

CIENCIAS HUMANAS:

POLÍTICA DE DIÁLOGO Y COLABORACIÓN

Edwaldo Costa
(Organizador)

4



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Este tercer eBook tiene por vocación posibilitar el diálogo internacional sobre los principales desafíos de la ciências humanas, desafíos que no pueden ser enfrentados sin políticas de diálogo, sin estrategias bien diseñadas y sin una decidida voluntad de acción a nivel científico. Uno de esos desafíos consiste em asegurar una educación de calidad para todos: fomentar el diálogo acadêmico internacional y hacerlo más eficaz constituye una de las estrategias clave para alcanzar este objetivo.

El debate sobre conocimiento, actitud, práctica, aprendizaje colaborativo, aula multigrado, educación comunitária, economía colaborativa, lectoescritura, tecnologías, desarrollo humano, feminicídio, deserción, bajo desempeño, estereoscopia, audiovisual, competencia profesional, formación docente, educación primaria intercultural, contraception, adolescent pregnancy, sexual education, contabilidad de costos, sistema contable, problemas sociales, Personalidad, 4MAT, competences model, physics education, economía colaborativa, análisis biomecánico, disfonía psicógena, dotación Intelectual, estrategias metodológicas de enseñanza, liderazgo del director, factores para innovación educativa, inteligencias múltiples, rendimiento académico, economía laboral, economía regional, caracterización servicio educativo y otra, ofrece una oportunidad para reflexionar sobre la sociedad contemporanea.

Finalmente, se espera que con la diversa composición de autores, investigadores, interrogantes, problemas, puntos de vista y perspectivas, ofrezca un aporte plural y significativo a la comunidad científica y profesionales del área.

Edwaldo Costa

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A SYSTEMATIC REVIEW OF LEISURE AS A PROMOTER OF HUMAN DEVELOPMENT IN BRAZIL AND COLOMBIA

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ABSTRACT: Leisure and human development are notions that belong to a realm of meanings in life. Therefore, they are transformed, circulate, and are influenced by the dynamics of the economic, political and social spheres of the context. Elizalde and Gomes (2009) and Lema (2015) point out that the meanings of leisure in Latin American countries have historically been influenced by an Anglo-Saxon heritage that relegated the concept of leisure to a neutral category, associating it with the idea of “doing nothing.” This conception is related to the dynamics of work, in that the value of free time and recreation has been prioritized. The objective of this systematic review of scientific publications was to identify the understandings of leisure and its effects on human development processes that can be observed in scientific research in

Brazil and Colombia. The search was executed by using the DIALNET Plus and EBSCO host databases. Articles published between 2010 and 2020, in both Spanish and Portuguese, were included if they contained the keywords “leisure”, “development”, “recreation” and “leisure” anywhere in the manuscript. Articles resulting from empirical research, published in journals located in the MIAR (Information Matrix for Journal Analysis) database, were included. The application of these inclusion criteria identified a total of 37 publications from 23 different journals, which were then reviewed in depth. The content analysis was carried out from a humanistic perspective that recognizes the complex and multifaceted nature of leisure, proposing a scope and dimensions for its exploration (San Salvador del Valle, 2000; Cuenca, 2014). The general results revealed a plurality of understandings and relationships, both favorable and unfavorable to human development. These approaches indicate the presence of a conglomerate of mixed meanings and conceptions in the two countries. This review suggests the benefit of studying leisure in Latin American countries from an integrated viewpoint as a factor in human development, in such a way as to allow the valuing and resignifying of leisure experiences for the citizens of Latin American societies.

KEYWORDS: Human development; leisure; recreation; free time.

