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Recreational activities among students aged 14-18

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Abstract: It is an unfortunate fact that children have less and less free time now because they live a busy life. Several studies confirm that it is extremely important that we do leisure activities which have a positive impact and active leisure activities should come into prominence. Methods: Our study examined the leisure and sports habits of physical education and non-physical education students (N=114). We used a questionnaire, and we also made correlation examinations. The results were analyzed by using SPSS software. Results: The results show 14-18 year old students have an average of 2-3, 3-4 hours of free time, in which both active and passive recreational activities come to the front. 83.3% of respondents do some form of sport, which is not surprising since many are in physical education, but it is also a promising result, because sport has many positive effects. The most popular sports are ball games, especially football. It is not surprising the internet is very popular as a leisure activity among young people. Our results also illustrate that it is worth drawing attention to the right way of spending free time in childhood and that children need to love sports to integrate them into their lives.

Keywords: physical activity, leisure time, priority prevention, healthy lifestyle

Introduction

Today's modern sedentary lifestyle poses serious health problems that need to be solved (Müller-Riemenschneider et al., 2008; Rurik et al., 2016; Müller et al., 2019a; Mills and Hilberg, 2020; Erdely et al., 2020). Increasingly, there is a view that sport and physical activity should become an increasingly important part of our lives (Tătar et al., 2018). Leisure time (Magyar Értelmező Kéziszótár, 1989) in addition to work and our duties, is the time that a person has the freedom to pursue his or her hobbies and favourite activities. Recreation (Borbély et al., 2008), a

culture of leisure time spending, which includes leisure activities. Leisure time refers to the time units in a person's life where there is no obligation, it is free to decide where, how, when and with whom this amount of time is spent.

Leisure activities can be relaxation, creative leisure, culture and physical recreation. Main features of leisure activities: optional, without obligations, personal, give an experience.

Several researches describe the different goals of recreation: The task of leisure activities: refresh the body (Bíró et al., 2019a), education (Herpainé et al., 2019), maintaining, recovering and reproducing the body, health (Bíró et al., 2019b) and ability to work (Balogh, 2019; Balatoni and Kosztin, 2020).

There are many positive effects of recreational sports that are supported by specialized literature (Juhász et al., 2015; Simon et al., 2018; Bendíková et al., 2018).

In children aged 3-6, exercise promotes physical and mental development (Boda et al., 2016; Müller et al., 2017; Szépné and Balatoni, 2018). Exercise has a positive effect on the soul, physical development and integration into society. Sport also teaches many other things, such as endurance, self-sacrifice, fair-play and team work.

Regular physical activity also ensures a healthier life and a better feeling, which results in an improvement in one's own health awareness (Müller and Bácsné, 2018). Increased physical activity is related to better well-being, so it is an important tool for health promotion, which improves the quality of life and lifestyle. Lifestyle is part of recreation, as the leisure and recreational activity that human carries out in the context of person's environment also affects person's lifestyle (Hidvégi et al., 2017). It should be emphasized that the role of the family is decisive in the development of sports habits (Herpainé et al., 2017; Müller et al., 2019b), as the child takes a lot of things from the parent. If a child sees that their parents also take part in sports, support or encourage them to play sports, it is much more likely that regular sports will become a part of their daily lives and become an element of lifestyle.

Over a long period of time, regular exercise has a positive effect on self-esteem and self-confidence, improves the individual's mood and helps to overcome stress. Of course, physical activity includes sports activities, including leisure activities, active elements of recreational activities, as well as various forms of organized sports and competitive sports. A person in good health can perform better, have a more reliable labour, and earn more income. The health status of human resources is appearing as a value in the European Union labour market. Therefore, sports and other recreational activities can be seen as a form of investment that results in reduced health spending. Recreation does not only promote health, but also it has an entertainment function which is important motivation for pursuing recreational activities (Boda et al., 2018a and b; Müller et al., 2019b). However, a recreational activity provides enjoyment, excitement, and entertainment only for the duration of doing it. Among the recreational activities, physical activities outstand, which have become a necessity with the advancement of today's sedentary lifestyle.

