

Leisure time physical activity in secondary school population's lifestyle

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ABSTRACT

One of the important factors of a healthy lifestyle is a physical activity. The author of the contribution deals with the issue of a physical activity as a primary means for the creation of a healthy lifestyle. The author emphasizes the possibilities of spending free time by means of participating in leisure and recreational physical education in the frame of secondary schools which the students of the secondary schools have a possibility to attend thus forming and enriching their present lifestyle. In this respect the schools and educational facilities play a very important role. These facilities implement a great number of different outdoor activities. Organizing various physical activities in a suitable natural environment seems to be one of the effective incentives for students to perform physical activities. The influence of the natural environment as well as outdoors physical activities belong to one of the most important factors in regard to a positive impact on the organism of the youth. Similarly state the authors Görner, Starší (2001); Michal (2010); Pávková (2008) and others. Šimonek (2010); Kalinková (2011); Michal, Nevolná (2012); Nevolná (2014) claim on the basis of their research that hiking belongs to the most favourite physical activities in the young population within the frame of the leisure time PE.

The results show differences in the participation in the recreational PE related to the gender for the benefit of boys. In compliance with our results we claim that there is a statistically significant dependence of the participation in LRPE and self evaluation of the respondents' lifestyles. The level of significance is 0.001.

KEY WORDS:

students' lifestyles, leisure time physical activity, physical activity, outdoor activities, secondary schools students

SÚHRN

Jedným z dôležitých faktorov zdravého životného štýlu je pohybová aktivita. Autorka príspevku sa zaoberá problematikou potreby pohybových aktivít ako primárneho prostriedku k vytváraniu zdravého životného štýlu a poukazuje na možnosti využívania voľného času prostredníctvom zapojenia sa do záujmovo-rekreačnej telesnej výchovy v rámci stredných škôl, ktoré študenti vybraných SŠ majú možnosť navštevovať, čím dotvárajú a obohacujú svoj aktuálny životný štýl. Významnú úlohu v tejto súvislosti zohrávajú školské zariadenia, ktoré do oblasti voľnočasových aktivít zaraďujú outdoorové aktivity. Organizácia pobytových aktivít vo vhodnom prírodnom prostredí sa ukazuje ako jedna z možností motivácie študentov k pohybu. Vplyv prírodného prostredia a aktívny pohyb v prírode, patrí na popredné miesto z hľadiska priaznivého účinku na organizmus mládeže.

Zistené výsledky poukazujú na diferencie v zapojenosti do záujmovo-rekreačnej TV v závislosti od pohlavia v prospech chlapcov. V zmysle výsledkov výskumu uvádzame, že medzi zapojenosťou do záujmovo-rekreačnej TV a hodnotením životného štýlu respondentmi je štatisticky významná závislosť na hladine významnosti 0,001.

KEÚČOVÉ SLOVÁ:

Životný štýl študentov, záujmovo-rekreačná telesná výchova, pohybová aktivita, outdoorové aktivity, študenti stredných škôl.

INTRODUCTION

The basic condition for an active and satisfied life is a long term health which is not possible to achieve without a precise care. We live in a certain environment and social atmosphere which influence us from many different aspects and also significantly contribute to our psychological and physical health condition. Apart from the influences of the natural environment, nutrition and diet, social interaction and cultural aspects a balanced physical activity belongs to one of the most important factors that participate in forming a healthy lifestyle.

The physical activities are unsubstitutable part of a lifestyle because they provide a strong stimulus to spiritual and physical balance as well as to self evaluation, and they make it possible for a person to a personal self fulfilment (Liba, 2000, Liba, Uherová 2003). Nowadays, we live in an extremely busy and economically very demanding time and unfortunately, physical activities as a part of a healthy lifestyle is more and more absent.

