also be useful for the future studies on psychological study of human's emotions and the study about financial issues.

### Sampling

Simple Random sampling was used to select the sample. People with different age groups were used as samples and people with different life standards were used as samples.

## 3. Research Methodology

This research is an attempt to study the standards of living and to explore the emotions and experience of the different types of people in a safe environment. For this the data is collected through primary sources whereby the data is collected by directly interviewing the respondents and the people based on their standards. This data is collected from the people who spend on their weekend's time in public gathering places like mall, beach, parks, Movie watch, visiting park etc., the study undertaken for understanding the weekend the time to unwind. The collected data have been organized, explained, analyzed and presented.

### Conceptual context used for the Study

The conceptual context of a survey about weekends would be the idea that weekends activity is an important period of time for individuals to recharge, relax and engage in activities that promote well - being and work life balance. The present study aims to explore how individuals typically spend their weekends, how they perceive weekends used to relax, and how week end activities impact on their overall well - being and work life balances.

The present study would be conducted within the broader context of research on work - life balance, well - being and leisure. Work - life balance is the concept of balancing one's work and personal life, including family responsibilities, social activities, and personal interests. Research has shown that a healthy work - life balance is essential for individuals well - being and overall quality of life. This weekend serves as a crucial period for individuals to engage in activities outside of work that promote work - life balance and well - being.

The study would also be situated within the context of research on leisure and recreational activities. Leisure is defined as any activity that is freely chosen and engaged in during discretionary time. Engaging in leisure activities has been linked to positive outcomes, such as stress reduction, improved mood, and increases social connectedness. This study aims to explore how individuals engage in leisure activities during the weekend and how these activities impact on their overall well - being.

Overall, the conceptual context of the study is the idea that weekends are a crucial period for individuals to engage in activities that promote well - being, work life balance and leisure. This research aims to explore how individuals typically spend their weekends and how these activities impact on their overall well - being life balance. By exploring these concepts, the survey can provide insights into how individuals can optimize their weekend activities to promote over all well - being and work life balances.

### Study Area

Non - doctrinal method of research was conducted at different places like malls, beach are the samples that were covered in the study area.

### Tools of Data Collection

Data are collected by field research, direct observation, on to one interaction and also from various secondary data sources like books, articles, journals and web resources.

### Scope of the Study

The scope of this study encompasses a diverse range of relaxation and weekend activities, considering both traditional and contemporary forms of leisure. It includes activities such as outdoor recreation (e. g., hiking, sports), cultural engagements (e. g., attending museums, concerts), social interactions (e. g., family gatherings, social clubs), and solitary pursuits (e. g., reading, hobbies). The study focuses on the effects of these activities on individuals' physical health, mental well - being, and emotional balance. The target demographic includes adults of varying ages, genders, and socio - economic backgrounds to provide comprehensive

insights into how different groups experience relaxation and leisure.

#### 4. Limitations of the Study

- **Sample Size and Diversity:** The study's findings may be limited by the sample size and diversity. If the participant pool is not representative of the broader population, it might not capture the full spectrum of experiences and preferences.
- **Self - Reported Data:** Much of the data relies on self - reported measures, which can be subject to biases such as overestimation or underestimation of time spent on activities and the subjective nature of well - being assessments.
- **Temporal Scope:** The study focuses on a specific period, which may not account for seasonal variations or changes in leisure trends over time.
- **Cultural Differences:** The study might not fully capture cultural variations in leisure activities and their perceived benefits, as cultural context significantly influences relaxation practices.
- **External Factors:** Uncontrollable external factors such as weather conditions, unexpected life events, and personal health issues may impact participants' ability to engage in certain activities, affecting the study's outcomes.
- **Technological Influence:** The study might not comprehensively address the impact of digital and virtual leisure activities, which are increasingly prevalent in modern lifestyles.

These limitations will be considered in the analysis and discussion sections to provide a balanced interpretation of the results. By acknowledging these constraints, the study aims to present realistic and applicable findings within its defined context.

#### 5. Data Analysis and Interpretation

##### Spending times of week end

Weekends are a time of respite, a break from the hustle and bustle of everyday life. They offer a chance for people to unwind, relax and engage in activities that bring them joy. For many individuals, weekends are a precious commodity, and they make the most of it.

One of the reasons why people enjoy weekends is that it gives them a break from work or school and mental depressions. The week can be stressful and demanding, with deadlines, meetings and responsibilities that take up a significant amount of time and energy. The weekend, therefore, provides an opportunity to take a break from this routine, to recharge, and to engage in activities that bring them pleasure. Whether it is spending time with loved ones, pursuing hobbies or interests or simply taking time to rest and rejuvenate, weekends offer a much - needed reprieve from the rigors of daily life.

