THE ASSESSMENT OF TOURIST AND RECREATIONAL INFRASTRUCTURE INFLUENCE ON AFTER SCHOOL PHYSICAL, TOURIST AND RECREATIONAL ACTIVITY OF YOUTHS FROM COLLEGES IN RADOMYŚL WIELKI AND RZESZÓW

Jarosław **HERBERT**, Patrycja **ŻEGLEŃ**

Faculty of Physical Education, University of Rzeszow, Rzeszow, Poland

Key words:
- physical activity,
- sport and recreational infrastructure,
- youths

Abstract:

The paper presents research results concerning physical activity of young people from two research areas: Radomyśl Wielki and Rzeszów. The authors focused on sport and recreational infrastructure and its influence on the motor activity of the youths. The results are not satisfactory because young people do not spend their free time as much as they should. The research also showed that there is a difference between sport and recreational base in the mentioned above areas and consequently it has a significant impact on choosing various forms of spending free time by those polled.

INTRODUCTION

Almost every stage of our life is more or less connected with the following fields: work, entertainment, education, etc. The development of these disciplines is profitable for human beings, but on the other hand it can have a negative influence on some fields of our life. A permanent development of information technology causes engagement in these disciplines. Instead of outdoor activities (e.g. riding a bike), we ride stationary bikes and exercise in gymnasiums or at home. Instead of running and playing with peers on playgrounds, we play computer games a few hours a day and discussions with friends and family are changed into watching TV. Is this all profitable for us? It can be exceptionally harmful for children and youths who base on their behaviours in the future. Physical activity creates our behaviour, life style, our attitudes that influence children's approach and way of thinking. Therefore it is very important to them to spend their free time in an active way. Nowadays, it is very difficult to satisfy children in the aspect of physical and outdoor activities or games. It is not enough anymore to give them the ball and tell them to play. Why is it so? First of all, children are much more demanding than in the past, secondly, sometimes there is no place for them to play. That being so, one can ask if the existence of appropriate infrastructure (especially sport and recreational one) has a great influence on children's and youths' physical activity? If the answer is yes, we have to answer – in what level? Do the young people who have such opportunity to use the infrastructure – do they really use it? What elements do they use the most frequently? The aim of the paper is to answer these and other questions.

The assessment of young people from chosen colleges in Radomyśl Wielki and Rzeszów in terms of their physical activity as well as the use of available sport and recreational infrastructure focuses on checking if there is any difference in spending free time by youths from cities and towns or even smaller areas. The next task is to check if there is any difference in the condition of the infrastructure in mentioned above areas, in its availability

and the use by these people as well as if the level of their activity is the same in the chosen colleges or not.

The authors presented the results of research through survey questionnaire, where the attention was put on parents and teachers' influence on children's willingness to spend their free time in an active way.

I THE IMPORTANCE OF PHYSICAL ACTIVITY IN HUMAN'S LIFE

Man experiences both passive and active movement from birth. The movement accompanies us in almost every field of our life but one can ask if we realize how important it is and what the movement really is? According to J. Raczek the movement "it is perceptible in appearance, objective element of human's activity seen as posture changes or its parts in various periods of time and space. The heart of the movement lies in organized on purpose and coordinated change of body placement or its part, being the result of regulated muscle activity" [11]. According to K. Spodarczyk [12] physical activity is seen as muscle effort that triggers lots of changes in our body. It finally leads to energy consumption higher than rest level. Caspersen and co-authors (op.cit. W. Osiński) think in the same way as the mentioned above author. Caspersen defines physical activity as each movement of our body that is generated by muscles and leads to energy consumption [10]. K. Kozłowski and K. Nazar (1999) [8] also see physical activity in this way. They define it as a physical effort of skeletal muscles with all the changes in a human body. J. Barankiewicz has a little different point of view because he claims that physical activity is "taking up various plays, games, exercises and sport disciplines for leisure, recreation and health purposes as well as improvement of functional capacity, gaining special fitness, preventing civilization diseases (improvement of the cardiovascular, respiratory system, preventing psychical stress), increasing positive influences on physical and mental work" [1].