Various investigations and research in the field of physical activities implementation, correct diet and experience with addictive substances in elementary school pupils as well as secondary school students and university students confirm the fact that the current state in the investigated characteristics is far from satisfactory (Broďáni, Kamas, 2011; Adamčák, Nemeč, 2011; Pávková, 2008; Boržíková 2006; Chovanová 2005). Students prefer to spend time with computers, in cafés, and other leisure activities rather than doing sports. Physical activities are diminishing from the regular schedules of the young population. The technological and scientific accomplishments employ young people's cognitive constitution at the expense of their physical constitution. All the things that were previously solved by visiting a library, meeting friends outdoors are now solved by the internet and going online or by mobile phones. The current life experience of college students contain very few opportunities for any kind of a physical activity, and generally speaking, regardless of age or gender, they consume high calorie and unhealthy food. Sedentary type of life and poor and low quality nutrition in students as well as in adults cause propensity to metabolic disorders. Pupils' overweight and subsequent obesity is a logical reaction to this challenge. If we want to prevent the clinically significant obesity and later metabolic diseases which are nowadays not only problems of adults but also of children, all sectors of society must collaborate in the support of the strategies leading to the change of the public opini-

on, advertisements, and the behaviour of the whole society including the educational network.

At present in regards to the support of a healthy lifestyle in the young generation an emphasis is given on organization of leisure time and recreational physical activities in the framework of elementary schools and secondary schools. The leisure time and recreational physical activities are defined as a part of physical culture whose task is to develop those forms of physical education and sports which by their means contribute to the regeneration of both physical and spiritual powers of a person, to strengthening their health and increasing their physical fitness.

When implementing leisure time physical education it is not essential to reach the maximum performance, on the opposite, the most important is its positive impact on the physical fitness, health, physical and psychical satisfaction, relaxation and regaining one's strength. Leisure time physical education is realized by walking, swimming, running, ice skating, hiking, cycling and many other physical activities which have a beneficial influence on human body. Leisure time physical activity is suitable for every person regardless the age or physical performance. In this respect we would like to emphasize the activities realized outdoors. The impact of the natural environment, active movement outdoors, the interplay of physical activity and learning and emotionality belong to the most influential factors in the sense of beneficial impact on physical and psychical health of the youth. Well prepared and well organized outdoor activities (short term or several-day-lasting stays in the natural environment, in the school vicinity, in camps or in recreational centres for schools) are for students very attractive and unusual, they develop their creativity, independence, cooperative thinking, and mutual tolerance.

AIM

The aim of this research surveillance is to find out the attendance or participation of secondary school students in leisure time and recreational physical activity at selected secondary schools in the region of Trnava with a detailed analysis focused on the outdoor activities.

The part of the research was also to follow the current state of students' lifestyle and its analysis related to the level of education of their parents.

COHORT AND METHODOLOGY

The research was conducted in the academic year

2013/2014. The cohort consisted of 16 and 17-year-old population of girls and boys from six secondary schools in the region of Trnava. The cohort were students from randomly selected secondary schools. The total number of respondents were 450 of which 212 (47.11%) were boys, and 238 (52.88%) were girls. In our case the primary source of gaining the information is the questionnaire method. All questionnaires were returned. We distributed them personally. The results achieved by the empirical research methods were elaborated and evaluated by quantitative research methods. In order to elaborate and evaluate the data we used the basic methods of inductive statistics (χ^2 test for independence) and descriptive statistics (graphic representation, percentage, and descriptive statistics). For better understanding we would like to say that the variable lifestyle was defined in terms of the frequency of physical activities realized during a week (the physical activity schedule), regularity in meals (number of meals per day and their re-

gularity, consumption of fruit and vegetables, drinking), the length of sleep and risk factors of a healthy lifestyle (smoking, consuming alcohol). The individual items were marked by points and based on the summary of points they were categorized in respect to the level of implementation of a healthy lifestyle (good, average, and bad/insufficient healthy lifestyle).

RESULTS AND DISCUSSION

The physical activity on a recreational level is markedly important for the human health. Similarly to this Jedlička (2009) claims that recreational physical activities are unsubstitutable part and fill-in of leisure time, however their composition and implementation by individuals are determined by the economic state of the society including schools. By the means of a questionnaire we were investigating the participation of the respondents in leisure time and recreational physical education (LRPE).

