

## HEALTH AND ITS DETERMINANTS

### CHAPTER IV

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### *The use of sports fields of "Orlik" in the management of free time for the activity of pro-health of older people*

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#### **Wykorzystanie boisk sportowych typu "Orlik" w zagospodarowaniu czasu wolnego dla aktywności prozdrowotnej osób starszych**

Key words: leisure time, health, recreational activities, sports playing field Orlik, adults

Słowa kluczowe: czas wolny, zdrowie, aktywność rekreacyjna, boisko sportowe Orlik, dorośli

#### **INTRODUCTION**

The theme of free time deal with the representatives of various areas of science, for-the literature you can find many definitions that recognize the problems in different ways. The most common definition of free time it is created by Joffre Dumazedi and adopted by the International Conference of UNESCO. This definition is considered the most comprehensive and quoted by all authors dealing with free time.

According to her "free time to team activities, the entity indulge may voluntarily or for a relaxing break, either for entertainment or for the development of their know-COMPONENTS or disinterested education, or for his voluntary participation in social life, after the liberation from professional duties, family and society "[7].

For Wladyslaw Gaworecki, "leisure time outside their professional work, remaining free for use for leisure, to participate in the achievements of modern civilization, to develop their own interests and entertainment. It has so other purposes beyond the immediate satisfaction, which we can not associate with the action or inaction. Ability to enjoy leisure time in this sense, however, requires an appropriate state of mind and spirit "[9].

Free time for Jan Pięta is "time without duties, intended for any classes. This time is filled activity in which a person participates voluntarily after completing their professional duties, family and social. This is the part of the budget time, which is not occupied by work paid normal and extra or by systematic training of the university or by satisfying the elementary physiological needs (sleep, meals, hygiene), or by the constant household chores (cooking, laundry, cleaning , caring for family members who are incapable of self-service) and can be consumed either for free holidays, or family life, social responsibilities and activities yielding immediate benefits "[15].

According to Wincent Okoń free time is the one who is "at the disposal of the unit after its obligatory tasks; work, study obligatory at school and at home, and the necessary homeworks "[14].

On the other hand, Kazimierz Czajkowski believed that "free time is a social good, developed by the individual and society for the regeneration of physical and mental after work and learning - to develop individual tastes and interests, provide cultural recreation and the development of a richer individual's personality" [4] .

From the cited definitions that free time is the one that remains at the disposal of the filling work and home, and meet the physiological needs. In his spare time activities are carried out voluntarily for their own pleasure and satisfaction. This time may be intended for recuperation, as well as self-development through the rest passive or active. In contrast, lack of free time and has a strong negative impact on health, personal achievement, attitude towards people, Satisfaction with each other and the world. Wisely filled with relevant activities is of vital importance for the positive development of the personality of individuals and improve the culture of the whole society [5].

Leisure can be exploited in many different ways. It is associated with age, gender, interests, preferences, financial capabilities and localization. To contemporary forms of leisure Jan Pięta include:

- 1) tourism - a form of active rest outside the place of residence, con-bound with the objectives and cognitive elements of sports
- 2) sport - conscious and voluntary human activity undertaken in order to meet the needs of: fun, competition, and improve their physical and mental characteristics. Sport is expressed by exercise and the game played by the rules

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- 3) the mass media - the device and institutions form the basis of a system of communication in popular culture, which include: newspapers, books, cinema, radio, television, recording industry, videocassettes
- 4) theaters and concert halls, exhibitions and museums
- 5) self-education - voluntary and self-education process undertaken in the most diverse fields of science, technology, economy, arts and culture, usually outside their professional work
- 6) artistic amateurism - voluntary and independent learning and developing the skills of opposing work in various fields of art. It can be grown individually eg. Art, weaving, photography, filming, as well as a team, eg. a choir, orchestra, theaters
- 7) home improvement and fondness - it is on a separate carrying out work such craft (construction, carpentry, locksmithing, blacksmithing, masonry, painting, plumbing, monterskich, etc.), Usually outside their professional work
- 8) hobby farming - is based on a separate culturing of different animal species or for the cultivation of different varieties of plants in houses or plots employee
- 9) fun and social contacts - is to organize in private homes, cafes, clubs, community social events, a variety of entertainment and games, often combined with food and drink, music, dance, lecture and discussion on any subject or normal gossip
- 10) Collectors - is the accumulation of various items according to specific, important criteria for collector
- 11) social activity - is the voluntary and usually sincere execution of various works to society beyond their professional duties [15].

