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COMPARISON OF OLD AND PRESENT WAYS OF SPENDING FREE TIME THE EXAMPLE OF CHILDREN AND THEIR PARENTS OF RURAL CENTRES

Porównanie dawnych i obecnych sposobów spędzania czasu wolnego na przykładzie dzieci i ich rodziców z ośrodków wiejskich

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Abstract

Technical progress, optimization and automation of industry has led us to the stage when free time is very important for human development ceases to act solely on physical regeneration. They began to understand that leisure and society has an impact on their awareness, development, and physical and mental health.

Almost everyone is able to recall the moments of joy and fulfillment, caused by movement of childhood fun, team game or satisfaction of achieving their intended purpose in a particular discipline. The development of technology has affected the attractiveness of leisure time without leaving your seat. Passive leisure time activities is natural and obvious, but sometimes starts to push the boundaries and turns against healthy physical and psychological man.

The aim of the study is to determine whether students in grades junior high to seek an active holiday and to compare, as their parents did at the same age. The study was conducted at the in the United Schools Zławieś Wielka.

Keywords: leisure, sports, games, village, leisure, youth

Streszczenie

Postęp techniczny, optymalizacja i zautomatyzowanie przemysłu doprowadziła nas do etapu kiedy czas wolny jest bardzo istotny dla rozwoju człowieka. Przestaje on pełnić funkcję wyłącznie regeneracji fizycznej. Zaczęto pojmować, że spędzanie czasu wolnego przez społeczeństwo ma wpływ na ich świadomość, rozwój, a także zdrowie fizyczne i psychiczne. Niemal każdy jest w stanie przypomnieć sobie chwile radości i spełnienia, spowodowanych zabawą ruchową z dzieciństwa, grą zespołową czy satysfakcją z osiągnięcia przez siebie zamierzonego celu w danej dyscyplinie.

Rozwój techniki wpłynął na atrakcyjność spędzania czasu wolnego nie ruszając się z fotela. Biernie spędzanie czasu wolnego jest naturalne i oczywiste, natomiast niekiedy zaczyna przekraczać granice i obraca się przeciwko zdrowiu fizycznemu i psychicznemu człowieka.

Celem pracy jest określenie, czy uczniowie klas gimnazjalnych dążą do aktywnego wypoczynku oraz porównanie, jak robili to ich rodzice w tym samym wieku. Badania przeprowadzono w Zespole Szkół w Złejwsi Wielkiej.

Słowa kluczowe: czas wolny, sport, gry i zabawy, wieś, wypoczynek, młodzież

Introduction

According to John Heels (2004) free time, this is the time of the budget, which is not occupied by paid work, normal and additional, or by systematic training of the university, or by satisfying the basic needs of physiological (sleep, meals, hygiene), or by permanent household chores (cooking, laundry, cleaning, caring for family members who are incapable of self-service) and can be utilized either for free holidays, or on family life, social responsibility and activity generating immediate benefits. The most obvious function of free time is and remains the regeneration of physical and mental body. State of fatigue is the result of an ongoing long time effort. It is manifested in reduced ability to work or study, and in particular weakened positive or reinforced negative reaction to external stimuli, the lack of normal coordination and rhythm of movement and posture of the body, decrease in interest, difficulty in focusing, associating thoughts. Very strong fatigue can lead to drowsiness and apathy or, conversely, to insomnia, sterile race thoughts, anxiety, aggressiveness and finally the loss of the ability of spontaneous regeneration of the body. When the effort that the study or at work is not only tiring and tedious-but it requires discipline, reduce encouraged some workers, individual passions and ambitions-this time off should bring not only recreation, but also attractions, adventure, fun, variety, novelty, joy, emotion and above all, freedom. This does not mean that the working effect is nonexistent, only means that at the time they are needed free (Dabrowski, 1966, pp.26).

Life of the rural population in Poland until independence in 1944 was associated only with the work on the farm, own, leased or grange. The situation of rural child and adolescent rural Union, their position in the family and opportunities to learn in the countryside resulted from these relations of production. The conditions in which the child lived in the village of traditional, largely marked him time to work, play and entertainment, rest and study. The ethnographic literature shows many descriptions of games and children in rural areas. She also include contributed to the dissemination of opinions about the carefree childhood rural children, which - according to these images - accompanied by long hours of the day, interesting physical play in the fresh air and grassed ground. The source of these misconceptions is a false interpretation of ethnographic descriptions. In general, readers will not notice that they concerned mainly the village of old, traditional and have fun, designed mainly a place for pasture, were seasonal and tied the duty of guarding cattle. Child peasant as in the past, as today, is much less able to participate in games, especially among peers, rather than a child of the city. It consists of both a drastic reduction in free time farmers-which partly affected and children, mostly school children - and no, occurring in the village today very clearly areas to the relevant children's spontaneous play (Kwiecinski, 1976).

Nowadays drastically changed life in the countryside. Living here is not only the people involved in the farm, but most of all people wishing to escape the hustle and bustle of the city. Many children have a number of obligations arising from the life of a farming family, but it is a huge part of that after the compulsory classes in the school can enjoy your leisure time.

