

THE EFFECTIVENESS OF EDUCATION TO PARTICIPATE IN THE PHYSICAL CULTURE THROUGH TOURISM ON THE EXAMPLE OF PIWNICZNA ZDRÓJ INHABITANTS

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Key words:

- physical culture,
- tourism,
- education.

Abstract:

According to major changes in the world and the rapid development of civilization there are increasingly important terms such as health, healthy lifestyle, health related behaviours and tourism. Negative impact of the progress of civilization can be seen by observing the growth of civilization diseases. A theoretical purpose of the material research was to define cognitive degree among school youth to participation in the physical culture through tourism. A practical purpose of the material research was to indicate educational problems in school concerning physical culture and tourism, as well as the consequences of further life among social units and the whole society.

INTRODUCTION

Tourism as an element of shaping healthy lifestyle is characterized by active leisure of units or groups. Its foundation is the movement that leads to specific result. Participation in active tourism can be the result of spontaneous decision or the planned activities according to the liberation of everyday life.

Tourism as a lifestyle can bring huge benefits to man. Through contact with nature and physical activity we do not only have rest, but we also isolate from everyday life and we combat with numerous diseases and improve physical and mental condition.

Presenting tourism as an element of physical education, it is necessary to guide recognition of physical culture by authors [1], who claim that physical culture is the expression of a specific attitude towards one's own body, conscious and active care for its development, efficiency, health, expressing in the leisure skills with the greatest benefit for the physical and mental health. Tourism is most often identified with the physical recreation. According to other authors "Tourism is considered as the equivalence of educational health objectives and cognitive purposes, while in physical recreation predominant purpose is health [2].

In addition, more and more physical education outside classes contain elements of tourism. There is tendency of 4-5 hours of physical education classes not only in the classroom or in the gym, but also in the form of recreational and sports camps. Tourism should become primary mean to achieve this objective [1]. During physical education classes the basic aim is implemented - to facilitate young people find the recreational activities throughout life [2]. It is worth to mention W. Młynarski opinion [2], that tourism must be seen as a psycho physical activity of man in the role of an important and attractive means of participation in various forms of physical culture.

Through active spending of leisure human seeks to confirm own efficiency and strength. To develop and keep physically fit, it is necessary to lead a healthy lifestyle. B. Woynarowska [3] claims that healthy lifestyle is adequate to health - related behavioral patterns, which are

the result of choices made by people on the basis of available determined situation of life alternatives.

MAIN PURPOSE OF THE RESEARCH AND THE RESEARCH METHODS AND TECHNIQUES

The main purpose of the research was to specify the level of preparation by the school youth in field of participation in the physical culture through tourism. The practical purpose of material research was to indicate the educational problems in the school in aspect of physical culture and tourism, as well as the consequences of further life of social units and the whole society.

The general problem was related to the degree of preparation of the school to participate in physical culture through tourism. Specific problems have been included in the following questions:

1. What is the range of school to develop interest in tourism among pupils?
2. What is the range of enriched knowledge concerning education and upbringing of out-of-school pupils about the goals, values and forms of tourism?
3. What is the range of school education in developing skills to organize tourist events for the health?

As a result of the analysis of the literature, the following hypothesis was concluded: Personal and social circumstances have strong positive influence on the evaluation and feedback of the effectiveness in participation in the education of physical culture and attention to own health through tourism.

Research questionnaire was used for scientific purposes and it was addressed to Piwniczna Zdrój inhabitants.

CHARACTERISTICS OF THE RESEARCH AREA AND POPULATION

Piwniczna Zdrój is known as a tourist destination with excellent background for active rest, recreation, skiing, fishing and the conditions for treatment and climatic health resort. Individual and anonymous research were carried out in Piwniczna Zdrój. In order to obtain reliable and adequate data, respondents were informed that the results will be used only for the scientific purposes. Over 10 000 inhabitants live in Piwniczna Zdrój, including 5 185 women and 5 143 men [3]. Large demographic alignment is visible, however, among 106 of asked respondents, 65 women and 41 men agreed for participation in research process. Research is considered as an approximation of large representative due to the sex of the respondents.

