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СЪВРЕМЕННИ
ТЕНДЕНЦИИ
НА ФИЗИЧЕСКОТО
ВЪЗПИТАНИЕ
И СПОРТА

Университетско издателство
„Св. Климент Охридски“

СЪВРЕМЕННИ ТЕНДЕНЦИИ НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ И СПОРТА



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- 1. Физическото възпитание, спортът и рекреацията в образователната система.*
- 2. Рекреацията, анимацията и спортът в свободното време – превенция за здраве.*
- 3. Теория и методика на физическото възпитание и спорта.*
- 4. Връзка на физическото възпитание и спорта с други дейности и научни области.*
- 5. Онлайн обучението по физическо възпитание и спорт.*

ЧЕТИРИНАДЕСЕТА
МЕЖДУНАРОДНА
НАУЧНА КОНФЕРЕНЦИЯ

СЪВРЕМЕННИ ТЕНДЕНЦИИ
НА ФИЗИЧЕСКОТО ВЪЗПИТАНИЕ
И СПОРТА

Софийски университет „Св. Климент Охридски“
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МОТИВАЦИЯ НА ВЪЗРАСТНИ ЗА УЧАСТИЕТО ВЪВ ФИЗИЧЕСКИ АКТИВНОСТИ В СВОБОДНОТО ВРЕМЕ

ДЕСПИНА СИВЕВСКА, БИЛЯНА ПОПЕСКА

SIVEVSKA DESPINA, POPESKA BIJANA. ADULTS MOTIVATION FOR PARTICIPATION IN PHYSICAL ACTIVITIES IN LEISURE TIME

Abstract: Movement is a phenomenon without which there is no life. Movement is necessary for the proper development and functioning of the human organism. Life in modern society, and especially in developed countries after technical-technological progress in all spheres, is distinguished by a small degree of physical activity as never before. Through the insight into the physical activity of young people and adults, the interest and motive to engage in it, as one of the indicators of quality of life, we gain a picture of our society and the potential opportunities for change. Physical activity is an integral part of the quality of leisure time. As an integral element, physical activity is part of the content of leisure time and in that sense, it can be an activity in leisure time, but also an integral part of any other activity in leisure time. The purpose of the research is to examine two complex phenomena: physical activity among adults, on the one hand, and the quality of leisure time, on the other hand. For this purpose, we examine the attitudes and opinions of adults regarding the physical activities they practice in their leisure time, the satisfaction from practicing them, the benefits and opportunities of practicing them. The research was conducted on a sample of 268 adult respondents over 25 years of age. The obtained results showed that in the last period among adults, the importance and necessity of physical activity in their leisure time has increased.

Keywords: *leisure time, physical activity, adults*

Абстракт: Движението е явление, без което няма живот. Движението е необходимо за правилното развитие и функциониране на човешкия организъм. Животът в съвременното общество и особено в развитите страни след технико-технологичния прогрес във всички сфери се отличава с ниска степен на физическа активност, както никога досега. Чрез вникването в физическата активност на младите хора и възрастните, интереса и мотива да се занимават с нея, като един от показателите за качество на живот, ние придобиваме представа за нашето общество и потенциалните възможности за промяна. Физическата активност е неразделна част от качеството на свободното време. Като неразделен елемент, физическата активност е част от съдържанието на свободното време и в този смисъл тя може да бъде дейност в свободното време, но и неразделна част от всяка друга дейност в свободното време. Целта на изследването е да се изследват два комплексни феномена: физическата активност сред възрастните, от една страна, и качеството на свободното време, от друга. За целта изследваме нагласите и мненията на възрастните относно физическите дейности, които практикуват в свободното си време, удовлетворението от практикуването им, ползите и възможностите от практикуването им. Изследването е проведено върху извадка от 268 пълнолетни респонденти над 25 години. Получените резултати показват, че през последния период сред възрастните нараства значението и необходимостта от физическа активност в свободното им време.

Ключови думи: *свободно време, физическа активност, възрастни*

Introduction

Life in modern society, and especially in developed countries after technical-technological progress in all spheres, is characterized by a small degree of physical activity as never before. Through the insight into the physical activity of young people and adults, the interest and motive to engage in it, as one of the indicators of quality of life, we gain a picture of our society and the potential opportunities for change. All this indicates that we have numerous reasons why we need research on the physical sports-recreational interests of adults, especially in their leisure time. (Malčić, 2017: 13).

