

FAMILY AND MOTHER LEISURE OF CHILDREN WITH DISABILITY SLOBODNO VRIJEME MAJKI DJECE S TEŠKOĆAMA U RAZVOJU

Perić Bralo Magdalena¹

Fakultet prirodoslovno-matematičkih i odgojnih znanosti Sveučilišta u Mostaru, Mostar,
Bosna i Hercegovina

Professional Article

Received: 14/01/2021

Accepted: 16/03/2021

ABSTRACT

Leisure is often associate with quality of life of an individual. Objective leisure definitions are used by economic, business and recreational researchers, and focused on behaviors that we can observe. Subjective definitions are more concerned with scientists who are focused on the microsphere of an individual. Modern families are under great stress and that through different family activities the reduction of stress can be achieved and also increase feel of family well-being. Family leisure is considered as very important component of family life. It often shows as idealized, constantly happy time in which everyone enjoys together, time that is pleasure for all family members as individuals and also for the whole family. During family leisure mothers usually have mixed roles of caring for children and caring for the household, thus disrupting their sense of freedom and enjoyment. Many roles that parents of children with disabilities need to take over creates a time pressure that does not occur to parents of children without disabilities. That time pressure is reflected on psychological and physical health of the parents, affecting simultaneously the lack of time for different activities such as going to work, leisure activities, personal care and social interactions. Research has shown that mothers of children with disabilities generally have much less time for themselves and family activities than when it comes to mothers of children without disabilities, no matter what type and level of disability is about.

Key words: leisure, family, mothers of children with disabilities

¹ **Correspondence to:**

Perić Bralo Magdalena, Fakultet prirodoslovno-matematičkih i odgojnih znanosti Sveučilišta u Mostaru
E-mail: pericmagda@gmail.com