Table 1 contains respondents' opinions about the influence of school education on the development of interests concerning tourism and healthy behaviors. The respondents took into account their interests, needs, forms of tourism as well as the influence of education on creating tourism attitudes. Those polled gave also their opinions about visited places in the country and abroad as well as opinions concerning health behaviors acquired during school education. The sex of the inhabitants was the feature that differentiated acquired opinions. One should take into account a significant meaning of the development of interest among school children in various age, various schools and levels. According to the Ministerial Educational Requirements in Poland the necessity of development of children interests is underlined as part of various courses, school aims and goals in the field of education as a whole process. The interests form the basis for high educational effects as the following: development of knowledge, skills, competences, attitudes towards proper behaviors as well as emotions in different situations of a daily life. The statement is shared by pedagogues, teachers, and other people responsible for educational success. Table 1 presents data

concerning positive influence of school education on the development of interest concerning tourism and healthy behaviors according to sex.

Table 1. Positive opinions about the influence of school education on the development of interest concerning tourism and healthy behaviours according to sex

I.n.	Number of answers Achieved goal	Total		Sex			
				W		M	
		N	%	N	%	N	%
1.	Development of tourism interests	75	100	44	58,7	31	41,3
2.	Development of needs concerning taking part in rallies	59	100	37	62,7	22	37,3
3.	Development of needs concerning taking part in excursions	81	100	49	60,5	32	39,5
4.	Development of needs concerning taking part in camping	39	100	23	59	16	41
5.	Development of needs concerning taking part in rafting	26	100	17	65,4	9	34,6
6.	Development of taking part in: hiking skiing excursions bonfires	4	100	1	25	0	0
				1	25	0	0
				1	25	0	0
				1	25	0	0
7.*	Development of healthy behaviours	101	100	61	67	40	44
8.*	Getting to know own society/environment	100	100	61	61	39	39
9.*	Getting to know interesting places across the country	99	100	61	61,6	38	38,4
10.*	Getting to know interesting places abroad	53	100	30	56,6	23	43,4

Source: authors' elaboration on the base of research

Remark: Positive answers: *definitely yes, yes, rather yes.*

*In 7, 8, 9, 10 positions positive answers: *moderately, very big, big.*

The polls indicate that school had a greater impact on the development of tourism and healthy behaviors among women than men. Only women pointed at other than listed, forms of participation in tourism. They included hiking, skiing, excursions as well as bonfires. The respondents assessed the impact of education on tourism interests in a positive way. Different opinions occurred on account of camping and rafting – the respondents claimed that education has a negative influence on tourism. The main reason is because of organizational problems of such events or activities. It is satisfactory that the majority of the respondents said that through school education they developed needs of taking part in sightseeing, excursions, what led to get to know their history, origins as well as other interesting places around the country and at the same time it influenced development of healthy behaviors. Undoubtedly, school leads tourism education but because of lack of money or time, organization of tourism events is limited to minimum. It is worth saying that one should put more efforts and willingness and emphasize the importance of tourism promotion in educational programs.

Table 2 presents opinions of inhabitants of Piwniczna Zdrój district about the influence of school education on the development of tourism interests. It contains answers concerning tourism interests, forms of tourism as well as visited places across the country and abroad during school education.

Table 2. Positive opinions about the influence of school education on the development of interest concerning tourism and healthy behaviors according to place of residence

