

## FREE TIME RISKY BEHAVIOUR OF CONTEMPORARY YOUNG STUDENTS

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### Keywords:

- adolescence,
- the Internet,
- drug addiction,
- social deviation.

### Abstract:

The purpose of the dissertation is to present general terms from the field of free time and the ways of spending it in the first stage of adolescence. The article mentions the topics of inappropriate means of spending free time that increase the level of aggression among adolescents in the given stages of their lives. The author uses a study based on a questionnaire and conducts an analysis of the connection between free time activities and risky behaviour among children and young people. He points to the reasons for aggressive behaviour such as: the weakened role of a family home in raising children, the threat of drug addiction, alcoholism, social life becoming more brutal, violence and aggressive acts abundant on television and the Internet.

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### INTRODUCTION

The term “free time” has been present in human life from the very beginning, being the inextricable element of man’s existence. In the ancient times, Aristotle said, “What says the most about man is how he spends free time” [10].

The first definitions of free time were very general, defining it as the time that one has outside of professional life. This is how T. Veblen, the American sociologist and economist, defined the term in his book “The Theory of the Leisure Class” over one hundred years ago. At the time L. W. Warner i P. S. Lunt had a similar view on that matter, describing free time as “life after work as a whole” [9].

Nowadays there are many definitions of free time but in its colloquial meaning it is, in short and most often, time without duties, allotted to any activities [7].

A. Kłokowska introduced the following differentiation of free time behaviour patterns: intellectual (clubs of interests, training, debating), social (social organizations, charities), artistic (amateur artistic creation), technical (workshop), sports, tourist, participation in culture, ludic and social, and pathological.

In the pedagogical context, free time is rest, where the components include: play as active leisure, improving oneself, all forms of physical, cultural and social activity. The highlight of free time is rest that allows us to regain psychological and physical strength after work.

Another element of free time is entertainment (a form of play) that enables the improvement of mood and integration of social environments. Entertainment also leads to reprehensible acts occurring in free time, such as: alcohol and drug abuse, sexual perversions and various types of deviation.

In their free time, a lot of people pursue their hobbies. Games as a form of rest and integrating social groups through sport (e.g. volleyball, basketball, football) are a popular activity taken up by adolescents in all stages of development. In many cases games become

competition, where two sides try to win against the rival and compete with each other to gain importance. The purpose of games is to cheer up, relax and improve physical ability. Games can also be socially reprehensible, e.g. gambling.

Free time is an indispensable condition for participating in recreation, as any type of recreational activity refers to the time that is characteristic of it - free time [8].

In literature, „recreation” and „free time are often identified as words with similar meaning. Partly, it can result from the influence of the English language, where the word leisure may both mean ‘time off work and duties’ and ‘designed for recreation’” (Webster’s Encyclopedic...)

In the theory of recreation free time is analyzed in two categories. The first category is time (quantity approach) and the second category is the whole of human behaviour (quality approach). Free time, as time category, is time that is left for man after fulfilling work responsibilities, doing chores, school work, and time that is devoted to rest, entertainment and personal development. In this context we identify three types of free time (long, medium, short) (Póltorak 48) [1].

Activities of the young in their free time are subject to constant change and are characterized by striving to object to current forms considered to be obsolete and of little interest. Quite often these activities are a form of counterculture. At the beginning of the 21st century young people concentrate on listening to the music of the youth. It is viewing connected with watching the picture (through e.g. videos, video clips). The music itself is not interesting, moreover, it rather simple when it comes to structure. The second engrossing activity is using the computer and the Internet. It offers unlimited possibilities of interacting with other users or making use of written information or video. Computers games are a popular activity. A computer, and especially the Internet, pose a danger of addiction. The number of people addicted to it is continually increasing. Reading has substantially decreased, which is directly linked to the access to more attractive information that is video (picture and sound) that requires much less effort than reading.

Vandalism is a pathological form of behaviour. It is a form of antisocial behaviour characteristic of young people in the period of adolescence, and its purpose is to manifest their presence through a specific act of destruction meant to cause damage and is analogous to aggression. It is a demonstration mainly to prove one’s own strength and independence to oneself and to demonstrate that other people are of no account to them. Vandalism of this type can result from mindless spontaneous reactive behaviour. Vandalism refers to destroying various facilities, and graffiti painted on the walls of newly renovated houses or monuments. Naturally, painting graffiti is not vandalism as such if it consists in performing this form of art in places designated for this purpose. However, there is a very distinct line between art and vandals ruining walls by painting graffiti on them.

