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***Organization of leisure time of young people based
on selected high school students with regard
to the use of sports fields of "Orlik"***

**Organizacja czasu wolnego młodzieży na przykładzie wybranych
uczniów szkół średnich z uwzględnieniem wykorzystania boisk
sportowych typu „Orlik”**

Key words: leisure time, health, recreational activities, youth

Słowa kluczowe: czas wolny, zdrowie, aktywność rekreacyjna, młodzież

INTRODUCTION

Leisure is a social good, developed by the individual and society for the regeneration of physical and mental strength after work and study - in order to develop individual passions and interests, ensure cultural rest and shape a richer personality of the individual.

The process of organizing free time for a human being plays an important role not only in the aspect of a typical rest, play, but above all, it should be analyzed as a rational activity that has pro-health significance [4]. In the literature on the subject, free time is defined differently. R. Winiarski defines free time in two perspectives, the first is a quantitative way, as part of the daily time budget, which remains after performing all professional and non-professional duties and after satisfying the basic needs of the body (physiological and hygienic), the second qualitative way, as a time that a person can freely dispose of, for example, for leisure, entertainment and self-improvement [14]. T. Wujek defined the free time of the student, as the one who remains at his own disposal, after completing all activities related to duties at school and at home. Moreover, he believed that he could perform activities in his free time according to his own taste and interests [16].

On the basis of the above definitions, it can be assumed that free time is one that remains to the individual after fulfilling all the duties imposed by the specificity of age and life situation, which he can use in any way at his own discretion.

Free time is necessary for the proper functioning of the body of every human being, in addition it performs a number of functions.

According to W. Okoń [11], he can be devoted to:

- 1) rest, i.e. regeneration of physical and mental forces;
- 2) entertainment that gives pleasure;
- 3) voluntary and unselfish social activity;
- 4) developing the interests and talents of the individual through gaining knowledge and amateur artistic, technical, scientific or sports activities.

In B. Gruszin's terms [9], free time has two basic functions:

- 1) the function of recreating human forces absorbed in the sphere of work and other necessary activities;
- 2) the spiritual (cultural, ideological, aesthetic) function and physical development of man.

In turn, R. Winiarski [4] distinguishes the following functions of free time:

- 1) creative - based on satisfying the needs of the individual's self-fulfillment, developing interests and aspirations, skills and skills, detecting and developing talents and talents, approaching various areas of society, shaping creative attitudes and predispositions to manage their own development;
- 2) recreational - manifesting mainly in organizing rest, entertainment and entertainment;
- 3) education - which expresses itself in developing interests in science and technology as well as in shaping the scientific and research attitudes of children and youth;
- 4) caring - it involves creating conditions to meet the basic needs of children and adolescents, counteracting life-threatening and disruptive factors, com-

compensating for developmental deficiencies, compensating for failures in the functioning of the family, targeting students' school routes and counteracting negative selections. This feature stems from the glass-ki pace of socio-cultural phenomena of social pathology incidence (especially in big cities), the disorganization of the family environment, both parents work and their long stay away from home, intensification of lifestyle diseases, ailments school system;

- 5) integration - aimed in particular at bringing together children, adolescents and adults living in a given housing estate, district, city, village and larger territorial regions and establishing interpersonal bonds in the social and spiritual spheres. This function results from the growing phenomenon of social and spiritual loneliness of people, the anonymity of life in a multi-city environment, the intensification of social pathology;
- 6) environmental - including tasks such as: raising the pedagogical culture of the local community, stimulating and strengthening the motivation to undertake care and educational and cultural-educational activities, initiating cooperation of institutions and environmental institutions oriented to meeting the needs of the local community, coordinating educational, care and educational and cultural-educational activities as well as enrichment of the infrastructure of education in the environment.

