


LEISURE, HEALTH AND WORK IN THE CONTEXT OF CURRENT SOCIETIES: ACADEMIC PRODUCTION FROM 2011 TO 2022¹

Recebido em: 08/08/2023

Aprovado em: 05/10/2023

Licença: 

*Cinthia Lopes da Silva*²

Universidade Federal do Paraná (UFPR)

Curitiba – PR – Brasil

<https://orcid.org/0000-0002-7979-0337>

*William Aparecido da Silva*³

Universidade Federal do Paraná (UFPR)

Curitiba – PR – Brasil

<https://orcid.org/0009-0006-1053-5043>

*Marco Aurélio Rodrigues Junior*⁴

Universidade Federal do Paraná (UFPR)

Curitiba – PR – Brasil

<https://orcid.org/0009-0003-1552-9812>

ABSTRACT: It is essential to understand the health problems that affect a significant portion of the Brazilian population, such as Burnout Syndrome, depression and anxiety. These problems are due to the model of society in which we live, the type of relationship we have with work and due to the decrease in carrying out activities in the context of leisure. Thus, the present study aims to analyze the academic production on leisure, health and work in the context of current societies, from 2011 to 2022. As a methodological procedure, a qualitative and quantitative bibliographic research was carried out. The database selected for the search was Google Scholar. 10 articles in the publication range from 2011 to 2022 were selected. As a result, the current characteristics of work, as well as the way in which society has dealt with this human activity, have led to mass illness in the working population, and activities in the context of leisure can make a difference in people's lives. A survey with quantitative data showed that the main points were: 2018, 2020 and 2022 were the years of greatest bibliographic production; the south and southeast regions are the majority in the production of the theme in the last 12 years; the keywords with the most repetitions in

¹ This text is part of the research “Leisure and education: meanings of the summer camp/UFPR for students from public schools in Curitiba/PR”, registered and approved at UFPR under number 202366430.

² Professora dos Cursos de Graduação em Educação Física e Programa de Pós-graduação em Ciências do Movimento Humano da Unimep. Autora dos livros: "Lazer e educação física: textos didáticos para a formação de profissionais do lazer" e "Lazer e esportes: textos didáticos".

³ Acadêmico de Licenciatura em Educação Física, pela Universidade Federal do Paraná. Bolsista do Programa de Educação Tutorial (PET) Educação Física.

⁴ Acadêmico de Licenciatura em Educação Física na Universidade Federal do Paraná. Bolsista do Programa de Educação Tutorial (PET) Educação Física. Integra o GEPETE - Grupo de Estudos, Professor, Escola e Tecnologias.

the articles were leisure, health and leisure activities; the number of qualitative and bibliographic research was predominant.

KEYWORDS: Leisure activities. Health. Work. Physical education and training.

**LAZER, SAÚDE E TRABALHO NO CONTEXTO DAS SOCIEDADES ATUAIS:
PRODUÇÃO ACADÊMICA DE 2011 a 2022**

RESUMO: É fundamental compreendermos os problemas de saúde que cometem significativa parcela da população brasileira como Síndrome de Burnout, depressão e ansiedade. Esses problemas são decorrentes do modelo de sociedade em que se vive, do tipo de relação que se tem com o trabalho e em virtude da diminuição da realização de atividades do contexto do lazer. Assim, o presente estudo tem como objetivo analisar a produção acadêmica acerca do tema lazer, saúde e trabalho no contexto das sociedades atuais, no período de 2011 a 2022. Como procedimento metodológico foi realizada pesquisa bibliográfica de naturezas qualitativa e quantitativas. A base de dados selecionada para a busca foi o Google Acadêmico. Foram selecionados 10 artigos no intervalo de publicação de 2011 a 2022. Como resultados, as atuais características do trabalho, bem como a forma com que a sociedade tem lidado com essa atividade humana tem levado ao adoecimento da população trabalhadora, sendo que as atividades do contexto do lazer podem fazer a diferença na vida das pessoas. A pesquisa com os dados quantitativos mostrou que os principais pontos foram: 2018, 2020 e 2022 foram os anos de maior produção bibliográfica; a região sul e sudeste são majoritárias na produção do tema nos últimos 12 anos; as palavras-chave com mais repetições nos artigos foram lazer, saúde e atividades de lazer; foi predominante o número de pesquisas qualitativas e bibliográficas.