There are many forms of group behaviour that young people partake in willingly. They include dancing at the discos, participation in mass music or sports events, group trips combined with camping, and doing active amateur sport. Taking part in various ecological movements and other anti-establishment movements, which organize diverse forms of group protest, is an important activity appealing to young people in the stage of adolescence [6].

According to police reports, journalist coverage, and some psychologists, the reasons for aggression and violence are as follows: children and young people have easy access to alcohol and drugs, they are social misfits, their family relationships are not beneficial to them, the society becoming impoverished, failures at school, poor and ineffective functioning of school organizations, and largely superficial influence of the Church. Other reasons include negative impact of the media and the lack of facilities and models for attractive ways of spending free time [7].

According to psychologists, who are probably the closest to the truth, young offenders are the result of socially inadequate role models. The real cause is the inability to use the excess of free time efficiently and to adapt to the new political and economic reality. The problem consists in the emergence of a great number of so-called undeveloped young people. Young generation entering adult life does not find jobs, increases the number of the unemployed, feels useless and frustrated. Frustration is not the only source of aggression. Aggressiveness is also generated by the market and any competitive relationship. We have got used to the fact that in a competitive situation every success of the competition equals failures of a few other people. The philosophy of life that one's competition or rival must be eliminated is becoming more and more popular. Children's and young people's behaviour becoming more brutal results from social conflicts, moral disorder and the brutality of the world of adults. These are the obsessions that have pestered our society for over half a century, and at the moment they are accompanying the system transformation – tumultuous changes in the value system. Personal and group conflicts, wealth inequality, contradictions, divisions and hostility, which give rise to violence and aggression. Cooperation has been removed from social behaviour due to the mutual exclusion of group goals. It has been replaced with competition and fight as well as hostility and hate [7].

### THE PERIOD OF ADOLESCENCE

Adolescence encompasses the period of biological and psychological changes leading to adulthood. It can be divided into two stages: early and late adolescence [6].

**Table 1.** The period of adolescence, Source: [6].

Stages of adolescence	Age	Main development changes	Meaning for free time
Early adolescence	10-17	Accelerated growth of the body, achieving sexual maturity, attempts to break free from parental control.	Changes in many free time activities, the influence of youth subculture, assuming new roles, the danger of pathology, the beginning of a career, starting families, independent tourist trips, the forming of lifestyle in free time.
Late adolescence	18-25	The end of physical growth, social maturity, personality, identity, autonomy, mature attitude to family members.	

### THE PERIOD OF ADULTHOOD

The influence of age on recreational behaviour in free time is discussed based on the example of R. Gould's model of the phases of becoming older in the period of adulthood (20 to 94 and older).

The stages of development in the period of adulthood according to R. Gould (1975) can be found in the table below.

**Table 2.** The period of adulthood, Source: [6].

D. Levinson		R. Gould (1975)		Typical changes of behaviour in free time in the sphere of tourism and recreation.
Early adulthood	20 – 40	Younger age	20-29	
Middle age	41 – 60	Early maturity	30-44	
		Complete maturity	45-64	
Late adulthood	61 and older	Old age	65-74	Complete social and work stability, the stability of free time behaviour, the first symptoms of retreat and changes.
		Late old age	75-94	
				Gradual retreat and changes into behaviour that requires less physical exertion.

## **THE INFLUENCE OF PEERS**

In the period of late childhood and adolescence, peers are role models more appealing than parents. A peer group provides support and encourages to behave in a specific way. One of the reasons for this phenomenon is helplessness in the face of recurring difficulties.

As proven by the study conducted by D. Yankelovich (1975), passive forms of spending free time are directly correlated with vandalism. M. Csikszentmihalyi (1977) confirms this claim. It may also be connected with breaking the family bonds and compensating for them through gaining recognition from a peer group. Vandalism, therefore, is not only caused by the lack of thoughtfulness in young people, but it is also reinforced socially by approval or condemnation of such behaviour, which, in turn, generate a mechanism of objection to constraints, typical of adolescents [6].

