

THE STATE OF SPORTS AND RECREATION ACTIVITIES IN THE TERRITORY OF THE REPUBLIC OF SRPSKA

Abstract

It is often the case, both in our country and worldwide, that a great number of people stop being physically active upon finishing elementary and high-school. This research was conducted for the purpose of determining to what extent the people of the Republic of Srpska do sports and recreational exercises, to determine motives and interests in doing physical activities. The sample of examinees was comprised of 426 adults of both gender, from 20 to 55 years of age. Results have shown that the examinees do not engage in sports and recreational activities at all (32,2%) or engage rarely (23,2%), while 13,8% of them do it daily. It is important to notice that men are far more active in sports recreation than women. Data analysis showed that health is the strongest motive by far that drives people into engaging in sports, and then comes desire to socialize, relax, and have fun.

Key-words: recreational exercises, motives, interests