PALAVRAS-CHAVE: Atividades de lazer. Saúde. Trabalho. Educação física e treinamento.

Introduction

The urbanization process has led people to seek activities and bodily practices in the urban and natural environment. It is possible to observe different modalities that are offered by companies in this industry: canoeing, rappelling, parachuting, trail walking, surfing, sports, games, dancing, courses, lectures, activities in the context of the arts, etc. However, people seek these activities or practices, often, as a way of escaping the routine, as rest, or as a compensatory (MARCELLINO, 2002) or relaxing (SCHWARTZ, 2002) way and, with this, they can assume a consumption vision of these practices and making no commitments to caring for the environment and learning

knowledge about the body culture of movement, being necessary educational processes aimed at leisure.

Understanding this problem of capitalist societies and addressing this issue with a focus on Physical Education, represents an attempt to make effective the pedagogical process in the fields of activity in the area, minimizing the problems arising from a distorted or naive view of leisure. To this purpose, it is essential to study and investigate classic and contemporary authors of leisure, as well as their influences on Brazilian scientific thought, particularly in the area of Physical Education, in order to be based on a critical view of leisure that can overcome the common sense view of the area based on actions within the scope of education for and through leisure.

The double educational process of leisure – education for and through leisure, can be worked on in the school and non-school context, and requires a critical vision so that it can actually generate transformations in the lives of children, young people and adults in the enjoyment of available time throughout life. In this regard, leisure can be part of the humanization process of society, as a right for everyone instead of a mere commodity.

The double educational process of leisure (MARCELLINO, 1987) is fundamental in a context in which people have become ill due to excessive work and personal demands and the reduction of time available for leisure activities.

Is it possible for a person to be healthy without having a job and time available for leisure? We believe it is not possible, since health, leisure and work are concepts and activities that are present in the lives of all subjects and these activities are inseparable, that is, one will only function properly if there is the presence of another qualified activity. For example: a person will be healthy if they have a job to have minimum financial conditions to support themselves, and this person will only be able to stay at

their job if they have leisure time to rest, have fun and develop in other spheres of life beyond the professional one. Leisure is one of the social rights that the Brazilian government is committed to with the Brazilian population.

We live in a society in which the capitalist system itself means that people do not value and recognize the importance of leisure in order to have a healthy life, whether in the work environment or in any other environment. Due to this devaluation, individuals are vulnerable to illness. However, devaluation is not the only issue contributing to this problem. Currently, the way the capitalist system forces people to work has been the main factor that causes people to get sick. According to the contemporary philosopher Chul Han (2023), we currently live in a tired society, diseases such as Burnout Syndrome, depression and anxiety are common problems today. The current world is marked by globalization, by the absence of limitations. It is also marked by violence that generates overproduction, overperformance, overcommunication. It is a type of violence that is no longer viral, but neuronal (affects people's way of thinking). The subjects are businesspersons of themselves and do everything to obtain power.

In this model of society, subjects live in an excess of positivity, with an absence of negativity and there is a transfer of thought into calculation and the human being in society into a performance machine. According to Chul Han (2023), we left a model of disciplinary society (based on the thinking of Michael Foucault) and entered the model of a society of fatigue, in which people become ill due to the demands they place on themselves. Overproduction and overperformance lead people to dedicate themselves more and more to work and reduce their available time and, when they seek activities in the context of leisure, it is in the sense of mere consumption, to relax, de-stress, as a break from the super-productive routine they have, as we said above.

Barros (2016) states that since the time of the Industrial Revolution, working conditions have been precarious for workers. At that time, several terrible situations occurred, such as: excessive working hours, with 16 hours a day, lack of hygiene, abuse of women and children, spread of diseases due to unhealthy environments and lack of housing, causing that people had to sleep in the same work space. Time has passed, some things have changed, but still, the problems with the working class continue.

An investigation of the bibliographical production on the topic Leisure, Health and Work is essential in order to understand how people in today's society are enjoying the time that should be available to develop themselves and build a critical view of leisure. Thus, this paper aims to analyze academic production on the topic of leisure, health and work in the context of current societies, from 2011 to 2022 and its main question is: What has been produced in academia between 2011 and 2022 on the topic of leisure, health and work in the context of current societies?