The motive for conducting this research is found in the fact that in numerous researches are found data that almost two thirds of the population is insufficiently physically active (Trost et al., 2002, Malčić, 2017). According to the World Health Organization report (WHO, 2002), insufficient physical activity has been declared an independent risk factor for mortality and represents the greatest health problem of a nation. Children and adults in modern society have unlimited access to TV, computers, various games, mobile phones and the Internet which has become a new world of possibilities. The latest report from the WHO (2021) shows an increase in obesity among adults 18 and older globally in the last few decades with 650 million obese adults in 2016.

The availability of a choice of activities that do not contain physical activity and social interaction leads to passive spending of leisure time and an increasing degree of physically inactive people. This situation, in addition to affecting the health condition, also affects the economic condition of both the individual and the state.

Physical activity

Movement is a phenomenon without which there is no life. Movement is necessary for the proper development and functioning of the human organism (Simopoulos, 2001, Lepeš, & Halaši, 2021). The qualitative and quantitative opportunities for practicing physical activity are related to the lifestyle, which shows a significant deterioration caused by the development of technical civilization and a change in the way of life, precisely in terms of physical activities. Lack of exercise critically reduces and weakens the body's resistance, leading to harmful consequences.

World Health Organization (2017) defines physical activity as any movement of skeletal muscles that requires energy expenditure. It also includes activities that are undertaken during work, play, performing domestic activities, travel, such as recreational sports. Physical activity is a multi-dimensional behavior, ie. „behavior involving human movement, which results in physiological traits, including increased energy expenditure and improved physical

fitness“ (Gabriel et al., 2012, Bunčić et al., 2021). It includes all activities, of any intensity, performed during 24 hours (Pedišić, 2014, Bunčić et al., 2021).

Benefits of practicing physical activity

Physical activity includes exercise, training and competition, intensive professional work, domestic activities and other activities that require physical exertion (Stojanović et al., 2013, Bunčić et al., 2021). Physical activity contributes to the preservation of muscle mass, maintaining an optimal body weight, improving the ventilation functions of the lungs. It reduces stress, reduces the percentage of body fat, strengthens body muscles, lowers arterial blood pressure, strengthens respiratory muscles, leads to an increase in the number of erythrocytes, reduces LDL cholesterol and triglyceride concentration, raises serotonin levels and endorphin (hormone of happiness) in the human organism (Teofilović, 2012, Bunčić et al., 2021). The benefits of physical activity are usually divided into five categories: health, psychological, social, environmental and economic (Jurakić, 2015, Bunčić et al., 2021: 200). Physical activity promotes growth and development in children and young people, strengthens self-confidence, self-esteem, a sense of accomplishment and satisfaction.

In general, it is known that physical inactivity is associated with various forms of chronic diseases, such as coronary artery disease, heart attack, hypertension, cancer, diabetes, osteoporosis. It is known that during the entire period of evolution, man depends precisely on the physical activity that allowed him to live, work and create.

Active way of life offers people opportunities to socialize with other people, spend time in nature and meet new people. Sport offers opportunities for people to acquire new skills, meet new people and thus prevent anti-social behaviour. Unfortunately, people's financial situation affects the amount of physical activity. Thus, poor people do not have the opportunity to get to places where physical activity is possible or they do not have an environment that would support such activity (Danilović, 2020).

In order to achieve positive changes, attitudes towards physical activity must be changed in a positive direction. Changes should start from an early age and continue into adulthood. It should be a priority because physical activity contributes in many ways not only to physical, but also to mental health, offering a solid foundation for a quality life in adulthood (Lepes – Halasi 2020; Lepeš, & Halaši, 2021).

Leisure time

Leisure time is seen as a changing social phenomenon that has existed since the beginning of humanity. It has always existed, ie, since man has existed. All the activities that he started to engage in and what over time

became part of the identity of a people, were done during his leisure time. That is why it can be said that it is the foundation on which the cultures and traditions of the world were developed, ie. it is the instrument that enabled their development. In addition to this, its importance lies in the fact that today a lot can be concluded about an individual based on the way he spends his leisure time (Hromin, 2021)

Everyone chooses their leisure time according to their personal interests and spends it as qualitatively as possible, because every individual needs leisure time and should use it in the right way. It seems that nowadays leisure time is less and less, and if we need the little time we have or have had, we don't have it because its organization is absent.

A large number of authors define leisure time as time outside social, professional and family obligations, time used for rest, recreation, entertainment, personal development and other positive things. Human life is divided into two spheres, work and the sphere of leisure. For each person, leisure time has a certain symbolic space in which different feelings, desires, experiences and interests are awakened. Leisure time depends on upbringing, tradition, lifestyle, age and thus provides an opportunity for intellectual, aesthetic, physical or moral progress (Livazović, 2018).

