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Edna Ferreira Coelho Galvão

PhD in Education from UFF/RJ. Professor of the Graduate Programs Master's and Professional Doctorate Teaching in Health in the Amazon (UEPA) and Master's Degree in Social Sciences (UFOPA).

E-mail: edna.galvao@uepa.br

Juarez Bezerra Galvão

PhD in Education from PUC/SP. Professor of the Graduate Program in Social Sciences (UFOPA).

E-mail: juarez.galvao@ufopa.edu.br

Nalanda Coelho Galvão

Scientific Initiation Scholarship by CNPq-EM State University of Pará (UEPA)

Fernando Nascimento Carvalho

Scientific Initiation Scholarship by CNPq-EM State University of Pará (UEPA)

Nicolas Máximo Andrade Santana

Scientific Initiation Scholarship by CNPq-EM State University of Pará (UEPA)

ABSTRACT

This study sought to understand the main effects of social isolation during the COVID-19 pandemic on the use of free time by adolescents in a municipality in the interior of the Amazon. Participated in the research 70 adolescents, captured through digital platforms and indication of other adolescents who were accepting to participate in the study. The project was approved by the CEP of UEPA campus of Santarém. The data were collected through a form with closed and open questions produced in google forms and sent by Whatsapp to the participants. They only had access to the form after signing the ICF and Term of Assent. The data were analyzed with the support of Excel and Iramuteq software. The general results of the profile indicated that most of the participants were female (64.28%), with ages distributed between 11 and 19 years, the majority coming from public schools (58.57%), and the vast majority (90%) are residents of the urban area of the municipality, and (45.71%) live with up to two minimum wages.

Keywords: Leisure, COVID-19, Adolescents, Pandemic.

1 INTRODUCTION

In 2020 the world was ravaged by the outbreak of a new disease, which became known as COVID-19, transmitted by a new form of the corona virus in China, in January 2020, before the notification of the disease in other parts of the world, the World Health Organization (WHO) declared an international public health emergency (BEZERRA, SILVA E SOARES, 2020).

In Brazil, the first manifestation of the disease was reported in February 2020 in the city of São Paulo. As COVID-19 spread and advanced to all Brazilian states, the federal, state and municipal governments began to discuss with epidemiological authorities what control and prevention measures could be taken in an attempt to slow the spread of infection and the collapse of the health system. Each region began to monitor the disease and establish parameters for the implementation of biosecurity measures, since there were many divergences regarding the procedures presented by the central power of the country, in the fight against COVID, and at the same time there were differences in the form and amount of contagion, as well as in the power of reaction to the epidemic in the different states. However, the strategy adopted by all and recommended by the WHO was the use of masks and alcohol

gel and social distancing and/or isolation. (FARIAS, 2020; GARCIA LP, DUARTE, 2020, BEZERRA et al, 2020).

Even in the face of many protests and the social and economic consequences, social distancing was encouraged and often social isolation was implemented by controlling the mobility of the population, especially in the periods known as *lockdown*. Across the country schools, universities, non-essential commerce, public and private areas of sport and leisure, among others have been closed, with part of the Brazilian population supporting and adhering to social isolation in an attempt to change the curve of contagion by COVID in the country (FARIAS, 2020).

This process of social distancing/isolation has generated numerous economic, social, cultural and psychological consequences. People ended up staying longer in their homes and this led to the adoption of new habits and behaviors that impacted the active lives of many people. Given this, leisure so important for the mental and social health of human beings had to assume new configurations. Leisure is a right guaranteed in article 6 of the Brazilian Federal Constitution of 1988 to the population. According to Marcellino (2002), leisure is divided into two aspects, time and attitude. Leisure by the attitude aspect is characterized through the type of relationship observed between the individual and his experiences, which implies satisfaction for a certain activity. On the other hand, leisure related to the time aspect considers the activities developed in the "free time", after professional, family, social and religious obligations.

In the face of the pandemic, the impossibility or limitations for the use of squares, cinemas, churches, sports courts, clubs, bars, public libraries, museums, concert halls and parties, among many other options that generate crowding and approximations between individuals, has led to the replacement of these practices by more homemade options. Watching television programs, series, movies, soap operas that were already on the rise in daily life in many homes assumed the centrality of the use of free time. But other options also compete with this, such as book reading, virtual or board games in the family, physical activity at home, manual work, gardening, social networks, among others. Undoubtedly, the new habits can generate a greater sedentary lifestyle in the population and thus allow the manifestation of numerous diseases such as obesity, anxiety and depression.

However, it is important to consider that even the most homemade leisure activities are not available to everyone, there are barriers to leisure, and the economic factor is one of the most important. It influences the distribution of available time between social classes, and even access to education, favoring empowerment and unequal access to leisure (MARCELLINO, 2002). Many Brazilians live in cramped homes with many family members, without spaces or minimum conditions to maintain equipment or materials that guarantee the creative use of free time, in addition, many are concerned

about ensuring daily bread and even with all the measures of protection and isolation need to leave home to work and seek ways of survival in these times of decreased jobs.