Discussing the free time you can not ignore the functions which it meets in human life. Aleksander Kamiński identified three features free time: leisure, entertainment and the development of the so-called interests. miłośnictwo [11]. The same functions free time also gave Zygmunt Dąbrowski supplementing them with a fourth function, which is to seek their own place in society [5].

More features free time offered sociologist Edmund Wnuk - Lipiński:

- educational function - by which is meant the selfless and unforced
- increased knowledge
- educational function - they serve all classes to facilitate the assimilation
- yourself or someone inculcate certain principles of philosophical, ethical standards, personal style
- function integration - building relationships and relationships in the family, among peers

- recreational function - removal of the symptoms of fatigue or discouragement, covering the actions allowing the rest mental and physical)
- cultural function (ie. The creation, assimilation of cultural values)
- compensating function - in relation to the content and nature of the work performed during work, study [19].

It is difficult to distinguish leisure time activities and assign them to one of three basic functions: rest, play and work together. The same classes, depending on the subjective feelings, can fulfill several functions, eg. Reading books, related to the function of intellectual development, but also the rest. This means that the free time is multifunctional [17]. One of the basic functions of free time is easy, which can be passive or active. Preferred is a range of active recreation, or action [13].

### **AIM THE DEVELOPMENT**

The aim of this study was to assess the type of sports fields „Orlik”, as places of leisure time activities in the aspects of healthy adults.

### **RESEARCH QUESTIONS**

The study was to answer the following research questions:

1. How much free time have adults during the day?
2. What part owned leisure time adults spend on the field type „Orlik”?
3. How adults spend their remaining free time?
4. What are the benefits of participating in activities on the field type „Orlik” see adults?
5. What are the reasons for physical activity on the field type „Orlik” by adults?

Hypothesised research: field type „Orlik’ is a place of active leisure activities for adults.

### **MATERIAL AND METHODS**

The study was conducted using the method of diagnostic survey, the questionnaire technique using specially created by the authors of the paper questionnaire. The survey was anonymous and consisted of two parts - the right questions, behavioral lot of and specifications.

The study included 54 people, including 46 men and 8 women in the two randomly selected fields such Orlik in Krakow. The survey was conducted anonymously using the method auditorium. Respondents were informed about the study and were given information on how to respond. The questionnaire consisted of questions open and closed. In some cases, you can choose more than one of the proposed answers and add your own. The collected data were subjected to statistical analysis and descriptive.

## **PRESENTATION AND DISCUSSION OF TEST RESULTS**

The primary objective of the study was to determine what role in the use of leisure time adults playing field type Orlik.

This type of fields Orlik sports facilities, which were created under the government program "Moje Boisko Orlik 2012" implemented in the years 2008 - 2012. Their construction was co-financed from three sources, ie. By the Ministry of Sport and Tourism and the province and the municipality. Originally envisaged the construction of 2,012 objects, but due to the great interest eventually created in 2604 the facilities located throughout the country. Each „Orlik” is a complex consisting of two fields - football field and multifunctional court or pitch for ball games vouch building and sanitary - szatniowego. The main purpose of its construction was to popularize active lifestyle and physical development, especially among children and adolescents. Fields such „Orlik” to ensure the availability of sport at your fingertips, be a meeting place, practicing sport in accordance with the principles of fair play and healthy competition. As a result, they help to build healthy habits and an active lifestyle. The facilities are available, and their use is under the premise of free. For nine months of the year (March - November) are conducted on them by the animation team football classes and other team games. [20] Playing fields such „Orlik” were intended to be multi-functional sports facilities, but in the opinion of the social function, as objects, where the game only in football. The same findings were made on the basis of the report made on behalf of the Ministry of Sport and Tourism [22]. Research carried out in the framework of the report showed that you can practice on the property also other sports such as tennis, athletics and rugby. As an obstacle to practicing other sports than football was a fairly small space object. In order to enlarge the possibilities of fields such Orlik is needed expansion of the environment through the appointment of nearby running trails, biking, creating a mini skate park, a small area for playing boules, or set the number of equipment to exercise. Expansion of facility will give the opportunity to the full realization of the objective pursued - sports facility widely available to all, not just for members of one sex [6].

