

Cultural Scenario of Pakistan in Democratic and Military Eras (1947-2013)

Saira Siddiqui

Government College University, Faisalabad, Pakistan.

Syeda Khizra Aslam

Government College University, Faisalabad, Pakistan.

Muhammad Rashid Khan

University of the Punjab, Lahore, Pakistan.

ABSTRACT

This study investigates a politico-cultural mapping of leisure and life in Pakistan, a country in South Asia, with a political developmental period in historical perspective from its independence in 1947. A classification of ruling eras is done, and accordingly the paper carries its discussion. A few tables are presented to give the percentage of leisure-time spent, and leisure-activities pursued by Pakistani men and women. The data is from nationally represented samples of 2690 respondents in 2009, and 1294 respondents interviewed in 2012 by Gilani Research Foundation, Pakistan. The findings also include statistics from a research by the authors own empirical study of 2013, from a sample of 222 women respondents in Faisalabad City, Punjab, Pakistan.

Key Words: Democratic and military eras, Pakistan, leisure and life, recreational facilities

Introduction

South Asia is one of the most heavily populated places in the world. The countries within its area are Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan, and Sri Lanka (Cultural Geography of South Asia, 2002). Pakistan and Bangladesh in South Asia have Muslim influence, politico-cultural histories of political conflicts, and different civilizations. Pakistan has seen military rule and instability from time to time. The cultural histories of Nepal, Bhutan, Maldives, and Sri Lanka are different. In South Asia all the countries have their own political situation in a historical and cultural perspective (Allman, 2001).

Pakistan in South Asia was formed on the political effects of ethnicity, religion and culture in 1947 as part of India's independence from Great Britain. Among South Asian countries, Pakistan, a parliamentary republic, is an Islamic nation with an approximately 95 percent Muslim population and members of several minority religions, such as Hindus, Christians, Parsis, Sikhs, and Buddhists, supposedly having equal opportunities irrespective of their religious, political and ideological diversities (Naqvi, 2014).

From its history to its population and from its landscape, scenery and its climate, Pakistan presents a miscellaneous variety of culture. Its land has seen various epochs. It has seen age old civilizations through its various political, religious, and territorial identifications, to the culture of the present society. Pakistan is the inheritor of the Indus Valley civilization, viewed as one of the oldest continuing cultures in the world. The culture and traditions are still reflected in Pakistan's history. The ancient Dravidian, Aryan, Hindu, Persian, Greek, and Buddhist all have been here to give colour to its thirteen centuries old Islamic heritage handed down by the Arab, Central Asian, South Asian and Indian influences (Malik, 2008).

Pakistan has an area of 339,697 square miles (879,815 square kilometers) with 16,000 square miles covered with water and has an ancient history of tribal populations and territorial geography. "It retains the world's oldest and still intact tribal heritage. It was visualized as the heartland of the Indus Valley, which has been the home of some of the oldest cultures in this part of the subcontinent" (Malik, 2008).

Leisure menu of a given society is shaped by the socio-economic situation of the respective society as said by Kelly, & Godbey (1992). They defined leisure as an *activity chosen in relative freedom for its qualities of satisfaction*. The definition leads to a "vast panorama of human activity" (1992, 03). One is not bound to choose leisure under some restrictions. You are free to choose leisure because in the activity so chosen and the companions choosing such activity, or some combination of the two, gives you personal satisfaction in pursuing so. It is the personal and social orientation of the participant that makes any activity leisure or something else.

Federal Bureau of Statistics, Pakistan (2014) shows that there are encouraging numbers of people who are looking for leisure. They visit archeological and heritage sites and museums. "There is an increase by 165 percent since 2008 to reach 1.97 million in the year 2013. Similarly, zoo visitors have grown 29 percent from 2008 to reach 9.8 million in 2012."

Objectives of the Study

1. To understand the political and cultural scenario of Pakistan since its independence from India in 1947.
2. To have an overview of leisure and life in Pakistan through its political and cultural developmental eras.
3. To interpret leisure time and leisure activities of men and women in Pakistan.