Method

The study has a qualitative character and, according to Minayo (1994, p.22) this type of study "(...) works with the universe of meanings, motives, aspirations, beliefs, values and attitudes".

The methodological procedure used was bibliographic research. The techniques of textual, thematic, interpretative analysis, problematization and personal synthesis were used, according to Severino (2007). The bibliographic research was carried out based on the bibliographic survey on Google Scholar, in the format of a systematized review. The search strategy was based on a combination of terms: leisure, health and work. In this initial search, we found 371,000 works. After that, a selection of texts was

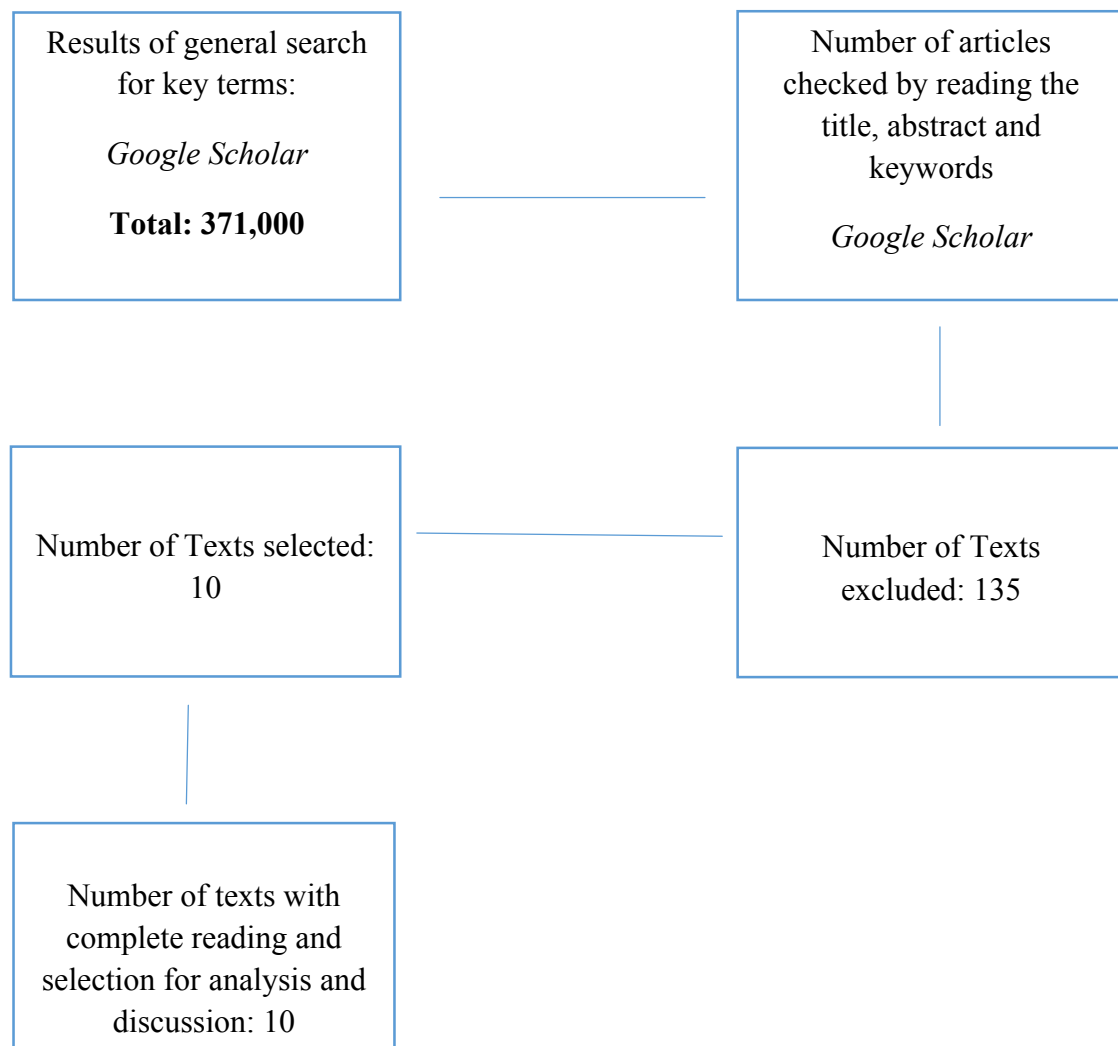
made by reading the titles, abstracts and keywords and among the selected texts, which were most related to the topic investigated, the entire article was read.