In addition to numerous free time functions, we also distinguish forms of free time, types of active and passive activity. R. Wroczyński [15] presented the forms of free time in the following way:

- 1) games and movement games - sport;
- 2) tourism;
- 3) participation in artistic events and artistic amateurism;
- 4) mass communication media (reading, film, radio, television);
- 5) other forms of intellectual activity;
- 6) technical classes;
- 7) social and social activity (among others in peer groups);
- 8) other forms of activity (collecting, various kinds of individual passion).

Taking into consideration the importance of rational management of free time (health-related knowledge) and the possibility of using sports and recreational base, recognizing this problem in the context of using youth from "Orlik" sports fields seems interesting in the aspects of the strategy of organizing free time significantly affecting health.

THE PURPOSE OF THE STUDY

The aim of the article was to analyze ways of managing the free time of trainees. In this aspect (in a special way), due to the popularity and availability of the base,

the attitude to the way of spending free time on recreational and sports facilities - "Orlik" pitches was addressed.

The research was to answer the following research questions:

- 1) How much free time does the youth have during the day?
- 2) How do young people spend their free time?
- 3) What benefits does young people see in the benefits of physical activity?
- 4) Do teenagers engage in physical activity on Orlik grounds?
- 5) How often do teenagers use Orlik pitches?
- 6) What is the physical activity of young people on the Orlik pitch?

MATERIAL AND METHODS OF RESEARCH

The research was conducted among the youth of selected high schools in Krakow. The study was conducted among 41 girls (63%) and 24 boys (37%) aged 16-20. The most numerous group were 34 people aged 18 (52%), 12 people aged 19 (18%), 11 people aged 17 (17%) and 7 people aged 16 (11%).

Data were collected by means of a diagnostic survey, using a questionnaire of an anonymous questionnaire specially created by the authors [5]. Respondents were informed about the purpose of the study and were given information on how to respond. The questionnaire consisted of two parts - proper questions concerning the development of free time and the specifications. The questions were closed and open, in several cases you could choose more than one of the proposed answers and add your own. The collected data was subjected to statistical and descriptive analysis [1].

PRESENTATION AND DISCUSSION OF RESEARCH RESULTS

The primary objective of the study was to determine the amount and ways of spending free time for young people attending secondary schools.

The respondents were 41 girls (63%) and 24 boys (37%) aged 16-20. The most numerous group of thirty-four people aged 18 (52%), twelve aged 19 (18%), eleven aged 17 (17%) and seven aged 16 (11%).

Table 1. Value of available time off during the day

The amount of time free	girls		boys		together	
	udział %	liczba odpowiedzi	udział %	liczba odpowiedzi	udział %	liczba odpowiedzi
1-2 hours	24 %	10	21 %	5	23 %	15
3-4 hours	44 %	18	21 %	5	35 %	23
5 hours	15 %	6	8 %	2	12 %	8
6 hours	7 %	3	17 %	4	11 %	7
7 and more hours	10 %	4	33 %	8	18 %	12
The totality	41		24		65	

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Table 1 shows the amount of time off during the day, including gender. The largest number of girls (44%) declares having 3 - 4 hours of free time per day. In contrast, most of the boys (33%) report having an average of 7 hours and more leisure time.

Table 2. Ways of spending free time outside the "Orlik" type sports field

Ways of spending free time	girls		boys		together	
	participation %	number of answers *	participation %	number of answers *	participation %	number of answers *
passive ways of spending free time						
listening to music	76 %	31	71 %	17	74 %	48
watching television	51 %	21	24 %	10	48 %	31
plays on the computer	37 %	15	32 %	13	43 %	28
reading books / newspapers	37 %	15	4 %	1	25 %	16
meet with friends	10 %	4	25 %	6	15 %	10
drawing	2 %	1	4 %	1	3 %	2
playing an instrument	2 %	1	0 %	0	1,5 %	1
active ways of spending free time						
walking	59 %	24	33 %	8	49 %	32
the gym	29 %	12	21 %	5	26 %	17
bike	5 %	2	8 %	2	6 %	4
sports	0 %	0	4 %	1	1,5 %	1
The totality	41		24		65	

* The sum of responses does not equal the number of respondents, because they could give more than one answer

As can be seen from the data in Table 2, the free time spent by respondents most often listen to music (76% girls, 71% boys, 74% together), then girls in front of the TV (51%) and boys in front of the computer (32%). This means that the passive way of spending free time prevails among the respondents. Physical activity consisting in walking is taken by 59% girls and 33% boys, and 29% of girls and 21% of boys use the gym.