Review of Literature

Business Recorder (Pakistan's recreational mix, 2014) describes Pakistan as a developing country with a strong polarization of its urban and rural life that needs development in many areas of its political, economic and socio-cultural set-up. Its

Cultural Scenario of Pakistan in Democratic and Military Eras (1947-2013)

average economic growth rate since independence has been encouraging, though shortly after 1947 Pakistan's economy needed to grow and politics needed to achieve stability...“the social and cultural context of Pakistani society is predominantly patriarchal.” The women's access specifically to education, property and employment remains considerably lower as compared to men's. The leisure behaviour of women is clearly distinctive from that of men.

DeGrazia (1964) observes that leisure is an exceptional and mysteriously glamorous condition that can seldom be achieved by any person. It needs to be accompanied by freedom for its pursuit and not consciously deliberated. Harrington (1991) showed that the way women organized their “working day to include household obligations affects their patterns of leisure time and activity.” Hribkova (1994) observes that “practically women have less leisure time due to unequal distribution of domestic work.” Husain (2004) reported that the “average annual real GDP growth rates were 6.8% in the 1960s, 4.8% in the 1970s, and 6.5% in the 1980s.” The national product of the country in recent years was around US \$ 460 per capita and a small proportion of its population fell below the poverty line; 30% as against 80%.

Husain (2004) observed that “historically, Pakistan's overall economic output (GDP) has grown every year since a 1951 recession. Pakistan's economy had, until a few years ago, been characterized as unstable and highly vulnerable to external and internal shocks. However, the economy proved to be unexpectedly resilient in the face of multiple adverse events concentrated into an eight-year period.” Agriculture production has risen five times with cotton attaining a level of more than 10 million bales compared to 1 million bales in 1947. Pakistan has emerged as one of the leading world exporters of textiles. Jackson and Henderson (1995) observed that “constraints on women's leisure are a function of cultural interpretation of gender and not just biological sex.” Malik (2008) observes that leisure serves as a vehicle of human expression. Islam never frowned on leisure activities. “The arrival of Islam provided enduring Sufi, artistic, literary, philosophical, and other influences, infusing the subcontinent with newer and dynamic ideas and institutions.”

Muhammed and Jamal (2014) give the point of view of Islam that it gives space to leisure. It recommends individuals to have leisure time as it can be beneficial to people's work, physical and mental health, social, emotional, religious and aesthetic aspects of their lives. “Recreational education in Islam springs from the Islamic general fundamentals of education. It is also compatible with the Islamic law. Therefore, recreational education designs a set of physical, intellectual and cultural activities that do not contradict Islamic principles and fundamentals.”

Materials and Methods

The information has been collected from secondary data by reviewing literature and reports. The analysed information is from nationally represented samples of 2690 respondents in 2009, and 1294 respondents interviewed in 2012 by Gilani Research Foundation, Pakistan. It was also taken from primary source by collecting data on leisure activities from a sample of two hundred and twenty-two respondents from Faisalabad city, Pakistan, which was statistically analysed. Leisure has been understood here within seven periods of Pakistan's politico-cultural scenario since Partition of India and Pakistan in 1947. It has been seen here through these developmental periods. Following is the division of eras:

- i) First Democratic Era (1947 – 1958)
- ii) First Military Era (1958 – 1971)
- iii) Second Democratic Era (1971 – 1977)
- iv) Second Military Era (1977 – 1988)
- v) Third Democratic Era (1988 – 1999)
- vi) Third Military Era (1999 – 2007)
- vii) Fourth Democratic Era (2008 – 2013)

Discussion

This part of the study discusses the socio-cultural life and recreational facilities available to masses in Pakistan during different democratic and military eras (1947-2013).

i) First Democratic Era (1947-1958)

After independence, in the period of 1947 till 1958, rapid changes in the government were happening and leaders slowed Pakistan's progress. This was the first democratic era of the country. Pakistan was new, and there was a lack of opportunities, with practically no record of vital statistics. The toll of exodus was heavy, and the time was mainly spent on rehabilitation and resettlement in new localities, especially for the refugees. The refugees from India had to start everything again in their new country. In this period the government changed four times. There was a dearth of schools, and the playgrounds were unmaintained. The setup of organized recreational facilities were not good enough. Even the home recreational facilities were poor (Jillani, 2008). Pakistan was being run by the political elite and its political policy needed maturity in the context of the country's cultural politics.