The inclusion criteria were: be a scientific article, be available in PDF, contain key terms in the title or abstract and be within the year range of 2011 to 2022. The exclusion criteria were: discarding texts that were not articles or that were not available in PDF or outside the determined range of years or that were unrelated to the key terms or repeated articles.

The justification for these criteria is the fact that we have access to synthetic productions in the format of scientific and current articles. We consider that discussions about leisure and health are not frequent in the field of leisure, so we used a 12-year interval between publications as a criterion.

After applying the adopted article selection criteria, we considered the first 10 texts that fit the topic investigated for analysis and discussion. These 10 texts were selected after reading approximately 15 pages on Google Scholar, around 150 texts, 135 of which were discarded in the search. Below is the flowchart of the text search carried out:

Figure 1: Flowchart of Articles Found



Source: The authors

A sheet was used to extract data from the selected works. The quantitative analysis of bibliographical research data aims to present an overview of the selected papers. The qualitative analysis will seek to identify what the authors have proposed regarding the topic of leisure, health and work in the context of current societies. For this second analysis, we included some authors who are discussed in the research group such as Lafargue (1999), Chul Han (2023), Marcellino (2006), Sá and Gomes (2021). Below is the sheet for data extraction for the qualitative and quantitative analysis of the

bibliographic research. This sheet was created based on an adaptation of the sheets used in investigations by Ferreira (2011), Terezani et al. (2010) and Stoppa *et al.* (2010).

Table 1: Analysis Sheet

Work Title	
Author	
Year of publication/period of research	
Country/states/municipalities where the research was conducted	
Sample [<500, 500-1500, 1501-6000,> 6000].	
Type of paper (dissertation, thesis, book, article, etc.)	
Keywords	
Number of pages	
Institution of researcher	
Theoretical framework used (4 most quoted authors)	
Method and techniques used in investigation	
Other relevant items	
Work abstract	
Main results of the investigation	
What the authors have proposed regarding education for and through leisure.	

Source: The authors

Results and Discussion

In total, it was identified 10 texts that met the pre-determined criteria, as shown in the table below.

Table 2: Texts used

Article	Title	Year	Journal	Complete reference
1	Leisure knowledge and practices: a work and health perspective	2021	Linhas Críticas	SANTANA, D. O. M. <i>et al.</i> Conhecimentos e práticas de lazer: uma perspectiva de trabalho e saúde. Linhas Críticas , Brasília, v. 27, e35146, 2021. Disponível em http://educa.fcc.org.br/scielo.php?script=sci_arttext&pid=S198104312021000100117&lng=pt&nrm=iso . acessos em 19 jun. 2023. Epub 06-Abr-2021. https://doi.org/10.26512/lc.v27.2021.35146 .
2	Leisure and health as an influence element of the teaching process of teachers: a systematic review	2022	Humanidades & Inovação	SANTANA, D. O. M., ABRAO, R. K. O lazer e saúde como elemento influenciador do processo de ensinagem de docentes: uma revisão de literatura. Humanidades & Inovação , v.9, n.2, p.332-340, 2022.
3	The impact of health on the quality of life and quality of working life of university teachers from different areas of knowledge	2019	Cienc. Saúde Coletiva	SANCHEZ, H. M. <i>et al.</i> Impacto da saúde na qualidade de vida e trabalho. Cienc. Saúde Coletiva , v.24, n.11, p. s/n, 2019.
4	Contemporary work and leisure: A critical perspective	2022	Licere	PADOVAN, E. Lazer e Trabalho Contemporâneos: Uma Perspectiva Crítica. LICERE - Revista do Programa de Pós-graduação Interdisciplinar em Estudos do Lazer , [S. l.], v. 25, n. 1, p. 487–501, 2022. DOI: 10.35699/2447-6218.2022.39116. Disponível em: https://periodicos.ufmg.br/index.php/licere/article/view/39116 . Acesso em: 24 jun. 2023.
5	Productive restructuring and worker health: Analysis based on access to leisure practices	2012	Omes Humanitate – ESAB	LIMA, T. F. Reestruturação produtiva e saúde do trabalhador: Análise a partir do acesso às práticas de lazer. Omes Humanitate: Revista Científica da Escola Superior Aberta do Brasil . v.2, n.8, out/dez. 2012. Vila Velha, ES: Escola Superior Aberta do Brasil, 2012.
6	Night work and repercussions on health and leisure	2020	Revista Perspectiva: Ciência e saúde	ANDRADE, R.D. O trabalho noturno e repercussões à saúde e ao lazer. Perspectiva: Ciência e Saúde , Osório, v. 5, n.1, p.72-82, Mar 2020.
7	Therapeutic leisure: Action research with healthcare workers from mental health	2020	Movimento	PASQUIM, H. M; CAMPOS, C. M. S; SOARES, C. B. Lazer terapêutico: Pesquisa-Ação com trabalhadores de serviços de saúde mental, álcool e outras drogas. Movimento ,