According to the aforementioned author, other reasons that hinder leisure are: gender issues, where women had an accumulation of their family and work obligations; the age group, having as less favored the children and the elderly, for being restricted to the family environment, many times without appropriate conditions to guarantee space and options of activities (MARCELLINO, 2002). Mori and Silva (2010), address the issue of lack of access and knowledge about leisure activities, as a primary factor for the restriction of the elderly, who end up seeing themselves unable to acquire new habits.

Given this context, the concern of this study turned to adolescents, considering that this is a phase of great physiological, social and emotional changes, which generate needs for grouping and belonging for the construction of their identity. The spaces and times dedicated to leisure, in this phase of life, ends up assuming an important function in the process of self-knowledge and knowledge of the other and the world, the adolescent begins to take a position and define his personality mediated by the interactions that he also establishes in his free time. And it is considering this that this study seeks to understand the main effects of social isolation on the use of free time by adolescents in a municipality in the interior of the Amazon.

2 METHODOLOGY

This study is classified as a descriptive field study with a qualitative approach. (GIL, 2008; MUSSI et al, 2019). It was developed in a municipality located in the western region of Pará, in the middle of the Brazilian Amazon. Participants were 70 adolescents aged between 13 and 17 years of both sexes. The adolescents were invited by phone and through social media and adopted the snowball process, where a teenager indicated others from their school, neighborhood, family or social relationships. All ethical precepts of research with human beings were adopted and the study was approved by the CEP of UEPA Campos de Santarém by CAAE: . Data were collected through a questionnaire built in *google forms*. The ICF, the Term of Assent were sent by Whatsapp and once the acceptance was made the link of the form was sent to the participants.

The profile data were analyzed with the support of the Excel software, and the more descriptive/qualitative data were processed in the Iramuteq software through descending, similarity and word clouds analyses. This project was approved by the UEPA CEP with CAAE 46934521.4.0000.5168.

3 RESULTS AND DISCUSSION

A search was conducted for papers published on google scholar in the period from 2020 to 2021 with keywords: leisure, pandemic/COVID-19 and adolescence, using as filter articles, peer review and any language, 101 articles appeared. The reading of the titles per page began, of the first 30 articles, only 09 were selected, and it was noticed that from the fourth page no article was related to the theme under study. The 21 articles initially excluded referred to yoga for women; education, leisure and health in distance learning; cine drive as artistic leisure; tourism and social media; regional differences in the use of technology in higher education; change in workers' health habits; dissatisfaction with work by teachers; musical life declines; allergic contact dermatitis; women in home office during the pandemic; child violence and parenting, etc.

Of the 09 articles selected, two were excluded after reading because one was only a summary and the other was repeated, in the end there were 07 articles that can be viewed in the table below.

Table 1 – Works found in Google Scholar related to the theme under study.

| CODE | TITLE | AUTHOR | YEAR OF PUBLIC ATION |
|------|--|---|----------------------|
| 1 | Virtual leisure and the elderly in the context of the COVID-19 pandemic in the context of primary health care: interventional creativity | Alvaro Santos | 2021 |
| 2 | Effects of social isolation in the COVID-19 pandemic on the mental health of the population | Roger Rodriguez Jose Adelmo da Silva Filho Jessica Lima de Oliveira Jayana Castelo Branco Cavalcante de Meneses Camila Almeida Neves de Oliveira Antonio Germane Alves Pinto | 2021 |
| 3 | Scientific and cultural spaces and leisure during the pandemic: analysis of nine lives of São Paulo for children | Ana Luiza Cerqueira da Neves Barbara Perão Jessica Norberto Rocha Louise Massarani | 2021 |
| 4 | Motivations for being inactive in a pandemic period: an exploratory study with adolescents and young adults | Izabel Countess, Zélia Caçador Anastácio Celeste Anthony | 2021 |
| 5 | Physical activity in the midst of the COVID-19 pandemic: a population-based study in a city in southern Brazil | Ignatius Crochemore-Silva Alan Goularte Knuth Andrea Wendt Bruno Pereira Nunes Pedro Curi Hallal Leonardo Pozza Santos Jenifer Harter Deborah da Cruz Payão Pellegrini | 2020 |
| 6 | The second investigates leisure-time physical inactivity during the COVID-19 pandemic in university students in Minas Gerais | Giselle Elena Tavares Daniel Paiva de Oliveira Lucas Ramos Rodrigues Caroline Goncalves de Mota Thiago Ferreira de Sousa Maria Clara Elias Polo | 2020 |

| | | | |
|---|--|--|------|
| 7 | Physical Activity and Reduced Sedentary Behavior During the Coronavirus Pandemic | Francisco José Gondim Pitanga, Carmen Christina Beck, Cristiano Feathers Seara Pitanga | 2020 |
|---|--|--|------|

Regarding the publications related to the theme under study, it was noticed that in the most critical period of the COVID-19 pandemic (2020 and 2021), on the Google Scholar platform, a considerable number of articles discussed various issues related to the pandemic since this disease, which claimed thousands of lives, needed to be understood in its most different dimensions.