Free time can utilize preferred - actively to the development of mental and physical health or negative - passively. The development of technology has affected the attractiveness of leisure time without leaving your seat. Passive leisure time activities is natural and obvious, but sometimes begins to push the boundaries and turns against physical and mental health of man. From a medical point of view, we treat physical activity as the most desirable form of

recreation and leisure time use because of its fundamental importance to health and the prevention of lifestyle diseases. Discharge complexes and excess energy, especially in children and young people, shaping personalities, beliefs, and make lasting friendships is also a positive aspect of social recreational activities valued by educators, psychologists and sociologists (Kus, 1981, p. 9). The positive impact of active leisure also provide a number of studies carried out in different age groups and different aspects of human life (Bendíková E., Kostencka A., 2013; Żukowska H., M. Szarek, Westfeld D., 2009; Kostencka A., 2006, 2007; Klimczyk M., A. Klimczyk, Wadych E., 2013; Kostencka A., Drabik J., 2007, Szarek, M., Żukowska H., 2010; Szarek, M., D. Westfeld, Żukowska H., 2009).

Fun and Games movement is a form of physical activity, from which, if not all, most people began to adventure sports. It was during games and the first child experiences the thrill of movement it and rivalry. Win or point earned gives the participant a great satisfaction and makes the child with great joy will once again any physical activity. Child development is associated with the formation and development of motority sense and intellect. In preschool games are a leading form of physical activity. This creates a rich child survival, giving him the opportunity to elect screen in solving tasks (Chromiński, 1987). Fun and Games have rules and regulations to be followed, so that also owe their attractiveness. Each participant is required to comply with the rules, in order to properly comply handle the responsibility. These behaviors, moving to daily life. They saw in this phenomenon are the beginnings of social discipline and respect for social order, aiming at achieving the objectives within the system, rather than wrecking it (Jung, 1989).

Materials and methods

The study was conducted in March 2014. The questionnaire filled pupils of secondary schools and their parents. The study included a total of 60 participants, 30 students and 30 parents, both women and men.

The results of epidemiological tests

Do parents and their children remember the different games and activities in childhood we learn from the results contained in Chart 1.

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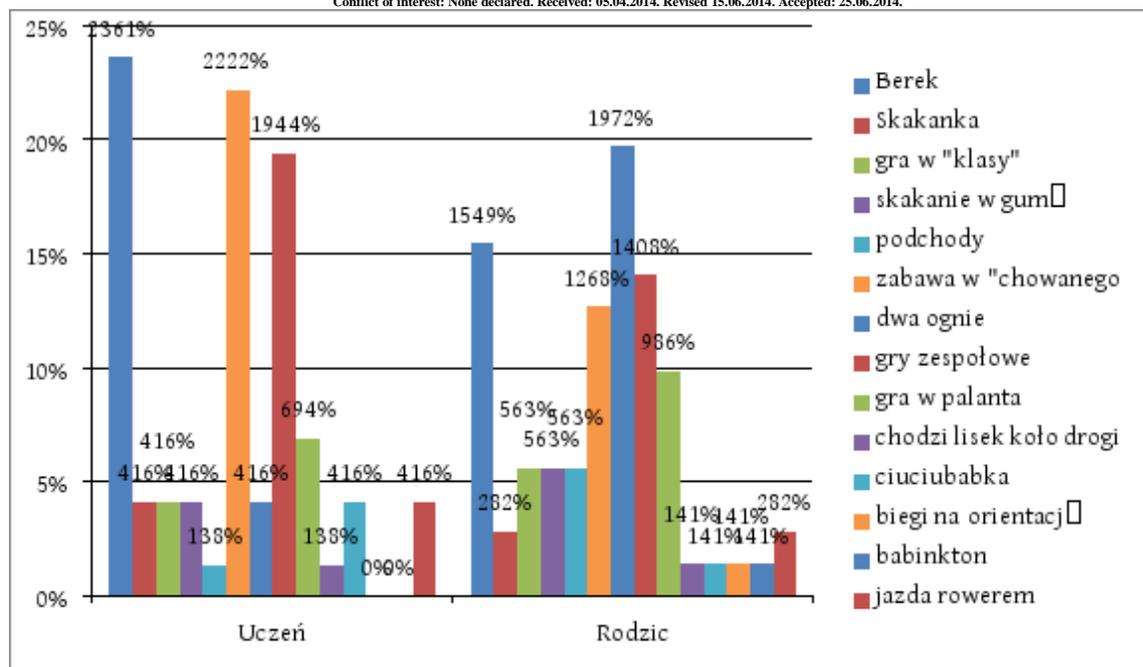


Chart 1. Comparison of games and activities parents and their children from childhood

U pupils in the first place went to "tag" (24%), followed by fun in the "hide and seek" (22%) and team games (19%), followed by successively playing "baseball" (7%), and the same percentage of respondents (4%) indicated the two fires, "blind man's buff", jump rope, hopscotch, jumping in the gum. In parents of fun that most well established in the memory of them is "two fires" (20%), followed by "tag" (15%), team games (14%), playing hide and seek (13%) and "jerk" (10%), hopscotch, jumping in the gum and stalking reached the same result (5%), jump rope and cycling (3%). Results illustrate the clear: the difference in children's play area is dominated by three forms of movement, while the parents of fun ones are more diverse.

Is the group of respondents prefer to spend their free time actively or passively show us the results presented in the table below.

