

RELATION OF STUDENT ATTITUDE TOWARD LEISURE TIME ACTIVITIES AND THEIR PREFERENCES TOWARD SPORT RECREATION ACTIVITIES

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Original scientific paper

Abstract

The connection among attitude toward leisure time activities and their preferences to certain sports activities was researched. It was based on suitable sample of 109 Faculty of kinesiology students at Zagreb University. According to the answers on the survey, the presence of connection between 5 sets of data was discovered. These 5 sets of data were: how to use free time, desire how to spend winter/summer holidays, desire to learn new sport activities, what kind of influence is there toward sport activities. One pair of significant canonical correlations were discovered between existing ways of spending leisure time and desired ways of spending leisure time, also desire to learn new sport activities and the kind of influence toward sport activities. The gained results differed according to sex, and they depended on the fact that kinesiology students are specific sample of examinees.

Key words: *leisure time, recreation, preference, connection*

Introduction

Leisure is time resource fulfilled with different activities and its characteristics are related to historical and class portrait of society. The man in 21st Century, particularly in urban conditions, has incredible tempo of living and large scope of possibilities to fulfil his leisure with various activities. Leisure, besides working time, is becoming a part of a slogan "time is money" and it is following quick changes that occur in mandatory and optional activities. This indicates the tight correlation between free and working time and sometimes it is hard to draw the line between these two concepts. It seems that only idleness remained oasis of freedom that implies the time dedicated to personal needs in productive and creative way. The most of authors describes leisure as the synthesis of the time we have spend and we were not paid for it together with activities we want and we are offered and we perform them during our unpaid time (Arbunić, 2004; Previšić, 2000). According to Adams (1976, from Arbunić, 2004) there are four dimensions that strongly articulate activities correlated to leisure: freedom to choose activities, inner motivation, pleasure and relaxation. One of the ways of spending free time is engaging in different body activities. In fact, there are many indications that active way of living is desirable because it reduces the risk of many chronically diseases. On the other side it relieves the state of stress and depression, improves mood, self-confidence and satisfaction with life.

However, today we face so called epidemic seating way of living. Modern technology eliminated every need for a man to be physically active and the consequences are reflected in reducing physical and physiological factor of potential. Biological and genetic man's need for motor activities is related to the body state of individual and society in general. The sports recreation system includes sports activity programs, exercise systems combined with different complementary activities that favourably effect development of anthropological characteristics crucial for human functioning. The main task of sports recreation in kinesiology is determining and fulfilling goals by system of programmed exercise and in correlation with human needs to preserve and improve their psychophysical integrity. Encouraging regular body activity became common social priority. Today's man, more then ever needs daily body activity that he carries out during leisure. The programs of sport recreation are the most suitable since they are adjusted to specific needs of potential users. Therefore, the presence of the professionals is crucial for creating quality programs of sport recreation that will respond to different specific needs. The results of the research Gošnik, Fučkar & Alikalfić (2003) and Gošnik, Sedar & Bunjevac (2007) revealed there are no major differences with students through all four years of studies from 2002 to 2006 within the same gender. Male and female students represent largely homogenized groups regarding choosing the most or the least attractive and interesting sports.

There is only major difference regarding genders. The most interesting sport for male and female students is swimming through all four years of study. It is followed by weekend trips which points out preferences toward health of students and dancing as a part of primary culture and the way of living. All other types of sports based on a contact, physically demanding sports and motor complex sports are poorly ranked and uninviting to male and female students. Cheng (2004) noticed the difference in preference of recreational sports for students from different countries. Petkovšek (1981) discovers the same tendency with students from different Faculties in Slovenia and Boyer (1987) in USA. In this research we reviewed attitude of kinesiology students toward activities in leisure as well as activities of sport recreation. It is expected that Kinesiology students have specific attitudes toward sport activities. Sport to them is also a part of their future occupation, and also obligatory way of spending all of their time (except for studying purposes, majority of kinesiology students are active in sport clubs, as athletes and trainers).

For that reason correlation between student's attitudes could reflect specific types of correlation between spending leisure, time during holidays, influence regarding engagement in sport, desire to learn new sport activities. These assumptions had led us to determining research issues, i.e. is there a correlation among respondents between: the existing and desired ways of spending leisure (1), the existing and desired ways of spending

summer/winter holidays (2), the existing ways of free time usage and desire to learn new sport activities(3), the existing ways of free time usage and the type of impact on engaging in sports (4), the desired ways of free time usage and desired ways of spending winter/summer holidays (5), the desired ways of free time usage and desire to learn new sport activities (6), desired ways of free time usage and the type of impact on engaging in sport (7), the desired ways of spending winter/summer holidays and desire to learn new sport activities (8), desired ways of spending winter/summer holidays and the type of impact on engaging in sports (9) and the desire to learn new sport activities and the type of impact on engaging in sport (10).