Pakistan after its independence needed food security. With a population of thirty million people, it had to import all its food requirements. The agricultural productivity was 1 million bales in 1947. The income of an average Pakistani was less than \$100 in 1947. The manufacturing industries were little. "Per capita electricity generation was 100 kwh, and the road and highway network was 50,000

Cultural Scenario of Pakistan in Democratic and Military Eras (1947-2013)

km. Natural gas was discovered in the country in the 1950s and has been augmented over time,” and only one vehicle for 1000 people and 0.4 phone connections per 1,000 were present. In 1947 there were no TV internet computers cell phones (Husain, 2004).

The migrants from India to Pakistan in 1947 and later, were relocating and adjusting to the new environment. They had to build a new social life in the new communities. Even the weather and climate adjustment was needed but had few resources. There were many gaps between the refugees and the local people; the language gap, the communications, their customary ways of behaving and norms and values. The refugees were separated from their families and friends in many cases. There were differences in many walks of life (Jillani, 2008).

Meanwhile, the leisure activities for Pakistanis remained the same as they were in pre-independence period. These included household chores, and seeing and helping family and friends. Another activity of leisure was going to cinemas for movies. Pakistan film industry was a fledgling and could not make standard movies. It had to build from the very basics because of having suffered losses in terms of social, political and economic spheres. The cinemas kept running but with movies from abroad, especially from India. Local productions came to a standstill. “Like Bombay, Calcutta, Madras and Poona, Lahore was also producing a few Urdu and Punjabi films during the pre-independence days.” There were only four working studios for the film industry in Lahore till 1947. “With the return of normalcy, cinema houses which had been sealed were allotted to Muslim refugees in Lahore, Karachi and Dhaka” (About Off, 2012). By the year 1949, the film industry of Lahore had showed some development.

ii) First Military Era (1958 -1971)

In 1958 the then president declared martial law, and abolished the constitution. Shortly afterwards, General Ayub Khan, the Commander in Chief of the army replaced him as president of Pakistan. His rule lasted from 1958 to 1969. This era is known as the ‘decade of development.’ A new constitution was passed in 1962. There were legal reforms, land reforms and family law reforms. Many industries were set up. The capital was moved from Karachi to north and was named Islamabad. In the late 1960s and 1971, the country’s economic growth was adversely affected.

“Women’s groups and feminist organisations formed by prominent leaders like Mohtarma Fatima Jinnah, started to work to eliminate socio-economic injustices against women in the country.” Regarding cinema, this was a golden era and a period of great change. The cinema-goers could spend some leisure time as movies of better standards became available to them. Traditional leisure activities continued to be carried on in this period and these included poetry,

song, music and dancing, sports, and TV. On “November 26, 1964, Pakistan entered into Television Broadcasting with the launch of PTV in Lahore.”

iii) Second Democratic Era (1971-1977)

In December 1971, war broke out in East Pakistan, and a new country, Bangladesh, came into existence. The war of 1971 had its effects on economy and leisure in Pakistan. Since “many people died, and many were made homeless, and many soldiers as well as civilians were captured,” the stresses of post-war in the country were enormous. The change in government took place and Mr. Zulfikar Ali Bhutto took over as president. A new constitution of Pakistan was passed in August 1973. It continues to date. Islamic Summit Conference was held in Lahore in 1974, and trade treaties were signed with important countries. The Bhutto government continued till July 1977.

