

PERCEPTION OF LIFE QUALITY WITH EMPLOYEES AT HOSPITAL FOR PULMONARY DISEASES AND TBC IN KLENOVNIK

Abstract

In spite of numerous advantages that are brought by progress in science and technology, we are witnesses of some negative consequences resulting from that progress, especially when it comes to general health of a person and then with that to life quality itself, which obviously is not determined only by degree of technological progress. The essential features of a man and then with that his/her needs are reduced mostly to finding solutions for economic basis, which is neither sufficient for happiness nor a measure for life quality degree. In most cases, the free time activities represent usage of activities typical for consumerist mentality such as watching TV, thumbing through popular magazines, spending time in cafés, etc. The very knowledge about how useful in a positive way it is to do some regular sport is not crucial for to get the examinees from this survey involved in one in their free time. It is obvious that some patterns for behaviour depending on activities in free time result from habits and they have the key role in choice of more passive and easier available activities. The number of 58 employees (M=14; Ž=44) from the hospital for pulmonary diseases and TBC Klenovnik were covered by a poll in order to get the results analyzed. The average male examinees' age was 43 and the female ones 41. From the mentioned number of examinees, 39 lived in rural area and 19 in urban area. From the total number of examinees, 43 had secondary school education, 5 of them higher education and 10 of them were high-educated. The global aim of this survey studied the priority activities in their free time and their interest in sport recreation. Although it was stated by all the examinees that a regular physical exercise represented a very important content of their free time, in reality it occupied rear position in comparison with some other contents. With regard to a whole range of specific qualities that can be found in this sample (most of the examinees were from rural area and with secondary school education), and having in mind that it was not well studied, it would be necessary to do some additional study on their objective needs for the sake of the aimed impact of recreational programme. Nevertheless, some partially satisfactory answer to the poll comes out from awareness about importance of doing some exercise shared by the examinees and in their wish for contents being related to activities in nature, which must be recognized and included into future programmes.

Key words: sport recreation, employees, poll. interest, programme