Economists and social scientists in India have not undertaken systematic studies of leisure. The present study aims at analyzing the patterns of leisure among urban working women. It also aims at analyzing the co-existence of traditional and modern patterns of leisure and also the interplay/association between various leisure activities. It investigates the relationship between occupation, income and pattern of leisure among working women. Lastly, it analyses the impact of various other important determinants on pattern of leisure among working women. The exact locale of the present study is Muzaffarnagar city of Muzaffarnagar district. The universe of the study is the working women of Muzaffarnagar. 300 working women are selected on the basis of quota sampling.
The findings of the present study show that the urban working women have developed specific pattern of leisure. They distinguish it from their work and do get leisure time to engage themselves into activities of their choice. They seem to make rational choice for various leisure activities. Extent of participation in a particular activity is determined by the caste of respondent. An overwhelming majority of the working women (i.e. 84% respondents) are satisfied with their leisure time activities irrespective of their occupation and income. More than one half of the women (i.e. 60% respondents) feel that leisure activities accelerate occupation. A big majority of the working women (i.e. 83% respondents) think that leisure activities have positive impact on their families. Findings of the study also show that traditional and modern patterns of the leisure co-exist in India and all the traditional and modern leisure activities are closely associated with each other.

The findings also indicate a clear impact of occupation and income on the patterns of leisure among working women. Occupation and income of the respondents significantly determine the extent of their participation in various traditional and modern leisure activities. Both the traditional and modern patterns of leisure activities are profoundly determined by age, education, type of family, size of family, caste and religion of the working women.