The study by Santos (2021) turned to analyze the process of confinement of the elderly and the importance of encouraging leisure activities, typical of the tastes of the elderly person would be a way to reduce loneliness, physical problems, mental health, using virtual spaces. In this sense, it discusses the need for the public power to train people who can help the elderly, articulate with the UBS that is the gateway of the elderly, enable access to the internet and finally include the elderly in the virtual world, allowing leisure and socialization to be made feasible under new processes, thinking about the quality of life and a more active and participative life of this population group.

The study by Silva et al (2020) looked at the consequences of social distancing for the containment of COVID-19 on the mental health of the population. It was a review study and showed increased anxiety, depression, reduced sleep quality, increased concern with life, health, family, death, and at the same time observed a reduction in satisfaction with life, happiness, leisure and encounter. Finally, the authors indicated the need to adopt innovative care strategies to cope with this context.

The study by Neves et al (2021) sought to understand how museums, aquariums and zoos in São Paulo dialogued with the public during the pandemic through activities broadcast live through live. It was noticed that he hears a repetition of what was already done in person, prioritizing communicative processes of exposing information about different elements of the activities, which allowed to expand the dissemination and access of the public to leisure allied to educational experiences with themes focused on sciences.

The study by Condessa et al. (2021), sought to verify the motivation of adolescents and young adults to practice physical activity during the pandemic period. The authors found that there was an increase in BMI, including those who already had risks, there was an oscillation between those who practiced and those who did not practice physical activity, however there was an increase in those who started to do physical activity at home with tutorials and online guidelines. Regarding motivation, they concluded that the taste for physical activity and the pursuit of well-being led in relation to the concern with aesthetics.

The study by Silva (2020), was to describe the practice of Leisure Physical Activity (LPA) in the midst of the COVID-19 pandemic in a city of Rio Grande do Sul, evaluating inequalities between sexes, education and differences according to the level of social distancing. It was noticed that there

were no differences in relation to the level of adherence to social isolation, however, there were significant differences in relation to gender, men practiced more LPA in relation to women, likewise groups with higher education did more LPA than those with lower education. Of those who did LPA, most reported performing these activities at home and without support from a professional. The authors concluded that, in addition to encouraging the practice of physical activity at home, one should have a humanized and attentive look at the inequalities between people and social groups in Brazil.

The study by Tavares et al (2021) sought to estimate the prevalence of leisure-time physical inactivity and analyze the association between the practice of previous physical activities in school physical education and outside the school context, under leisure-time physical inactivity during the COVID-19 pandemic. The authors concluded that non-involvement with physical activity outside the school context is associated with a higher prevalence of leisure-time physical inactivity. Thus, the authors concluded that physical activities performed during leisure time in childhood and adolescence positively influence the maintenance of the practice, even in adverse situations such as social distancing caused by the pandemic.

The study by Pitanga et al (2020), discussed the importance of physical activity in people's overall health, especially in times of COVID-19 pandemic. He highlighted the influence of physical activity on the improvement of cardiovascular and metabolic conditions, its relationship with the immune system and reduction of sedentary behavior. It presented some orientations regarding the most appropriate place and activities, as well as their intensity and duration. The authors conclude that it is important to maintain physical activity in times of pandemic with mild and moderate intensity, preferably in open environments, but if it is not possible that it is indoors, reducing the time in front of the TV, computers decreasing sedentary behavior.

The studies presented did not focus on the use of free time during the COVID-19 pandemic by adolescents, nor did they seek to understand what changes in the use of this free time in the face of the process of social isolation. In this sense, the present study presents a differential, even if the search for a study did not involve different databases.

Regarding the profile of the participants, it is observed that the study managed to acquire a certain scope with regard to the type of school, distribution between sex, age, ethnicity and region of the municipality. Table 1 shows the most general profile data.

Table 1- General data of the profile of the participants.

| VARIABLES | N | % |
|-------------------------------|----|-------|
| Sex | | |
| Female | 45 | 64,28 |
| Male | 25 | 35,71 |
| Age | | |
| From 11 and 12 Years | 6 | 8,57 |
| From 13 and 14 Years | 6 | 8,57 |
| From 15 to 17 years | 51 | 72,85 |
| From 18 and 19 Years | 7 | 10 |
| How it self-identifies | | |
| Brown | 37 | 52,85 |
| White | 28 | 40 |
| Indigenous | 1 | 1,42 |
| Afro-descendant | 4 | 5,71 |
| Type of School | | |
| Publishes | 41 | 58,57 |
| Private | 28 | 40 |
| Origin | | |
| Urban area | 63 | 90 |
| Rural area | 7 | 10 |

Source: 2021 survey data

In this study of the 70 participating adolescents, the majority were female (64.28%), there was a prevalence of students in the age group of 15 to 17 years (72.85%), (52.85%) self-identified as brown, the majority came from public schools (58.57%), and the vast majority (90%) are residents of the urban area of the municipality.