## **MATERIAL AND METHOD**

The research was conducted by myself in April 2014 in the Podkarpackie Province. The respondents were adolescents in the early stage of development encompassing ages 10 – 17 – boys and girls from first and second grades of middle and secondary schools. The group in the study consisted of 60 people/ 28 girls and 32 boys. The boys who took part in the study were 13 to 15 years old. The average age of the boys polled was 14,5 years old, while the girls taking part in the study were 14 to 15 years old. The average age of the girls was 14 years old. In my research I used a diagnostic survey with a questionnaire containing 45 closed questions and 5 open questions. The results show certain contrast between transformations of stages of adolescents and point to the changes in the ways of spending free time.

## **ANALYSIS AND INTERPRETATION OF THE RESULTS OF MY OWN RESEARCH**

Twenty-eight percent of the boys questioned responded that they belong to certain youth subcultures. Fifteen percent of them belong to a group of football fans, where the average age of this group is 14 years old, 0.09 % of them belong to a group of “hipsters”, where the average age of the group members is 13.5 years old, and 0.03 % of them are “Rastafarians” represented by the age group of 15-year-olds. The remaining students do not belong to any subculture. Ninety-two percent of the girls questioned do not identify with any youth subculture, while 0.04 % of them state that they do not know what a subculture is, and 0.04 % of the girls claim that they belong to the football fans subculture.

The most popular forms of spending free time among adolescent boys are as follows: using the Internet (68 % of them), watching television (7 % of those questioned), and using sports facilities (25 % of them). When asked in the questionnaire how often adolescents read books, 68 % of the boys answered that they do not read books at all, 10 % of them read something once a week, while 12 % of the boys stated that they read something once a year, and 10 % of them - once a month. Simply by looking at the first few questions one can conclude that the most appealing free time activity among the boys is using the Internet. Thirty-nine percent of the respondents spend 5 hours and more every day surfing the Internet, 40 % of them spend 2 hours a day on the Internet, while 21 % of those questioned devote to it 1 hour a day. They use the Internet for the following purposes: academic (6 % of them), watching films (19 % of them), games (53 % of them), and other purposes (22 % of them). The most popular social networking site is Facebook, used by 94 % of the boys questioned during the day. Six percent of the respondents use social networking sites other than Facebook. On the plus side, 81 % of the boys questioned could refrain from using the Internet for a week, while 12 % of them could not do that, and 7 % of them cannot imagine life without the Internet. Although the respondents claimed that most of them could do without the access to the Internet, this “Internet abstinence” would cause them to suffer from negative emotions: it turns out that with a prolonged lack of the Internet, 25 % of them experience

frustration, 21 % - annoyance, 9 % - anger, and 7 % of them become bored. Four percent of the adolescents questioned feel inner calm when they do not have access to the Internet. Twenty-eight percent of them do not react in any way to denied access to the Internet. Young boys in the first phase of growing up (10 to 17 year old), due to the lack of bonds with their parents, often use websites that require age verification, so-called +18 websites. Fifty-three percent of the boys questioned state that they visit websites for adults. The main reasons that they name are as follows: the lack of activities in their free time (16 %), out of curiosity (9 %), in order to satisfy their sexual needs (9 %), out of boredom (9 %). The frequency of viewing the sites meant for adults plays an important part. Twenty-two percent of the boys state that they visit websites for adults five times a week or more, and 24 % - once or twice a week. It can be concluded from the conversations with the boys questioned that the efficiency of sex education at school is very low. Conversation and information about sexual sphere are missing from the lives of young boys, which results in their visiting websites for adults. The fact that parents do not have enough time also contributes to the situation where young people often view sites with erotic content. It may lead to the young people's problems with their sexuality in the future.

The most popular forms of spending free time among female adolescents are: using the Internet (58 % of them), watching television (18 %), using sports facilities (3 %). When asked what books they read, 21 % of them stated that they read something every day, 25 % of the girls answered that they read once a year, 18 % of them read once a month, and 14 % of them - once a week. Compared with the boys, it can be concluded that girls in the first phase of adolescence read more often. Nevertheless, using the Internet is still the most popular form of spending free time.