UMA REVISÃO SISTEMÁTICA DO LAZER COMO PROMOTOR DO DESENVOLVIMENTO HUMANO NO BRASIL E NA COLÔMBIA

RESUMO: Lazer e desenvolvimento humano são noções que pertencem a uma esfera de significados da vida. Assim, eles se transformam, circulam e são influenciados pela dinâmica das esferas econômica, política e social do contexto. Elizalde e Gomes (2009) e Lema (2015) apontam que os significados do lazer nos países latino-americanos foram historicamente influenciados por uma herança anglo-saxônica que relegou o conceito de lazer a uma categoria neutra, associando-o à ideia de “não fazendo nada.” Essa concepção está relacionada à dinâmica do trabalho, em que a valorização do tempo livre e da recreação tem sido priorizada. O objetivo desta revisão sistemática de publicações científicas foi identificar as compreensões do lazer e seus efeitos nos processos de desenvolvimento humano que podem ser observados em pesquisas científicas no Brasil e na Colômbia. A busca foi executada utilizando as bases de dados do host DIALNET Plus e EBSCO. Foram incluídos artigos publicados entre 2010 e 2020, em espanhol e português, se contivessem as palavras-chave “lazer”, “desenvolvimento”, “recreação” e “lazer” em qualquer parte do manuscrito. Foram incluídos artigos resultantes de pesquisa empírica, publicados em periódicos localizados na base de dados MIAR (Information Matrix for Journal Analysis). A aplicação desses critérios de inclusão identificou um total de 37 publicações de 23 periódicos diferentes, que foram posteriormente analisadas em profundidade. A análise de conteúdo foi realizada a partir de uma perspectiva humanística que reconhece a natureza complexa e multifacetada do lazer, propondo um escopo e dimensões para sua exploração (San Salvador del Valle, 2000; Cuenca, 2014). Os resultados gerais revelaram uma pluralidade de entendimentos e relações, favoráveis e desfavoráveis ao desenvolvimento humano. Essas abordagens indicam a presença de um conglomerado de significados e concepções mistas nos dois países. Esta revisão sugere o benefício de estudar o lazer nos países latino-americanos a partir de uma visão integrada como fator de desenvolvimento humano, de forma a permitir a valorização e ressignificação das experiências de lazer para os cidadãos das sociedades latino-americanas.

PALAVRAS-CHAVE: Desenvolvimento Humano; lazer; recreação; Tempo livre.

1 | INTRODUCTION

The relationship between leisure and human development has been recognized by authors in many different times and places who have associated leisure with factors that benefit human life. Leisure has been described as an experience of freedom in the face of the alienating conditions of work (Pieper, 1962; Lafargue, 1991), or as an opportunity to use free time to aid personal development and as a facilitator of enjoyment and rest (Dumazedier, 1971).

The creative impact of leisure has also been recognized (De Grazia, 1966), along with its benefits for the psychological and physiological dimensions and for the civilizing process (Elias and Dunning, 1992). These benefits are attributed to its contributions to the development of human potential in the arts and the evolution of the sciences (Csikszentmihalyi, 2001). Leisure and play are viewed as intrinsic to any culture that allows

these experiences to develop and subsist (Huizinga, 1987).

From a humanistic viewpoint, leisure is understood as human experience related to the meaning of life, as self-realization, as a condition that enhances quality of life, and as part of the scope of human development. (Cuenca, 2000). It implies an integrated human experience and is a fundamental human right to which all people should be entitled (Lázaro and Madariaga, 2014).

From this orientation, San Salvador del Valle (2000) defines three fundamental variables: leisure as free time, leisure as activity and consumption, and leisure as a subjective experience. The difference between leisure and free time, along with the understanding of leisure as a subjective experience, is essential for approaching leisure as a contributor to human development.

In addition to the above, there are shared manifestations at a global level of how leisure and human development are understood. The World Leisure and Recreation Association (WLRA), in its Leisure Charter of 1970, updated in April 2020, states that “leisure comprises the time off ... from commitments such as paid or unpaid work or personal maintenance and leisure activities that occur during free time.” This document emphasizes its support of leisure as among the rights and benefits established in the Universal Declaration of Human Rights.” (WLRA Charter, 2020).

This reference to human rights focuses on the concept of human development, agreed upon in 1990 within the framework of the United Nations Development Programme: “Human development is a process by which people are provided with greater opportunities, a longer and healthier life, education and access to the resources necessary for a decent standard of living, political freedom, the guarantee of human rights and self-respect” (UN, 1948: 9).

Despite these views, however, some Latin American authors have indicated that in their context the concept of leisure is different. Elizalde and Gomes (2009) show that it is conceived as empty time for doing nothing, linked to laziness, idleness, or an aversion to work. Salazar and Arellano (2015) state that “it is perceived as wasted space-time.” Lema (2015: 6) explains these connotations as deriving from the Anglo-Saxon influence in Latin America, which led to relegating free time and recreation to a negative category (idleness) or at best to a neutral one (doing nothing).

These ways of understanding leisure and its relationship with human development provide the basis of the present systematic review, based on research from Brazil and Colombia, two Latin American countries where studies in this field are relatively advanced. The research question that guided this process was as follows: What are the understandings of leisure and the relationship between leisure and human development in research from Brazil and Colombia in the last ten years?