	services for users of alcohol and other drugs			Porto Alegre, v. 26, e26004, 2020. DOI: https://doi.org/10.22456/1982-8918.90105
8	Leisure and working hours: a study on the dignity of workers in capitalist society	2016	Sinais – revista de ciências sociais da Universidade Federal do Espírito Santo	BARROS, R. E. M. Lazer e jornada de trabalho: um estudo sobre a dignidade do trabalhador na sociedade capitalista. Sinais . Vitória, v.1 n. 19. 2016. DOI: https://doi.org/10.25067/s.v2i23.29163
9	The leisure in actions of the ministry of health: emphasis on active leisure	2018	Revista Brasileira de Estudos do Lazer	ANTUNES, P. de C., NEVES, R. L. de R., & FURTADO, R. P. O lazer em ações do ministério da saúde: ênfase no lazer ativo. Revista Brasileira De Estudos Do Lazer , v.5, n.2, p.3–19, 2018. Recuperado de https://periodicos.ufmg.br/index.php/rbel/article/view/602 .
10	Relationships between Leisure and Health in a time of Somatic Culture	2018	Revista Brasileira de Estudos do Lazer	VERLE, V. Relações entre o Lazer e Saúde em tempo de Cultura Somática. Revista Brasileira de Estudos do Lazer . Belo Horizonte, v. 5, n. 2, p. 20-32, mai./ago. 2018.

Source: The authors

Qualitative Analysis

When facing the contents and analyzes carried out by the authors of the articles selected in this research, it is possible, preliminarily, to come across a first important note: the current characteristics of the work, as well as the way in which society has dealt with this human activity, has led to the mass illness of the working population. These ideas are in line with classic and contemporary authors of leisure and philosophy. Lafargue (1999) already stated at the end of the 19th century, the form of labor exploitation due to the long working day and the terrible living conditions that meant that the worker practically had no right to laziness, what we today call leisure. During this period, men, women and children worked up to 16 hours a day and did repetitive work, the time left was to go home, sleep and return the next day. The philosopher Chul Han (2023) points out that tiredness is characteristic of today's society, in which people have many mandatory tasks on a daily basis and they themselves manage such activities, demanding of themselves. For example, it is common nowadays to see people

who have a permanent job and work in a second job as freelancers – based on services offered. This leads to a overburden of work to the life of and individual, reducing activities in the context of leisure, being a possible cause for illness.

Both the competitiveness for a vacancy in the job market and the precarious conditions of several positions, legitimized by the labor legislation in force in Brazil, which are strongly influenced by neoliberal thinking, have been one of the factors responsible for the large increase in cases of a variety of illnesses, resulting from more than one job, as they directly impact habits that involve increased stress levels, lack of sleep regulation, poor diet, and excessive working hours; the latter which, as a consequence, contributes to the reduction of individuals' "free" time and leisure time. In one of the articles analyzed (5), which deals with productive restructuring and worker health, the author states that:

In addition to the worsening of working conditions with an increase in workload, especially the psychological workload, productive restructuring alters behaviors and basic needs of men, such as access to leisure and the possibility of using their free time for their personal development, rest or even joy, and starts using it for professional development, ceasing to be free time, becoming unpaid working time (LIMA, 2012, p.20).

In other words, working time is increased and occupies what should be the right of any worker to be "free" or actually available time. Today, it is possible to observe how many company workers do extra work to provide more for their family income, given that in Brazil the minimum wage since May 1, 2023 is BRL 1,320.00, a very low value for anyone's needs. and even lower when the cost is to maintain a family.