The respondents were in different age, the largest group of twenty-eight people were aged 31 - 35 years (52%), ten aged 25 - 30 years (19%), eight aged + 60 (15%), six at the age of 36 - 41 (11%), two at 42 - 45 (4%).

The disproportion in the number of participants in terms of gender due to the fact that a small number of women using the type of sports fields Orlik. They believe that these are facilities for playing football, or for men. In addition, women from taking physical activity prevents embarrassment and concern about the lack of skills. This confirms the conclusions in the Guidance Academy Womens Animator on „Orlik” [23].

**Tabela 1. The quantity of free time in a day**

Time	Number of answers	Participation %
2 – 3 hours	40	74 %
5 hours	8	15 %
4 hours	6	11 %

The differences in the quantity of his free time during the day due to the different age and professional situation of the respondents. People working professionally have daily 2 - 3 hours of free time, while pensioners have a greater amount of free time 5 hours.

Physical activity on the field type Orlik respondents spend on average 1.5 to 2 hours, usually 1 once a week 85%.

**Tabela 2. Ways of spending free time**

Ways of spending free time	Number of answers *	Participation %
in front of TV	50	93 %
In front of computer	48	89 %
sleeping, resting	20	37 %
reading books and newspapers	18	33 %
walking	18	33 %
gym exercises	16	30 %
swimming	6	11 %
cycling	6	11 %
crocheting, sewing	6	11 %

*\* Sum of answers is not equal to the number of respondents, because it could give more than one answer*

As the data in Table 2 remaining free time respondents spent mostly in a passive way and do not take any other physical activity, watching TV 93% and 89% against the computer. Only 33% of respondents take another physical activity involving the exercise at the gym, walking, swimming, running, cycling.

**Table 3. The benefits of participation in classes on the sport fields type „Orlik”**

The benefits of participation in classes on the sport fields type „Orlik”	Number of answers *	Participation %
better mood	50	93 %
improvement in physical function	40	74 %
improving health	20	37 %
weight loss	20	37 %
establishing of friendly relationships	10	19 %

\* Sum of answers is not equal to the number of respondents, because it could give more than one answer

Based on data from Table 3, it can be said that the respondents see the benefits of participating in activities on the fields the type Orlik. As many as 93% report feeling better, and 74% improvement in physical fitness. In addition, respondents believe that the type of pitch Orlik is a place where you can get in shape and maintain a healthy weight of 37%.

**Table 4. Reasons for physical activity on the fields the type „Orlik” by adults**

The benefits of participation in classes on fields such Orlik	Number of answers *	Participation %
a good time	54	100 %
the desire to rebound stress	43	80 %
improvement in physical function	20	37 %
improving health	20	37 %

\* Sum of answers is not equal to the number of respondents, because it could give more than one answer

As the theme for physical activity on the fields such Orlik dominates a good time 100%, and the desire to rebound stress of 80%. Time spent on the field is to be an escape from everyday life, a momentary detachment from the problems of everyday life.

The answers of the respondents fit into what it is characterized by physical activity. Understood as "making within the rest of the active all sorts of fun, exercise and sports, leisure, recreation and health, improve exercise capacity, acquiring special skills and physical abilities, prevention of lifestyle diseases, increasing the beneficial effects on the ability to work and physical mental "[2].

About how important physical activity in the life of every human being, wrote Ryszard Winiarski, according to which "provided the proper functioning of the human body is both to maintain a dynamic balance of internal (homeostasis), as well as the balance in the relationship man - the external environment (heterostazy). Factors that may interfere with the balance of the body scored hypokinesia, which is too small for the needs of the amount of traffic and congestion mental, often causing stress response "[18].

Physical activity is one of the healthy behavior, that is, those which man takes in the areas of health, regardless of whether they are made in a conscious way or not. Human behavior can be divided into two groups:

- a) pro-health - positive, ie those which promote health, and so rational nutrition, personal hygiene, preservation of security and adequate physical activity
- b) anti-health - negative factors such as smoking, alcohol and other stimulants. Lack of sufficient dose of healthy behaviors is also considered the behavior anti-health. The consequences resulting from insufficient amounts of traffic are enormous and affect the health of the whole organism. Deficiency of exercise can:
  - obstruct the rational use of food intake
  - promote obesity and hinder their treatment
  - impair coronary circulation
  - impair peripheral blood circulation
  - weaken the tendons and muscles
  - decreased muscle strength
  - impair motor coordination
  - increase the risk of joint damage
  - reduce resistance to unforeseen hardships of everyday life [13].