The average annual real GDP growth rate was 4.8% in the 1970s (Economy of Pakistan, 2009). The economy was close to recession, although economic output rebounded sharply until the nationalizations of the mid-1970s. Leisure activities in this period continued to be the ones practiced in the previous age.

iv) Second Military Era (1977–1988)

“People did not accept the election results of 1977 and protested across the country: the result was army takeover and martial law once again.” The then army chief took over as president in 1977. In this era schools of music and dance closed down. Theatre performances were limited to cultural centres. The public spaces such as zoos, parks, museums, etc. opportunities for recreation were few and far between. The only outing an average female belonging to a middle class family got was the occasional weekend visit to a recreational facility, cinemas and other recreations being non-existent. The recreation of the female or who had substantial disposable income mostly revolved around clothes and accessories, involving trips to the local market (Huda & Akhtar, 2011). In 1982, the “Karakorum Highways was inaugurated, and the Northern Areas were opened to tourism and the Khunjerab pass was opened to official traffic and trade and to tourists in 1986.”

v) Third Democratic Era (1988 -1999)

Benazir Bhutto won the elections in December 1988 and was appointed prime minister. She became the first woman to be elected as the head of an Islamic state’s government. Her first term as prime minister was from 1988-1990, and her second term as the prime minister lasted from 1993-1996. Nawaz Sharif acted as prime minister from November 1990 to July, 1993; and from February 1997 to October 1999.

Cultural Scenario of Pakistan in Democratic and Military Eras (1947-2013)

“Average annual growth fell to 4.6% in the 1990s (Economy of Pakistan, 2009) with significantly lower growth in the second half of that decade. Industrial-sector growth, including manufacturing, was also above average” (Husain, 2004). The nineties saw complete downfall of the film industry with the demise of Nazrul Islam. Later, it was in 1996 that a couple of successful actors and film directors got successful, and then ruled the box office throughout the decade (About Off, 2012).

The Labour Force Survey (1991–92) revealed that only about 16% of women aged 10 years and over were in the labour force. “However, the 1980 agricultural census stated that the women’s participation rate in agriculture was 73%. Pakistan Integrated Household Survey in 1990–1991 indicated that the female labour force participation rate was 45% in rural areas and 17% the urban areas. Pakistani women play a major role in agricultural production, livestock raising and cottage industries. Patterns of women’s employment vary throughout the Muslim world. As of 2005, 16% of Pakistani women were ‘economically active’ (either employed, or unemployed but available to furnish labour).” From daily household routine to joining their men-folk in the fields at the time of harvest, the rural women generally do not have a share in the income and lack adequate empowerment.

In 1996, women’s cricket started coming into picture. There was much resistance as people were of the mind that cricket was meant only for men in Pakistan. “Women were also forbidden from playing sports in public. However, later they were granted permission, and the Pakistani women's cricket team played its first recorded match on January 28, 1997 against New Zealand in Christchurch.” Also, a female athlete, “Shazia Hidayat became the only woman athlete in the Pakistan team competing at the 2000 Olympics in Sydney, Australia, and becoming the second woman to ever represent Pakistan in an Olympic event” (Heer, 2010). Of course it was leisure’s part and contribution bringing women to the fore-front in sports. On “March 10, 1989, the first ever science fiction film in Pakistan ‘Shaani’ was released. The film was known for its special effects which were used for the first time in Pakistan.”

vi) Third Military Era (1999-2007)

In this era, General Parvez Musharraf was the president of Pakistan. In these years, rural poverty was a pressing issue, and controlling it was far slower than in the major urban areas. Hence, one of the very significant plans of the government was of poverty alleviation. “**Poverty in Pakistan** in 2001 was 34.46%. And, after 7 years of Musharraf’s rule in 2005, poverty was reduced to 23.9%.

Poverty decreased by 10.56%.’’

Pakistan government spent over “1 trillion rupees (about \$16.7 billion) on poverty alleviation programs in 2000-2004. Pakistan was also able to attract a large portion of the global private equity investments because of economic reforms initiated in 2003.” Overall, 12 million people have been pushed out of poverty in 2001-2005.