Table 2 – Socioeconomic data of the participants

| VARIABLES | N | % |
|--------------------------------------|----|-------|
| Type of house | | |
| Apartment | 7 | 10 |
| House | 63 | 90 |
| The place he lives is | | |
| Rental | 8 | 11,42 |
| Own | 60 | 85,71 |
| Given | 2 | 2,85 |
| Main means of transport | | |
| Foot/Hitchhiking/Cycling | 20 | 28,57 |
| Public Transport | 12 | 17,14 |
| Own | 38 | 54,28 |
| Monthly income | | |
| Up to 2 salaries | 32 | 45,71 |
| From 2 to 4 salaries | 09 | 12,85 |
| From 5 to 10 salaries | 19 | 27,14 |
| Above 10 salaries | 10 | 14,28 |
| How many people live with you | | |
| 1 person | 2 | 2,85 |
| 2 people | 5 | 7,14 |
| 3 people | 12 | 17,14 |
| 4 people | 29 | 41,42 |
| 5 or more people | 22 | 31,42 |

Source: 2021 survey data

Regarding the socioeconomic situation of the participants, the vast majority (90%) live at home, with their own home (85.71%), and (54.28%) have means of transportation to get around. Regarding family income, it is noteworthy that a large part of the participants (42.71%) reported that they live with income up to 02 minimum wages and (12.85%) live with income between 2 and 4 minimum wages. Another important data is the number of people who live with the participants, (41.42%) live with 4 people and (31.42%) of the participants live with 5 people.

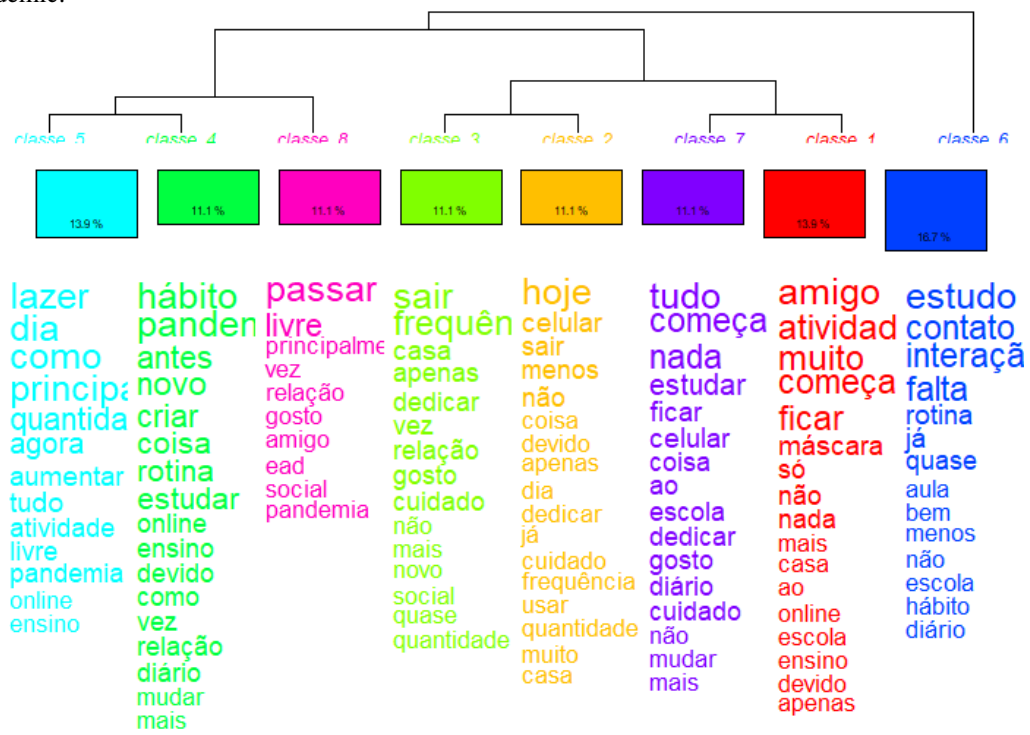
In a study of 17,254 people, aiming to describe, from the perception of respondents, aspects related to people's behavior and how they are being affected during the social isolation imposed by the COVID-19 pandemic, the researchers reported that 56% of their respondents felt a little stress and 17% stated that isolation generated a lot of stress in the home environment (BEZERRA et al, 2020). Other studies confirm the possibility of increased stress level, poor sleep quality, high blood cortisol level, and impaired physical and mental health in the face of confinement and restriction of the movement of people (PRESSMAN et al. 2005; MORAES, 2020).

Considering the above, a large part of the participants of the present study, due to their income condition and the number of people living in their homes (often reduced), during the COVID-19 pandemic, situations of personal and family conflicts with the potential to generate stress and compromise their physical and mental health.

