

# Special Issue

## Leisure, Labour, and Active Living: A Holistic Approach

### Message from the Guest Editors

This Special Issue suggests a comprehensive perspective on how individuals engage with various facets of life. Leisure encompasses activities pursued for enjoyment, relaxation, and personal development outside the realm of work or obligation. Labour refers to the productive work individuals undertake, whether in the form of employment, entrepreneurship, or domestic responsibilities. Active living encourages a lifestyle that prioritizes physical activity and healthy habits. The holistic approach acknowledges the interconnectedness of these elements, recognizing that each contributes to an individual's overall sense of fulfilment and balance. By embracing leisure, labour, and active living in harmony, individuals can cultivate a well-rounded life that promotes both personal growth and societal well-being. This Special Issue will welcome manuscripts that relate to the following themes: Comparative studies of leisure culture; Leisure and wellness, health and fitness, health promotion; Leisure policy; Media and communication in leisure; Sociology of leisure; Sport sociology; Leisure, work, and employment relations; Leisure and employment relations; Leisure and quality of working life.

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### Deadline for manuscript submissions

closed (30 September 2025)



## Social Sciences

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### Message from the Editor-in-Chief

*Social Sciences* is an international, open access, peer-reviewed journal publishing the latest research across all disciplines of the social sciences, including anthropology, economics, law, linguistics, education, geography, history, political science, psychology, sociology, and other related areas. The journal is especially interested in interdisciplinary research, and aims to encourage creative, innovative, and critical reflections across social science disciplines. The journal welcomes conventional length articles, shorter Research Notes or articles, as well as Special Issue submissions, as long as they meet the journal's standards of quality and originality.

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### Editor-in-Chief

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