Fifty percent of those questioned spend over 2 hours a day viewing websites, 25 % of them – 1 hour a day, while 24 % of them – over 5 hours a day. The girls usually use the Internet for academic purposes (11 %), watching films (39 %), games (7 %), and other purposes (43 %). The most popular social networking site is Facebook; it is used during the day by 96 % of the girls questioned, and 4 % of them use other social networking sites. The good news is the fact that 64 % of the girls could refrain from using the Internet for a week, but 18 % of them could not do that, while 18 % cannot imagine life without it. It appears that using the Internet is of greater importance to the girls than it is to boys. Even though the girls questioned claimed that most of them could do without the Internet, a long time without Internet makes 11 % of them feel frustration, 14 % - annoyance, 11 % - aggression, and 4 % of them experience anger. Fifty percent of those questioned state they have no reaction to denied Internet access. It is disturbing that the girls often visit sites that require age verification, so-called +18 websites. Twenty-nine percent of the girls state that they visit websites for adults for various reasons, e.g. lack of activities in their free time (11 %) and out of boredom (18 %). The frequency of visiting the sites designed for adults plays a significant part. Eighteen percent of the girls state that they visit websites for adults once a week, while 11 % of them visit these sites 5 times a week or more often.

**Table 3.** Interest in activities among boys

Activities	extent to which I find them interesting						I do not find them interesting at all	
	great		medium		small		%	N
	%	N	%	N	%	N		
comfort, convenience	56	18	35	11	9	3	0	0
food	47	15	41	13	9	3	3	1
night life	56	18	35	11	9	3	0	0
sexual experiences	43	14	19	6	19	6	19	6
sport, judo, karate	56	18	32	10	9	3	3	1
physical exercise	62	20	22	7	16	5	0	0
technology, DIY	47	15	22	7	22	7	9	3
trade, business	22	7	22	7	22	7	35	11
political and social activity	15	5	15	5	35	11	35	11
voluntary work	9	4	28	9	22	7	41	13
academic topics	22	7	25	8	32	10	22	7
works of art	8	4	15	5	22	7	50	16
reading novels	9	3	8	4	25	8	53	17
trips, tourism	47	15	22	7	9	3	22	7
engaging in recreational activity in free time	25	8	41	13	19	6	15	5
family life	47	15	41	13	9	3	3	1
“lazing about”	50	16	34	11	9	3	9	3
alcohol consumption	66	21	9	3	3	1	22	7

Source: *author's own elaboration*

**Table 4.** Interest in activities among girls

Activities	extent to which I find them interesting						I do not find them interesting at all	
	great		medium		small		%	N
	%	N	%	N	%	N		
comfort, convenience	43	12	46	13	11	3	0	0
food	39	11	46	13	15	4	0	0
night life	46	13	46	13	7	2	1	1
sexual experiences	14	4	11	3	18	5	57	16
sport, judo, karate	28	8	28	8	28	8	15	4
physical exercise	46	13	32	9	11	3	11	3
technology, DIY	18	5	18	5	21	6	43	12
trade, business	7	2	18	5	21	6	54	15
political and social activity	1	1	7	2	21	6	71	19
voluntary work	8	2	39	11	28	8	25	7
academic topics	15	4	32	9	21	6	32	9
works of art	25	7	17	5	25	7	32	9
reading novels	32	9	28	8	21	6	18	5
trips, tourism	61	17	28	8	1	1	1	1
engaging in recreational activity in free time	32	9	18	5	28	8	21	6
family life	39	11	46	13	15	4	0	0
“lazing about”	53	15	21	6	18	5	8	2
alcohol consumption	15	4	0	0	1	1	1	1

Source: *author's own elaboration*

The table above shows the extent to which boys in the first phase of adolescence find free time activities interesting. The most popular activity in free time is alcohol consumption. Sixty-six percent of the respondents drink alcohol in their free time. Another activity is physical exercise: 20 boys out of 32 questioned stated that they are very much interested in sports. Other highly popular forms are comfort and convenience – 56 % of those polled felt that these are very important to them. Social life also takes high place on the list – 56 % of

adolescents lead night social life. Sport, judo, karate are further proofs that 56 % of young people allot their free time to their passions and hobbies. Another activity that young people find appealing is „lazing about”, 50 % of them admit that they like to rest. Other activities highly esteemed by adolescents are as follows: eating, DIY, trips and tourism, family life, and sexual experiences. Analyzing the above table, one can detect a contrast between activities popular with young boys, as well as activities taken up by young adolescents less often. It can be observed that young people nowadays pay attention to having a lot of fun, staying fit and doing physical exercise. Sexual experiences constitute a vital aspect of their lives, more important than undertaking recreational activities in free time (only 25 % of those polled show considerable interest in recreational activities). Young people are not interested in reading, as opposed to other activities, which are a more significant recreational aspect. Voluntary work is not popular with young people either.