Moreover, one has to remember about promoting physical activity as a significant issue in every human being life. It has to be underlined and it has to be brought to men' s attention regardless of their age or health condition. It is an awareness and knowledge, next to natural needs, that leads to taking up physical activity.

Hypokinesia, which means lack or low level of physical activity, consists in inequality between increasing load of nervous system and decreasing load of motor system. Its effects can be seen for example in decrease of metabolism, osteoporosis, decrease of muscle strength, decrease of immunity as well as decrease of function [5] as well as many other complications that lead to serious diseases. One of the most popular effects connected with lack of movement and spending free time in a passive way, especially watching TV or playing computer games, are various pathologies of posture.

Student characterized by increased movement and physical activity is much more attractive for his/her peers, his/her school status increases, it is easier for him/her to settle in new situation and school environment thanks to it, he/she meets new friends and acquaintances. Participation in a physical activity also leads to taking care of our and other people's health, it helps to keep up with different problems and complexes, it teaches us how to cope with weaknesses and helps to solve various problems [13].

II METHODS AND RESEARCH MATERIAL

The main aim of the paper is the assessment of tourist, sport and recreational infrastructure influence on after school physical, tourist and recreational activity of youths from colleges in Radomyśl Wielki and Rzeszów.

The main problem one tried to diagnose through answering the following detailed questions:

1. If sport and recreational infrastructure has an influence on after school physical, tourist and recreational activity of youths from colleges?

2. What is the condition of the infrastructure in small town or district and in a big city?

The authors used diagnostics survey method, with the use of questionnaire. The questions included in the questionnaire concern using sport and recreational infrastructure in Radomyśl Wielki and Rzeszów as well as its influence on after school activity of young people. The research were conducted among 150 students of college from Radomyśl Wielki and Rzeszów. The authors also compared the infrastructure of these two research areas.

III CHARACTERISTICS OF THE RESEARCH AREA

The authors of the research focused on the assessment of tourist, sport and recreational infrastructure influence on after school physical, tourist and recreational activity of youths from colleges in Radomyśl Wielki and Rzeszów. Rzeszów is both a capital of Podkarpackie Province and the biggest city in the second level of local government administration. It is also the biggest urban area in south-east part of Poland in terms of the biggest trade, industrial, economic, cultural and academic centre in Podkarpackie Region. Whereas, a proximity of south and east border of the country makes that Rzeszów is a very significant communication centre in an international scale. Next, Radomyśl Wielki is a small town located in the west part the Province, in Mielec district.

ASSESSMENT OF SPORT AND RECREATIONAL INFRASTRUCTURE

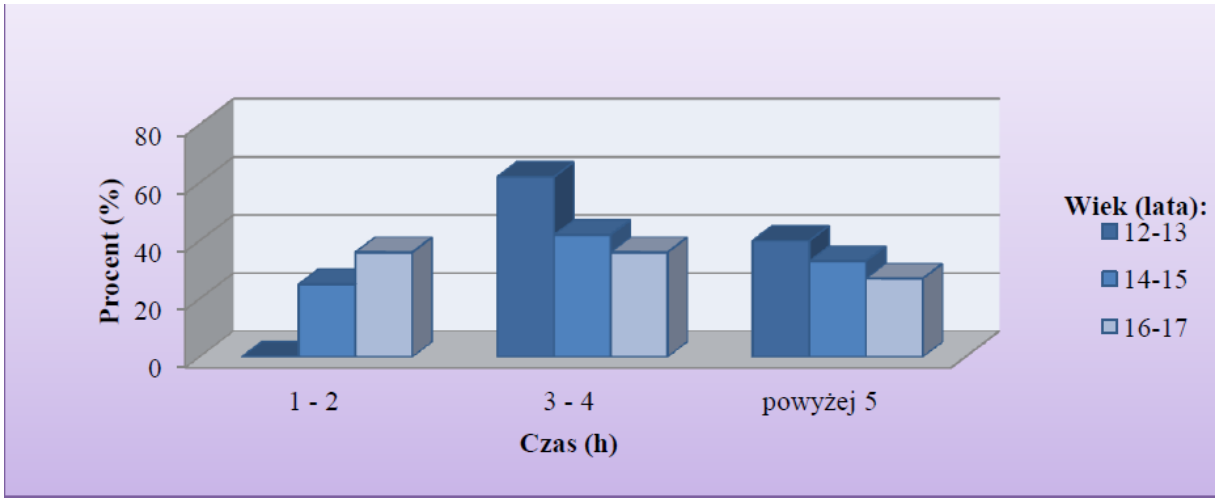
When taking into account the fact, that the John Paul II Public College in Radomyśl Wielki is the only college in the district, the whole infrastructure in the district was analysed. The infrastructure concerns: three sport fields (public stadium in it), two sports halls, "ORLIK" sport centre (tennis court in it) and three playgrounds. Moreover, the town has bicycle lanes and green fields for recreation purposes. In the whole Radomyśl Wielki district there are 18 sport fields, 8 gyms and mentioned above 2 sports halls and "ORLIK" centre.