The following section develops the rationale for the domains and dimensions used to approach the analysis of the research included in this review.

2.1 APPROACHING LEISURE IN TERMS OF ITS FIELDS AND DIMENSIONS

From a humanistic perspective, leisure is recognized as a source of experiences that benefit quality of life and human enjoyment. It provides fulfilling sensory experiences and has the potential to create creative encounters that enhance personal development (Cuenca, 2000). As it is considered a personal experience, it implies an infinite number of ways to satisfy, that could be determined by characteristics of the culture.

This perspective exhibits the complex and multifaceted nature of the phenomenon of leisure, helping us identify its fields and dimensions by which to explore it (San Salvador del Valle, 2000; Cuenca, 2014).

2.1 The fields of leisure

Leisure as a complex phenomenon can be explored through the concrete activities in which it manifests itself. These manifestations constitute fields that should be interpreted in accordance with the society in which they are developed. The following definitions from San Salvador del Valle (2000) present fields as categories so as to provide parameters for understanding leisure activities.

Field	Definition
Culture	A phenomenon that is constantly updated and transformed according to the times and the social groups that experience it. It integrates expressions of new forms of interaction and cultural realities and creations related to new technologies. San Salvador del Valle (2000)
Tourism	Productive and economic scenario. Its importance is based on the great number of people at its service and who invest in its enjoyment in the modern world. San Salvador del Valle (2000). Exhaust valve of the daily reality in which rest and compensation are sought. Its challenge is humanization, economic and environmental impact. (Cuenca. 2000)
Sport	Important and characteristic factor for the organization of the times of the citizens of the 20th and 21st centuries (Romero and Lazaro. 2019). As a practitioner he tends to maintain the disciplines and a boom in new manifestations, as a show he occupies a central space. San Salvador del Valle (2000)
Recreation	Individual or collective activities to create or produce a new will to live and a rediscovery of the value of life. (Cuenca. 2000). It is developed in closed or open spaces. It is typical of today's societies. Social recreation occurs in the encounter with others. Outdoor recreation increases the social and ecological value of natural and urban spaces (Lazcano and Madariaga. 2018)

Table 1. Description of leisure fields

Source: Adapted from San Salvador del Valle (2000)

2.2 The dimensions of leisure

As a personal experience and social phenomenon, leisure develops in a variety of dimensions that make possible or impede the development of interiorization processes. These are related to different ways of living, environments, equipment, and resources (San

Salvador del Valle, 2000; Cuenca, 2014). The dimensions are interrelated and there is interaction between them (Csikszentmihalyi, 2001).

Distinguishing leisure into different dimensions facilitates its theoretical study, although in real life, leisure occurs in a complex and integrated way (Amigo and Cuenca-Amigo, 2016). It is presented as an instrument of well-being with a positive directionality in some dimensions, but negatively as a source of destabilization and discomfort in others (San Salvador del Valle, 2000).

The following table summarizes the main dimensions of leisure.

Dimension	Key coordinates	Personal and social processes	Prototype activities
Creative	Personal exercise of introspection and reflection. Cultural experiences of leisure, linked to the development of cultural practices (Cuenca, 2014). Related to formative processes (Amigo, 2000)	Personal development. Self-affirmation Introspection Reflection	Arts. Alternative tourism. New sports. Adventure sports. Hobbies
Playful	The way in which a community lives and assumes fun and play, both for children and adults. It responds to how people have fun in different phases of their lives. (Cuenca, 2000)	Relaxation Fun Play.	Game. Cultural Practice. Traditional Tourism. Sports practice. Walks. Gathering
Festive	Group experience and community identification. Shared and social leisure versus individual leisure (Cuenca, 2014). Moment for enjoyment and relaxation, it has become part of everyday life. (Madariaga and Ortega, 2012)	Collective self-affirmation. Heterodiscovery Openness to others Socialization Break from everyday life Sense of belonging	Feast. Heritage. Folklore. Cultural tourism. Sport Spectacle Events. Theme parks. Amusement Parks
Environmental Ecological	Related to the physical, social, cultural, personal and community environment; leisure experience linked to nature (Cuenca, 2000). Leisure in homes, squares, parks, neighborhoods or cities. (Lazcano and Doistua, 2010)	Link to space Capacity for admiration Contemplation	Outdoor recreation. Urban tourism. Street art. Rural tourism Ecotourism. Outdoor sports
Solidarity	Actions of volunteer groups or leisure associations and open communities (Caride and López, 2002). Time to help others selflessly. (Madariaga and Lazcano, 2018)	Experience of the other. Associative participation Gratuitousness Voluntariness	Community leisure. Socio-cultural animation. Tourist animation. Social tourism. Sports for all. Associations. Leisure time education.
Productive	Object with use and exchange value. San Salvador del Valle (2000). Useful for economic and social development (Cuenca, 2000). Leisure as an area of professionalization. Does not contemplate the improvement of personal and community leisure. (Cuenca, 2014)	Welfare. Utility Professionalization	Cultural industries. Tourism sector. Professional sports. Recreational establishments. Gambling and betting activities. Leisure-health services. Capital goods and consumer goods