For the best way to promote a healthy lifestyle is considered a sport, because "movement affects the cardiovascular system, even when activated only certain muscle groups or parts of the body" [9]. Sensibly and systematically practiced physical activity is one of the most important factors affecting the health, quality of life and longevity of the human species [8]. Keep in mind that health can not be considered the value given for life. Health can be shaped, perfect, but also acquire, enhance, multiply by conscious working on it, when a man recognizes health as a value worthy of these treatments. If we lead a healthy lifestyle will be healthy [3].

In adulthood, physical activity should be capable of maintaining previously achieved levels of physical capacity, or at least delay its maximum reduction. Also increases the importance of movement as a prophylactic and therapeutic. The regular practice of physical exercise may be an effective remedy for a number of diseases of civilization. In addition, compensating function of recreation, which compensates for the shortcomings and the burden of work, job responsibilities and contribute to the recovery of homeostasis and heterostazy.

However, in the elderly the importance of physical activity is to delay the process of involution endurance and physical fitness [18].

Summing up sport fields type Orlik are places where you can spend time actively, but the use of this possibility mostly young men and women of retirement age. The number of people using the facilities largely depends on them working animators. They create a diverse range of activities can attract new groups - young women and men seniors.

## CONCLUSIONS

Based on the analysis of empirical material gathered erected the following conclusions:

1. The main users of the type of sports fields Orlik are young men. A small number of women is related to their belief in the lack of any offer classes for them. Fields type Orlik in popular opinion associated only with sports facilities intended for the game of football, which is for boys and men. It is necessary to increase the diversity of activities for girls and women of all ages. Styling classes, as a program for seniors deters younger participants.
2. From sport fields benefit organized groups of men who regularly meet to play a match. They are second only to the children and youth group regularly uses the facilities.
3. It is necessary to popularize active leisure activities. Only half of the respondents spent most of his free time on physical activity, while the rest prefer passive recreation. Too little or no traffic in human life entails negative consequences for the whole organism.
4. The respondents know about the health impact of sport on the human body and therefore undertake physical activity.

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#### ABSTRACT

The aim of this study was to evaluate the role of courts type „Orlik” in the use of free time for adults. The study included 54 people, including 46 men and 8 women. The method of diagnostic survey, using a questionnaire. Analysis of the results shows that the user fields of type Orliks when it comes to adults are overwhelmingly young men, moreover, a small number of women in the retirement age. Respondents declared that they have an average of 2 - 3 hours of free time a day, and physical activity on the fields such Orlik respondents spend on average 1.5 to 2 hours, usually 1 time per week (85%). The remaining free time to spend in the majority in a passive way, especially in front of a TV or computer. Only 33% of respondents take another physical activity during leisure time.

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### **STRESZCZENIE**

Celem pracy była próba oceny boisk typu Orlik w zagospodarowaniu czasu wolnego osób dorosłych. Badaniem objęto 54 osoby, w tym 46 mężczyzn i 8 kobiet. Zastosowano metodę sondażu diagnostycznego, z użyciem kwestionariusza ankiety. Analiza wyników pozwala stwierdzić, że użytkownikami boisk typu Orlików, jeśli chodzi o dorosłych są w przeważającej większości młodzi mężczyźni, ponadto niewielka ilość kobiet w wieku emerytalnym. Respondenci deklarowali, że posiadają średnio 2 - 3 godziny czasu wolnego dziennie, a na aktywność fizyczną na boiskach typu Orlik ankietowani przeznaczają średnio 1,5 do 2 godzin, najczęściej 1 raz w tygodniu (85 %). Pozostały czas wolny spędzają w większości w sposób bierny, głównie przed telewizorem czy komputerem. Tylko 33 % respondentów podejmuje inną aktywność fizyczną w czasie wolnym

*Artykuł zawiera 24140 znaków ze spacjami*