On the other hand Pakistan became the most investment-friendly nation in South Asia. Business regulations were greatly improved since 1999. Regarding education, which was another priority in Pakistan in these years, education plans were implemented and the **literacy rate** “increased from 45% (in 2002) to **53% (in 2005), as education received 4% of GDP” (Rohail, 2008).**

Around 2005, another development focus was in sight. Environmental fiscal reforms were promoted. Many of the trade barriers were supposed to be removed. Many industries were advised to take up measures for air-pollution and cleansing programmes. Opportunities for green business were promoted, such as in businesses as environmental engineering, manufacturing and installations, energy service and conservation companies. Media had got a great independence. The TV had freedom to telecast programmes both domestic and foreign. People got a more liberal atmosphere to spend leisure time in many spheres.

vii) Fourth Democratic Era (2007-2013)

According to Gallup Poll, Pakistan (2009) leisure time activities of Pakistani women during the early period were, resting to relax, household chores, watching TV, reading, music, embroidery, and handicrafts; sewing and stitching; sports: hide and seek, keekli, stapoo, hockey, cricket, and kabaddi and tourism. “Housewives working 16 hours per day are unlikely to find much leisure time for them, and even if they do avail some time it is typically spent on activities related to their home, such as sewing and embroidery, gardening, and helping children with their homework” (Arshad, 2008). As observed by Hilmi (2006), the urban centres were in dire need of open spaces and parks.

Regarding leisure, a survey report of “a sample of 2690 men and women in rural and urban areas of all four provinces of the country was published during December 2009. The error margin was estimated to be approximately + 2-3 per cent at 95% confidence level.”

Cultural Scenario of Pakistan in Democratic and Military Eras (1947-2013)

Table 1. “Please tell us generally how often do you take part in the following activities?”

Activities	Once in 1 month Never NR	Once in 3 months	Once in 6 months	Once in a year	Less than
Eating Out	8%	28%	40%	9%	7%
Domestic travel for fun	7%	3%	28%	44%	3%
Domestic travel for work	13%	2%	7%	76%	1%
Foreign travel for fun-	5%	-	-	-	-
Foreign travel for work	1%	-	97%	1%	-
	-	-	97%	1%	-

Gilani poll by Gallup Pakistan, the Pakistani affiliate of Gallup International Association, 2009

According to Gilani Research Foundation in 2012, a sample of 1294 urban and rural women during 07.10.2012 to 13.10.2012., from Punjab, Sindh, Balochistan and Khyber Pakhtunkhwa, the top three leisure activities were, the household chores, resting to relax, and watching TV. Error margin is approximately $\pm 2-3$ per cent at 95% confidence level.

Table 2. Leisure activities of urban and rural men and women of the four provinces of Pakistan

Leisure Activities	Men	Women
Watching TV	30%	23%
Resting to relax	28%	26%
Visiting friends	18%	5%
Household chores	6%	27%
Stitching	1%	10%
Reading	6%	6%
Outdoor activities	8%	3%
All other responses	3%	0%
Total	100%	100%

Table 3. Distribution of the respondents according to the leisure time they spend (N=222)

Variables	Percentage
Leisure time spent during 24 hours (n=222)	
No leisure time	13.96%
1-4hours	59.46%
5-8hours	25.23%
9-13hours	01.35%
Total	100.00%

Table 3. contd...Leisure activities of respondents during their leisure time (N=222)

Watching T.V	36.03%
Taking rest	17.18%
Stitching and Sewing	09.10%
Cooking	01.00%
Seeing Friends	04.75%
Seeing family members	08.11%
Computer	03.15%
Painting	01.00%
Music	04.05%
Reading Books	06.62%
Reciting Quran	09.01%
Total	100.00%

Source: Siddiqui, S. (2013) Gender Inequality Within the Household and its Implications for Women's Health

Recreational Facilities in Pakistan

1. Tourism

Tourism is one of the very important leisure activities. Pursuing tourism you need traveling. And for traveling, of course you need means to do it. These means are money, travel facilities and touring spots. Pakistan has a growing *Tourism industry*, with about \$10 billion annually. "Major attractions include ruins of Indus valley civilization and mountain resorts in the Himalayas" with a variation of cultures. There are snowcapped mountains in the north, sunny beaches in the south, and a wide variety of geographically and culturally interesting sites elsewhere. "Himalayan and Karakoram Range include K2, the second highest mountain peak in the world, attracts adventurers and mountaineers from around the world."