### **ADOLESCENTS AND SUBSTANCES**

Seventy-one percent of the girls polled state that they take active part in parties (discos), while 11 % of them admit that they do not partake in mass events. Fourteen percent of the girls also stated that they attend parties every day, while 4 % of the girls participate actively in parties a few times a week. When it comes to boys, 59 % of those questioned answer that they often take part in mass events. Twenty-eight percent of them do not attend parties. The boys stated that they take active part in parties a few times a week (6 %), but 6 % of them attend such parties every day.

When asked if they drink a lot of alcohol at the parties, 84 % of the boys stated that they do not, while 16 % of them admitted that sometimes they abuse alcohol. It would seem that it is a low percentage of people consuming alcohol. Nevertheless, the mere fact that young people aged 10-17 have alcoholic drinks is a signal that every year the number may increase. The above data should be a warning for parents and legal guardians and attract their attention to the way young people spend their free time. Eighteen percent of the girls polled drink too much alcohol, the remaining girls occasionally have alcoholic drinks. Taking into consideration both sexes, the problem of alcohol abuse among people who are so young is too grave, as every year it may lead to the increase in the number of adolescents drinking alcohol, both girls and boys. All of the boys polled claim that they have never lost awareness or consciousness after drinking alcohol. They assert that they always control the number of drinks or other types of alcohol that they have, while 14 % of the girls admitted that they have lost consciousness due to alcohol abuse. When asked about the reasons for drinking alcohol, 6 % of the boys admit that they abuse alcohol to unwind, while 28 % of them acknowledge that they drink too much in order to have a lot of fun. Eighteen percent of the girls questioned drink alcohol to enjoy themselves, while 7 % of them state that alcohol is a perfect way to escape problems that they cannot cope with every day. The boys also state that 6 % of them are inclined to act aggressively after drinking alcohol, 3 % of them acknowledge the fact that drinking alcohol makes them use physical violence, and 3 % of them admit that they use psychological violence. Fourteen percent of the girls claim that they are hyperactive and tend to react aggressively, 7 % of them use physical violence when under influence, 3 % of the girls state that they tend to use psychological violence, and 4 % of them display other forms of aggression. Among the members of both sexes there are also people who smoke cigarettes: 12 % of the boys and 14 % of the girls. Nine percent of the boys polled admit that they become easily irritated when they cannot smoke, while 7 % of the girls react aggressively. Three percent of them become upset when they cannot have a cigarette. Among the smoking girls a packet of cigarettes a day is the minimal dosage, whereas for the boys it is 2 packets a day. Twenty-two percent of the boys and 14 % of the girls polled have taken drugs. When asked to name the types of narcotics they have taken, both boys and girls admitted to having

experience with hard drugs like cocaine, stimulants (substances stimulating the central nervous system) such as amphetamine, depressants (substances delaying reactions of the central nervous system) such as opioids (heroin) and soft drugs such as marijuana, hashish, LSD (lysergic acid diethylamide). Six percent of the boys and 18 % of the girls polled abuse drugs on various occasions, e.g. at parties in clubs and at house parties. Out of 32 boys questioned 100 % of them state that they are not addicted to drugs, while 3 % of the girls admit to drug addiction. Young people have experienced various risky and dangerous situations at parties, one of these was having an intoxicating substance added to drinks or other alcoholic beverages. Nine percent of the boys have witnessed such a situation and 6 % of them reacted by drawing the waiter's attention to the problem, while 3 % of them called the police, and other boys admitted that even if they witnessed this situation they would not react in any way as it would not concern them. Twenty-eight percent of the girls have been in a similar situation. Seven percent of them called the police, 7 % of them informed the owner the alcoholic drink of the issue, while the remaining girls claim that it is none of their concern and they would not get involved in such a situation.

