



The Effects of Leisure Activities on Mental Health of Children and Youth

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Message from the Guest Editors

Children and youths experience dramatic physical and psychological growth. During childhood and adolescence, they often encounter academic learning stress, social adaptation and social-network-related problems. Previous studies have revealed that the mental health of adults was affected by their experiences of leisure in their youth. Research has shown that people highly involved in leisure activities were less likely to have depression, emotional disorders or dementia. It is evident that leisure activities can contribute to emotion stabilization. It would be interesting to determine whether the benefits on mental health that leisure has are temporary or have long-lasting effects. Through appropriate activity design and encouragement, we can increase children's and youth's engagement in leisure activities, and thus, the benefits they gain from their involvement will increase. Therefore, the purpose of this Special Issue is to encourage theoretical and practical reflections on the broad topic of the effects of leisure activities on the mental health of children and youths.





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Message from the Editor-in-Chief

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