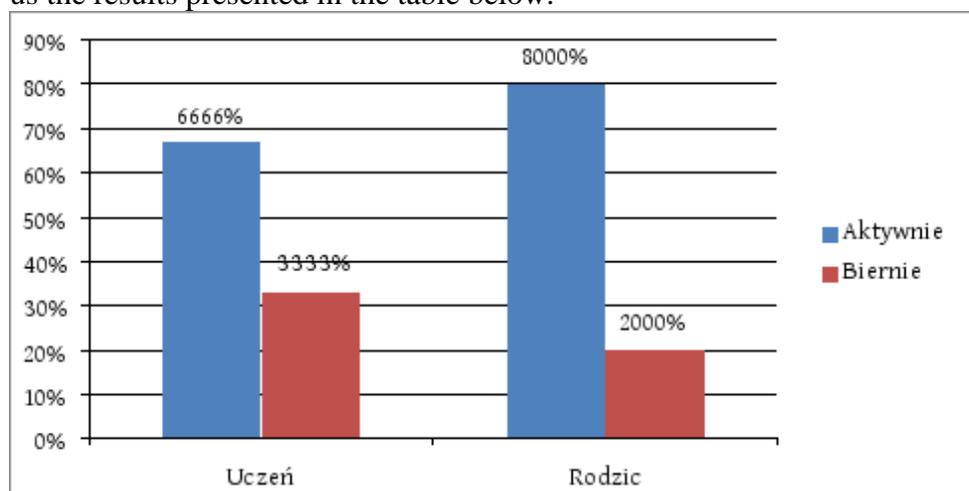


Chart 2. Form leisure time by a group of students and parents

Based on the above results, we can conclude that the active leisure and definitely more suited to parents chose as many as 80% of respondents. U students so there is no big difference in satisfaction with the kind of spending free time. Active leisure chosen 67% of the students chose passive while 33% of respondents.

Another issue to be tackled in the study was to determine how much the whole day is spent on active leisure. The results are presented in Chart 3.

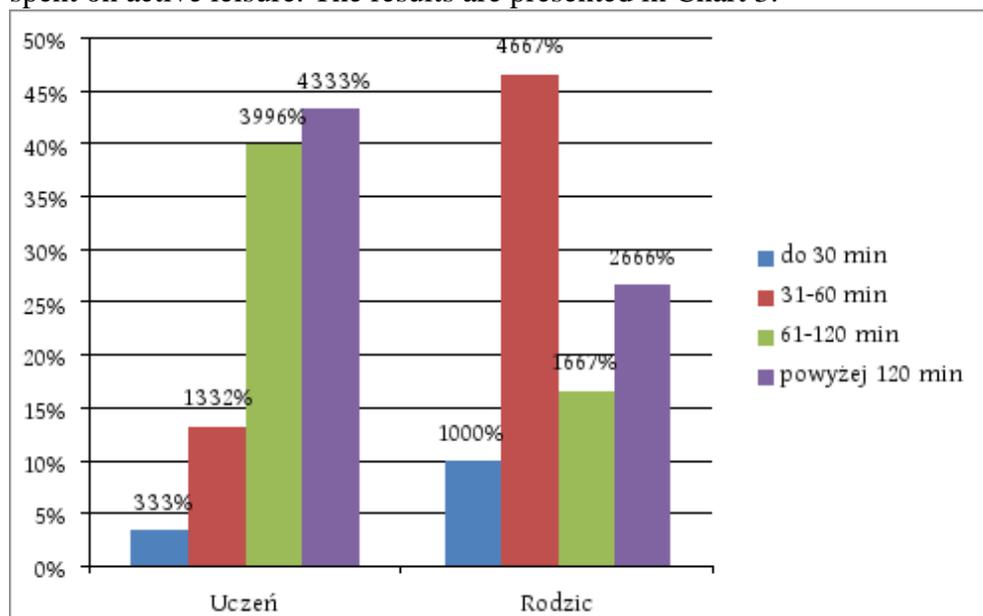


Chart 3. The amount of time per day spent on active leisure

Only 3% of the respondents have free time "30 minutes", 13% of students marked "31-60 minutes", 40% of students "61-120 min" and 43% of the students "over 120 minutes." At the parents' situation was different, here prevailed one interval. Most of the respondents marked the answer "31-60 minutes" (47%), the second leading answer was "above 120 minutes" (27%), "61-120 min" marked 17% of the parents, but at least "30 minutes" (10 % of respondents).

The chart below shows how students spend their free time actively and shown the results, specifying how parents spent their free time in an active school age.