### **SOCIAL DEVIATIONS AMONG THE ADOLESCENTS OF BOTH SEXES**

A deviation from the rules of functioning in a society and behaviour at variance with social norms and values that were found among the respondents is vandalism. Six percent of the boys and 28 % of the girls polled admitted to acts of vandalism. The most popular manifestation of vandalism among adolescents of both sexes is damaging bus stops, painting on and damaging road signs.

### **AGRESSION OF THE YOUNG ADOLESCENTS**

The most intense aggression is generated in young boys by the lack of Internet access, younger siblings' behaviour, and basic activities requiring patience (such as queuing at a hairdresser's). Young students also stated that the reasons for their irritations include school work overload, pop quizzes, and a lot of stress. In order to unwind, young people often choose inappropriate forms of spending free time. When the classes are over, the boys often come home filled with aggression, and this behaviour is often projected onto family life. They admitted that matches that end in physical violence are the ones that they enjoy the most. Thirty-four percent of them state that they take part in matches where there are acts of physical violence among football fans. Twelve percent of the boys polled admit that they themselves take part in fights.

The most popular forms of aggression among the girls are arguments with family members and friends. When asked to do a basic activity, e.g. helping with chores, they often display anger and aggression. Another spur to aggression is being told that they did something that they never did or something that is not true. The girls questioned stated that they often become aggressive when shop assistants refuse to sell them cigarettes as they feel inner anger. They named Mathematics teachers as the people who cause their inner anger. Aggression is also present in the Physical education class; when the girls compete against one another in different sports, they often become involved in fights. Twenty-eight percent of them state that they take part in sports matches that end in physical violence. Eighteen percent of them partake in such fights.

Various gambling games also pose a threat to young members of both sexes. Eleven percent of the girls and 3 % of the boys questioned admit to having gambling problems. They are usually Internet games that require payments.



## **INTERPERSONAL RELATIONSHIP BETWEEN ADOLESCENTS AND THEIR FAMILIES**

Twelve percent of the boys polled stated that their parents are not concerned about the boys' problems. Six percent out of 12 % of those questioned claim that their parents work all the time and do not have the time to talk to their sons. Nineteen percent of the boys state that they trust their friends more than their own parents. Nineteen percent of them complain that they do not feel parental psychological support and are left to themselves with their problems. As for the girls polled, 25 % of them state that their parents are not interested in their daughters' lives. The girls say that 18 % of the parents does not intervene in the way that they spend free time, while 7 % of them state that their parents, due to their jobs, do not have the time to pay attention to them as they come home from work late and they are tired. Twenty-eight percent of the girls admit that they have more confidence in their friends than in their parents since the circles of friends are better acquainted with their life situation than their parents. Eighteen percent of the girls admit that they do not have their parents' psychological support.

## **ADOLESCENTS AND HOUSEHOLD CHORES**

Ninety-four percent of the boys polled say that they help their parents with household chores in their free time. The activities most often done are as follows: vacuuming (37 %), washing up the dishes (6 %), taking out the trash (22 %) and other chores, such as gardening and piling wood for fire in winter (28 %). It can be observed that young people do their chores completely voluntarily in their free time. However, sadly, 66 % of the boys questioned do the chores unwillingly, other 19 % of them get someone else to do the chores for them (e.g. younger siblings). Only 15 % of the boys fulfill their responsibilities at home willingly and happily.

Eighty-six percent of the girls polled state that in their free time they help their parents with such chores as washing up the dishes (43 %) and cleaning the entire house (3 %), while 37 % of them help with other household chores. Doing the chores makes 21 % of them feel angry because they have to do them, 25 % of them make their younger siblings do the chores for them, while the remaining girls are happy to help with the housework.

## **WHO HELPS ADOLESCENTS IN DEFINING THEIR LIFE GOALS ?**

Sixteen percent of the boys questioned get their life goals from books, the press, radio or television. Thirty-seven percent of them state that their parents help them to define these goals, 9 % of the boys claim that their grandfather or uncle helps to shape their life goals, and 9 % of them are helped by siblings. Seventy-two percent of them define their life goals and plans themselves.

Eleven percent of the girls polled look for inspiration for finding their life goals in books, radio, the press and television, 21 % of them state that parents help them to define their personal goals, and 28 % of the girls mention the influence of their peer group, school friends and good friends. Thirty-nine percent of the girls decide about their life goals themselves.