In Rzeszów there are 4 swimming pools, outdoor and indoor swimming pools as well as an artificial lake. There are 16 sports halls, 7 tennis courts and more than 3 kilometers of karts tracks as well as 100 kilometers of bicycle lanes. Moreover, there are 3 horse riding centres (studs) and 2 rope parks, public stadium and 6 sport fields. There are also 5 "ORLIK" sport centres in Rzeszów and 10 fitness clubs and gyms. The inhabitants also can use 3 ice rinks during winter time [6].

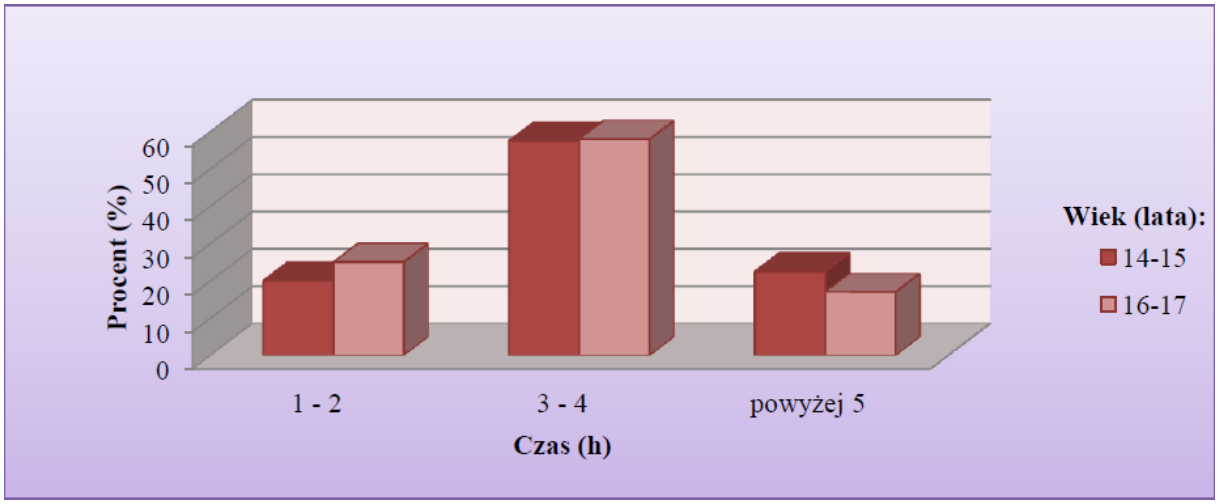
IV ANALYSIS OF RESEARCH RESULTS

There were 165 respondents took into account when realizing a survey questionnaire. Eleven questionnaires were rejected because of improper filling in the form of the questionnaire. Totally, there were 154 questionnaires fulfilled in a proper way – 80 of them were conducted in Radomyśl Wielki and 74 in Rzeszów. There were 52 girls researched in Radomyśl Wielki (65% of all the respondents) and 28 boys (35% of all the respondents). Whereas, 42 boys (57% of all the respondents) and 32 girls (43% of all the respondents) took part in the survey method.