It was not the focus of this study to analyze the increase or decrease in family income with the pandemic, however, the study by Bezerra et al, (2020, p. 2414), demonstrated that among their respondents those who had lower income reported having decreased or stopped making money during the COVID-19 pandemic "35% among those who reported having no income, 34.8% among those who earn up to 1 minimum wage and 24.76% among those who receive 1 to 2 minimum wages", presenting a significant result in the relationship "the perception of impact on income and that of family stress".

In relation to the question what has changed in your daily life and in the use of your free time with the COVID-19 pandemic, the answers generated the dendrogram below by the analysis Descending Hierarchical Classification (CDH) of the Iramuteq software.

Figure 1 - Descending Hierarchical Classification (HRC) referring to the change in daily life and in the use of free time with the pandemic.



Source: 2021 Survey

The participants' responses generated a textual corpus with two contexts: one related to the change in daily life with the pandemic (classes 3,2,7,1,6) and another related to the change in the use of free time with the pandemic (classes 5,4,8). By analyzing the textual corpus the software identified 41 segments of texts, of these it was able to classify 36 representing a use of 87, 80% generating a dendrogram with 8 classes. The classification process resulted in three partitions of the corpus: one in which class 6 is isolated, another that aggregates classes 1,7,2, and 3, and a last partition that aggregates classes 8, 4 and 5. These partitions demonstrate the classes that approach, those that complement each other, and those that present more specific themes. The classes with the highest percentage of text segments analyzed are classes 6 with 16.7%, 1 and 5 with 13.9%.

In relation to the change and use of free time in times of pandemic, in the dendrogram presented it is noticed, by highlighting the most frequent words in the speeches, that there was a great change in the lives of the participating adolescents in relation to the use of free time, starting to acquire new habits. Below are some significant statements that demonstrate this change.

contact with my friends, study routine, etc. We stopped leaving the house, we did not receive visits (class 6);

social interaction and studies an extra concern with the objects I pick up, [...] keep more contact via the internet and non-face-to-face studies (class 6)

[...] with the distancing and the distance education was very complicated, we would have a

better use if we were in the classroom, this interaction of student and teacher was lacking, huge learning deficit (class 6)

online classes, I had to stay indoors for a long time [...] I started waking up a little later (class 1)

by teaching distance education you have more time to do the activities calmly, I started to get more tired, I move much more on the cell phone (class 1)

[...] I do not know how to organize my daily tasks, which leads to procrastination, I took more care of my family not exposing myself [...]

hygiene care [...] I started to get more stressed, [...] school confinement, everything the masks, the way of studying and the distancing [...] (class 7)

[...] I started to get more stressed, I started to get more tired, and I'm fiddling with my phone a lot, [...] (class 7)

the care when leaving and arriving from the street is doubled, [...] one no longer buys the same amount of things as before, seeking to save money (class 3)

I have difficulty managing my free time, I spent a lot of time in boredom and unmotivated [...], increased the amount of hours on the phone (class 2)

[...] now I play more on the phone, before I spent at friends' house or played ball [...] (class 2)

[...] currently I enjoy my free time with activities in which I can be alone or with few people (class 8) I

left my routine aside [...] I had to be more disciplined, because it is easier to lose focus, I created new hobbies [...] I changed my daily habits of studying (class 4)

[...] I did a lot of online courses, [...] (class 4)

I started to make use of activities more alone, I had to limit my leisure [...] (class 5)

[...] There is little time left for leisure on weekdays, but activities at home have now replaced those outdoors causing greater stress and feeling of being trapped (Class 5)

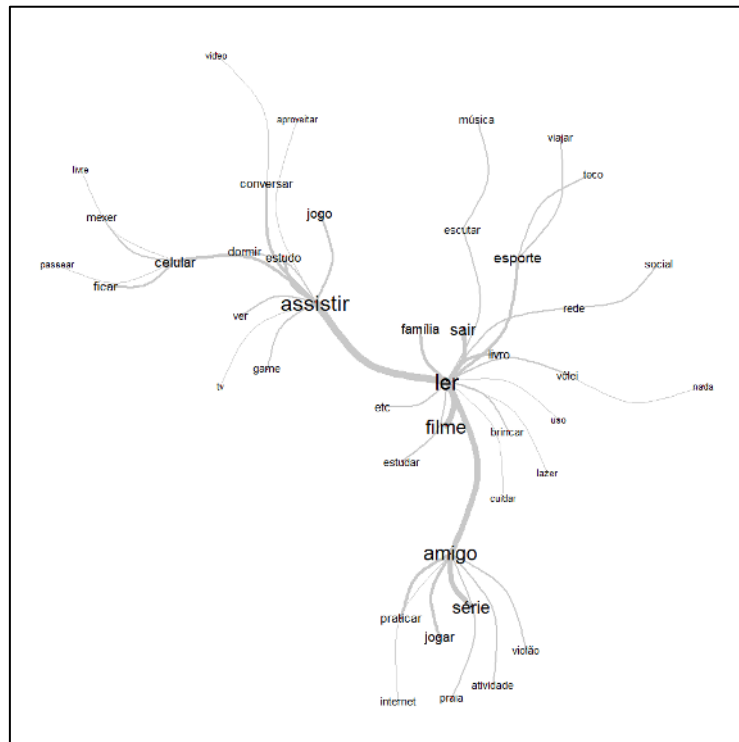
The statements indicate a great change in the routine of adolescents, online classes potentiated the use of the cell phone and at the same time "disorganized" the daily discipline of studies, facilitating the loss of focus and procrastination. On the other hand, confinement and biosecurity measures, which are important for reducing contagion, have brought sedentary lifestyle, anxiety, stress and fear of death as a possibility of consequence among adolescents. This reality is presented in several studies conducted in Brazil. Botero et al (2021) conducted a survey with 1,881 individuals over the age of 18 in order to investigate the impact of the 2019 coronavirus pandemic on the level of physical activity and sedentary behavior. Their study indicated a decrease in physical activity and an increase in sedentary behavior at all ages, with more than 50% indicating that the COVID-19 pandemic has reduced their level of physical activity.