Dimension	Key coordinates	Personal and social processes	Prototype activities
Consumptive	Consumption of goods or services in an instrumental and material sense San Salvador del Valle (2000) It is limited to passive consumption, there is no transformative capacity (Gil. 1995).	Consumption Commodification	Purchase of tourist, cultural, sports and recreational products, goods and services.
Preventive	Associated with health. San Salvador del Valle (2000). Activities whose purpose is to prevent risk situations of individuals or social groups. (Cuenca. 2014).	Prevention Precaution	Preventive leisure. Health education. Preventive programs
Therapeutic	Recovery of physical, mental or social situations (Cuenca. 2014). Improvement of the quality of life (Gorbeña.2000).	Recovery Quality of life	Therapeutic leisure. Leisure and health
Alienating	Enajenación del espacio y tiempo reales del ser humano. San Salvador del Valle (2000). Espacios individualizados separados del grupo y la realidad (Aranguren. 1968) Alienation of the real space and time of the human being. San Salvador del Valle (2000). Individualized spaces separated from the group and reality (Aranguren. 1968).	Alienation	Any activity that alienates.
Absent	Presence of inactivity, time of boredom. Idleness. Boredom (San Salvador del Valle, 2000); (Bayón et al., 2012). Linked to retired people, young unemployed people, housewives or long-term unemployed. (Cuenca.2000)	Boredom. Disinterest	Inactivity
Harmful	Experiences harmful to society or subjects. San Salvador del Valle (2000). Harmful actions that need to be corrected, prevented and, ultimately, rectified (Lazcano and Madariaga. 2016)	Abusive practices. Exogenous dependence	Ociopathies. Ludopathies

Table 2. Dimensions of leisure

Source: Adapted from Cuenca (2014) and San Salvador del Valle (2000)

Using the framework described above, we developed our method of analyzing the studies, which is explained below, followed by the results.

3 I METHOD

The design of this systematic review (Petticrew, 2006), including the definition of criteria, search strategy, data extraction and analysis, responded to the study's pragmatic objective.

The study followed the parameters of the PRISMA Statement for Systematic Reviews (Liberati et al., 2009). The criteria for inclusion of the articles were as follows:

- Derived from empirical research conducted in Brazil or Colombia
- Published in Spanish or Portuguese

- In emerging journals, SCOPUS or indexed in the Information Matrix for Journal Analysis (MIAR)
- Published between 2010 and 2020
- Containing the keywords or descriptors “leisure”, “development” “recreation” or “free time” in any part of the manuscript.

Exclusion criterion: Not fulfilling the above-listed criteria for inclusion

Search and selection strategy: executed in the DIALNET Plus and EBSCO Host databases. The Boolean operators “AND” and “OR”

Data extraction and analysis were performed by initially reading titles and abstracts to select articles that met the inclusion criteria. The latter were examined in an exhaustive reading performed with the qualitative analysis software Nvivo.

Based on this reading and a review of the frequency with which words of interest appeared in the actual articles, we categorized and classified the articles by fields and dimensions. After that, we coded the understandings of the relationship between leisure and human development expressed in each article.

4 | RESULTS

Our analysis of the information we collected allowed us to obtain the quantitative and qualitative results presented below.

4.1 General description of data

The in-depth review was based on a total of 37 articles research results located in 23 different journals, among which 8 are emergent, 6 are SCOPUS and 9 are indexed according to the MIAR journal analysis matrix.

The following diagram summarizes the search and selection process, which followed PRISMA guidelines to ensure clarity.