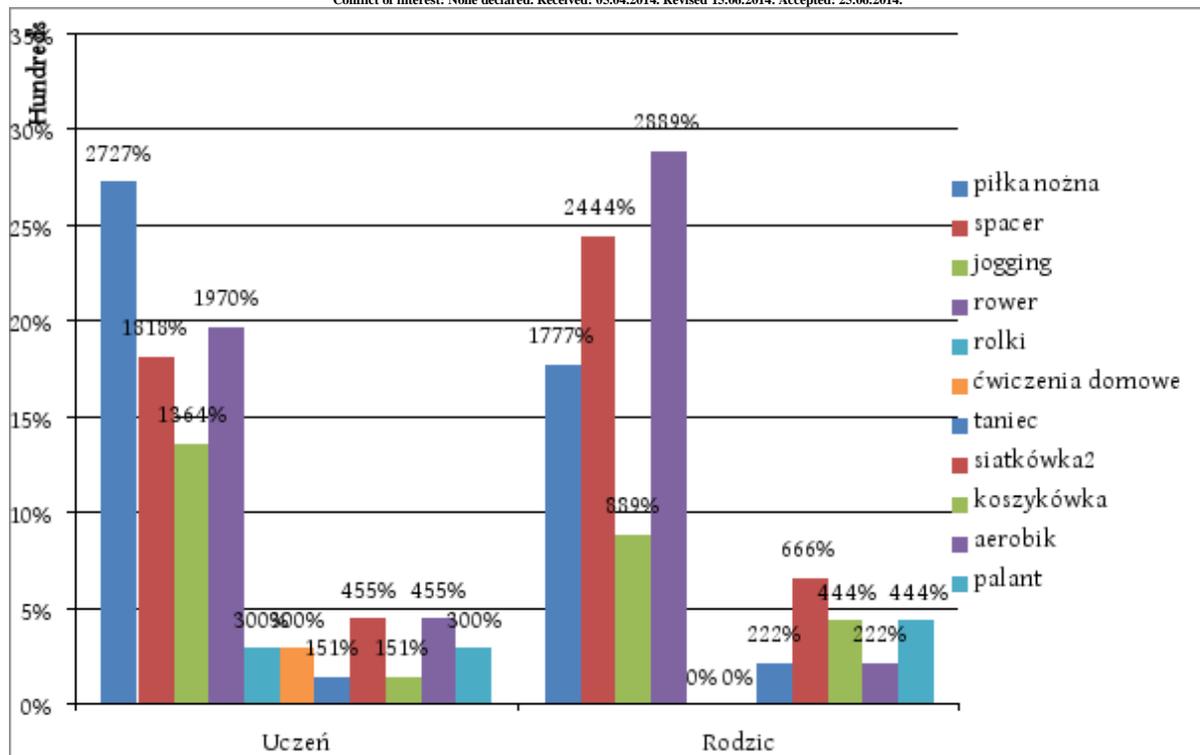


Chart 4. Forms of physical activity among respondents

From these data suggest that for children the most popular form of active leisure is a game of football (27%), followed by cycling (20%), walk (18%), jogging (14%), playing volleyball (5%) and aerobic (5%). For parents of active leisure time activities manifested itself in the form of cycling (29%), walking (24%), football (18%), jogging (9%), playing volleyball (7%), games "jerk" and the ball basketball (4%). Based on the above results, we can conclude that today the most common form of active leisure is a game of football, in contrast to the period in which the parents surveyed attended school, the most common form of active leisure time was riding a bicycle. Another study determined the respondents' attitudes to active recreation. Is the group of respondents believe that active recreation is important in human life, and if so, why, show us the following statement.

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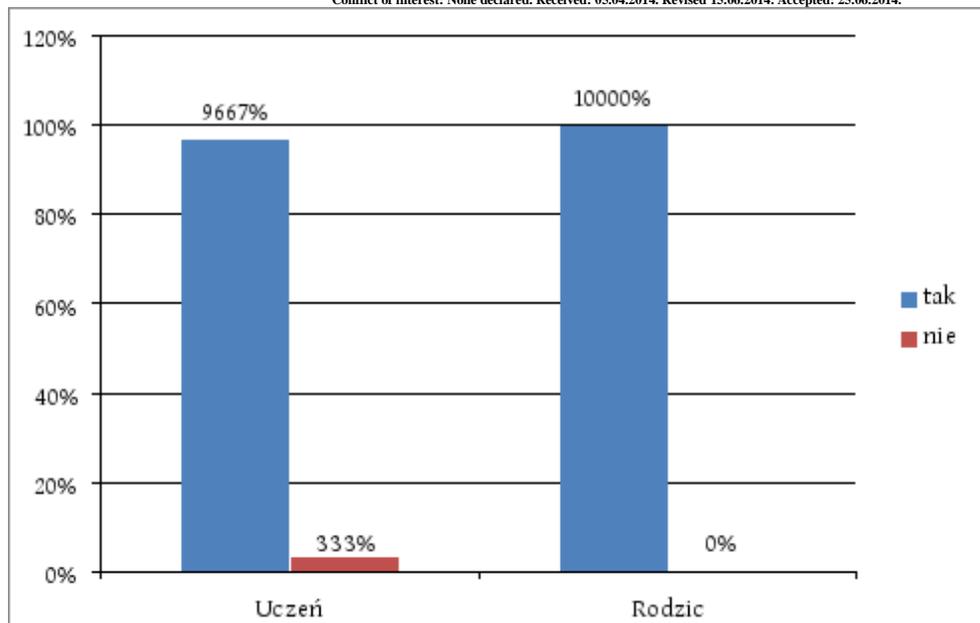


Chart 5. The ratio of respondents for active recreation

Students who believe that active recreation is important in human life, the question of why they bind response to the positive effects on: - General health (48%) - Maintaining good physical condition (17%) - Quality leisure time with friends (21%) - Failure to state reasons (14%).

A student who believes that active rest is not important in the life of a man is not justified its response.

All parents participating in the study, believe that active recreation is important in human life, and the account is as follows: - Physical exercise has a beneficial effect on human health (47%) - Attractive way to spend free time with friends (17%) - A positive effect on well-being (23%) - Maintaining good physical condition (10%) - Failure to state reasons (3%)

As a large proportion of respondents training, or been trained in any sports discipline shown in the graph.