Both ways of spending free time are needed, but it should be more active, especially among young people.

The study took into account the use of Orlik type sports fields in the development of free time for young people.

Orlik sports fields are 2604 sports facilities located throughout the country, which were built in 2008 to 2012 as part of the government program "My Sports Field - Orlik 2012".

Their construction was co-financed by the Ministry of Disagreement and Tourism as well as territorial self-government units - voivodships and municipalities. Each sports field – "Orlik" is a complex consisting of a football pitch and multi-functional pitch and a sanitary and cloakroom building. The main purpose of their

construction was to popularize an active lifestyle and physical development, especially among children and adolescents.

Sports fields - Orliks are to ensure the availability of sport at your fingertips, to be a meeting place, to sport in accordance with the principles of fair play and healthy competition. Thanks to this, they are to contribute to the construction of habits of a healthy and active lifestyle. Facilities are available free of charge to everyone. For nine months of the year (March-November), sports activities on football and other team games are conducted there by qualified animators [17].

Table 3. Use of sports fields - type "Orlik"

sex	I use		I dont use it	
	participation %	the number of answers	participation %	the number of answers
girls	27 %	11	73 %	30
boys	58 %	14	42 %	10
together	38 %	25	62 %	40

Data analysis in Table 3 shows that 27% of surveyed girls and 58% of boys use "Orlik" sports fields, which is only 38% of all respondents. The main reason for not being served was the fact of disliking ball games and team games (8 girls and 3 boys) and no playing fields around the place of residence (2 boys).

Table 4. Frequency of using Orlik sports fields

sex	less than once a week		Once a week		several times in week		every day	
	Participation %	the number of answers	Participation %	the number of answers	Participation %	the number of answers	Participation %	the number of answers
girls	55 %	6	9 %	1	36 %	4	0 %	0
boys	1 %	1	43 %	6	29 %	4	21 %	3
together	28 %	7	28 %	7	32 %	8	12 %	3

From data analysis in tab. 4. It can be noticed that in terms of frequency, boys more often use the "Orlik" sports pitches (once a week 43%) than girls (less than once a week 55%).

Table 5. Activity on sports fields such as 'Orlik'

Taken in activity on sports fields	Girls		Boys		Whole	
	participation %	number answers *	participation %	number answers *	participation %	number answers *
football	55 %	6	100 %	14	80 %	20
volleyball	64 %	7	0 %	0	28 %	7
basketball	45 %	5	14 %	2	28 %	7
tennis	18 %	2	0 %	0	8 %	2
running	9 %	1	0 %	0	4 %	1
Whole	11		14		25	

*The sum of responses does not equal the number of respondents, because they could give more than one answer

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Based on the data from table 5, it can be seen that the main activity undertaken on the Orlik type football fields is football, all boys who use the pitches, as well as 55% of girls. The second form of activity undertaken by both girls (45%) and boys (14%) is basketball. In addition, only girls play volleyball (64%) and tennis (18%).

Table 6. The reasons for using the Orlik sports fields

Cause	Girls		Boys		Whole	
	participation %	number answers *	participation %	number answers *	participation %	number answers *
I like playing team games, football	55 %	6	64 %	9	60 %	15
meet with friends	36 %	4	14 %	2	24 %	6
convenient location	27 %	3	14 %	2	20 %	5
no reason given	27 %	3	14 %	2	20 %	5
Whole	11		14		25	

* The sum of responses does not equal the number of respondents, because they could give more than one answer

As the main reason for using the Orlik sports fields, respondents indicated that they like to play football or team games (55% girls, 64% boys), another important fact is the perception of Orlik as a meeting place with friends (36% girls, 14% boys), an important reason is also a convenient, close location (27% of girls, 14% of boys).