Leisure time is given to every individual to use and is an integral part of human life. However, leisure time varies from individual to individual, and is often determined by one's character, gender, age, occupation, goals, desires, interests, and abilities. Every individual can use his leisure time according to his imagined and set goals, desires, be it for fun, leisure, personal development or cultural enrichment. All of the above applies not only to adults, but also to children, as well as to every person of any age and gender (Draganić, 2021).

The way of passing the leisure time is an inseparable segment of our functioning through which we ennoble ourselves and in which we become what we are. Interests related to leisure time are mostly influenced by the family, its economic and social status, educational status, peer groups, the media, the offer and advertising of activities in the leisure time as well as the social status.

Leisure time is a space and opportunity for interaction in the processes of individualization, socialization and inculturation, a space for self-actualization and realization of personality (Previšić, 2000; Hodžić, 2020). According to Dumazedier, leisure time is a set of activities in which the individual included in according to his will, either to rest or have fun, or to increase his level of awareness or his education, or to engage voluntarily socially or to exercise his leisure creative ability because it leavens itself from its professional, family and social obligations (Pehar, 2003; according to Hodžić, 2020).

Leisure time is a characteristic of modern society and a phenomenon of a highly developed society. It is important for the development of the personality of children and young people and offers them opportunities to satisfy their interests and needs. At the same time, it helps them to activate their creative powers, the satisfaction and research of which they had no opportunity in the other moments of their lives. As time and the world we live in become a global village in which on the one hand we are becoming so close to each other, while on the other hand we are increasingly different and further apart, children and young people are looking for quick and simple answers from parents, teachers and the whole society community. The phenomenon of the time is more and more similar to what exists after the media and large markets, where the buyer chooses from the shelf the most media-exposed, marketing-most polished product, and the least attention is paid to its quality and value (Hodžić, 2020). The culture of leisure time depends on the qualitative values of the content with which it is filled.

Under the influence of the hedonistic way of life, where commercialization and culturally unwanted / undesirable activities prevail, we often have imposed and aggressive contents in the structure of leisure time. Today's youth experience their reality through a virtual world that brings with it numerous negative consequences for mental health. The present modernization, mobile devices, tablets, TV, computers offer easy models of learning, creation, thinking and behavior, but also a change of the previous frameworks of spending leisure time. The number of children and adults who often spend their leisure time in front of TV screens or mobile devices is increasing.

The main problem with the activities offered in leisure time is that they are not in accordance with the needs and interests of the individual, and even as such they are often neglected. If we don't offer a variety of activities that we can do in our leisure time and which be interesting, i.e., if the offer is bad and „poor“, individuals may devise them themselves, and sometimes in an inappropriate way. That is why it is important, in addition to the educational system, as well as the local community to offer as many different forms of activities as possible for children, young people, as well as for the elderly. Then everyone's attention and interest will be significantly attracted, a larger number of participants would be involved, because the offer would be versatile. Therefore, it is necessary from an early age that children and young people, as the main actors of their leisure time, be involved in the selection of offered activities intended for them (Muradbegović and Dizdarević, 1970, Hromin, 2021).

Because the young and the elderly, mainly spend their leisure time passively, mostly sitting, physical activity should have priority in that context, so that there would not be a delay in physical development, especially among

the younger population. Practicing physical activities contributes to socialization, reduction of anxiety, positive direction of aggression and can also serve as an „exhaust valve“ for calming down (Mraković, 1970, Hromin, 2021). Leisure time affects our health, is related to our psychological well-being, improves and builds our lifestyle, the way of self-expression and achievement of life's pleasures.

Adequate, regular and controlled physical activity can have a positive effect in the prevention of a large number of diseases today. Today's findings indicate that systematic, scientifically based exercise can significantly affect not only the regulation of morphological, motor and functional features, but also to a large extent cognitive functions, as well as conative dimensions that are responsible for behavioral modalities and effective socialization. There are few human behaviors that can simultaneously affect on such a large number of human characteristics as is possible through expertly shaped physical activity (Badrić i Prskalo, 2011). The survival and development of man as a creator of positive values and material goods is conditioned by motor activities and movement. The consequences of lack of movement can be mitigated or compensated through appropriate physical activities. Physical activity, as research shows, has a positive impact on creating and maintaining a healthy life. Physical exercise creates a balance in numerous physiological, regulatory and functional mechanisms (Badrić i Barić, 2006, Badrić i Prskalo, 2011).