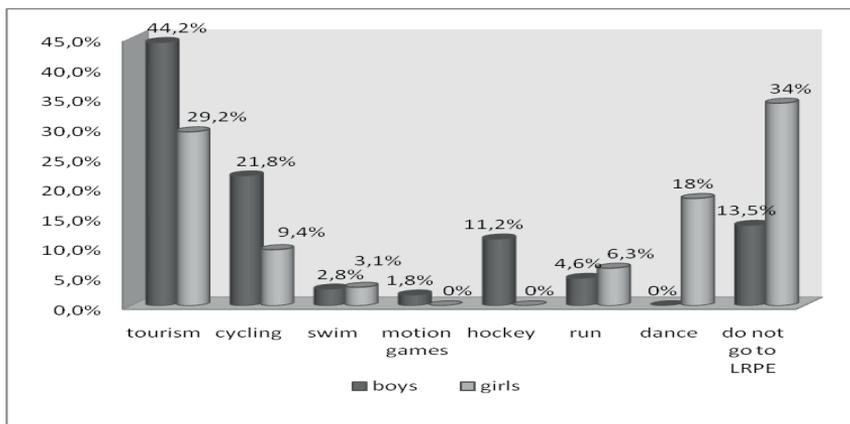


Figure 1 Participation in the leisure time and recreational physical education

When analyzing the participation of the respondents in LRPE we found out that most male respondents preferred outdoor activities (fig. 1). By a closer analysis of the questionnaire results we found out that as many as (44.2 %) of boys practice hiking in comparison to girls (29.2 %). Within LRPE 21.8 % of boys actively ride a bike, and cycling is represented in girls by only (9.4 %). Quite positive was the fact that only (13.5%) of boys reported a zero attendance as opposed to girls whose zero attendance was represented by (34 %). In accordance with our results we can state that boys show

more interest in LRPE. This result is supported by other research conducted by Michal. Nevolná (2012), Michal (2010, 2003), Šimonek (2010), Bartík (2009), and others.

The part of our research was to find out the level of self evaluation of the respondents' lifestyles (figure 2). The majority of the respondents evaluated their own lifestyles as good (43.2 % of boys, and 31.8 % of girls). We consider it very satisfactory that the respondents who evaluated their lifestyles as very bad are in the ratio of (0 %) for boys to (10.5 %) for girls.

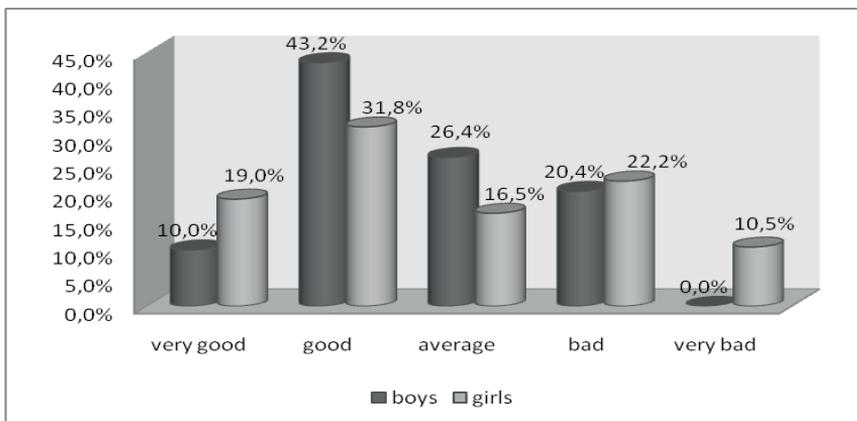


Figure 2 The self evaluation of the respondents' lifestyles

In the research we were interested not only in the respondents' participation in LRPE but also in knowing whether the reported participation in LRPE is related to the self evaluation of the respon-

dents' lifestyles (figure 3). In the graphical representation numbers 1 to 5 on the horizontal axes represent the self evaluation of the respondents lifestyles.

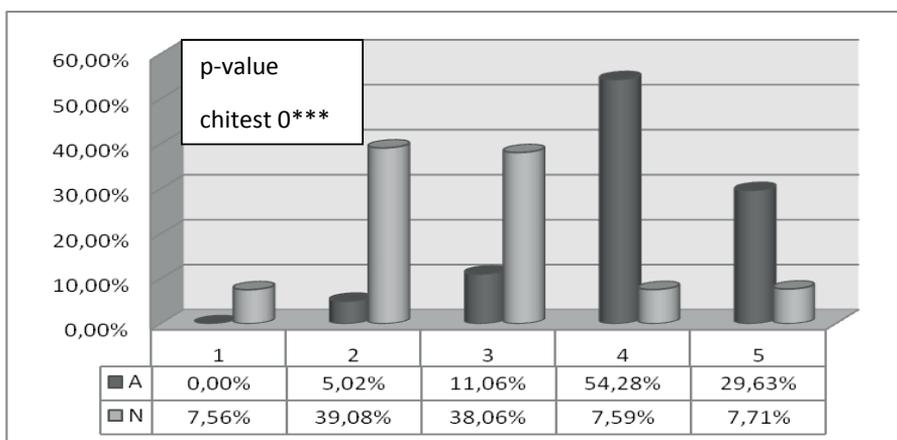


Figure 3 The relation of the participation in LRPE and self evaluation of the respondents' lifestyles.