In a recent leisure study (SÁ and GOMES, 2021) on leisure spaces that associations and companies make available to employees, it presents that:

(...) the swimming pool stands out as the preferred space for 60% of respondents, followed by the bar/snack bar (48%), barbecue/picnic area

(46%), restaurant (45%) and sauna (42%). Other spaces are also perceived as leisure spaces, but at a frequency of little significance.

These data show that workers want to experience activities different from their work routine in the time available, so spaces such as swimming pool, bar/snack bar and barbecue/picnic are the most mentioned in the research. These spaces, which are probably not accessible in their own home, such as the swimming pool, provide sociability, contact with others, human interaction, which confirms that people in the tired society, as stated by Chul Han (2023), don't have time for that, just for work.

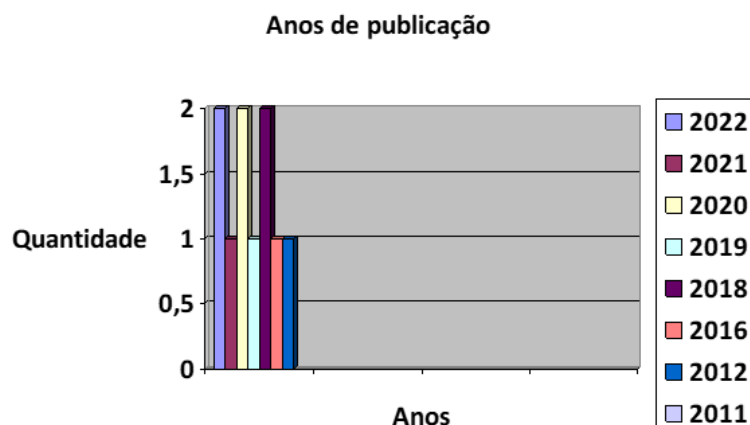
One of the fields that has been studied based on the intersection of topics Leisure, Health and Work is teaching. Three of the ten articles analyzed in this research refer to studies carried out with university professors (articles 1, 2 and 3), and presented questions from this class regarding access to and encouragement of leisure, quality of life, use of medication by some professors, and the level of physical activity. The university institution requires its employees to control their duties so that they do not have excessive work and excessive activities, in order to promote healthy working conditions for public servants. But we know that for educational team who work at undergraduate and postgraduate levels, for example, or who have extension projects, the time dedicated to the university often goes beyond eight hours of work per day, contributing to the illness of this professional. Another study corroborates these aforementioned data, as part of a research published in 2022, by Semesp Institute, an entity that carries out research on higher education in the country, data was obtained that reveals that in Brazil, in the year 2040, there may be a shortage of 235,000 teachers to fill vacancies in public schools in states and municipalities. Such a tragic perspective is justified, according to the institute, by the lack of interest in undergraduate courses, the aging of the teaching staff and career abandonment, often occurring for reasons related to health.

An important aspect shown in the set of articles selected in this work is the diversity of fields of knowledge dedicated to understanding and connecting these three themes (leisure, work and health). In addition to researchers in the field of Physical Education, who have embraced the topic of leisure over the last few decades, studies from the legal, social sciences and health fields are also presented. This is in line with the legitimacy that leisure studies have received as a multidisciplinary field. Three aspects are fundamental to characterize leisure, as suggested by Marcellino (2006): time, space and attitude. What we do in our “free” time must be widely debated in society to develop both efficient public policies and a new meaning of leisure that overcomes simplistic and common-sense ideas of leisure as exclusively time for rest and/r fun. Lima (2012, p.21) states that “free time, in addition to being a human right, also serves to maintain the health of the individual, who during this time achieves physical and psychological recovery from all the tiredness and worries associated with work activities”. Therefore, it is mandatory that teachers and employees of municipal, state or federal institutions have a balance between their activities in the context of leisure and obligation so that they can have a life without excess work and with conditions to enjoy leisure. In addition, they must be aware of the meaning of leisure in their lives, their right to leisure and seek more dignified conditions of work and leisure, based on a critical, questioning vision, which leads individuals to have satisfaction in the activities carried out both at work and at leisure.

Quantitative Analysis

Of the articles investigated, the years 2018, 2020 and 2022 had the greatest bibliographic production on the topic, as we can see in chart 1.