Regarding travel sport fishing in Pakistan is actually a great sport. Floating around, yachting, windsurfing, big sport fishing from the Arabian Beach, skin tone and diving are available from Karachi. "Pakistan is seeking to revitalize its tourism sector, including nature tourism to an expanding system of national parks and reserves."

2. Sports

According to Firasat (2013), Pakistan is home to everything "connected with such well-liked sports as cricket, boxing, dance shoes, golf, squash, and horseback riding, on the excitement connected with polo, traipsing, big sport fishing, diving and rock climbing."

Our women too have won a few laurels in different games. "Sidra Sadaf, a woman cyclist won a silver medal at the 11th South Asian Games in Dhaka, Bangladesh in January 2010. Naseem Hameed became the fastest woman sprinter in South Asia following the 2010 South Asian games; she gained widespread popularity for the remarkable feat." Another great feat has been attained by Samina Baig, our renowned mountaineer who has a unique distinction of climbing

Cultural Scenario of Pakistan in Democratic and Military Eras (1947-2013)

highest peaks such as Mount Everest. This professionalism cannot take place without deriving a certain satisfaction out of this professional leisure activity. Without a taste of leisure and without taking up this leisure activity into a professional training you cannot contribute to such heights of achievements. Mountain climbing is a challenging form of sports in Pakistan and there are a few highest mountains of the world. It also is recreation on earth. It is a great attraction for the international world of mountaineers who regularly visit Pakistan to pursue their passion.

3. Wild-Life

Pakistan offers a panoramic and plentiful wildlife and bird life. It also is an attraction for hunting. Those pursuing hunting find it a very pleasant leisure time. However, hunting of most animal and birds' species has been prohibited in Pakistan in the present times. Unfortunately, many people have been over hunting and poaching, leading to extinction of some rare species animals and birds. Wild-life zoological places have been set up for people to watch them in their leisure time. The Punjab has set upon marvelous looking safaris also.

4. Cinema

Quantitatively, Pakistani film industry (Lollywood) ranks among the “top twenty film producing nations of the world with an average of 60 full length feature films per year. Almost all Pakistani films cater to the local market and no serious effort has been made to broaden the audience base of our films or to enter these at international festivals. Very little, therefore, is known or heard about Lollywood outside the country” (About Off, 2012).

5. Parks

Pakistan has a number of national parks, reserves, and wildlife refuges in different parts of the country. “Despite the limited number of national parks and reserves, their management is far from satisfactory. Natural resource systems such as lakes, rivers, streams, estuaries, forests and parks are used extensively by people for various kinds of recreational activities. Natural resource systems provide valuable services to people. From an economic perspective, these services have two important features. The first is that the economic value of these services depends upon the characteristics of the natural resource system. Knowledge of the values of these services may be important for a variety of resource management decisions” (Khan, 2009).

Pakistan's Culture

Culture and socio-culture “refers to the customary beliefs, social forms, and material traits of a racial, religious, or social group” (Henderson and Ainsworth, 2003). Pakistan is diverse. The “society and culture of Pakistan have numerous ethnic groups: the Punjabis, Kashmiris, Sindhis in east, Muhajirs, Makrani in the south; Baloch and Pashtun in the west; and the ancient Dardic, Wakhi, Baltistani and Burusho communities in the north.”

Pakistan's social system is underpinned by a set of common values which limit the advancement of women. Pakistani “women have borne the brunt of cultural traditions. It is significant that men are favored in terms of accessing certain economically and socially significant materials and rights, such as access to land and property. The institutions and positions in communities play a role in elevating men over women. The gender roles assigned to men and women are significantly defined, structurally and culturally, in ways which create, reinforce, and perpetuate relationships of male dominance and female subordination. They however suppress women. They are encouraged to conform to established cultural norms by being rewarded or punished for their behavior.” The places women occupy in society and their leisure participation is influenced by cultural equalities or inequalities (Siddiqui and Aslam, 2014).

