

Free Time and Physical Recreation in U.S.S.R.

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Study of spent of time budgets is now to investigate quality of life.

The index is the method and the quality of spent of free time, and the length of the time. Spent of free time is ought to be used culturally and creatively in U.S.S.R.

Now in Soviet Union, free time is made 1500 ~ 1900 hours per year owing to the introduction of Five days working system.

Physical recreation in free time is more and more important.

Many labours actively join physical education and sports.

And the government encourages this in U.S.S.R. to develop the physical culture of labours and to strengthen the health.

The further theme is equipment of social environment and repletion of sports organizations the joining sports.

This is the important factor of active and creative usage of free time.