Chart 1: Years of publication

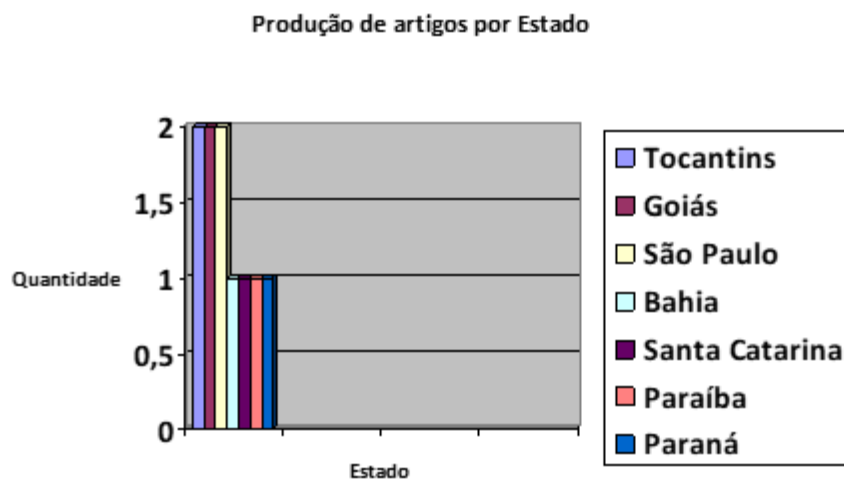


Source: The authors

This result may be due to the fact that in recent years there has been greater concern about the health of workers who live in contemporary society, and the intensification of poor working conditions, outsourced work or even temporary work and self-employment, as a way of overcoming unemployment.

The Brazilian states represented by the publications were: Tocantins, Goiás, São Paulo, Bahia, Santa Catarina, Paraíba, Paraná. It is observed that the South and Southeast regions are the majority in production on the topic in the last 12 years. Traditionally, these regions are also the most concentrated in universities, which may justify the predominance of work in these locations in Brazil, as shown in graph 2 below:

Chart 2: Articles by state

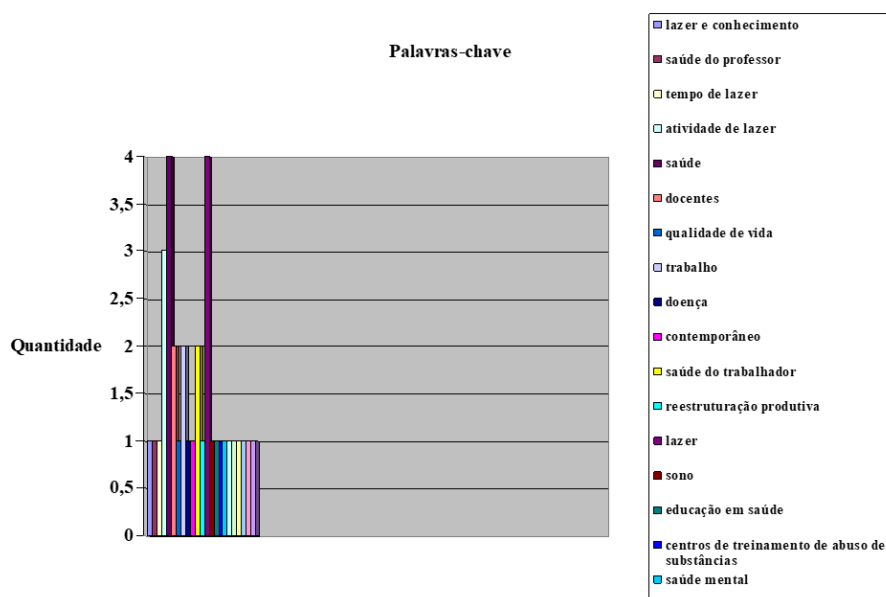


Source: The authors

Regarding the research sample, all texts either worked with samples below 500 participants or did not apply to the sample as it was bibliographic research. All papers are articles. The number of pages varies greatly from article to article, but the maximum number of pages is 17. The researchers institutions follow the Brazilian states where the research was produced, this shows that the place where the researcher is linked determines the choice of the place where the research is carried out.