As “culture is an important capability that people bring into development, it influences the change through various forms of expression, attitudes and behavior related to work, reward and exchange, traditions of public discussion and participation, social support and association, cultural sites of heritage and memory, and influences on values and morals.” The circumstances responsible for the changes have been, the “partition of the sub-continent, technological and scientific inventions, growth of urbanization and industrialization, expansion of commercial activities and international trade, and changes in the political, cultural and economic structure of the country initiating the industrialization of its economy” (Countries and their Cultures, 2014).

Conclusion

In the contemporary era of Pakistan, there is a lot of advancement in leisure activities of urban and rural communities. Most of the people have opportunities to spend leisure time at home and by going out. Organized places and manage activities and opportunities are available. The students have their own laptops and during their free time they like to play different games on their systems, even so on their cell phones. House wives like to go outside for shopping, in beauty salons for their self grooming, ladies clubs where they do individual and collective activities. Different applications packages for computers are available for social networking e.g., face book, Skype, viber, whatsapp and many more. During this democratic era cinemas are well established, local movies and movies from across the borders are also launched. Apart from the most common and convenient activities like

Cultural Scenario of Pakistan in Democratic and Military Eras (1947-2013)

watching television in your leisure time and going out for a walk or take food, the government has made many organized arrangements, as parks, games, and touring places .

References

- About off (2012). *History of Lollywood*. Retrieved on August 21, 2014, from: <http://aboutoff.blogspot.com/2012/03/history-of-lollywood.html>
- Allman, T. D. (2001). Nepal: Changed for good, for bad, forever. *National Geographic*. Retrieved on April 01, 2015, from: <http://www.apelslice.com/books/0-00-NIMAC/978-0-07-874529-4/ch24.htm>
- Arshad, Z. (2008). *The economic contribution of Pakistani women through their unpaid labour*. Islamabad: Society for Alternative Media Research and Health Bridge
- Countries and their cultures. (2014). Advameg, Inc. Retrieved on August 4, 2014, from: <http://www.everyculture.com/No-Sa/Pakistan.html#ixzz3BOsM0C4p>
- Cultural geography of South Asia: Why it matters. (2002). Retrieved on April 01, 2015, from: <http://www.apelslice.com/books/0-00-NIMAC/978-0-07-874529-4/ch24.htm>
- DeGrazia, S. (1964). *Of time, work, and leisure*. Garden City, NY: Doubleday.
- Economy of Pakistan: First five decades (2009). Retrieved on September 23, 2014, from website: <http://pak-economy.blogspot.com/2009/09/first-five-decades.html>
- Federal Bureau of Statistics. (2014). Government of Pakistan.
- Firasat. (2013). *History of economics in Pakistan: First five decades*. Retrieved on August 12, 2014, from: <http://www.economist.com/countries/Pakistan/profile>
- Gallup and Gilani Surveys. (2009). Pakistan, the Pakistani affiliate of Gallup International Association, www.gallup-international.com. Retrieved on July 29, 2014, from: <http://www.gallup.com.pk/Polls/29-6-09.pdf>
- Gallup and Gilani Surveys. (2012). The Pakistani affiliate of Gallup International Association. Retrieved on July 29, 2014, from: <http://site.gilanifoundation.com/?p=872>
- Harrington, M. A. (1991). *Time after work: Constraints on the leisure of working women*, Loisir-Et-Societe, (pp. 115-132).
- Heer. (2010). *Culture of Pakistan: History, people, clothing, traditions and women. Discussions on Culture of Pakistan*. Retrieved on August 8, 2014, from: <http://www.pakistan.web.pk/threads/culture-of-pakistan-history-people-clothing-traditions-women.2686/>
- Henderson, K. A. and Ainsworth, B.E. (2003). A synthesis of perceptions about physical activity among older African American and American Indian women. *American Journal of Public Health*, 93(2), 313-317.
- Hilmi, I.(2006). Leisure and Islam. *Leisure Studies*, Volume 1, Issue 2, 1982, pages 197-210. Retrieved on August 10, 2014, from: <http://www.tandfonline.com/doi/abs/10.1080/02614368200390161#preview>
- Hribkova, K. (1994). *Women leisure: Wants, says, doubts & fears*. Leeuwarden, The Netherlands: WICE
- Huda, S.S. and Akhtar, A. (2006). Leisure behaviour of working women of Dhaka, Bangladesh. *The International Journal of Urban Labour and Leisure*, 7(1). Retrieved on August 19, 2014, from: <http://www.ijull.org.uk/vol7/1/huda.pdf>
- Husain, I. (2004). *Economy of Pakistan: Past, present and future*. Retrieved on September 04, 2014, from: [http://www.sbp.org.pk/about/speech/2004/eco_of_pk\(past_present_future\).pdf](http://www.sbp.org.pk/about/speech/2004/eco_of_pk(past_present_future).pdf)
- Jackson, E. L., & Henderson, K. A. (1995). Gender based analysis of leisure constraints. *Leisure Sciences*, 17 (pp. 31-51).