Another reason why weekends are so enjoyable is that they offer the chance to connect with others. For many people, weekends are a time to spend with family and friends, to catch up, and to strengthen relationships. This might involve going out for dinner or drinks, hosting a BBQ or gathering, or

engaging in group activities such as sports, hiking, or going to the movies. These activities provide a sense of social connection and support, which is essential for mental and emotional well - being.

Weekends are also an opportunity to pursue personal interests and hobbies. During the week, many people do not have the time or energy to engage in activities that they enjoy. However, on weekends, they can carve out time to do that bring them pleasure. This might include playing music, reading, writing, painting or engaging in other creative pursuits. By engaging in activities that they love, people can feel a sense of fulfillment and satisfaction. Which can have a positive impact on their overall well - being.

Finally, weekends are enjoyable because they offer the chance to explore and experience new things. Whether it is trying a new restaurant, visiting a new city, or attending a cultural event, weekends provide opportunities for adventure and exploration. This can be especially beneficial for people who feel stuck in a rut or who are looking to expand their horizons.

In conclusion, weekends are a time for people to relax, recharge and engage in activities that bring them joy. Whether it is spending time with loved ones, pursuing hobbies, or exploring new experiences, weekends offer a much - needed break from the demands of daily life. By making the most of their weekends, people can improve their mental and well - being and create lasting memories with those they love.

##### Types of people's Weekends Activities

##### High Class weekenders

The ways in which rich people enjoy their weekends can vary greatly depending on their personal preferences and interests. However, some common ways that wealthy individuals might spend their weekends include:

Rich people often have the resources to travel to exotic or luxurious destinations for the weekend, whether it's a quick trip to a nearby city or a private jet to a tropical island. Many wealthy people enjoy dining at high end restaurants and trying out new culinary experiences. They may even have access to private chefs or exclusive dining experiences. Wealthy individuals may enjoy shopping at high end stores and boutiques for luxury goods and designer clothing. Rich people may engage in sports and fitness activities such as golfing, tennis, or skiing. They may have access to private clubs or resorts where they can participate in these activities. wealthy individuals may attend cultural events such as art exhibitions, theater performances and concerts: some wealthy people may choose to spend their weekends volunteering or supporting charitable causes.

##### Middle class weekenders

Middle class people enjoy their weekends in a variety of ways, depending on their interests, lifestyle, and budget. some common ways that middle class individuals might spend their weekends include: spending time with family and friends, middle - class people often prioritize spending time with loved ones on the weekends, whether it's going on a hike, having a barbecue, or playing board games together. Many middle - class Individuals have hobbies such as hiking,

painting, gardening, or feeding that they enjoy on the weekends. Middle class people may enjoy spending time outdoors, whether it's going for a bike ride, visiting a nearby park or taking a day trip to a scenic location. Middle class individuals may attend local festivals, concerts, or other community events that are affordable and accessible. While middle class people may not have the budget for high - end dining experiences, they may enjoy trying new restaurants or experimenting with cooking at home. Some middle - class individuals may spend their weekends taking classes, attending workshops, or reading books to further their personal or professional development. These are just a few examples and of course, there are many other ways that middle - class people enjoy their weekends based on their interests, location and budget.

### Low Class Weekenders

It's important to note that the experience of being poor is diverse and complex, and how individuals choose to spend their weekends can vary widely based on factors such as their location, access to resources, and personal interests. That being said, here are some common ways that people may enjoy their weekends.

Spending time with family and friends, like middle class people, many poor individuals prioritize spending time with loved ones on the weekends. This could involve having a picnic, going for a walk, or simply hanging out at home. Due to financial constraints, poor people may seek out free or low - cost activities in their community, such as visiting a local park, attending a community event or festival or participating in a community center activity. poor people may pursue hobbies or creative interests that require few resources, such as drawing, writing or playing music. Due to financial constraints, some poor individuals may choose to simply relax at home on the weekends, perhaps watching a movie, reading a book, or spending time on social media. Some poor individuals may spend their weekends volunteering in their community or engaging in community organizing and advocacy efforts. Again, it's important recognize that the experiences and choices of poor individuals can vary widely, and this is not an exhaustive list of how poor people spend their weekends.