Intellectual workers usually do intellectual work, so sports and exercise play more important role in their recreational activities, as a semi-skilled or manual workers who "move" more in their work.

According to the European Sport Charter: children need to be helped into sporting experiences that result in a life-long commitment to physical activity.

In 2015 a U.S. survey studied young people (aged 15-19) and the older generation (over 75) how much time they spend on sports and leisure activities on an average day. The data is depressing. The younger age group spend most of their free time on watching TV or in front of a computer, so they prefer a sedentary lifestyle. They usually spend only 0.6 hours a day on sports or recreation. In my opinion this is very little because exercises and active lifestyle play a very important role at this age.

If a child at this age comes to like different forms of movement, they will find ways to play different forms of sport because they will find joy in it and it will become natural for them throughout their lives, so they will be happy to do it in a recreational way. They can integrate into their lifestyle and engage in these leisure activities for the rest of their lives, which can help them maintain health and develop health-conscious behaviors. Even after finishing school, they can continue to pursue these leisure activities that can help them to stay and live healthy.

Methodology

We also used Pálincás's (2009) older research for our article. We conducted the questionnaire survey at the Széchenyi István Secondary Grammar School in Szolnok. Széchenyi István Secondary Grammar School, like most physical education schools, believes that sports, physical activity and well-organized leisure time play a very important role in students' life. There are 62 students in the physical education side and 52 study in the non-physical education side, so we can see the dominance of students in the physical education department. Students in the physical education department must play sports regularly and participate in sports events.

Regular exercise and sport have a key role in maintaining health, developing a culture of movement, spending a useful leisure time, developing community behavior, shaping personality and setting an example. In our opinion, during adolescence, should be placed on intensive sports that require endurance and some forms of exercise that require technical skills, because these can promote the growth of physical activity in adulthood.

The child loves different forms of movement as an adolescent, and they are integrated into their daily lives, so they will be happy to choose these movements to spend their free time outside of school. After finishing school, they can continue to do these leisure activities that can help them stay healthy. The role of sport in the development of the person is highly characteristic, it is the basis of belonging to the fellowship.

Our research aimed to examine the typical recreational activities of female and male students. Our additional goal was to compare the students' place of living. We tried to explore how they choose recreational activity beside their place of living.

The first table (Table 1) illustrates the demographic data. 46.5% of the respondents are men and 53.5% are women. 44.7% of the examined students are in the 9th grade, 30.7% in the 10th grade, 24.6% in the 11th grade. Analyzing our

respondents' domicile we see that most of the students live in the county town 40.4%, 33.3% live in a city and finally 26.7% live in a village.

Table 1. Distribution of respondents by gender, grade and habitation.

Respondent	Gender		Year			Habitation		
	Man	Woman	9th grade	10th grade	11th grade	Village	City	County town
Person	53	61	51	35	28	30	38	46
Percentage	46,5%	53,5%	44,7%	30,7%	24,6%	26,7%	33,3%	40,4%

Respondents filled in our questionnaire on paper, and it was voluntary (N=114). We downloaded the results in Excel format and in addition to basic statistical methods, we also analyzed correlations.

Results and discussion

Respondents' free time is very variable (Table 2). Nobody has more than 6 hours free time a day. We think this is good because students are probably engaged in some kind of sport or learning activity. The majority of respondents have 1-2 hours 17,5%, 2-3 hours 31,6%, 3-4 hours 31,6% and 4-5 hours 13,2% of free time. It is surprising 6,1% have 5-6 hours of free time.

Table 2. Respondents' free time in hours.

Amount of free time	Respondent (person)	Percentage
1-2 hours	20	17,5%
2-3 hours	36	31,6%
3-4 hours	36	31,6%
4-5 hours	15	13,2%
5-6 hours	7	6,1%
more than 6 hours	0	0,0%

In our research, we asked how much money the respondents spend on their leisure activities. 64% of the respondents spend less than 10.000 HUF for their leisure activity and 28,1% spend 10-20.000 HUF (Table 3). We can see nearly 92% of the students spend 0-20.000 HUF on their leisure activities and hobbies. This shows that they look for more cost-effective supply opportunities in the case of sports and participation in sports events.