- Jillani, M. S. (2008). *The state of Pakistani society*. Retrieved on July 27, 2014, from: <http://msjillani.wordpress.com/category/the-state-of-pakistani-society/page/6/>
- Kelly, J. R. (1998). *Leisure*. Sagamore Publishing LLC. 1807 N. Retrieved on June 30, 2014, from: <http://www.sagamorepub.com/files/lookinside/215/leisure-look-inside.pdf>
- Kelly, J. R., and Godbey. (1992). *The sociology of leisure*.
- Khan, H. (2009). Willingness to pay and demand elastic ties for two national parks: empirical evidences from two surveys in Pakistan. *Environment, Development, and Sustainability*. Vol. 11, No. 2, April, pp: 293-305. DOI: 10.1007/s10668-007-9111-6.
- Malik, I. H. (2008). *The History of Pakistan*. Greenwood Press, 88 Post Road West, Westport, CT 06881. An imprint of Greenwood Publishing Group, Inc. www.greenwood.com
- Mohammed, A., and Jamal, A. (2014). Recreational education in Islam. *British Journal of Education*, 80-Vol.2, No.2, pp.70 journals.org. UK: European Centre for Research Training and Development.
- Naqvi, S. M. F. (2014). *Changing life style in Pakistan*. Retrieved on August 6, 2014, from: <http://www.hamariweb.com/articles/article.aspx?id=1168>
- Pakistan's recreational mix. (2014). *Business Recorder*. Retrieved on July 28, 2014, from: <http://www.brecorder.com/br-research/44:miscellaneous/4621:pakistans-recreational-mix/>
- Rohail, Mirza and Baig, A. (2008). Musharraf era performance: Economics of Pakistan. Retrieved on September 23, 2014, from: <http://ourleadermusharraf.wordpress.com/category/musharraf-era/>
- Siddiqui, S. (2013). *Gender inequality within the households and its implications for women's health* (Unpublished M.Phil thesis). Lahore: Institute of Social and Cultural Studies, University of Punjab.
- Siddiqui, S. and Aslam, S. K. (2014). *Gender inequalities and socio-cultural themes of leisure in contemporary societies: Illustrations from Pakistan*. Paper presented in the International Sociological Association World Congress, 15.07. 2014, at Convention Centre, Kangawa Prefecture, Yokohama, Japan.

Biographical Note

Saira Siddiqui is a Lecturer in Government College University, Faisalabad, Pakistan in the Department of Sociology. She is Ph.D Scholar at Department of Social Sciences, University of Agriculture, Faisalabad, Pakistan.

Syeda Khizra Aslam is a retired Associate Professor from the Department of Sociology, Government College University Faisalabad, Pakistan.

Dr. Muhammad Rashid Khan is Assistant Professor at the Institute of the Communication Studies, University of the Punjab, Lahore, Pakistan.