Table 7. Benefits of physical activity

Benefits of making physical activity	Girls		Boys		Whole	
	participation %	number answers*	participation %	participation %	number answers*	participation %
poprawa sprawności fizycznej	76 %	31	88 %	21	80 %	52
poprawa zdrowia	59 %	24	75 %	18	65 %	42
zmniejszenie masy ciała	63 %	26	42 %	10	55 %	36
relaks	46 %	19	46 %	11	46 %	30
nawiązanie nowych znajomości	24 %	10	33 %	8	28 %	18
Whole	41		24		65	

*The sum of responses does not equal the number of respondents, because they could give more than one answer

Based on the data from table 7, it can be concluded that the respondents perceive the benefits of physical activity. Most people indicated an improvement in physical fitness (76% girls and 88% boys), followed by improved health (girls 59%, boys 75%) and weight loss (girls 63%, boys 42%). In addition to the physically beneficial effects of physical activity, the respondents also pointed to benefits for the spiritual sphere such as relaxation (46% girls and 46% boys) and the opportunity to make new friends (24% girls, 33% boys).

Everyone should undertake physical activity understood as "taking active rest of various types of games, exercises and sports disciplines, for pleasure, recreation and health, improving exercise capacity, acquiring special physical skills and skills, preventing the emergence of lifestyle diseases, increasing beneficial influences on the ability to work physically and mentally "[2].

Factors that may disturb the body's balance include hypokinesia, which is too small in relation to the needs of movement and mental overload, often causing a stress response "[13].

In addition, Winiarski [12] also claims to be able to do physical recreation;

- 1) compensate (i.e., even out) no traffic;
- 2) neutralize stress and mental overload;
- 3) prevent the occurrence of many diseases and ailments;
- 4) regenerate (renew) physical and mental strength;
- 5) shape the body and personality (character);
- 6) develop interests;
- 7) satisfy various needs

It is important to encourage children and adolescents to engage in physical activity by presenting benefits from it. Reasonably and systematically practiced physical activity is one of the most important factors affecting the health, quality of life and longevity of the human species [6]. The best way to promote a healthy lifestyle is sport, because "movement affects the circulatory system even when it activates only some muscle groups or parts of our body" [8].

The movement compensates for overloads related to science and compensates for deviations in psychophysical development [12]. The habit of motor activity in childhood, the instilled need for movement pays off for the rest of your life.

The consequences of inadequate movement are enormous and affect the condition of the entire organism. According to Player and Jankowski [8], the shortage of traffic may:

- hinder the rational use of food
- promote obesity and make treatment difficult
- impair coronary circulation
- impair peripheral blood circulation
- weaken tendons and muscles
- reduce muscle strength

- weaken motor coordination
- increase the risk of joint damage
- reduce resistance to unforeseen hardships of everyday life.

In the summary, it should be clearly stated that the analysis of research data contained in the study and the literature on the subject clearly shows that the problem of the organization of free time is very important for modern man. It has not only a recreational dimension in the dimension of fun and joy, but above all the psychophysical dimension - health, because the rational management of leisure time greatly affects the level of psychophysical condition.

CONCLUSIONS

Based on the analysis of the collected empirical material, the following conclusions were made:

1. Young people are dominated by a passive way of spending free time. It is necessary to popularize active rest, because too little or no movement in a person's life has negative consequences for the whole body, such as increased weight or reduced efficiency. Movement gives the opportunity to relieve stress and everyday problems, and thanks to the stimulation of serotonin production has a positive effect on the well-being of people.
2. Respondents know about the health impact of sports on the human body and therefore undertake physical activity.
3. The main users of the Orlik sports fields are boys. A small number of girls is associated with their experience of the lack of an offer of activities for them. Orlik sports grounds in general opinion are associated only with sports facilities designed to play football, that is, rather for boys. It is necessary to expand the offer with activities for girls.
4. Better information about the existence and the possibility of using sports fields like "Orlik" on which you can play volleyball, basketball or tennis is necessary.