### Pandemic weekends

The covid- 19 pandemic has significantly impacted weekends for many individuals and communities around the world. Here are some key aspects related to weekends during the pandemic, the pandemic has affected weekends in various ways. With restrictions on travel and social gatherings, many people have had to change their weekend routines and activities. Some people have been spending more time at home, which can make the weekends feel less distinct from weekdays. Others may have had to cancel or postpone weekend plans due to safety concerns or travel restrictions. Additionally, with many businesses and public spaces closed or operating at limited capacity, there may be fewer options for weekend activities. However, some people have found creative ways to adapt to the pandemic and enjoy their weekends while staying safe, such as exploring local parks or participating in virtual events.

**Restrictions on leisure activities:** During the pandemic, many countries and religions have implemented restrictions on leisure activities such as dining out, attending events, and engaging in social gatherings, which has limited the options for week end activities.

**Shift to home - based activities:** with restrictions on outdoor activities, many individuals have shifted to home - based activities during weekends, such as cooking at home, watching movies or TV shows, playing video games, or pursuing hobbies or interests indoors.

**Virtual socializing:** due to social distancing measures, many people have turned to virtual platforms for socializing during weekends, such as online gatherings, virtual parties, and video calls with friends and family.

**Travel Restrictions:** Travel restrictions and limitations on non - essential travel have affected weekend travel plans, with many people having to cancel or postpone trips during the pandemic.

**Increased focused on Mental health:** the pandemic has brought attention to the importance of mental health, and many individuals have used weekends as a time for selfcare, relaxation and mental well - being activities such as meditation, exercise, and self - reflection.

**Impact on economic level:** the pandemic has also affected people's economic situation, with job losses, financial constraints, and economic uncertainty impacting how individuals can enjoy their weekends, particularly for those with lower economic levels.

**Shift to outdoor activities:** as outdoor activities have been relatively safer during the pandemic, many individuals have turned to outdoor activities such as hiking, camping, and biking as a way to enjoy their weekends while adhering to social distancing measures.

**Appreciation for simple pleasures:** the pandemic has led many people to reevaluate their priorities and find joy in simple pleasures during weekends, such as spending time with immediate family, engaging in homebased activities, or connecting with nature.

**Mental health challenges:** The pandemic has also brought about increased mental health challenges for some individuals, including stress, anxiety, and social isolation during weekends, as the usual social activities and gatherings have been restricted.

**Resilience and adaptation:** despite the challenges, many people have shown resilience and adapted to the new normal during the pandemic, finding creative ways to enjoy their weekends and maintain a sense of connection, joy and well - being.

In conclusion, weekends during the pandemic have been impacted in various ways, including restriction on leisure activities, shift to home - based and virtual activities, travel restrictions, increased focus on mental health, impact on economic level, shift to outdoor activities, appreciation for



simple pleasures, mental health challenges and resilience and adaptation.

### Common Places for Weekend

Regardless of one's socio - economic status, there are several common places where people from all walks of life can enjoy their weekends:

**Parks:** public parks are often free or low - cost and provide a natural and serene environment for relaxation, picnics, sports, or leisurely strolls. They can be a popular choice for families, couples and individuals alike.

**Beaches:** coastal areas with beaches can be a popular destination for people to enjoy their weekends, especially during warm weather. Beaches offer opportunities for swimming, sunbathing, beach sports, and other recreational activities.

**Libraries:** libraries are often open on weekends and can provide a quiet and peaceful space for reading, studying or engaging in other quiet activities. They may also offer community events or workshops.

**Community Centers:** many communities have local community centers that offer various activities and facilities such as sports courts, fitness centers, swimming pools and community events. These centers can be a hub for socializing, physical activities and entertainment for people of different ages and backgrounds.

**Urban Plazas or Town Squares:** urban Plazas or town squares in city centers often host events, performances or markets during weekends, providing opportunities for people to socialize, enjoy entertainment and experience the local culture.

**Museums or Art Galleries:** Museums and art galleries can be a great place for people to explore and appreciate art, history and culture. Many museums and art galleries offer free or discounted admission on weekends or have special events or exhibits.

**Neighborhoods and local Communities:** simply spending time in one's own neighborhood or local community can be enjoyable, whether it's taking a walk, visiting a local market or participating in community events or activities.

**Outdoor trails or nature Reserves:** Outdoor trails, nature reserves, or national park can provide opportunities for hiking, biking or camping and can be a great way to connect with nature and enjoy outdoor activities.

It's important to note that availability and accessibility of these places may vary depending on one's location and individual circumstances, and it's always important to respect local rules and regulations, including covid - 19 guidelines, when enjoying public spaces.

### Common weekenders Routine:

1) **Socializing with friends and family:** spending time with loved ones can be an enjoyable and fulfilling way to spend a week end. This could involve having a meal

together, playing board games or just hanging out and chatting.