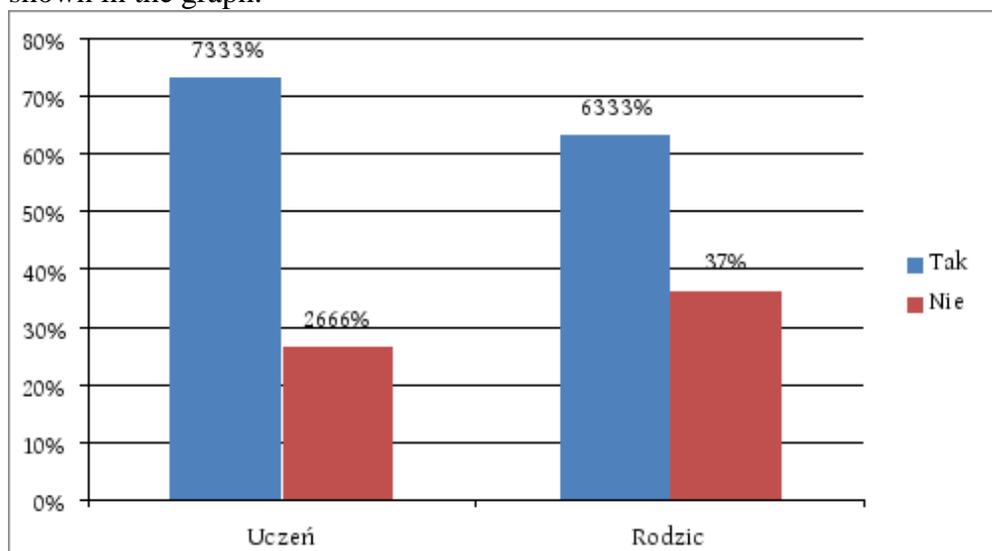


Chart 6. Checking the frequency of practicing sport

In another study, 73% of students answered that they practiced a discipline sport, 27% of students did not agree. Parents answered "yes" in 63% of cases, and "no" in 37% of responses.

Another question relates to subjects who regularly practice sport training and determine what type of discipline in children, and what with their parents.

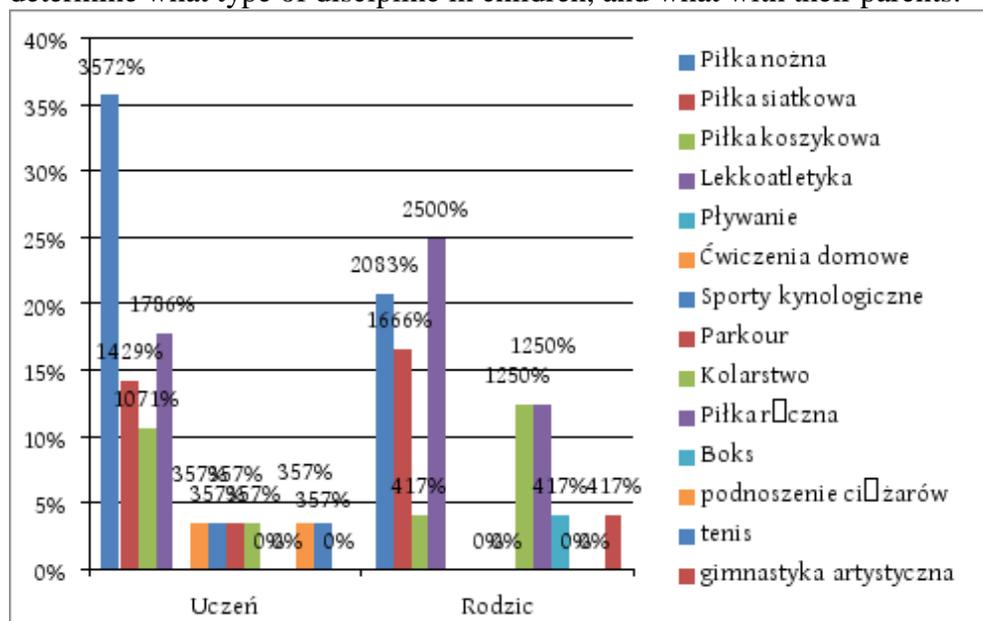


Chart 7. Presentation of trained sports

Research shows that pupils at the head is football (36%), followed by sports (18%), volleyball (14%), football basketball (11%), followed by the same percentage of respondents (4%) trains: parkour, canine sports, cycling, weightlifting, tennis and home exercises. Parents, doing sports, mostly devoted to athletics (25%), followed by football (21%), volleyball (17%), there was a popular cycling (13%) and handball (13%), ball basketball, gymnastics and been training boxing after 4% of respondents.

Data on time spent on sports training during the week shows a graph 10

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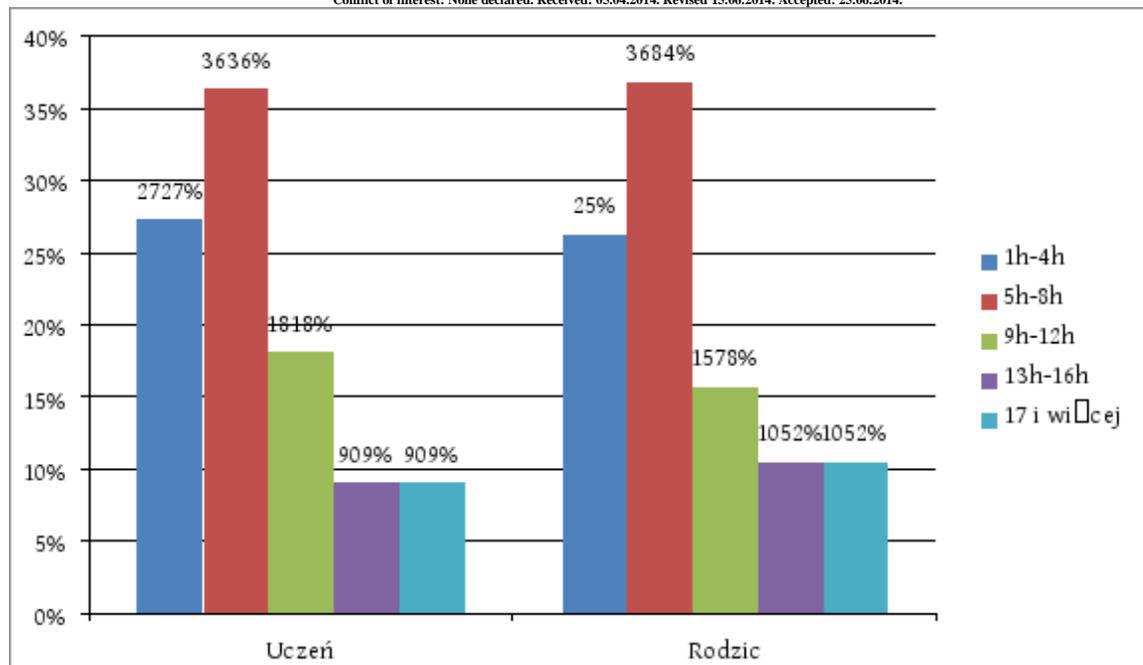