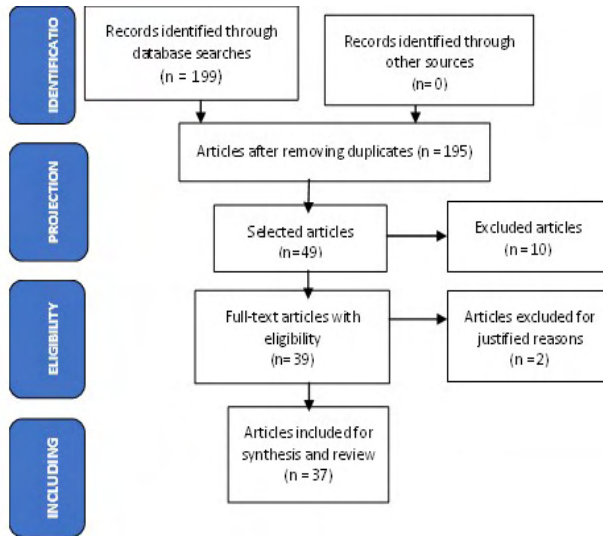


Figure 1: Selection of eligible articles

Figure 2 shows the distribution of the 37 articles that met the inclusion criteria according to their year of publication.

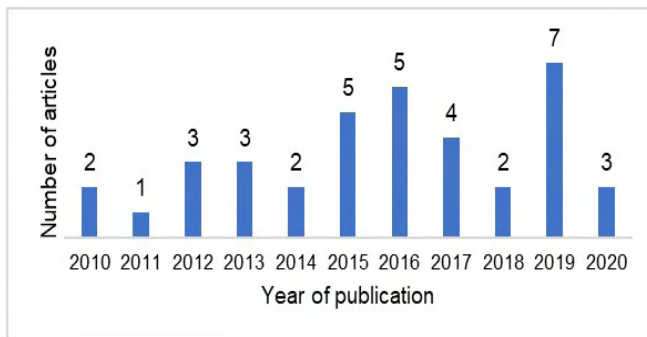


Figure 2. Distribution of articles by year of publication

Source: Authors' elaboration

We included 24 studies (65%) developed in Brazilian contexts and 13 (35%) from Colombian contexts.

The content analysis determined that the articles could be categorized by area as follows: 43% (N = 16) of the studies were in tourism, 27% (N = 10) in culture, 22% (N = 8) in recreation, and 8% (N = 3) in sports (Figure 3).

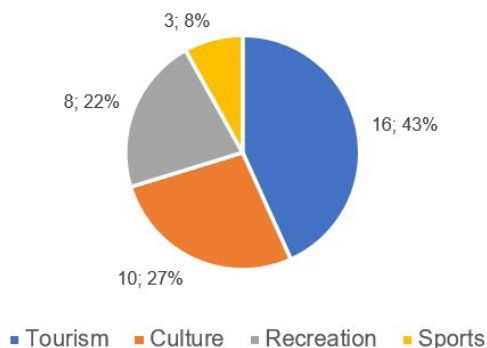


Figure 3. Categorization of studies according to areas of leisure

Source: Authors' elaboration

Table 3 shows the details of the categorization, including the fields and dimensions of all 37 studies, their authors, and the year of publication.

Author/year of publication	Field	Dimension	Country
Cheibub and De Melo (2010)	Tourism	Playful	Brazil
Dias de Faria and Motta (2013)	Tourism	Creative	Brazil
Hirata and Queiroz (2013)	Tourism	Productive Therapeutics	Brazil
Martínez (2014)	Tourism	Ecological	Colombia
Soto et al., (2015)	Tourism	Consumption Creative	Brazil
Ferreira et al., (2015)	Tourism	Consumption Ecological	Brazil
Scherer et. al. (2015)	Tourism	Ecological	Brazil
Tribiño (2015)	Tourism	Consumption Productive	Colombia
Rodríguez et al., (2015)	Tourism	Productive Festive	Colombia
Da Silva (2016)	Tourism	Consumption Creative	Brazil
Raimundo and Sarti (2016)	Tourism	Consumption Ecological	Brazil
Silva and Lanzarini (2016)	Tourism	Productive Therapeutics	Brazil
Corbari (2018)	Tourism	Consuntiva Solidaria	Brazil
Santana et al., (2019)	Tourism	Ecológica	Brasil
De Brito Castelo et al., (2019)	Turismo	Playful	Brazil
Fernandes de Sá et al., (2019)	Turismo	Consumption harmful	Brazil
Carminatti and Silva (2010)	Culture	Creative	Brazil