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ABSTRACT

The aim of the article is to analyze ways of developing free time for trainees, including the use of Orlik sports fields. 41 girls (63%) and 24 boys (37%) aged between 16 and 20 participated in the study. Research material - these are selected students of Krakow High Schools. A method of a diagnostic survey was used, using a questionnaire. Most girls declared that they had on average 3 - 4 hours of free time per day, while the majority of boys declared having an average of 7 and more hours of free time. Among the respondents, the passive way of spending free time prevails, most often listening to music (74%), TV (48%) and computer (43%). An active form of spending free time are mainly walks (49%) and a gym (26%). Both ways of spending free time are needed, but it should be more active, especially among young people. 27% of the surveyed girls and 58% of boys use the Orlik sports pitches. The main activity undertaken on the Orlik football pitches is football (100% boys, 55% girls). In addition, girls play basketball, volleyball and tennis. Respondents recognize the benefits of physical activity such as improving physical fitness (80%), improving health (65%), reducing body mass (55%), relaxation (46%) and the opportunity to make new friends (28%). A general conclusion should be made from the

analysis of the research, which says that the problem of organizing free time is very important for modern man. It has a dimension not only recreational in the dimension of fun and joy but above all the psychophysical dimension - health, because the rational management of leisure time greatly affects the level of mental and physical condition.

STRESZCZENIE

Celem artykułu jest analiza sposobów zagospodarowania czasu wolnego młodzieży szkolonej z uwzględnieniem wykorzystania boisk sportowych typu Orlik. W badaniu wzięło udział 41 dziewcząt (63 %) i 24 chłopców (37 %) w wieku 16 - 20 lat. Materiał badań – to wybrani uczniowie Szkół średnich Krakowa. Posłużono się metodą sondażu diagnostycznego, z użyciem kwestionariusza ankiety. Większość dziewcząt deklarowała, że posiada średnio 3 - 4 godzin czasu wolnego dziennie, natomiast najwięcej chłopców deklaruje posiadanie średnio 7 i więcej godzin czasu wolnego. Wśród ankietowanych dominuje bierny sposób spędzania czasu wolnego, najczęściej słuchając muzyki (74 %), przed telewizorem (48 %) i komputerem (43 %). Aktywną formą spędzania czasu wolnego są głównie spacer (49 %) oraz siłownia (26 %). Oba sposoby spędzania czasu wolnego są potrzebne, jednak powinien przeważać ten aktywny, szczególnie wśród młodych ludzi. Z boisk typu Orlik korzysta 27 % badanych dziewcząt oraz 58 % chłopców. Główną aktywnością podejmowaną na boiskach typu Orlik jest piłka nożna (100% chłopców, 55% dziewcząt). Ponadto dziewczęta grają w koszykówkę, siatkówkę i tenisa ziemnego. Respondenci dostrzegają korzyści płynące z podejmowania aktywności fizycznej takie jak poprawa sprawności fizycznej (80 %), poprawa zdrowia (65 %), zmniejszenie masy ciała (55 %), relaks (46 %) oraz możliwość nawiązywania nowych znajomości (28 %). Z analizy badań należy postawić generalny wniosek, który mówi iż problem organizacji czasu wolnego jest bardzo ważny dla współczesnego człowieka. Ma on wymiar nie tylko rekreacyjny w wymiarze zabawy i radości ale przede wszystkim wymiar psychofizyczny - zdrowotny, gdyż racjonalne zarządzanie czasem wolnym znacznie wpływa na poziom kondycji psychofizycznej.

Artykuł zawiera 24112 znaków ze spacjami