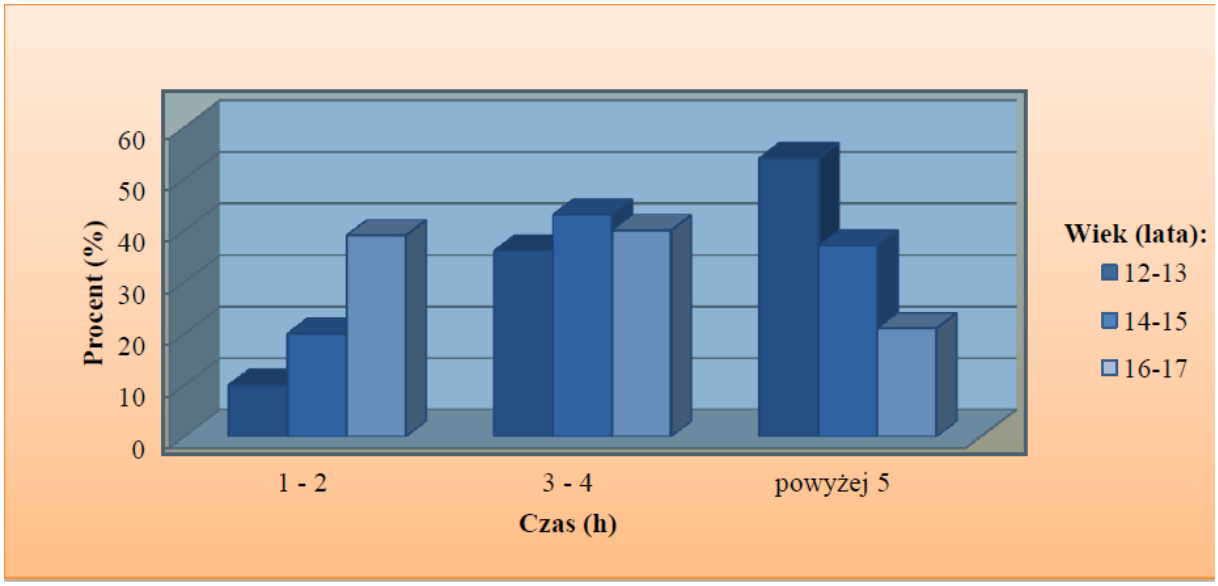
Among those polled in Radomyśl Wielki the biggest number of boys and girls is between 14-15 years old, the lowest number of those polled is between 12-13 years old. In the category between 12-13 years old there were no girls. Among those polled in Rzeszów the biggest number of boys and girls is between 14-15 years old, whereas the lowest – between 12-13 years old.



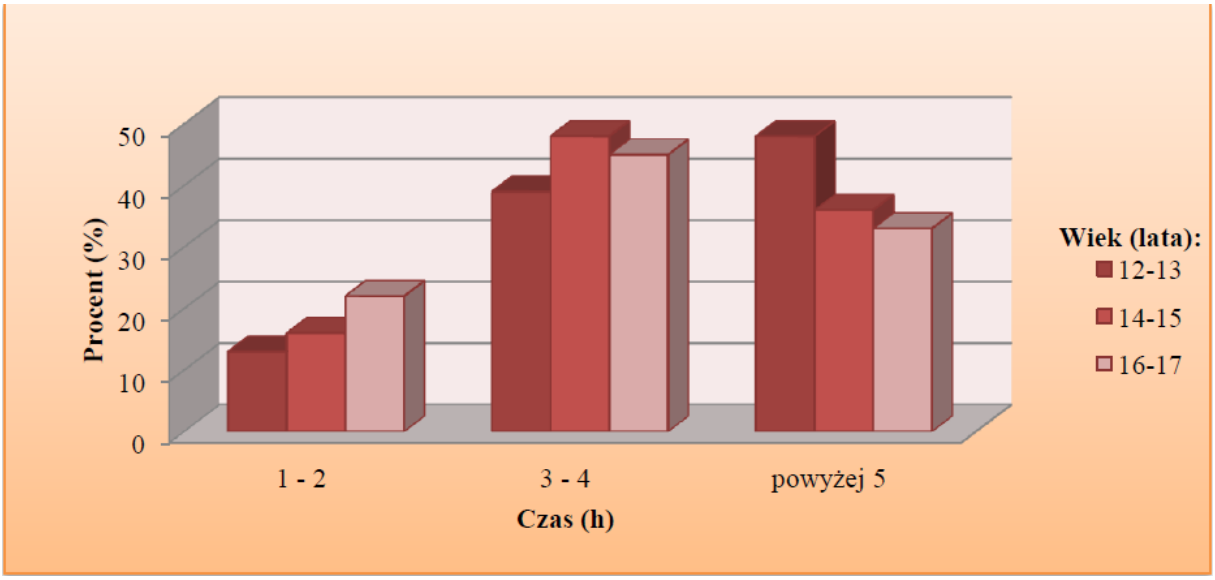
Graph 1. Amount of free time after school among boys in Radomyśl Wielki
Source: The authors' elaboration