Table 3. Respondents' spending habits on their free time.

Amount of money	Respondent (person)	Percentage
less than 10.000 HUF (less than 26,35 EUR)	73	64,0%
10.000-20.000 HUF	32	28,1%

(26,35-52,71 EUR)		
20.000-30.000 HUF (52,71-79,06 EUR)	6	5,3%
more than 30.000 HUF (more than 79,06 EUR)	3	2,6%

We also wanted to know when they started to play sports.

All in all, 83,3% play sports (Table 4). This result is encouraging if students develop a need for regular exercise and integrate it into their lifestyle, they will enjoy sports and recreational activities in their free time. Most of the students 51,8% have been playing sports more than 5 years. They are students in physical education side and they will probably want to work in the field of sports as adults, or they may want to be athletes.

Table 4. Respondents starting to do sport.

Number of years of sport	Respondent (person)	Percentage
less than 1 year	5	4,4%
1-2 years	14	12,3%
3-5 years	17	14,9%
more than 5 years	59	51,8%
not doing sports	19	16,6%

"What sport do you do regularly?" We did not give the students an alternative to answer this question, it was an open question, the students could compose it themselves, thus so many sports were mentioned. The most popular sport was football, this was marked by 21,1%, then the athletics 7,9%. Among the students, there were those who play volleyball, dance, or do some martial arts. (judo, karate, aikido).

The majority of students play sports daily, this category was chosen by 29,8%. It can be said that the majority of students, if do not do any sport daily, but they do some kind of sports 2-5 times a week 48,3%. This is good because it can be observed more than half of the students play or do something, even if not every day, but on a weekly basis. We think it's a promising result.

56,1% usually go for do sports with their friends and only 17,5% go alone. This result is related to the age specificity of the age group, according to young people aged 14-18 are influenced by the group of friends and may also determine their way of life. Several literature emphasize that exercise in a company, in a fellowship is becoming increasingly popular (Kinczel et al., 2020a; Laoues-Czimbalmos et al., 2019a; Boda et al., 2019).

Our research also looked at leisure activities. The answers show that 64% of students play sports in their free time and 54.4% participate in sports events as spectator (passively) or as athlete (actively). We can see that the motivation of an

active lifestyle dominates among high school students, as their most typical leisure activity is related to sports. They are happy to do sports after school, school sports and activities. The effect of exercising with the forces of nature (sun, wind, temperature etc.) is favorable, increasing a person's bearing capacity. For example: go on a trip, motorcycling, gardening, do sport outside; wintersports, running, hunting, fishing, horse riding or cycling.

However, in addition to the active lifestyle, leisure activities which are in the „relaxation” category, can also be observed, TV, DVD, watching movies was indicated by 82.5% of students and 83.3% by the Internet (Table 5). 70.2% also marked the category of party with friends, which may come from their age and dormitory life. Areas of culture were not popular leisure activities: reading was marked by 24.6% of students and cinema was 31.6%. Only 7.9% like theater performances and 7% go to concerts.

Of the outdoor activities, motorcycling was the most popular, 13,2% chose this activity. We think few students could choose it because the quality of the roads is not conducive to this activity, there are road accidents too and motorbiking is quite expensive. Few students are interested in fishing, DIY, gardening and crafts.

Table 5. Recreational sports activities.

Recreational activities	Respondent (person)	Percentage (%)
Reading	28	24,6
TV, DVD, Movies	94	82,5
Cinema	36	31,6
Theater	9	7,9
Concert	8	7
Cultural home program	6	5,3
Participation in a sporting event	62	54,4
Gardening	8	7
DIY	9	7,9
Fishing	13	11,4
Music	22	19,3
Crafts	6	5,3
Motorcycling	15	13,2
Internet	95	83,3
Party with friends	80	70,2
Trip	28	24,6
Sport	73	64

Table 6 illustrates the results of the association relation.