## **ADOLESCENTS AND CHRONIC FATIGUE SYNDROME**

The average time spent at school is 10 hours per day. Ninety-one percent of the boys questioned state that they feel exhausted after spending 10 hours at school. Young boys often complain that they have backache caused by sedentary lifestyle. Physical education classes are not enough as there are very few of these per week, and 78 % of the boys say that the amount of classes at school prevents them from spending their free time in an active way and taking up recreation in free time. The first activity of the boys coming home from school is having their first meal of the day. Over half of them (53 %) begin their first meal at the time

when other people eat supper. It is a major problem among young people, as in this phase of development the number of meals plays a significant part. In this stage of development boys go through various transformations and biological processes, such as forming of organs of growth and hormones. Bad eating habits can have negative impact on health, as they may lead to many diseases, e.g. the diseases of modern civilization. World Health Organization informs us that a young society faces a threat of health problems as in a few years it may be affected by serious diseases such as diabetes and atherosclerosis caused by poor diet, as well as mental disorders caused by constant stress. Eating performs a basic function in man's life; a person who experiences hunger cannot think rationally, feels anger and is more susceptible to aggression. Other free time activities are: watching television, studying and sleeping.

Ninety-six percent of the girls questioned display symptoms of Chronic Fatigue Syndrome caused by constant stress, feeling of tiredness, problems with concentrating and memory, restless sleep and sudden mood swings. Eighty-five percent of the girls state that due to the high number of classes at school (10 hours) they do not have the time for free time activities. Their first activities after coming home from school are: eating breakfast and dinner, smoking a cigarette, doing homework, reading set books, watching television, using the Internet, resting and sleeping.

## **CONCLUSIONS**

To summarize the above deliberations, I would like to point to the fact that the world is governed by the virtual reality that is the Internet. The famous phrase "If you are not on Facebook, you do not exist" is the most accurate summary of the above dissertation. Nowadays young people face many dangers connected with surfing the Internet. The main problems of young people result from the lack of concern from their parents. Adults do not usually pay attention to their children and that is why young people look for the answers to their niggling questions on the Internet. It is a disturbing fact that both boys and girls visit websites with pornographic content. Nowadays pornography is very common; many psychologists belittle the problem, and they justify young people by saying that viewing forbidden content does not affect them in a negative way. The results of studies prove the opposite. In the first phase of adolescence young people go through a period of tumultuous physical and psychological transformations. Such forms of spending free time often lead to tempestuous changes in their psyche. Due to the access to such forms of spending their free time young people may face the danger of various types of sexual abuse. It is often the case that people who adolescents communicate with over the Internet are not who they claim to be. The problem of paedophilia and using young people for sexual purposes is present on the Internet. That is why parents should talk to their children and make sure that the Internet does not become the main source of their knowledge, where young people will gather information concerning their sexuality uncritically and unquestioningly.

Addictions are another problem. Although the research did not yield disturbing results regarding young people's addictions, it should be noted that it was conducted on a small group of students (60 people), and the mere fact that adolescents have already come into contact with drugs or alcohol abuse is the proof that the problem will escalate every year in the future.

Young adolescents' lifestyle is also a disturbing problem. Young people show the signs of chronic fatigue. Chronic Fatigue Syndrome lowers the physical activity of the young generation. Young people coming back from school are not interested in physical activity, which is a perfect way to recover strength after classes. Instead of spending their time in an active way, young people move from a ten-hour sedentary position to another sedentary situation since the first actions performed after school are: eating and using the Internet.

Sedentary lifestyle leads to obesity among young people, and sometimes to more serious diseases, effects of which may become apparent in the near future.

The ever growing aggression among young people is also alarming. Violence and aggression have permeated everyday life, and they are present everywhere: in a family home, in a workplace, in care and education facilities, and in schools. The statistics on young people's offences are alarming and worrying. Public opinion is shocked on regular basis by the reports of cases where young people are bullied and persecuted, and by cases of physical and psychological violence. According to psychologists, the reasons for the presence of aggressive behaviour come from environments forming inadequate socialization: a family, a school, a peer group and the media. The reasons that come from a family are first of all the lack of love, warmth and interest in a child's life; too much leniency, consent for a child to use violence towards others, absence of clearly defined norms and clear delineation of what is right and what is wrong. Adults need to find effective ways of dealing with this pathological phenomenon.

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