Graph 2. Amount of free time after school among girls in Radomyśl Wielki
Source: The authors' elaboration



Graph 3. Amount of free time after school among boys in Rzeszów
Source: The authors' elaboration



Graph 4. Amount of free time after school among girls in Rzeszów
Source: The authors' elaboration

When asking: **How much time is dedicated to physical activity after school?** 40% of boys polled in Radomyśl Wielki in the age of 12-13 years said, that they spend more than 5 hours on it, whereas only 1-2 hours is dedicated to physical activity by boys in the age of 16-17 years old (36% of those polled). In the mentioned above age categories the boys have only 3-4 hours of free time. The smallest amount of free time have girls between 14-15 years old (almost 58% of those polled have 1-2 hours after school), while the biggest amount of free time have girls between 16-17 years old (58% of those polled have more than 5 hours after school). Boys between 12-13 years old in Rzeszów have plenty of free time (54% of the respondents), while the least free time have older boys between 16-17 years old (39% of the respondents have only 1-2 hours of free time during a day). Boys between 14-15 years old have mostly 3-4 hours of free time after school. Among 14-15 years old girls from Rzeszów, 48% of those polled said that they have 3-4 hours of free time after school and girls between 16-17 years old (22% of those polled) have the least amount of free time, whereas 12-13 years old girls (48% of the respondents) have the most free time after school.

When asking: **How many hours do you spend on physical activity after school during a week?** 12-13 years old boys from Radomyśl Wielki said that they are the most active when comparing their age category with other categories (40% of the respondents). While the least number of hours on physical activity is devoted by 14-15 years old respondents (58% of those polled claimed that they spend 1-2 hours per week in an active way). The respondents in the category of 16-17 years old, spend 5-6 hours per week in an active way (46% of those polled). Among the respondents from Radomyśl Wielki as much as 67% of 16-17 years old girls spend their free time in an active way. 14-15 years old girls (which constitutes 40% of the respondents) spend only 1-2 hours in an active way. About 5-6 hours per week is spent in an active way by only 8-10% of girls from both age categories. A little more, i.e. about 12-17% of girls spend 7 hours per week in an active way. About 33% of 16-17 years old boys from Rzeszów spend their free time in an active way, which means that it is the greatest number among all the categories. Simultaneously, the most 16-17 years old boys devote only 1-2 hours per week, while 22% of the respondents claimed that they spend 5-6 hours per week in an active way. Among 12-13 years old respondents, 18% of those polled devote 1-2 hours for physical activity per week and 30% - more than 7 hours per

week. Among those polled in Rzeszów the biggest number of girls devotes 5-6 hours on physical activity per week, while the smallest number – 1-2 hours per week.

When asking: **Are there any elements of sport and recreational infrastructure near your place of residence, for instance: sport fields, swimming pools, sport halls, ice dinks, etc. you can use?** 60% of the respondents from Radomyśl Wielki confirmed that there is such an infrastructure in their place of residence they can freely use. 90% of young people from Rzeszów also confirmed that there is the base they can use whenever they want.

The next question concerned the following issue: **What kind of sport and recreational infrastructure exists in your place of residence?** Among the polled young people living in Radomyśl Wielki, 60% of them enumerated sport field.

Besides, the most frequent mentioned elements of the infrastructure were sport halls and "ORLIK" centre (16% and 17% respectively). The least number of the respondents enumerated stadium (2% f those polled). The most people from Rzeszów listed: swimming pool (21% of the respondents), sport hall (19%), sport field (15%) as well as bicycle lanes (12,5%).