Author/year of publication	Field	Dimension	Country
Montoya (2011)	Culture	Solidarity	Colombia
Pizzolito and Stoppa (2012)	Culture	Therapeutics	Brazil
Bassols et al., (2020)	Culture	Playful Consumption	Colombia
Torres (2017)	Culture	Playful Therapeutics	Colombia
De Lima et al., (2019)	Culture	Playful Festive	Brazil
Da Silva Maranhão et al., (2019)	Culture	Playful	Brazil
Unás (2019)	Culture	Creative Harmful	Colombia
Bedoya and Fernández (2019)	Culture	Playful	Colombia
Martelo et al., (2020)	Culture	Consumption	Colombia
Marulanda et al., (2012)	Recreation	Playful Preventive	Colombia
Da-Conceição and Onofre (2013)	Recreation	Playful Alienating	Brazil
Vásquez (2014)	Recreation	Playful	Colombia
Silvestre (2016)	Recreation	Therapeutics	Brazil
Roa (2017)	Recreation	Playful	Colombia
Giraldo and Soto (2017)	Recreation	Playful	Colombia
De Castro Melo and Da Silva (2018)	Recreation	Consumption Productive	Brazil
Pasquim et al., (2020)	Recreation	Therapeutics	Brazil
Müller and Arruda (2012)	Sport	Creative	Brazil
Pines and Uvinha (2015)	Sport	Playful	Brazil
De Almeida et al., (2016)	Sport	Therapeutics	Brazil

Table 3. Selected articles categorized by fields and dimensions

Source: Authors' elaboration

Some studies addressed more than one field based on the parameters indicated in Table 1; however, we classified each article into the domain that stood out as the primary concern. In terms of dimensions, the studies were coded according to the personal or social activities and processes listed in Table 2, as described by the authors of the studies.

Figure 4 presents a synthesis of the articles according to the field and dimensions in which they were categorized.

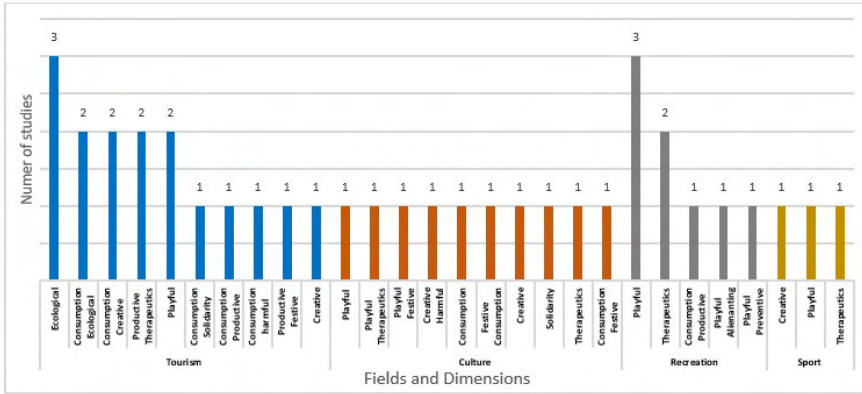


Figure 4. Number of studies by leisure fields and dimensions

Source: Authors' elaboration

The following section presents our qualitative results.

4.2 Descriptions of leisure as a promoter of human development by area in the studies analyzed

First, we will describe the understandings about leisure and its relationship to human development that we identified through this research. We discuss based on the number of studies classified into each field.

4.2.1 Tourism

The 16 tourism studies (43% of the total set) were associated with nine different dimensions, as shown in Figure 4

Leisure has been defined as privileged moments of connection of the subject with himself or herself that aid the development of self-esteem, generating liberation through activities undertaken voluntarily (Soto et al., 2015; Fernandes de Sá et al., 2019; Corbari, 2018; Ferreira et al., 2015). It is also denoted as pleasant activities that alleviate the tensions of everyday life and occupy free time, allowing one to escape from routines. It enables modern citizens to enhance their social inclusion and well-being (Silva and Lanzarini, 2016; Rodríguez et al., 2015; Hirata et al., 2013). According to some studies, these experiences provide breadth of thought, learning, and contact with other histories, cultures, landscapes, and ways of life, generating curiosity about new things (De Brito Castelo Branco et al., 2019). Therefore, they are a potential scope of identity building and human relations (Cheibub and De Melo, 2010).