Methods

The research was correlative and the responders were appropriate sample of male and female Kinesiology students of Zagreb University age approximately 22 (N=109, 39 female and 70 male students). The methods used in the research consisted of series of questions reflecting different student attitudes toward free time usage and sport recreation. Two demographic variables (age and gender) were not relevant for this research, since examinees were about the same age. Gender, on the other side, was presented as a partly relevant variable regarding differentiations in student attitudes toward sport recreation and free time. (Sindik & Andrijašević, 2009) Therefore, in the research we used totally 5 sets of variables (table 1):

Table 1. Sets of variables applied in the research

Existing ways of free time usage (1) (7 variables)	Estimations
Daily time for learning	1=1 hour; 2=2 hrs; 3=3 hrs; 4=4 hrs; 5=5 hrs and more
Daily time for free reading	
Daily time for watching TV	
Daily time for a coffee shop	
Movies weekly (how often)	0=no I go; 1=once; 2=more then once
Theatre weekly (how often)	
Sport weekly (how often)	1=1 hour; 2=2 hrs; 3=3 hrs; 4=4 hrs; 5=5 hrs and more
Decided ways of free time usage (2)(4 variables)	Estimations
You would like to do if you had free time – culture	1= No; 2=Yes
You would like to do if you had free time – sport	
You would like to do if you had free time – travelling	
You would like to do if you had free time – mingle	
Desired ways of spending winter/summer holidays (3) (5 variables)	Estimations
Spending winter/summer holidays – making money	1= No; 2=Yes
Spending winter/summer holidays – having fun	
Spending winter/summer holidays – nothing	
Spending winter/summer holidays – summer vacation	
Spending winter/summer holidays – winter vacation	
Desire to learn new sport activities (4) (5 variables)	2=Yes; 1=I don't know; 0=No
Desire to learn new sport activities – skiing	
Desire to learn new sport activities – diving	
Desire to learn new sport activities – skating	
Desire to learn new sport activities – tennis	
Desire to learn new sport activities – sailing	Estimations
The impact on engaging in sport (5) (4 variables)	
Impact on engaging in sport – father	
Impact on engaging in sport – mother	
Impact on engaging in sport – sister/brother	
Impact on engaging in sport – friends	1= No; 2=Yes

For purposes of this research we applied 25 variables totally. The survey turned out as reliable (Cronbach $\alpha = 0,71$), especially regarding the fact it is not metric but suitably constructed for this research. The correlation among sets of variables was determined by canonical correlation analysis (for 5 sets of variables that were possible to group "logically").

Results and discussion

The small number of statistically significant canonical correlations among sets of data was determined. (table 2). No statistically significant correlations were found between: existing ways of free time usage and desired ways of spending winter/summer holidays (2), existing ways of free time usage and desire to learn new sport activities (3), existing ways of free time usage and the type of impact on engaging in sport (4), desired ways of free time usage and desired ways of spending winter/summer holidays (5), desired ways of free time usage and desire to learn new sport activities (6), desired ways of free time usage and the type of impact on engaging in sports (7), desired ways of spending winter/summer holidays and desire to learn new sport activities (8), desired ways of spending winter/summer holidays and the type of impact on engaging in sport (9). Absence of correlation that could've been expected with average student sample in many examinee groups (except kinesiology students) is pointing out the possibility that psychology students do not have specific preferences for free time usage. On the other side, they have specific attitudes toward sport activities. There are only two significant canonical correlations that we have found; between existing and desired ways of free time usage (1), also desire to learn new sport activities and the type of influence on engaging in sport (10).

Table 2. Canonical correlation analysis between sets of variables in attitudes according to (N=74) and canonical roots significance.

R	R2	χ^2	DF	p
0,52	0,27	41,18	28	0,05
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R = canonical correlation, R2 = square od R, X2 = chi square test, DF = degrees of freedom, p = probability

Canonical correlations between: existing and desired ways of free time usage (1), existing ways of free time usage and desired ways of spending winter/summer holidays (2), existing ways of free time usage and desire to learn new sport activities (3), existing ways of free time usage and the type of impact on engaging

in sport(4), desired ways of free time usage and desired ways of spending winter/summer holidays(5), desired ways of free time usage and desire to learn new sport activities (6), desired ways of free time usage and the type of impact on engaging in sport (7), desired ways of spending winter/summer holidays and desire to learn new sport activities(8), desired ways of spending winter/summer holidays and the type of impact on engaging in sport(9), and desire to learn new sport activities and the type of impact on engaging in sport (10).