In another study conducted by Malta et al (2020) with 45,161 individuals aged 18 years or older, to describe changes in lifestyles, regarding the consumption of tobacco, alcoholic beverages,

who live in a certain space/time (PADILHA, 2006). For teenagers, leisure is limited to fun, distraction, rest, walking, relaxing from moments of obligation or stress.

The textual corpus produced with the questions "what you do in your free time and which of these activities for you is leisure", allowed the similitude analysis, generated by the Iramuteq software, generating figure 3 below.

Figure 3 – Analysis of Similitude regarding the questions: what you do in your free time and which of these activities for you is leisure.



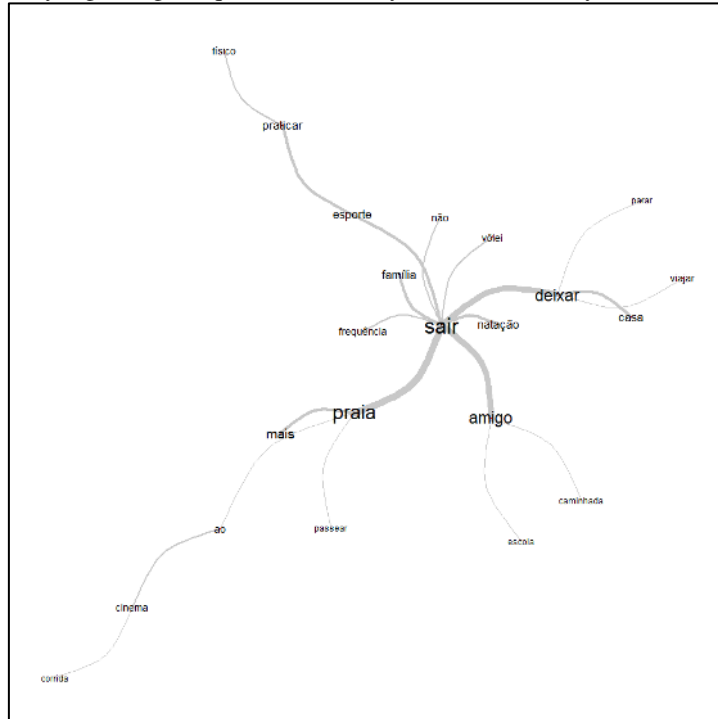
Source: 2021 Survey Data.

The stronger branches of this tree demonstrate greater frequency and strength of the words in the text, becoming central elements, while the narrower branches demonstrate less frequency and strength, however, it serves to connect words from the periphery to the more central words. In the figure the words watch, read and friend represent the strongest links of the text, establishing connection with other words allowing a more general understanding of the context reported.

The word read appears more strongly demonstrating a significant presence in the reports of adolescents, indicating that reading is strongly present in the daily lives of adolescents. Several words demonstrate activities related to leisure such as: watching games, videos, series, watching TV, fiddling with the cell phone, playing with friends, strolling, talking, reading books, playing, listening to music, traveling, staying on social networks, playing sports, playing, volleyball, guitar, using the internet, going out with the family. In this figure also appeared activities that adolescents do in their free time that are not considered leisure, such as: studying, caring.

It was also asked what the adolescents stopped doing in their free time with the pandemic, the answers allowed to generate figure 4.

Figure 4 – Analysis of similarity regarding the question of what you failed to do in your time with the COVID-19 pandemic.