A key task of today's society should be the creation of healthy habits for lifelong thoughtful use of leisure time, which includes independent physical exercise in leisure time.

Method of work

Subject of research

The activities with which a person engages in his leisure time depends on several factors, and they determine his behavior, functioning and actions in the wider and narrower environment, and thus also determines his perception of the quality of leisure time, as well as the quality of life in general.

Physical activity is an integral part of the quality of leisure time. As an integral element, physical activity is part of the content of leisure time and in that sense, it can be an activity in leisure time, but also an integral part of any other activity in leisure time.

The subject of our interest is aimed at understanding this dimension of physical activity as a quality factor of leisure time, especially among adults, covering the way they fulfill and experience their leisure time. (Kačavenda-Radić, Nikolić Maksić, Ljujić, 2011). Hence our motive and contribution to this research in the direction of contributing to physical activities among adults and the quality of their leisure time.

The purpose of the research is to examine two complex phenomena: physical activity among adults, on the one hand, and the quality of leisure time, on the other hand. For this purpose, we examine the attitudes and opinions of adults regarding the physical activities they practice in their leisure time, the satisfaction from practicing them, the benefits and opportunities of practicing them.

The research was conducted on a sample of 268 adult respondents over 24 years of age. The presented results are part of a larger study that examines adults' attitudes and experiences for their physical activities during their leisure time and its effects on movement habits, practicing their leisure time activities and factors that affect the quality of their leisure time.

The study was conducted using a questionnaire as an instrument (electronic survey questionnaire), which is specially designed for the needs of this research. The questionnaire was administered online in the period July/August, 2022. Besides general data (gender, place of residence, employment, sport engagement), it also contains closed-ended questions – a scale of assessment where examiners determine the degree of agreement and satisfaction in the offered claims.

The obtained results are analyzed and presented using descriptive statistics: frequencies (f), percentages (%). The data obtained from the research were processed using the statistical package SPSS 19. The results obtained for better visibility are shown graphically.

Results and discussion

The survey included 268 randomly selected respondents. In terms of age, 53% of respondents are aged 35–44, 26% aged 45–54, 21% aged 25–34 and the rest over 60 years old.

Regarding the place of residence, the majority (98%) of the surveyed respondents stated that they live in a city, and the rest in a village.

According to the level of education, 54% have a higher education, 22% a doctorate, 15% a master's degree, 8% a secondary school. 95% of them are employed.

In the general data section, we asked respondents to express their satisfaction regarding: Body weight and physical appearance; Your own health; Mental and emotional fulfillment (satisfaction with oneself); and Quality of use of your leisure time. The obtained data show that the majority of them are generally satisfied with all the statements mentioned (Fig. 1).

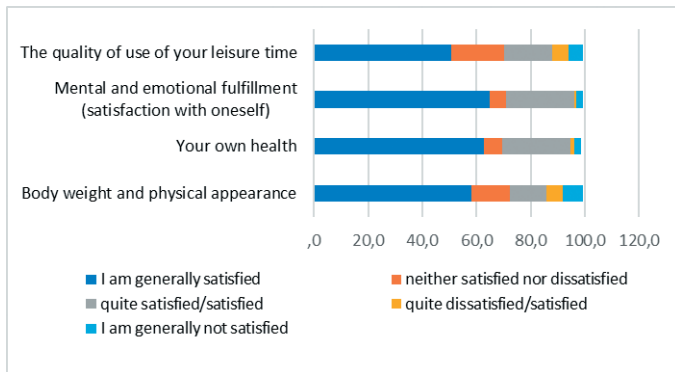


Fig. 1. Respondents' satisfaction with the stated statements

Regarding the question where we asked: *Determine the type of your work and the degree of physical activity at the workplace*, 59% answered that *I spend most of my working time sitting (office work, driver)*, 34.3% answered: *Most of I spend working time standing or moving, my job does not require a lot of physical effort (eg seller, hairdresser, waiter, security, working with children/students, etc.)*, and a small percentage that *My job requires more physical effort and movement and includes holding or lifting loads, objects or tools (2.2%)* and 3% that: *I am not working (eg retired, unemployed, retired for health reasons, etc.)* (Fig. 2).