I.n.	Number of answers Achieved goal	Total		Place of residence			
				W		M	
		N	%	N	%	N	%
1.	Development of tourism interests	75	100	35	36,7	40	53,3
2.	Development of needs concerning taking part in rallies	59	100	27	45,8	32	54,2
3.	Development of needs concerning taking part in excursions	81	100	39	48,1	42	51,9
4.	Development of needs concerning taking part in camping	39	100	19	48,7	20	51,3
5.	Development of needs concerning taking part in rafting	26	100	14	53,8	12	46,2
6.	Development of taking part in: hiking skiing excursions bonfires	4	100	0	0	1	25
				0	0	1	25
				0	0	1	25
				0	0	1	25
7.*	Development of health behaviors	101	100	44	43,6	57	56,4
8.*	Getting to know own society/environment	100	100	44	44	56	56
9.*	Getting to know interesting places across the country	99	100	43	43,4	56	56,5
10.*	Getting to know interesting places abroad	46	100	25	47,2	28	52,8

Source: authors' elaboration on the base of research

Remark: Positive answers: *definitely yes, yes, rather yes.*

*In 7, 8, 9, 10 positions positive answers: *moderately, very big, big.*

The data presented in the table 2 show that school education had a greater impact on the development of tourism interests and healthy behaviors in village than in city/town. The inhabitants of village pointed on other, than listed in the questionnaire, forms of participation in tourism and took into consideration hiking, skiing, sightseeing trips. Taking part in rallies and campaigns as well as in hiking does not require lots of money and simultaneously it enables to get to know our own country or region, spending a lot of time out of doors and physical activity. This form of recreation is more available to inhabitants of villages than to people who live in the city or urban areas.

Table 3 contains positive opinions of respondents about the development of tourism interests as well as healthy behaviors according to their education.

Table 3. Positive opinions of respondents about the influence of school education on tourism interests and health behaviors according to education

I.n.	Number of answers Achieved goal	Total		Education			
		N	%	Higher		Secondary and lower	
				N	%	N	%
1.	Development of tourism interests	75	100	30	40	45	60
2.	Development of needs concerning taking part in rallies	59	100	22	37,3	37	62,7
3.	Development of needs concerning taking part in excursions	81	100	39	48,1	42	51,9
4.	Development of needs concerning taking part in camping	39	100	15	38,5	24	61,5
5.	Development of needs concerning taking part in rafting	26	100	14	53,8	12	46,2
6.	Development of taking part in: hiking skiing excursions bonfires	4	100	1	25	0	0
				1	25	0	0
				0	0	1	25
				0	0	1	25
7.*	Development of health behaviors	101	100	45	44,6	56	55,4
8.*	Getting to know own society/environment	100	100	43	43	57	57
9.*	Getting to know interesting places across the country	99	100	42	42,4	57	57,6
10.*	Getting to know interesting places abroad	46	100	19	41,3	27	58,7

Source: authors' elaboration on the base of research

Remark: Positive answers: *definitely yes, yes, rather yes.*

*In 7, 8, 9, 10 positions positive answers: *moderately, very big, big.*

The data included in the table 3 indicate that the respondents with a higher and lower education assess the influence of school education on tourism interests and healthy behaviors more positively. School education influenced their development of tourism interests positively, it encouraged to take part in various rallies, excursions, campaigns. Such events helped less educated respondents to better getting to know their own environment, interesting places across the country and abroad.

CONCLUSIONS

The main aim of the paper was to gain reply on what level (if any) school education influenced the effectiveness of taking part in physical culture through tourism. In the era of mobile communications, the pursuit of career, many people forget about healthy life style and taking care of their health. Not without reason media appeal to propagate physical activity. Therefore, a very significant thing is to educate young people to take part in physical culture and tourism. One should encourage and urge young people to healthy life style and take up various activities, especially sport activities. Contemporary educational system should improve educational programs so as to take bored children away from television or computer games. Physical education courses should be led outdoors, out of school areas, or biology

should take place in the open air. One should also take into account that organizing rallies, campaigns, or excursions more often would be a very good chance to get to know new cultures, new values of destinations as well as better integration among youths.

On the base of the results one can claim that the respondents' knowledge of the effectiveness of education on physical culture through tourism is satisfactory. Simultaneously, it does not mean that there is no need of tourism promotion in schools and the whole educational system. Participation in school trips is necessary and it should spur young people into action. At the same time, it can facilitate self organization of such trips and events for ourselves and our relatives.

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