Table 6. Gender and place of living differences in recreational activities (Person Chi-squared test)

Typical recreational activities	Respondent (person)			Respondent's place of living (person)			
	Female	Male	<i>p</i>	Village, town	City	County town	<i>p</i>
Internet	45	50	<0,05	28	30	37	<0,05
TV, DVD, film	53	41	<0,05	24	31	39	<0,05
Party with friends	48	32	<0,05	19	30	31	<0,05
Do Sport	35	38	<0,05	12	26	35	<0,05
Participation in a sporting event	30	32	<0,05	11	24	27	<0,05

Students, who live in the county town or in a town close to Szolnok, spend more time using the internet than children who live in a village. 83,3% chose surfing the Internet as a typical recreational activity. This high number is not surprising, because various social networking sites, electronic mail portals and chat sites are becoming more widespread and popular. Children make new relationships, get to know new people and chat with friends or classmates via Internet. 50 of the men and 45 of the women marked this category so there is no significant gender difference in this area, both of them like it.

A total of 73 people chose sport category, of this 12 students live in villages or smaller towns, and 61 people live in cities or county town. This is probably the cause of the environment of the urban population is more "motorized", so daily activities and schooling requires less physical activity. Students who live in a village often have a lack of gardening, animal husbandry and public transport, so this is mean that villagers do more effort and more exercise during their daily lives. Thus, they prefer to choose some relaxing recreational activity after physical work. There are many more sports opportunities in the city, more and more sports associations and student sports groups are being formed, which help to improve the conditions for leisure sports opportunities.

A total of 62 students chose to participate in the sporting event as a typical recreational activity. This is closely related to sports, as we think students, who also play something, are willing to take part in a sporting event, so these two follow from each other. It was marked by 11 of the rural students and 51 of the urban students. There are many more sporting events in the cities, so there are more opportunities to participate in, than in the village and there are also sports associations in the cities that also promote sport.

There is no significant difference in the recreational activities of men and women.

Football is one of the most common sports for boys, and for girls the ball games are the most common sports. The school and the sports association in the village have facilities for sports, but these institutions do not have an indoor gym, only a court for football, handball, or basketball, young people, who want to do some sport, will enjoy these sports and do. So behind the reasons, opportunity is the key because it orientates their choice. It is easier to choose for young people in the city because there are more institutions (fitness clubs, gyms, aerobics rooms, indoor tennis courts, swimming pools etc.) and this increases the supply.

Conclusions

A healthy lifestyle is part of spending our free time properly and usefully. It is important to exercise a lot, be in the fresh air, take advantage of the positive effects of our natural environment (sunshine, air, water), do leisure activities and take time and care to relax. It is also important to relax actively, not to sit in front of the TV or computer too much.

The domestic and foreign experts have the same opinion that a growing child and young person need an hour to exercise a day, while an adult needs 30-45 minutes to do some sport at least three times a week. Many people don't play sports because they don't have any money for it, so they find it too expensive. There are many sports that can be played in nature, outdoors, for free and without any restrictions. The role of sports in nature is growing and growing, because most of them are not age-related, they do not require special physical abilities, which means that everybody can do them whenever they want to. You can walk, hike, ride a bike, ski in snow etc.; they do not need any special preparation. There are health and life-saving sports such as hiking, jogging or water sports. Everybody can do them in young age or old age as well.

We must also see that there are no losers in natural sports, only there are winners. During skiing, jogging, hiking, every hour a person spends in nature and outdoors, will be richer with a colorful palette of experiences provided by the environment and activities.

Moreover, we have to mention martial arts too. The impact of martial arts on health and lifestyle is also significant. Fighting simulates a life situation, so it prepares you for everyday life, but here you can do it without a stake, and in the process you develop positive personality traits such as victory, endurance and fight. Borbély et al. (2008) highlight the role of martial arts in shaping lifestyles.

Our results are consistent with other literature (Kinczel et al., 2020b and c; Boda et al., 2019; Laoues-Czimbalmos et al., 2019b), which also illustrate that passive recreational activities (internet, TV, DVD, watching movies) are very popular. Fortunately, it is encouraging that more people play sports, but our research draws attention to need to introduce leisure sports into the lives of our young people, as it has many beneficial effects.

It is important to provide as many opportunities as possible for children to participate in sport, and this means providing appropriate facilities and programmes, as physical activity improves people's quality of life (Devita and Müller, 2020).

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