- 2) **Pursuing hobbies and interests:** engaging in hobbies or interests that one enjoys can be a great way to unwind and have fun on weekends. This could include playing a musical instrument, painting or practicing a sport.
- 3) **Exploring New Places:** visiting new places, such as museums, galleries, parks or local attractions can be a fun way to learn and experience new things.
- 4) **Watching Movies or TV shows:** watching movies or TV shows can be a great way to relax and unwind on weekends, especially after a busy week.
- 5) **Reading:** reading can be a peaceful and enjoyable way to spend a weekend, whether it's a novel, a magazine or a favorite blog.
- 6) **Trying new food:** trying a new restaurant or experimenting with new recipes at home can be a fun and delicious way to spend a weekend.
- 7) **Outdoor activities:** outdoor activities such as hiking, camping, cycling or fishing can be a great way to enjoy nature and get some exercise,
- 8) **Sports and Games:** playing sports or games with friends or family can be a fun and competitive way to spend a weekend, whether it's basketball, or a game of cards.
- 9) **Relaxing and Self - care:** sometimes the best way to spend a weekend is just to relax and take care of oneself. Taking a bubble bath, getting a massage, or practicing meditation or yoga these are activities are included in the weekend's relaxation activities.
- 10) **Volunteering or community service:** volunteering or engaging in community service can be a rewarding way to spend a weekend, whether it's helping at a local food bank or volunteering at a community event.

### Food on Weekends

The type of food people consume on the weekends can vary depending on their economic level. Here are some general examples of the types of foods people may consume on the weekends based on their economic level.

Low - income individuals or families may have limited access to fresh and healthy foods due to financial constraints. They may rely on more affordable and processed foods, such as fast food, frozen meals, and canned foods. However, they may also take advantage of local food pantries or community organizations that provide for free low - cost meals on the weekends.

Middle income individuals or families may have more access to fresh and healthy foods compared to low - income individuals. They may prepare meals at home with fresh ingredients, such as fruits, vegetables, and lean meats. They may also enjoy dining out at casual or mid - range restaurants on the weekends.

High income individuals or families may have access to a wider variety of high quality and gourmet foods. They may dine out at high - end restaurants or prepare elaborate meals at home with expensive ingredients, such as seafoods, imported cheeses, and fine wines. They may also attend food and wine festivals or specialty food markets on the weekends.

It's important to note that these are general examples and there may be variations within each economic level based on individual preferences, cultural background, and geographic location.

### Economic impact on weekends

Economic level can have a significant impact on how people spend their weekends. Here are some ways that economic level can affect weekends:

- **Leisure activities:** people with higher incomes may have more disposable income to spend on leisure activities such as dining out, traveling and attending events. Conversely, people with lower incomes may have limited funds and may be more likely to stay home or engage in low - cost activities such as walking, hiking, or visiting free attractions.
- **Food and dining:** economic level can also affect food choices on weekends. People with higher incomes may have access to more expensive and gourmet foods, and may be more likely to dine out or have meals delivered. Those with lower incomes may rely more on home - cooked meals or more affordable options such as fast food or takeout.
- **Socializing:** people with higher incomes may have more opportunities to socialize on weekends, such as attending parties, concerts, or other events. Those with lower incomes may have more limited opportunities to socialize outside of their immediate social circle, and may be more likely to socialize at home or with family.
- **Relaxation:** Economic level can also affect how people choose to relax on weekends. People with higher incomes may have access to amenities such as spas, massages and other forms of luxury relaxation. Those with lower incomes may be more likely to engage in low - cost relaxation activities such as reading, watching movies or spending time with family and friends.
- **Travel:** economic level can be also affecting travel choices on weekends. People with higher incomes may be more likely to travel domestically or internationally, while those with lower incomes may have more limited travel options and they are like to take local trips or staying closer to home.
- In conclusion, economic level can have a significant impact on how people choose to spend their weekends, affecting leisure activities, food and dining choices, socializing, relaxation, and travel options. However, it is important to note that individual preferences, cultural background, and geographic location can also play a role in how people choose to spend their weekends.

### People's choice of Weekends:

- **Adventures seekers:** these individuals seek out exciting and adrenaline - pumping activities on weekends such as hiking, camping, rock climbing, or extreme sports.
- **Social butterflies:** these individuals love to socialize and spend their weekends attending parties, social events, or spending time with friends and family.
- **Homebodies:** these individuals prefer to stay in and relax at home during weekends. They may spend time cooking, reading, binge - watching TV Shows or pursuing hobbies or interests.