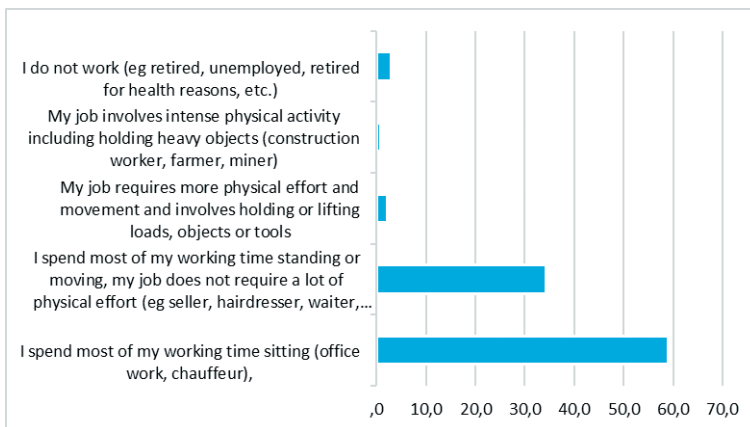


Fig. 2. Degree of physical activity at workplace

In order to see how much leisure time the respondents have in their everyday life, we asked them to answer how much leisure time they usually have **during the working day** and during **the weekend**. The answers received are expected and appropriate to the engagement they have during the week. Thus, during a working day, usually 46% of respondents have

1–2 hours of leisure time, and during the weekend 58% of them have 5 or more hours of leisure time. The results are expected, because the weekend period and reduced work responsibilities leave space for more leisure time in which the individual can relax and choose their favorite activities. (Fig. 3)

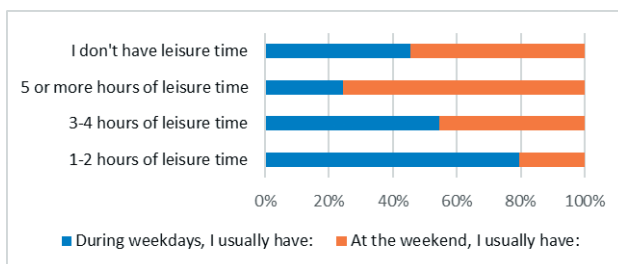


Fig. 3. Comparison of the amount of leisure time on the weekend and during the workday

Due to the volume of the obtained results, for the purposes of the paper, we selected only the questions that refer to the activities that the respondents have in their leisure time and how many of them include physical activity.

Respondents' opinion regarding practicing physical activities in their leisure time

Physical activity is one of the prerequisites for a healthy life. In that direction, we asked the respondents to evaluate the activities they practice in their leisure time. For the statements offered, the largest percentage stated that they perform most of the activities *occasionally*, while 40% stated that they *very often* chose *Activities for relaxation (reading a book, watching a movie, listening to music, meditation, yoga)*, 24% answered that they *seasonally* choose *Activities in the home (gardening, horticulture, pet care)*. A high 41% of them answered that they *very rarely* choose *Physical Activity outside the city (hiking, camping, skiing, kayaking, mountain biking)* (Fig. 4)

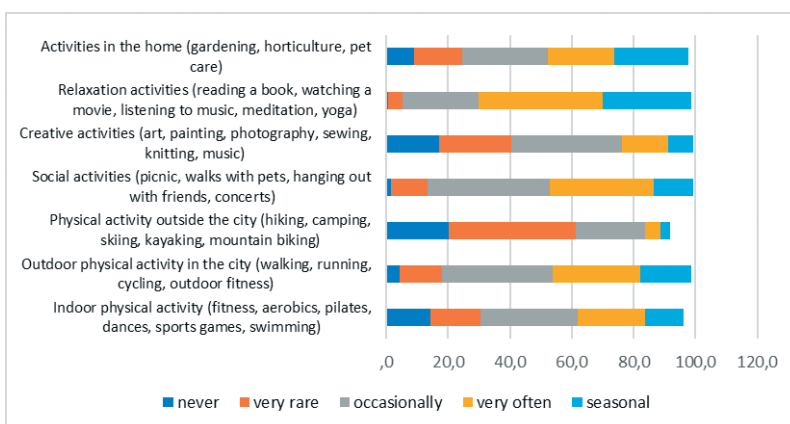


Fig. 4. Attitudes of respondents about the type of activities they practice in their leisure time

To the question *In the last week, how many hours did you spend on each of the following activities:* it can be noted that **walking** is chosen as the most frequent activity, *practiced 3–4 hours a week* by 31% of respondents and 21% who practice it *more than 5 hours a week*; *1–2 hours a week* some of the respondents (21%) chose **hiking**, 23% chose **fitness**, 19% chose **running**, 17% **cycling** and 18% **aerobics**. And it is devastating that in all statements, the largest percentage chose that they *do not practice this type of activity* (Fig. 5).