When asking: **How often do you use sport and recreational infrastructure?** the most 16-17 years old boys from Radomyśl Wielki use it once or twice a week (45% of those polled) or do not use it at all (46%). The majority of 14-15 and 12-13 years old boys use the infrastructure 1-2 or 3-4 times a week. As much as 67% of 16-17 years old girls from Radomyśl Wielki do not use the infrastructure in their place of residence. The same number of 16-17 years old girls uses the infrastructure 1-2 and -5 times a week, while 37,5 of 14-15 years old girls use these elements once or twice a week, and 30% of those polled do not use it at all. Among boys in Rzeszów, the majority of them uses the infrastructure 1-2 and 3-5 times a week (32% and 37% respectively). Whereas, the biggest number of 14-15 years old boys (20%) does not use the elements at all. The most girls in Rzeszów from the mentioned above age categories use the infrastructure in their place of residence 1-2 and 3-4 times a week (27% and 39% respectively). The biggest number of 14-15 years old girls (18%) does not use the elements at all. While, among girls that use the infrastructure every day come up 16-17 years old girls (17% of those polled). The majority of the respondents (78% from Radomyśl Wielki and 80% from Rzeszów) thinks that sport and recreational infrastructure in their place of residence is not enough developed.

The last questions concerned the following issue: **What would you like to add or change in the existing infrastructure?** More than 50% of the respondents from Radomyśl Wielki said that first of all, there should be a swimming pool in their place of residence. The least respondents pointed out sport field, tennis court and horse stud (1% per each element). Among college students from Rzeszów, who claimed that the infrastructure is not enough developed, 70% of the respondents pointed aquapark as the most needed element of the infrastructure. Besides, the respondents enumerated also "ORLIK" centre and paintball (17% and 13% respectively).

DISCUSSION

Since many years, there are many publications concerning physical activity of children and youths. A young man characterizes a huge demand for the movement which is fulfilled during school classes but first of all during after school activities. Z. Chromiński (1987) says, that „the need of movement among young people from colleges is bigger than it is prognosed in the school programmes" [4]. It has been 20 years since it was claimed but nothing has changed unfortunately. Z. Chromiński also claims that a number of girls taking up sport is much lower than boys'. R. Bartoszewicz's research show that 93% of the respondents (girls) in south-west Poland take up any physical activity, and boys in 95% [2]. With the aim of defining a minimal daily demand for movement for various age groups, the World Health

Organization (WHO) conducted the research, which showed that boys in colleges need at least 5 hours of movement a day, whereas girls need 4,5 hours of movement a day [3]. Only about 30% of young people in their adolescence take up a physical effort guarantying them a proper development [4,7], and experts' recommendations, inter alia World Health Organization [14] define that optimal frequency of motor activities among young persons equals 5 days per week, 60 minutes long (from moderate to intensive). The research conducted among Polish respondents [9] showed that only 30% of those polled students confirm taking part in different forms of physical activity but a small number of the respondents takes it up 3-4 times per week (2% and 6% respectively), and 1-2 times per week (10% and 12% respectively).

From the research conducted by the authors of the paper, it appears that college boys spend mostly 7 hours on physical activity per week, whereas girls – only 3-4 hours. The results are little diverge from R. Bartosiewicz's research [2], that present the following results: girls spend almost 8 hours on physical activity per week, and boys – 12 hours. In spite of the divergences, one can see that young people do not devote as many time for physical activity as they should. They should have an access to sport and recreational infrastructure all the time and in different places. It also results that only 10% of those polled from Rzeszów have no access to such a base, but on the other side one can claim that as much as 31% of the respondents from Radomyśl Wielki have no access to the infrastructure in their district. If the respondents used the infrastructure, they used sport fields in most of cases (Radomyśl Wielki – 60%, and Rzeszów –15%), sport hall (Radomyśl Wielki – 16%, Rzeszów – 19%), "ORLIK" in Radomyśl Wielki – 17%, and swimming pool in Rzeszów – 21% and also bicycle lanes in Rzeszów – 12,5% of the respondents .

For that reason, one should claim that young people who do not have any choice, use this infrastructure which is available. In most of cases, in small towns the most popular infrastructure is sport field (by schools as well as public ones). Young people from cities have more opportunities and bigger choice among sport hall, swimming pool and bicycle lanes proportionally. Youths from Radomyśl Wielki use mainly sport and recreational infrastructure once or twice a week, whereas youths from Rzeszów – twice or three times a week.