We determined that tourism practices can develop concern for the flourishing and dignity of others and for environmental protection. They also contribute to the quality of life of both local residents and visitors, as well as helping to protect local heritages by

generating processes of solidarity and community support (Tribiño, 2015; Ferreira et al., 2015). Some leisure activities can be understood as types of neoliberal intervention in processes of economic and social development within communities. These activities tend to aesthetize poverty as something authentic to the culture, reflecting social segregation between tourists and residents (Corbari, 2018; Da Silva, 2016).

Some studies highlight the fact that nature has acquired a relevant value in contemporary culture. However, there is a tendency to consider nature only in terms of its service to man, grounding its value in anthropocentric utility and not in its essence (Raimundo and Sarti, 2016). Thus, although tourism can contribute to sustainability, it can also be detrimental to nature and local communities (Soto et al., 2015).

Leisure tourism has gained prestige in the financial affairs of countries and in local development because of its economic impact. However, some types of tourism have harmful consequences, such as child and adult prostitution (Fernandes de Sá et al., 2019; Hirata, Sete and Queiroz, 2013).

The value of tourism is also spotlighted in formal educational settings that promote ecological activities. However, enjoyment in this context can be inhibited by the existence of tensions between what is considered productive or unproductive, relevant or negligible (Rodríguez-Guez et al., 2015).

Various barriers to the enjoyment of leisure are identified, including financial resources, work, stress, attitudes, and disability. Leisure is also described as a potential motivator for participation and social inclusion (Dias de Faria and Motta, 2013).

In summary, in the field of tourism, the identified activities and processes have personal and social dimensions associated with the ecological, consumer, recreational, and creative dimensions.

4.2.2 Culture

Ten studies (27%) focus on the field of culture around nine dimensions, as shown in Figure 4.

In these studies, leisure is understood as a component of culture and a human need that is constructed and inserted into social life. It is noted that a region's immaterial cultural wealth is an attractive feature that generates knowledge and personal and social development (Bassols et al., 2020) For some groups, such as young people, it is a tool for their development, but in specific cases, such as with musicians, the activities that generate enjoyment and pleasure can also cause health risks because they represent a great physical and mental burden due to the concentration of time on a specific and most of the time routine activity. (De Lima et al., 2019; Da Silva Maranhãz et al., 2019; Torres, 2017).

Leisure can be interpreted as a manifestation of culture because it varies across time and space (Marcellino, 1987). It is present in today's life but does not always imply

democratic and unrestricted practices (Pizzolito and Stoppa, 2012).

Technology, as a cultural characteristic of this era, is used as a symbol of class distinction and as a control mechanism. It is a tactic to procure well-being because it can be used to design alternate and flexible worlds. Therefore, it generates possibilities of self-expression, realization, and conquest over one's own life. Technology also tends to facilitate types of individualized leisure that move away from social life (Da Silva Maranhãz et al., 2019; Unás, 2019).

Leisure occupies an important place for families in contemporary society, as a key source of both family cohesion and strengthening of relationships. On the other hand, it can also create conflict due to certain barriers or inhibitors to leisure, such as money and available free time (Martelo et al., 2020).

Leisure is defined as a therapeutic space that allows the acquisition of new knowledge in the political, social, and cultural scope and the physical, spiritual, and mental reestablishment of people, especially displaced persons. It is a contributor to personal, family, cultural, and community development because it facilitates interaction, helping people to develop social skills and adapt to diverse environments (Da Silva Carminatti and Krug, 2010; Montoya, 2011; Bedoya and Fernández. 2019).

These studies show the prevalence of the solid, therapeutic, festive and recreational dimensions of leisure, and the variety of experiences and resulting effects that people enjoy.

4.2.3 Recreation

The eight studies (22%) focusing on the field of recreation describe five dimensions, identified in Figure 4.

In these studies, leisure from recreation is understood primarily as a form of family entertainment. Its experiences are described more as a tool to treat adverse social-emotional behaviors than as an autotelic practice. Discussions of particular groups, such as retirees, show that leisure is not only related to the world of work and that some people have substantial time to enjoy recreational experiences. These studies describe recreation as offering personal fulfillment and emotional security. It is noted that both work and leisure activities entail a formalization of time (Roa, 2017; De Castro and Da Silva, 2018).

As a form of playfulness, leisure promotes gratification; contributes to the expression of values; perfects cognitive, motor, sensory, and social skills; reduces emotional tensions; and increases tolerance of frustration. All these benefits enhance quality of life (Marulanda, Gaviria, and Ramirez, 2012).