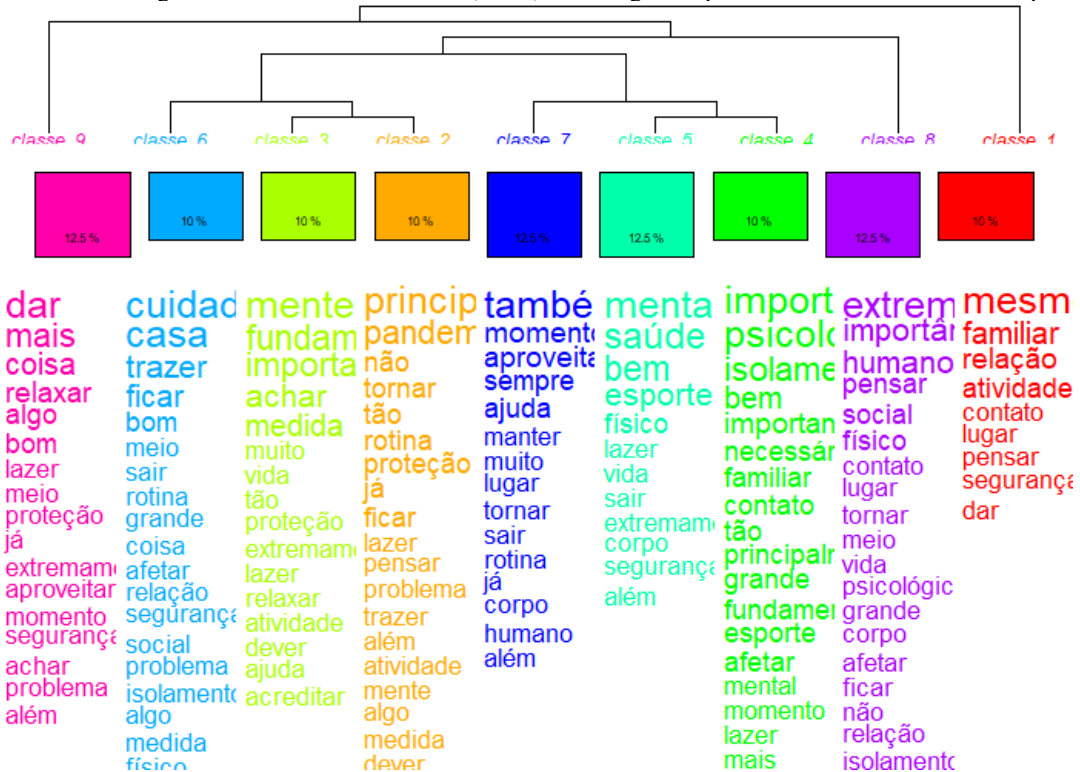
Source: 2021 Survey Data.

The central word, with the highest frequency of manifestation in the text segments, was Leave: go out to the beach, with friends, with the family go out to do sports, walk, go to the movies, stroll, travel; To leave is also linked to the word leave, meaning to stop leaving home, to stop traveling.

This reality is closely linked to the biosecurity measures adopted by families as a result of the guidance of public health agencies during the COVID-19 pandemic. The data indicated that there was an obedience of the adolescents to these measures, so important to contain the advance of the disease.

The adolescents were asked if they saw the importance of leisure in times of pandemic, considering the need for restriction and even confinement, the answers generated the dendrogram below.

Figure 5 – Descending Hierarchical Classification (CDH) referring to importance of leisure in times of pandemic.



Source: 2021 Survey data.

The participants' responses generated a single textual corpus. By analyzing the corpus the software identified 44 segments of texts, of these it was able to classify 40 representing a use of 90.91% generating a dendrogram with 9 classes. The classification process resulted in five corpus partitions: three in which classes 1, 8 and 9 are isolated, another that aggregates classes 4, 5 and 7, and a last partition that aggregates classes 2, 3 and 6. The classes with the highest percentage of text segments analyzed are classes 8, 5, 7 and 9, all with 12.5%.

Regarding the importance of leisure in times of pandemic, the dendrogram presented shows that the following words are highlighted by highlighting the most frequent words in the speeches that the participating adolescents understand the importance of leisure at times when there is a need for confinement and social distancing. Below are some significant statements that demonstrate this change.

helps relieve stress, anxiety, sadness and boredom, I believe that leisure is essential in people's lives, but with the pandemic [...] prevention measures should be inserted [...] I think leisure is extremely important (class 3)[...]

The laser is very important to relax the mind in such a chaotic context, taking time for leisure is fundamental, as long as it is in a conscious and responsible way (class 3)

[...] To de-stress people and distract them from their duties and problems in the pandemic, leisure has become very quiet and limited, which harms the population [...] (class 2)

[...] leisure is necessary for the person not to go crazy with all the obligations that seem to have

become greater with the pandemic (class 2)

in addition to relieving the feeling of anguish that the pandemic has brought to people, I believe that leisure helps not to feel so alone, to do something different and to occupy the mind, Some of the freedom of leisure has been lost, [...] (class 2)

I believe that leisure has fundamental importance in mental stability, because with Covid 19 people began to develop various types of psychological problems, both by isolation and the loss of important people (class 4)

I think it is important for our mental health, it has always been important, but in such a delicate scenario it is even more necessary, [...] leisure in the pandemic has great importance in combating anxiety and depression crises