Chart 8. Time during the week spent in training

In the group of students had had the time interval from 5 hours to 8 hours in a week (36%), 27% of students are classified in the interval "1h-4h", 18% of respondents spend from 9 hours to 12 hours per week while training, 9% pupils varies "13h-16h". 9% of respondents spend on sports training over 17 hours a week. In the group of parents is also devoted to the greatest number of workouts from 5 to 8 hours (37% of respondents), in the range of from 1 to 4 hours is set 25% of the subjects, followed by 16% of parents indicated group "9h-12h", 11% of parents which is the age of your children devote 13 to 16 hours a week to practice.

Another answer to the question show us whether active holidays is caused by a passion to the domain of sports, or in addition to training tested also actively relaxing.

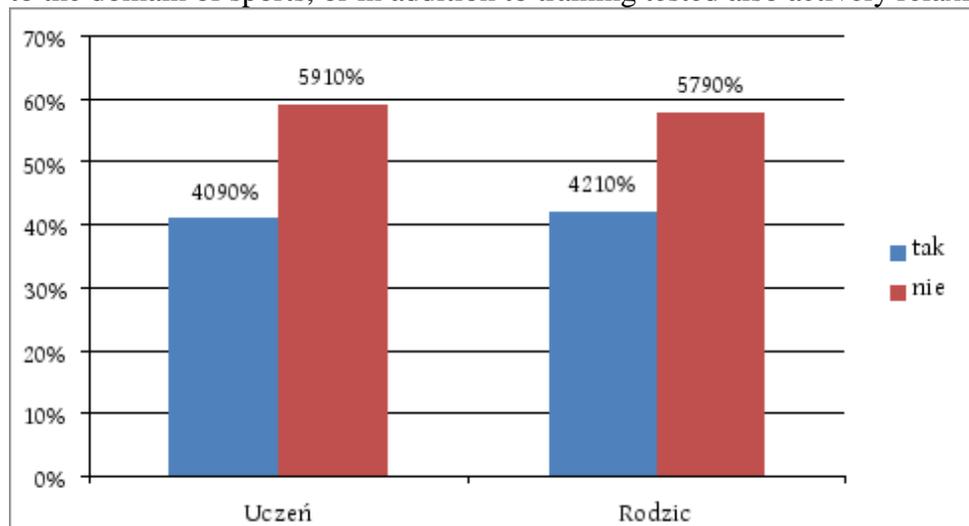


Chart 9. Effects of sports training for the remainder form of relaxation

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The study shows that in one and the second group for the majority of respondents workout is not the only form of active rest. In the group of students, this percentage is 59% of the students, the parents indicator is at a very similar level - 57%.

Do respondents met with a barrier through which they could not spend it actively present us with the chart below.

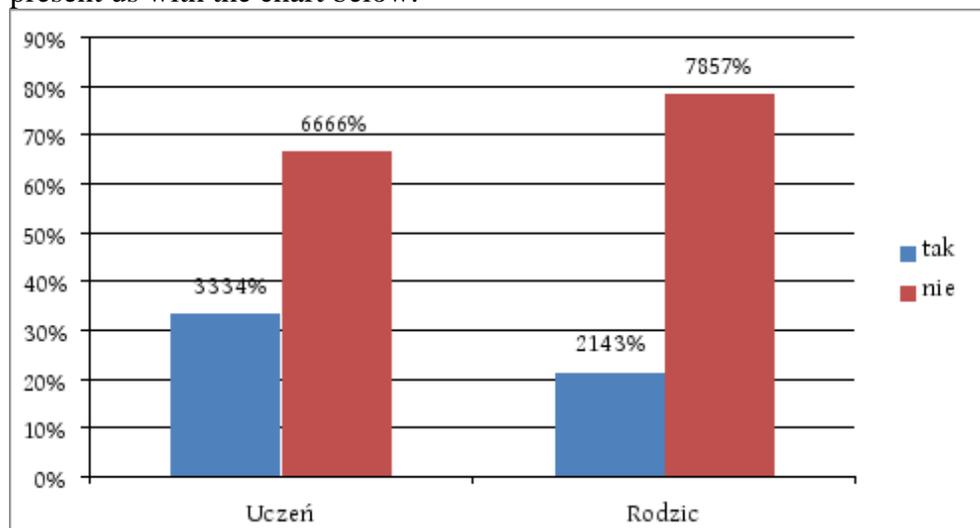


Chart 10. Determination of obstacles, resulting in the inability for active leisure

Of the respondents 33% of students stated that it is an obstacle, through which they can not actively spend their leisure time, however, 67% of students do not see any obstacles for active leisure time. At the parents' rate is much higher, as many as 79% had no difficulties to actively spend their free time, as opposed to 21% who experienced disturbing factor in the active leisure. 7% of parents and 10% of students did not answer this question.