The most frequently used keywords in the articles were: leisure and knowledge, teacher health, leisure time, leisure activity, health, teachers, quality of life, work, illness, contemporary work, worker health, productive restructuring, leisure, sleep, health education, substance abuse training centers, mental health, dignity, working hours, Marxism, public policies, Brazilian Universal Healthcare Program (SUS), somatic culture; with more repetitions between the words leisure, health and leisure activities indicated, as we can see in chart 3 below:

Chart 3: Keywords

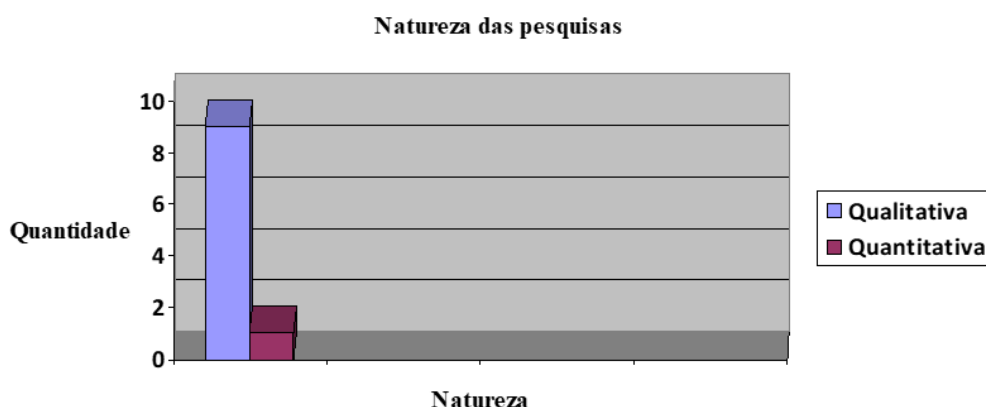


Source: The authors

Among the authors mentioned in more than one article, there are: Bruno Modesto Silvestre and Silvia Cristina Franco Amaral, Joffre Dumazedier, Christianne Luce Gomes and Victor Melo, all of them are specialist authors in leisure studies, which shows that there may be a movement among leisure scholars in search of relationships with the health field.

With regard to the methodologies used by the authors of the selected articles, a greater number of options for qualitative research stand out, based on literature reviews/bibliographical research (six in total). However, there were studies that used emancipatory action research methods, focus groups, and in one case (article 3 of the table shown above) quantitative research was carried out, through a descriptive, cross-sectional study, which evaluated 284 university professors from the areas of health, biology, agrarian, human and exact.

Chart 4: Nature of research



Source: The authors

The data above shows that the number of qualitative research was predominant. This is due to the theme investigated, which involves a social problem, being related to a set of meanings. Therefore, the identification of a predominantly greater number of qualitative research is related to the topic investigated.

Final Considerations

This paper aimed to analyze academic production on the topic of leisure, health and work in the context of current societies, from 2011 to 2022 and in relation to the question: What has been produced in academia between 2011 and 2022 on the topic of leisure, health and work in the context of current societies? The findings were:

- The data obtained in the qualitative research points out that the current characteristics of work, as well as the way in which society has dealt with this human activity, have led to the illness of the working population, with leisure being, in addition to being a social right, a necessity to carry out the difference in people's lives, balancing mandatory activities and the leisure context and being able to go further, leading people to think about their ways of life in contemporary times, in order to seek healthier and more humane ways in carrying out the set of activities in their everyday life.

- The research with quantitative data showed that the main points were: 2018, 2020 and 2022 were the years with the greatest bibliographic production; the south and southeast regions account for the majority in production on the topic in the last 12 years; the keywords with the most repetitions in the articles were leisure, health and leisure activities; the number of qualitative and bibliographical research was predominant.

In view of the results presented, access to leisure activities for people in the context of leisure is urgent in contemporary society, whether through public policy projects, social organization, partnerships between companies and educational institutions, universities and schools, and it is possible to observe that the path to education for and through leisure is fundamental in the context of a society in which people are falling ill as a result of work overload or reduced time devoted to all leisure content.

Other studies and regular monitoring on the topic of leisure and health are essential so that this assessment can be carried out from time to time, envisioning improvements in the situation presented.

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Endereço dos(as) Autores(as):

Cinthia Lopes da Silva
Endereço eletrônico: cinthialsilva@uol.com.br

William Aparecido da Silva
Endereço eletrônico: william.silva1@ufpr.br

Marco Aurélio Rodrigues Junior
Endereço eletrônico: marcoaurelioufpr@gmail.com