- **Travelers:** these individuals love to explore new places and cultures, and often spend their weekends traveling to nearby far - off destinations.
- **Cultural enthusiasts:** these individuals enjoy spending their weekends attending cultural events such as music concerts, art, exhibits, theater performances or festivals.
- **Foodies:** these individuals love to try out new restaurants, bars, and cafes during weekends, and may spend time cooking or hosting dinner parties.
- **Fitness enthusiasts:** these individuals prioritize their health and fitness goals and so end their weekends engaging in activities such as running, yoga, cycling or going to the gym.
- **Relaxation seekers:** these individuals prioritize self - care and relaxation on weekends, and may spend time getting massages, taking long baths, or practicing meditation or mindfulness.

In conclusion, there are many different types of weekend enjoyers, each with their own preferences and priorities. Whether you're an adventure seeker, social butterfly, homebody, traveler, cultural enthusiast, foodie, fitness enthusiast or relaxation seeker, the most important things are to find activities and experiences that bring you joy and fulfillment during your weekends.

### Similar hobbies and interest for weekends

Despite the differences in their lifestyles, there are a few things that both rich and poor people may have in common when it comes to weekends:

- **Spending time with family and friends:** both rich and poor individuals may prioritize spending time with loved ones on the weekends.
- **Pursuing hobbies and interests:** whether it's painting, reading, or playing sports both rich and poor people may engage in hobbies and interests that they enjoy on the weekends.
- **Relaxing and taking a break:** both rich and poor people may use the weekends as a time to relax, unwind, and take a break from the stress of work and daily life.
- **Engaging in community activities:** whether it's attending a local festival or volunteering at a community organization, both rich and poor individuals may engage in community activities on the weekends.
- Of course, the specific ways in which rich and poor people may spend their weekends can vary greatly, but these are a few commonalities that they may share.
- **Public parks:** public parks offer free or low - cost opportunities to enjoy nature, have a picnic, play sports or take a walk.
- **Beaches and lakes:** whether it's swimming, sunbathing or playing beach volleyball, beaches and lakes can be great places to relax and have fun on the weekends.
- **Museums and art galleries:** many museums and art galleries offer free or low - cost admission, providing an opportunity to learn and appreciate culture and history.
- **Local festivals and events:** Festivals and events held in local communities can be a great way to connect with others and experience local culture and traditions.
- **Community centers:** community centers often offer a variety of activities and classes for all ages, including

exercise classes, arts and crafts workshops and youth programs.

- **Libraries:** libraries offer a quiet and peaceful environment to read, study, or participate in educational programs.
- **Farmers and Markets:** farmers markets offer fresh and locally grown produce, as well as the opportunity to connect with local farmers and learn about sustainable food practices.

[2] <https://www.cnn.com>

[3] <https://www.jacobinmag.com>

[4] <https://www.bustle.com>

[5] <https://www.businessinsider.com>

## 6. Findings

Based on this research, here are some potential findings on how different classes of people may spend their weekends.

The upper class tends to have more disposable income, which means they can afford to indulge in more expensive leisure activities such as traveling, dining out at high end restaurants and attending cultural events like operas or concerts. They may also engage in hobbies like golfing or sailing. Additionally, many upper - class individuals have second homes or vacation homes, which they may visit on weekends.

The middle class may also engage in leisure activities such as dining out, traveling or attending cultural events but to a lesser extent than the upper class. They may also spend their weekends participating in hobbies or activities such as hiking, cycling or attending local community events. Additionally, many middle - class individuals prioritize spending quality time with their family and friends, so they may spend their weekends engaging in activities with loved ones.

The working class may have fewer financial resources and may not be able to indulge in expensive leisure activities. Instead, they may spend their weekends participating in more low - cost or free activities such as spending time with family and friends, going to the park or the beach, or having a barbecue. Many working - class individuals also use weekends to catch up on household chores or errands.

Overall, how people spend their weekends is influenced by a variety of factors such as their income, personal preferences and cultural norms. While there are certainly some general patterns that emerge across different classes of people, it's important to recognize that individuals within each class may have their own unique preferences and lifestyles.

## 7. Conclusion

This research on Relaxation and Weekend Activities around in Chennai City which says how people spend their weekends can vary depending on their class, income level, personal preferences, and cultural norms. However, it's important to note that there can be individuals' variations within each class and that these generalizations are not absolute. Ultimately, how people choose to spend their weekends is a personal choice that reflects their values, priorities and circumstances.

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[1] <https://www.citylab.com>

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