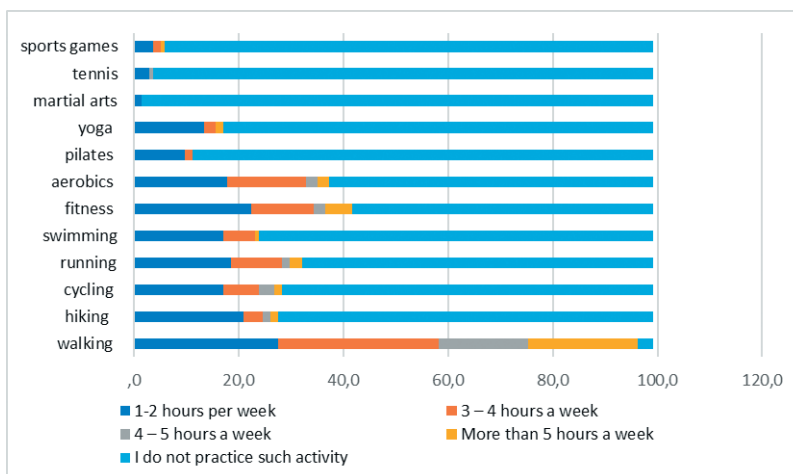


Fig. 5. Frequency of practicing various activities in leisure time

We asked them to evaluate/compare **their physical activity compared to others of their age**, and we got some interesting data. Namely, most of them (38%) estimate that *it is bigger than the rest*, and 21% that *it is the same as the*

rest. Perhaps some work should be done on changing the perception of the type and quantity of activities they practiced in their leisure time, because this does not correlate with the above data, on the type of activities they practice and the frequency of their practice in their leisure time. To raise awareness of the importance of physical activity, as well as to offer numerous activities, events in which individuals can participate, independently or organized, and at the same time indirectly take care of their physical activity and their health, and physical and mentally.

The fact that respondents practice physical/sports activities equally *outdoors* (76%) and *indoors* (71%) is pleasing. Which would mean that the location for practicing the respective activity is not crucial for them to undertake a certain physical activity (Fig. 6).

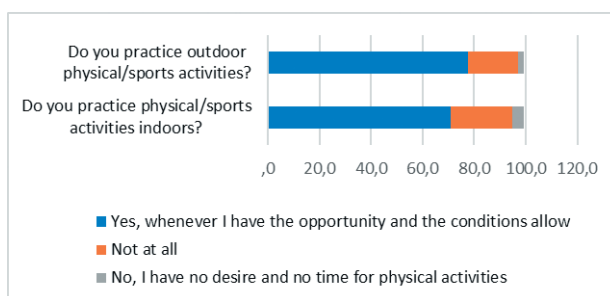


Fig. 6. Frequency of practicing outdoor and indoor physical activities

Regarding the question of how they prefer to perform physical activities in their leisure time, there is a divided opinion. Most of them (29%) want to do it *with family and friends*, equally (23%) declared that they want to do it *alone* or with an *organized group*, and there is a part of them (21%) who prefer all the listed ways to practice physical activities in their leisure time. Perhaps the type of activity and the purpose why it is undertaken in our leisure time also determines the way we prefer it to be realized (alone, in company, etc.) (Fig. 7).

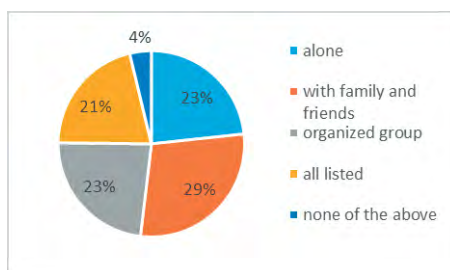


Fig. 7. Attitudes regarding the way they prefer to perform activities in their leisure time

The situation with the pandemic in recent years has affected on all spheres of life and activity. The pandemic has created a new environment in which reduced physical activity, social distancing, and staying at home are promoted. The possibility of performing physical activities outdoors, in nature, has decreased and the fear of viruses has been created. The recommendations were to find different ways to exercise and maintain physical fitness. All that contributed to changing people's attitudes about taking care of their own mental and physical health. That motivated us to ask the respondents: *Have you had changes in the last period (past 12 months) regarding the habits of practicing physical/sports activity in your leisure time?* The results say that 33% answered *Yes, I practice these types of activities more often*, while 32% *Yes, I occasionally try to practice these types of activities* (Fig. 8).