Legend: 1 - very bad, 2 - bad, 3 - average, 4 - good, 5 - very good

Y (yes) - blue, N (no) - red

Legend of statistical significance: *** statistical significance of $p < 0,001$; ** statistical significance of $p < 0,01$; * statistical significance of $p < 0,05$.

In compliance with our results we claim that there is a statistically significant dependence of the participation in LRPE and self evaluation of the respondents' lifestyles. The level of significance is 0.001. From the graphical representation it is obvious that in those respondents who participate in LRPE there is a higher occurrence of a positive self evaluation of

their healthy lifestyles than in the respondents who do not participate in the LRPE (figure 3).

The way of life that our young generation lead is mainly related to their parents. We investigated whether there is any relevance between the level of education of the parents and the respondents' current lifestyles.

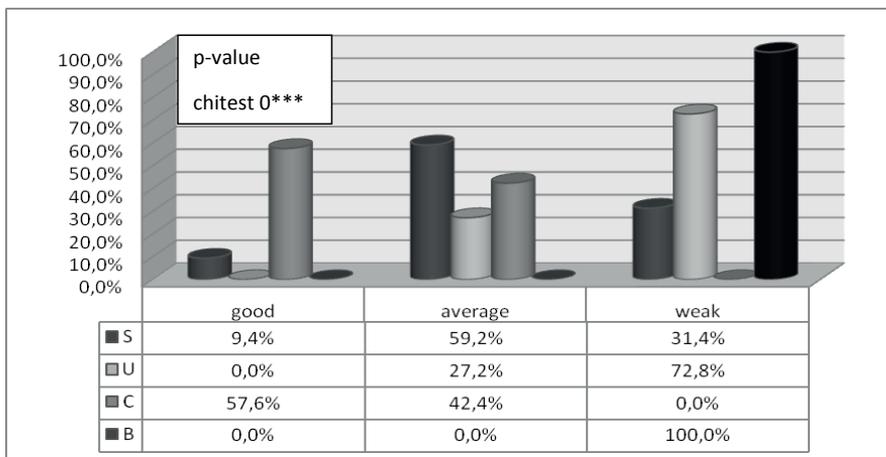


Figure 4 The relevance of the respondents' lifestyles and the level of education of their parents

Legend: S-secondary school with Maturita exam, U-secondary school without Maturita exam, C-college, B-basic

Legend of statistical significance: *** statistical significance of $p < 0,001$; ** statistical significance of $p < 0,01$; * statistical significance of $p < 0,05$

Based on a detailed analysis of the research results and the subsequent statistical elaboration in a graphical representation we report that there is a statistically significant relevance of the current lifestyles of the respondents and their parents' level of education. The level of significance is 0.001 (figure 4). From figure 4 it is evident that with the increasing level of the parents' education the respondents' lifestyle quality increases.

CONCLUSION

This contribution deals with the analysis of the secondary school students lifestyle in the region of Trnava and the students' participation in leisure time and recreational PE. Any physical activity on a recreational level represents in a relation to a lifestyle certain coherency. Based on his research, Dobrý (2006) also confirms the connectedness between a physical activity and health.

Referring to the results of our research we can claim that those secondary school students who participate in the leisure-time recreational physical education

evaluate their own lifestyles in a much more positive way in comparison with the students who do not participate in LRPE, which might be a reflection of their cognitive knowledge about the basic factors of a healthy lifestyle. Very important is the finding that the level of education of parents significantly influences secondary school students' lifestyles.

If we want to prevent the current trend which is not promising in terms of the way of life of the youth, we should not neglect their present state of fitness. Nowadays, more than any other times in the past, it is extremely important to focus on creation of educational physical activity projects in the form of leisure-time and recreational PE with respect to a healthy lifestyle. Young people should be very active from the beginning and schools are very suitable places for the continuation. An early implementation of complex preventive measures such as education towards a healthy diet, motivation for physical activities, and building habits beneficial to a healthy lifestyle has a significant importance in the school population.

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