In tables 3 and 4 we presented variable correlation of existing and desired ways of free time usage with the first canonical root. The first canonical root in set of variables in existing ways of free time usage is saturated with the time students spend in coffee shops daily (positive correlation), and with how often they go to the theatre and movies weekly and the time they spend learning daily (negative correlation). The first canonical root in the set of variables of desired ways of free time usage was mostly saturated with cultural needs (positive correlation) and desire to travel (negative correlation). We can only speculate about meaning of these correlations.

Table 3. Correlation of existing ways of free time usage and the first canonical factor with kinesiology students

Variables	Root 1
Daily time for learning	-0,46
Daily time for reading by its choice	0,06
Daily time for watching TV	0,29
Daily time to spend in coffee shop	0,50
Weekly movies (how often)	-0,44
Weekly theatre (how often)	-0,63
Weekly sport (how often)	0,00

Table 4. Correlation of desired ways of free time usage and the first canonical factor with kinesiology students.

Variables	Root 1
You would do if you had free time culture	0,64
You would do if you had free time sport	0,14
You would do if you had free time travelling	-0,71
You would do if you had free time mingle	0,06

In tables 5 and 6 we presented variables of desired ways of learning new sport activities and the type of impact on engaging in sport with the first canonical root. The first canonical root in set of variables of desired ways of learning new sport activities is mostly saturated with desire to learn sailing then tennis (positive correlation).

The first canonical root in sets of variables of the type of impact on engaging in sport is mostly saturated with influence of mother (negative correlation). In this case we can also only speculate about gained correlation.

Table 5. Correlation desire to learn new sport activities and the first canonical factor with kinesiology students

Variable	Root 1
Desire to learn new sport activities – skiing	0,07
Desire to learn new sport activities – diving	0,07
Desire to learn new sport activities – skating	0,11
Desire to learn new sport activities – tennis	0,21
Desire to learn new sport activities – sailing	0,93

Table 6. Correlation of the type of impact on engaging in sport and the first canonical factor with kinesiology students.

Variable	Root 1
Impact on engaging in sport – father	0,89
Impact on engaging in sport – mother	0,54
Impact on engaging in sport – sister/brother	-0,12
Impact on engaging in sport – friends	0,21

Conclusions

No statistically significant correlations were found between: existing ways of free time usage and desired ways of spending winter/summer holidays (2), existing ways of free time usage and desire to learn new sport activities (3), existing ways of free time usage and the type of impact on engaging in sport (4), desired ways of free time usage and desired ways of spending winter/summer holidays (5), desired ways of free time usage and desire to learn new sport activities (6), desired ways of free time usage and the type of impact on engaging in sports (7), desired ways of spending winter/summer holidays and desire to learn new sport activities (8), desired ways of spending winter/summer holidays and the type of impact on engaging in sport (9). There are only two significant canonical correlations that we have found; between existing and desired ways of free time usage (1), also desire to learn new sport activities and the type of influence on engaging in sport (10). It is possible that these relations of student attitudes are due to the fact that kinesiology students are continually (kinesiology) active and due to gender differences.

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RELACIJE STAVOVA STUDENATA PREMA AKTIVNOSTIMA U SLOBODNOM VREMENU I NJIHOVIM PREFERENCIJAMA PREMA SPORTSKO REKREACIJSKIM AKTIVNOSTIMA**Sažetak**

U ovom radu istraživana je povezanost između stavova prema aktivnostima u slobodnom vremenu studenata i njihovim preferencijama prema određenim sportskim aktivnostima. Utemeljena je na uzorku od 109 studenata Kineziološkog fakulteta Sveučilišta u Zagrebu. Sukladno odgovorima u anketi, utvrđena je nazočnost povezanosti između pet skupova varijabli. Ovi skupovi su bili: kako se koristi slobodno vrijeme, želja za načinom korištenja zimskih/ljetnih praznika, želja za učenjem novih sportskih aktivnosti, kakva vrsta utjecaja sportskih aktivnosti postoji. Jedan par značajnih kanoničkih korelacija je izoliran između postojećeg i željenog načina korištenja slobodnog vremena, a također i želje za učenjem novih sportskih aktivnosti i vrste utjecaja u sportskim aktivnostima. Dobiveni rezultati su različiti po spolu a ovise i o činjenici da su studenti kineziologije specifičan tip ispitanika.

Ključne riječi: slobodno vrijeme, rekreacija, preferencije, povezanost

Received: December 09, 2008.

Accepted: May 26, 2009.

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