This was also confirmed by the answers we received to the question: *Has the situation with the pandemic changed your thinking regarding the way to properly spend and use your leisure time?* 57% of the respondents answered *Yes, I find more time for what is my hobby and fulfills me*, and a smaller part (19%) answered: *Partially, I don't have enough quality leisure time*. (Fig. 9).

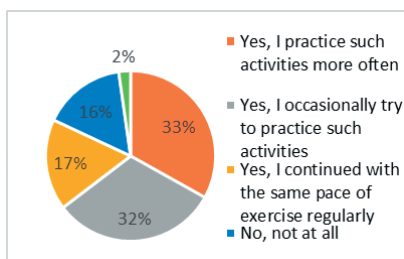


Fig. 8. In the last period (past 12 months) have you had any changes regarding the habits of practicing physical/sports activity in your leisure time?

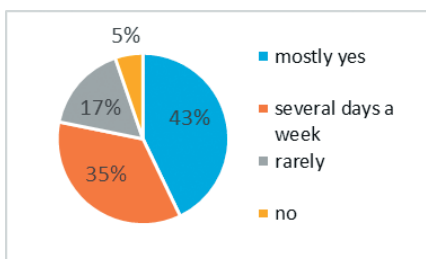


Fig. 9. Has the pandemic situation changed your thinking about how to properly spend and use your leisure time

The World Health Organization recommends at least 150 minutes of moderate-intensity physical activity per week or 75 minutes of vigorous-intensity activity. At the same time, they recommends taking 10,000 steps daily to stay in good form. This number of steps corresponds to a distance of about 7.5 km per day. There are also numerous studies that claim that it is not necessary to take so many steps per day to have benefits for the individual's health (everything is variable according to diseases and the potential that individual has). Guided by this recommendation, we asked our respondents: *Do you manage to walk a minimum of 10,000 steps a day, according to the recommendations of the World Health Organization (WHO)?* The largest percentage (43%)

answered *yes most of the time*, 35.1% that they do it *several days a week*, and the rest answered *rarely or never*.

Leisure time has three fundamental functions: rest, leisure and personal development. Leisure time activities that are intended for personal development include activities from various fields: physical, health, aesthetic, cultural, moral, political and informational-educational. Leisure time has an educational function, and if it is spent positively, it has a beneficial effect on psychophysical development, health, creating rich contents of life and forming positive personality traits. The health and proper physical development of children, young people and adults is emphasized as a general task of every educational activity, including those that are realized in the leisure time.

The majority of the respondents (49%) are *generally satisfied* with the way how they spend their leisure time, and a smaller part 15% are *quite satisfied*.

Next, the respondents were asked about what are the main motives for getting involved in leisure time activities. Respondents responded positively to all the multiple offered statements. Namely, as reasons, motives for including and performing physical activity in their leisure time, they stated: better health (98%), reduced stress (96%), improved immunity and positive emotions (94%), improved sleep (89%), increased self-confidence and improvement of form and physical appearance (86%) (Fig. 10).

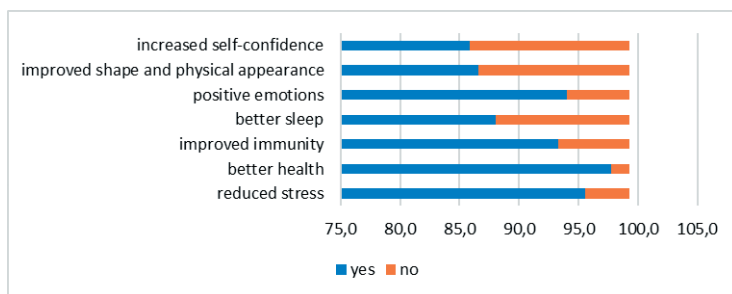


Fig. 10. Motives for engaging in leisure time activities

Sometimes, despite the awareness of the need and benefits of physical activities in our daily life, there are reasons that do not allow us to do it. To the question *If you don't have enough physical activities in your leisure time, what is the reason for that?*, lack of time (65%), poor motivation (49%) and poor health (22.4%) were cited as the biggest reasons. All statements are acceptable and logical answers, because in today's dynamic time and pace of life, everyone's main problem is the lack of time to fulfill all the tasks, desires and interests, and furthermore, the time we have should be quality fulfilled (Fig. 11).