The next chart clearly shows what bothered parents with a problem, today's students who want to spend more time actively taking.

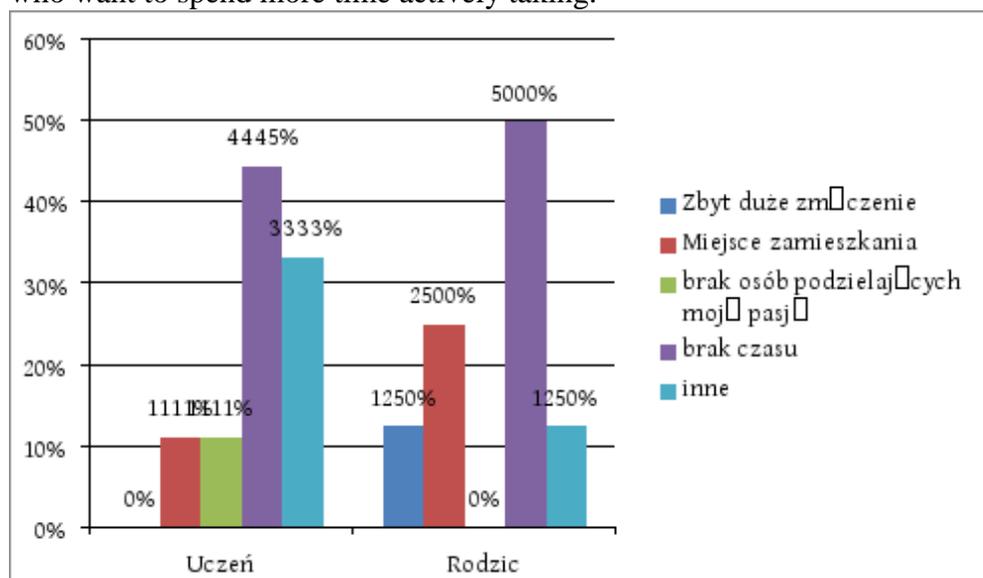


Chart 11. The list of reasons not item lying around on the active leisure time activities

Examined persons who responded to the previous question, it is an obstacle that they can actively spend their free time. Limit by which a student can not actively spend free time is "lack of time" (44%), "lack of people who share my passion" (11%), "place of residence" (11%) and "other" (33%), Here the answer was completed, respondents answered: "I really like gymnastics, but I have a birth defect of the spine," often occupied pitch or general illness. Obstruction by which a parent could not actively spend free time is "lack of time" (50%), followed by "place of residence" (25%) and "too big fatigue" (12.5%) and "other" (12.5 %), with no justification for this answer.

Are today's students spend more time resting passively from their parents we learn from the following chart.

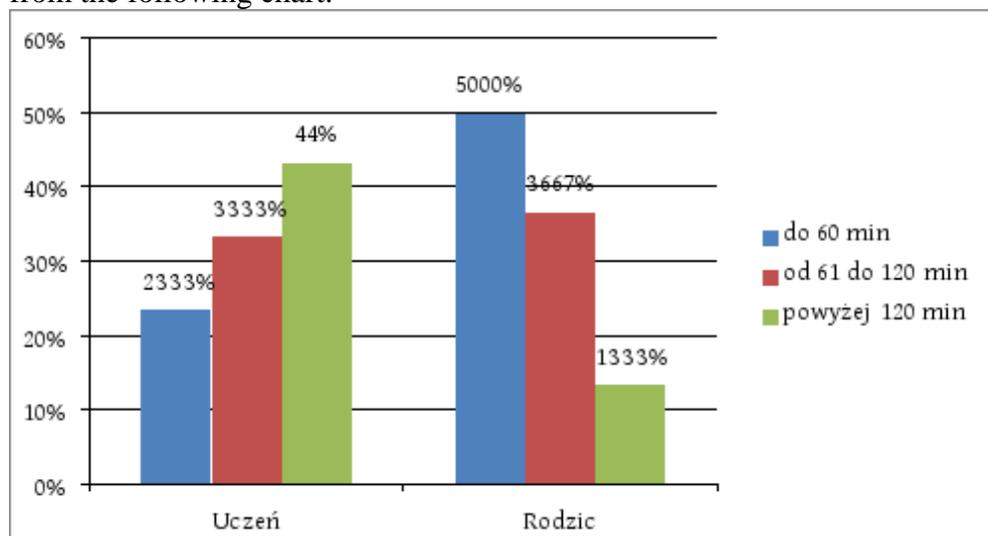


Chart 12. Summary of passive leisure time in a group of students and a group of parents

The results indicate a particularly bright variation in time spent resting passively between students and their parents who are of school age. From these studies show that parents who are in the age of their children, far less rested passively. In the surveyed children stay passive lasting up to 60 minutes have indicated 23% of respondents, from 61 minutes to 120 minutes have indicated 33% of respondents, while more than 120 minutes 44% of the surveyed students. In the parents looked quite the opposite, to 60 minutes marked up to 50% of the respondents, from 61 minutes to 120 minutes have indicated 37% of respondents and only 13% over 120 minutes.