Moreover, a majority of the respondents (78% from Radomyśl Wielki and 80% from Rzeszów) think that sport and recreational infrastructure near the place of residence is not enough developed. Every second respondent from Radomyśl Wielki points out the lack of swimming pool in his/her neighbour, while the respondents from Rzeszów point out more sophisticated answers, which means that 70% of those polled enumerate aquapark "ORLIK" centre (17%) and paintball (13%).

CONCLUSIONS

A full sport success and promotion is impossible without modern sport and recreational infrastructure. What is more important, it is difficult to promote physical activity without the mentioned above base. The availability of public recreational centres is the most important thing. The planned buildings have to have the highest standard with the international norms of sport federations. One should even out of many years' standing neglect in big cities and small towns as well as in villages. There are two reasons: firstly, the solutions mentioned above are needed for sport development in Poland, secondly, there is a need for participation in a popular physical culture as many people as possible, regardless of age, sex, physical condition and material status, not forgetting also about the disabled' needs. Moreover, one should remember that sport, tourist and recreational infrastructure becomes the element that attracts tourists to the destination (it is also called push factor).

BIBLIOGRAPHY

1. Barankiewicz J. (1998) Leksykon wychowania fizycznego i sportu szkolnego, Warszawa, p. 11.
2. Bartoszewicz R. (2010) Aktywność ruchowa młodzieży gimnazjalnej w Polsce na tle wybranych krajów europejskich, AWF, Wrocław.
3. Bednarek A. (2011) Wybrane problemy zdrowotne w populacji wieku rozwojowego. Część II. Aktywność fizyczna dzieci i młodzieży jako jeden z wyznaczników prozdrowotnego stylu życia w populacji wieku rozwojowego, "Pielęgniarstwo XXI wieku" No. 34 (1).
4. Charzewska J., Wajszczyk B., Chabrom E. and co-authors., (2003) Uczestnictwo młodzieży w wieku pokwitania w pozalekcyjnych zajęciach sportowych w aspekcie biologicznych i społecznych uwarunkowań. [in:] A. Dąbrowski (ed.), Uczestnictwo Polaków w rekreacji ruchowej i jego uwarunkowania. AWF, Warszawa–Płock, pp. 27–35.
5. Chromiński Z. (1987) Aktywność ruchowa dzieci i młodzieży, Instytut Wydawniczy Związków Zawodowych, Warszawa, p. 5.
6. Karpowicz M., Strzelczyk R., Karpowicz K. (2010) Zmiany poziomu wydolności osób o zwiększonej aktywności fizycznej, [in:] J. Łuczak, S. Bronowicki (ed.) Zdrowotne aspekty aktywności fizycznej, Wielkopolska Wyższa Szkoła Turystyki i Zarządzania w Poznaniu, Poznań.
7. Kozłowski K., Nazar K. and co-authors., (1999) Wprowadzenie do fizjologii klinicznej, PWN, Warszawa.
8. Mazur J., Woynarowska B., Kołoło H. (2006) Zdrowie subiektywne, styl życia i środowisko psychospołeczne młodzieży szkolnej w Polsce. Raport techniczny z badań HBSC. IMiD, Warszawa.
9. Osiński W. (2003) Antropomotoryka, AWF, Poznań.
10. Raczek J. (2010) Antropomotoryka. Teoria motoryczności człowieka w zarysie, Wydawnictwo Lekarskie PZWL, Warszawa.
11. Spodarczyk K. (2001) Aktywność ruchowa w promocji zdrowia młodzieży, AWF, Kraków.
12. Umiastowska D. (2011) Kształtowanie prozdrowotnych postaw dzieci i młodzieży w szkolnym wychowaniu fizycznym, [in:] A. Kaźmierczak, A. Maszorek-Szymala, J. Kowalska, Paradygmaty współczesnej kultury fizycznej i zdrowotnej, Wydawnictwo Uniwersytetu Łódzkiego, Łódź.

Internet sources:

www.who.int/dietphysicalactivity (9.06.2013)
http://www.rzeszow.pl/kultura-i-sport/sport1/baza-obiektow-sportowych (9.06.2013)