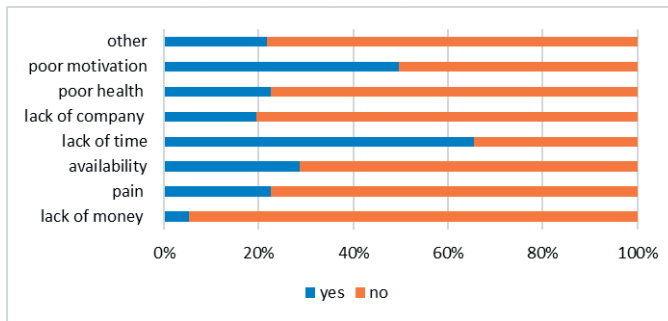


Fig. 11. Reasons for insufficient physical activity in leisure time

The daily activities that we perform often do not include physical activities. The way of life today, in our country and worldwide, includes a sedentary way of spending the individual's life, which of course ultimately leads to poor physical and mental health. This type of sitting affects the physical and social condition of the individual, his emotions, and especially the bone and muscle system. So we often forget about movement and physical activity in our life.

Today, more and more attention is being paid to passive spending of leisure time, which includes watching TV and addiction to phones and computers. In order to detect the non-physical activities that the respondents most often practiced in the last period, we offered several statements on which the frequency of practicing the corresponding activity had to be selected. The most frequently chosen activity with *more than 5 hours a week is using a computer and the Internet (58%) and listening to music (36%)*. Then with 1–2 hours a week *watching TV (32%) and shopping (47%)* (Fig. 12). With this, we have confirmed the general assumption that the most commonly accepted activity among individuals nowadays in their leisure time is the use of the computer and the Internet. Hence our commitment to change the awareness of individuals, of all age groups, about the importance of physical activity and the benefits that we have on our health as well as our overall life.

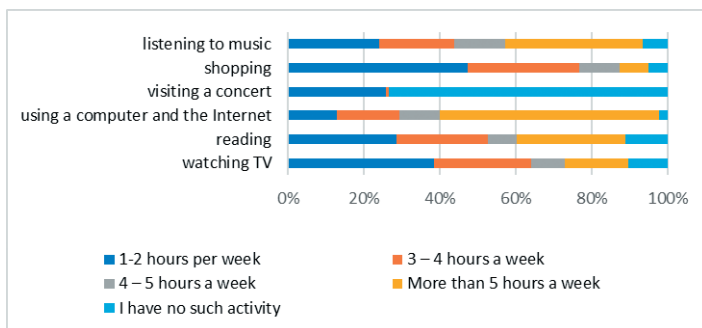


Fig. 12. Frequency of practicing non-physical activities in their leisure time

The main idea is that the way we spend our leisure time also determines our character and defines us as persons. This is also confirmed by our respondents who answered that they agree with the statement that the way we spend the leisure time affects the formation of our character and behavior. So from here we would have to highlight the importance of the family, education, in guiding from an early age in the choice of activities that enrich and develop the personality and enable quality spending of leisure time for children and young people, as well as the offering of appropriate activities by appropriate factors (education and local self-government) with which individuals would qualitatively and productively fulfill their leisure time.

Conclusion

Under the influence of today's modern life and all the consequences that it brings with it (stress, work, lack of time), we care less and less about our physical and biological health. Children and young people under the influence of the environment and society are becoming less interested in any form of physical activity, which, in addition to improper nutrition, is the main cause of obesity among children and young people, as well as the elderly. Reduced movement and a sedentary lifestyle causes the body to weaken, which also leads to a decrease in general biological strength. Leisure time is one of the factors where upbringing and education are approached in a different way, where each individual becomes an active participant in their own development. Choosing leisure activities especially affects physical, intellectual, social and emotional development.

The promotion of physical activity in leisure time, and in general in the life of each individual, must be included in national and local strategies and campaigns in order to raise public awareness of the importance that physical activity has for the individual, and therefore for society in general. At

the same time, individuals must take some responsibility for themselves and reconsider their priorities, as well as develop a lifestyle that will include a healthy diet and daily engagement in some form of physical activity (Ostojić, 2009)

Today, each individual chooses how to spend his leisure time depending on his interests, needs and desires. It is especially important that it be done as qualitatively as possible, which requires certain skills and knowledge. That's why from a very young age, through play and education, they should be directed towards their interests and desires in order to fulfill their leisure time in a quality way, which would encourage positive feelings of fulfillment. From an early age to promote the importance of physical activity in leisure time and the positive effects it has on the overall anthropological status of a person.

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