(class 4)the [...] social and physical interactions have been greatly reduced in this context, to maintain good mental health it is extremely important that new means of distraction are found to replace such a gap (class 8)

it is an escape valve in relation to the pressure that social isolation brings, [...] isolation has made us realize how important human warmth is, being close to loved ones, a hug (class 8)

It is from moments of leisure that we relax, because it is usually when we do something that we like and that gives us a good feeling (Class 9)

I think it is extremely necessary that the person look for something that gives him this feeling of leisure, because you end up forgetting a little of the problems that happen (class 9)

In the phase of adolescence is very important, because it is the time to enjoy without worries, and in my opinion I lost a little of this phase, it helps to maintain mental health, unwind and de-stress, leisure is also a way to rest from the obligations of everyday life (class 7)

So it is crucial to have moments to distract yourself since the house has always been an environment where it was considered a place to rest and now it is also the workplace (class 7)

leisure is important for the human being to stay in a state of peace [...] maintain care [...] also prioritizing the health of the collective (class 7)

In addition to the ocular complications caused by the excessive use of electronic devices, it also helps with body well-being, endurance and personal satisfaction (Class 7)

The pandemic has affected the notion of free time, for those who can be isolated at home and, consequently, interpersonal relationships [...] bringing work home largely generates discouragement (class 6)

we must be careful, it is very good to have time just for us to reflect, social isolation has brought many health problems to people [...], many had to be creative to relax without leaving home (class 6)

I think that leisure is not a matter of rich, happy or unoccupied families, but a matter of necessity even, improving their mood, their family relationship, mental health, their inspiration (class 4)

During the pandemic many people locked themselves and isolated themselves, forgetting that within their own home [...] a place conducive to leisure, using various activities, preserving their habits, relationships and customs (class 4)

Even with the pandemic several leisure activities, such as a good walk on the waterfront, in the square, yoga at home, reading or online dance classes, are within the safety parameters of Covid 19 and can be done regularly (class 4)

Leisure, especially sports, is totally related to the health of individuals, and its lack can lead to mental and physical illness (class 1)

Leisure is extremely necessary, [...] it is essential for our lives, because it enables the relaxation of body and soul, at a time when time is always assigned to work and studies (Class 1)

The adolescents were unanimous in highlighting the importance of leisure in human life, especially in times of pandemic, demonstrating how much it contributes to the integral health of individuals. In this sense, they agree/reinforce the expanded concept of health presented in the **8th National Health Conference (CNS)** in 1986 and published in the form of a law in September 1990 by No. 8,080, which defines health in its overarching meaning:

Health is the result of the conditions of food, housing, education, income, environment, work, transportation, employment, **leisure**, freedom, access and possession of land and access to health services. It is thus, first of all, the result of the forms of social organization of production, which can generate great inequalities in living standards. Health is not an abstract concept. It is defined in the historical context of a given society and at a given moment of its development, and should be conquered by the population in their daily struggles (8th NATIONAL HEALTH CONFERENCE: FINAL REPORT, 1986, p. 12 emphasis added).

The expanded concept of health has allowed great advances in public health policies in these 40 years of existence, however, much progress is still needed with regard to better living conditions. Many struggles are still waged to ensure work, income, housing, land, culture, education, etc., that is, equitable and universal access to health. Which also applies to leisure.

4 CONCLUSION

The study showed that the daily lives of teenagers have changed a lot with the pandemic, social isolation and biosecurity measures, and the news of death each day brought anxiety, worry for family members, fear of death. The distancing of friends and family was a factor of great frustration, affecting interpersonal relationships and socialization processes.

Another point highlighted was the classes in distance learning, as a positive point the learning of new skills, time to dedicate to other courses, to studies and do the activities more calmly; as a negative point the lack of organization and discipline, the increase of time in social networks, the lack of interaction with friends and teachers and learning difficulties.

Many pointed out that the activities of free time were impaired and restricted to the home or to the use of computers and cell phones. However, they highlighted the importance of maintaining isolation for public health reasons and care for their families.

In relation to leisure many reported changes in their daily lives, especially the substitution of active leisure for passive leisure, increasing time in front of the computer, cell phone and television. On the other hand, they sought other activities such as reading, doing physical activity with the support of online tutorial, games with the family and others. This reality is worrisome because it is associated

with an increase in sedentary lifestyle and consequently in obesity, indicating the need to draw strategies to ensure, in situations such as the one experienced by the pandemic, theoretical/practical guidance on the need and maintenance of physical activities in the home context.

Still in relation to the importance of leisure, the adolescents highlighted that leisure is of paramount importance in time of pandemic, especially in view of the mental health of the population.

This study is not conclusive, considering the number of adolescents who participated in the research, it is necessary to expand the number of participants, as well as to extend the research to other geographical spaces of the municipality, such as riverside communities, as well as to other ethnic groups, considering that it was not possible to access adolescents from quilombola and indigenous communities. It is hoped, however, to have contributed to the discussion of the theme and fostered curiosity for other research processes on the daily lives of adolescents in the context of the pandemic.

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