

Start here.

a) The concept of work refers to the employment that an individual gains in essentiality to gain financial stability.

Leisure refers to the beneficial aspect of working as it allows one to gain a sense of relaxation, which in resolution provides a stability within self-worth attributes.

b) The progression of technology has significantly transformed the changing ~~patterns~~ patterns of leisure as now technology is regarded as a beneficiary to leisure. This is evident throughout the plethora of technologies individuals purchase when gaining a sense of leisure. ~~The~~ Technologies such as televisions, ipods and computers are all commonly regarded as essential components of one's leisure activities as they provide the somewhat distraction to reality to which we all seek.

Technology contributes to the changing patterns of leisure as essentially we are in a society which relies on technology for a majority of elements, and in leisure aspects it is relevant to majority who are somewhat semi-dependant among the contributions of technology in regards to gaining a sense of leisure.