Games can serve as pedagogical tools and as spaces where emotions are expressed and life experiences are enjoyed, making them a facilitator of behavioral transformations in society (Giraldo and Soto, 2017). The traditional recreational games played in the street can also fulfill pedagogical functions, promoting the formation of values and the civic, social,

moral, and psychomotor development of citizens (Vásquez, 2014).

From this point of view, leisure corresponds to social practices that constitute the history of individuals. As a mechanism of control and sanction, it can generate manifestations of resistance, such as in the case of people deprived of their liberty. Institutionalized leisure is framed in norms and rules that underlie processes of education, interaction, and integration into life (Da-Conceição and Onofre, 2013).

Therapeutic leisure activities replace the desire to consume drugs. From this perspective, leisure contains the possibility of helping through reflection on social production, culture and health. However, recreational leisure, in some situations, is not limited to being a completely disinterested activity, nor does it simply represent a way to spend free time, but can also be used to emancipate and control patients (Pasquim et al., 2020).

The understandings and effects reflected in these studies confirm the presence of the playful, therapeutic, preventive, productive, and consumptive dimensions of these experiences.

4.2.4 Sport

Only three of the studies we examined (3:8%) focused on the field of sport. They contain three dimensions, as shown in figure 4.

This type of leisure is related to physical activities and culture and involves voluntary participation by individuals when they have time available. These activities can be practiced, attended, or studied, although specific equipment is needed for some of them. They are considered a humanizing factor and one that allows participation in decisions of urban life. Contributes to raising self-esteem, preventing disease, and understanding and living rights. (Pines and Uvinha, 2015; De Almeida et al., 2016; Müller and Arruda, 2012). These experiences embody the development of the creative, playful and therapeutic dimensions.

The analysis of the four fields reveals common elements between them, and some dimensions are experienced in different ways in the different areas.

5 | DISCUSSION

The findings of this systematic review demonstrate that research on leisure and human development in Brazil and Colombia has addressed different understandings of leisure and its effects on human development in the last decade. A wide range of topics, problems and social groups have been studied.

From the understandings and meanings found in the four areas of tourism, culture, recreation, and sport, in line with the identified dimensions, the multifaceted effects of leisure on human development through various practices and activities are evident.

The studies reveal numerous positive contributions to personal and social processes; however, adverse effects on the quality of life of individuals and groups are also evident. We

should note that these effects correspond to the result of the lived experiences, but not to the meaning of the concept of leisure itself.

In this respect, most of the investigations contain no explicit statement that leisure promotes positive effects, but there are references to the characteristic practices in each área that contribute to people's development.

In Latin America, there has been progress in studies of leisure and recreation, though the latter category has been more generally accepted. Leisure is a notion from which historical imaginaries have been constructed, but limiting its conceptualization to the realm of recreation ignores the universe of possibilities of meaning that it entails, reducing the power of its benefits for human development.

One common feature emerging from studies in all four areas is the assertion and defense of leisure as a social right (Dias de Faria and Motta, 2013; Hirata, Sete and Queiroz, 2013; Silva and Lanzarini, 2016; Silvestre and Franco, 2019) under collective law (Tribiño, 2015), human law (Torres, 2017; Pasquim, Campos, and Soares, 2020), and constitutional law (Müller and Arruda, 2012), which is significant for the contextualized reading of the understandings of leisure in Latin American societies.

In accordance with the benefits that accompany leisure experiences, efforts should be made to ensure that all people have access to leisure, since it fosters environments of social well-being and human development, which in turn contribute to other positive social outcomes.

One limitation of this study is that its scope does not encompass understandings of leisure and its relationship to human development across Latin America, since the studies analyzed came only from Brazil and Colombia.

6 | CONCLUSIONS

This systematic review has clarified the multidimensional and polysemic character of leisure and its relationship with human development. The multiplicity of meanings and understandings expressed by researchers and by participants in the studies confirms the humanistic view of leisure as a subjective and personal experience, the meanings of which are related with the historical, social, and cultural frames of those engaging in it.

Studies of leisure in Latin America face an important challenge, as Elizalde and Gomes (2012) and Tabares and Molina (2014) have pointed out. It is necessary to continue studying contextualized leisure, as a personal experience that transcends the individual and connects people to the collective society in which they participate. This implies the need for research approaches that open up a range of alternative perspectives that can complement or be contrasted with each other, so as to consolidate our understanding of leisure as a promoter of human development in Latin American societies.

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