The question of whether passive leisure time activities takes place in the home or outside the home, along with a group of friends present us chart shown below.

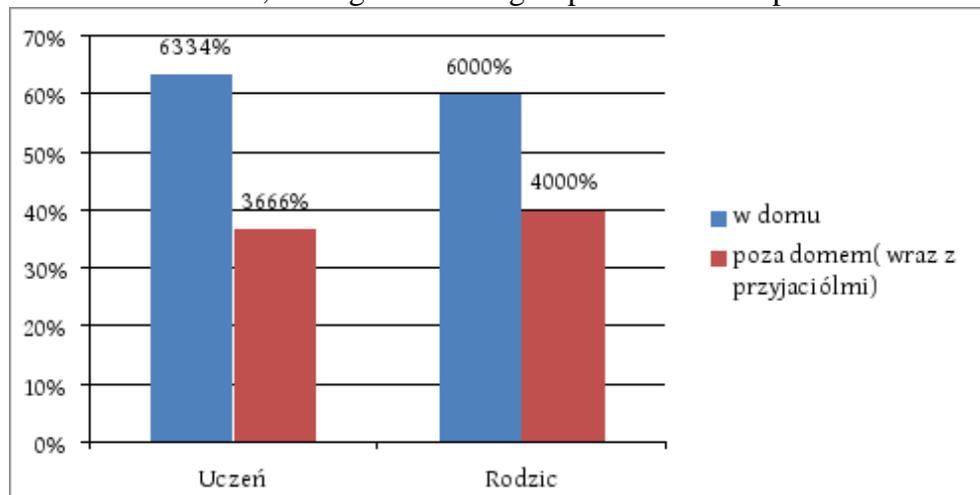


Chart 13. Place to spend leisure time passively

In each group the predominant response "home" (63% - 60% of students% - parents). Outside the house passively time spent respectively 37% and 40%.

The results presented in the following graph illustrate us how to spend their free time passively students today, and how they did their parents who are in the age of their children.

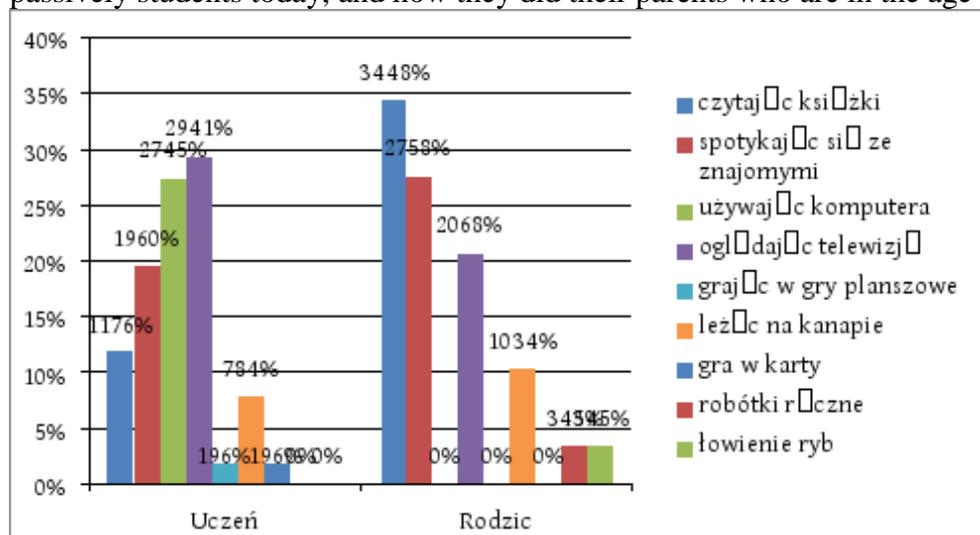


Chart 14. Way of spending leisure time passively

From the obtained results it can be seen that the most common form of passive recreation in children watching television (29%) and the use of a computer (27%), followed by meeting friends (20%), reading books (12%), lying on the couch resting (8%), and 2% of study participants relaxing playing card games and board games. In the most common form of parents surveyed were passive leisure reading books, this way of spending free time preferred by 35% of respondents, just behind the result indicated on spending time with friends, declared so 28% of respondents watching TV selects 21%, while lying on the couch 10% of respondents, among the respondents 3% indicated needlework, also 3% of fishing.

Results

Fun and Games parents and their children in the majority are not different, they knew the same games and physical play, the only variable is the popularity of the game and have fun. Group of parents surveyed more suited to active leisure time activities than the group surveyed students. Unfortunately, it can be noted decrease in the desire for active leisure time in secondary school pupils. Comforted by the fact that this difference is not drastic and still more often than every second student responds more active holiday.

Examining the form of active leisure of parents and their children found that high school students mainly prefer team games, and parents, however, pointed to the games. Research shows that the most trained today by the pupils a sport is football, while in the parents surveyed was the athletics.

According to research, the parents had fewer obstacles for active leisure time, more barriers must be overcome today's students, and the most common of them is the lack of time.

Conclusions

The research shows clearly how changed passive rest period over several years. The group examined the proportion of parents who spend time passively over 120 minutes was the smallest and the largest number of respondents spent their leisure time passively less than 60 minutes a day. U students, this situation dramatically reversed.

Increased the number of people spending their leisure time passively than 120 minutes a day and is the largest percentage of this group, the smallest percent are the people who have limited passive recreational activity per day to 60 minutes. For parents, the most popular form of passive leisure activities were reading books for children while watching TV.

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