



## **Leisure through Community Engagement using the Lens of Symbolic Interactionism and Evolutionary Theories**

Merites M. Buot<sup>1</sup>, Rhodora Ramonette dV. Custodio<sup>2</sup>,  
and Christopher C. Mantillas<sup>3</sup>

<sup>1</sup>Department of Human Kinetics, College of Arts and Sciences,  
University of the Philippines Los Baños, <sup>2</sup>Department of Educational Communication,  
College of Development Communication, University of the Philippines Los Baños,  
<sup>3</sup>School of Education, Arts and Sciences, Colegio de San Juan de Letran Calamba,

\*Corresponding author: [mmbuot@uplb.edu.ph](mailto:mmbuot@uplb.edu.ph)

**ABSTRACT** – Social wellbeing is known to accrue from leisure activity and is particularly beneficial in enhancing quality of life in the community. Leisure is a core factor of having quality life. Community members today experience numerous stresses most of the time that they may lack time for leisure. With the so many things occupying the mind such as financial, social problems and the like, the time for reflection has been forgotten. It is the purpose of the paper to determine the existing activities for community engagement towards leisure and its correlation to wellbeing. Furthermore, it seeks to look at the changes of the outlook of the members involved using the lens of the evolutionary theory. Local community days and festivals are the focus of the study by means of participant observation and actor-oriented perspectives. A qualitative paradigm is followed in the study. In-depth interviews are done to community members representing the youth, the local government unit, and other active stakeholders of barangay Tuntungin, Los Baños, Laguna. Oftentimes, the overindulgence in sensual pleasures and materialistic preoccupations takes a person away from a leisured experience which is essential for enhancing the quality of life. It is equally true that leisure and our leisure dreams are deeply related.

*Keywords: confidence, construction of meaning, satisfaction, social wellbeing, stress*



JOURNAL OF NATURE STUDIES  
(formerly Nature's Bulletin)  
ISSN: 1655-3179