

UDC 379.8-057.875(497.113)

Josip Lepoš,**Szabolcs Halasi,** *University of Novi Sad, Teachers' Training Faculty in Hungarian (Subotica, Serbia)***Aliz Bohner-Beke,** *Eotvos Jozsef College (Baja, Hungary)*

LEISURE TIME OF TEACHERS' TRAINING FACULTY STUDENTS IN SUBOTICA

Introduction

Health and the life style are connected with physical activity which should be part of everyone's daily routine. Physical activity is considered today to be more important than ever before, especially having in mind increased obesity and following diseases. Insufficient physical activity is related to the progress of different diseases (Kohl, 2001; Blair et al., 2004; Hermelahti et al, 2004) causing 1.9 million premature deaths per year globally (WHO, 2002). Physical activity is closely related to mental health and well-being (Sjogren et al, 2006). It is well known that the type and the amount of physical exercise that one is engaged in plays major role in preserving one's health and body weight. Those people that are constantly engaged in physical activities are not doing that just to preserve their own healthy body weight, but to lower the risk of creating some chronic diseases (Blair & Hardman, 1995). Intensive practice of physical activity is clearly connected with maintaining the body weight. Body engaged in physical activity responds to changes by almost all physiological systems, primarily by bone-muscular, cardiovascular, respiratory, endocrine and immune system (Mikalački, 2005; Mišigoj- Duraković, 2006). The environment and socio-economic conditions have significant role in the occurrence of overweight and obesity related to insufficient physical activity (Dunton, 2005). Exceeding amount of fat is harmful for the body and it presents more load on the joint and on the tissue around the joint which increases the risk of the diseases (tumor of the cologne, kidney, diabetes, heart dieses). Modern society is making fast and constant progress in the area of human activity. Due to automatization and robotization man of today doesn't have major needs for movement during life and work, which at the end brings to lower level of his psycho-physical capabilities. Lack of movement reflects time during man of today lives and works, and it is known that moving represents one of the important health factors (Pantelić et al., 2008).

The purpose of this study was to collect data from students of Teachers' Training Faculty in Hungarian (TTFH) in Subotica about behaving at their free time, focusing on physical activities and sedentary behavior.

Methods

The TTFH carried out a survey to assess the leisure time habits of their students in academic year 2013/2014. This study included a total of 116 voluntary undergraduate students (male: 23, female: 93). The questionnaire included 31 items, distributed in 5 blocks: descriptive data (3 items), healthy habits (5 items), feeding habits (5 items), sedentary behavior (14 items) and unhealthy behaviors (4 items). The anthropometric

measures body mass and body height were taken using standard procedures and instruments, and accordingly, BMI (height/weight²) values were calculated. Descriptive statistics and frequency distributions were taken into consideration by gender. Parametric data with t-test, non-parametric data with Mann-Whitney U test were calculated.

Results

Students reported that they had spent almost one day in a typical week engaged in sedentary behaviors, but they also indicated they had participated in some exercise about 2 hours a week (Table 1).

Table 1. Gender differences

	Gender	M	SD	t
BMI (kg/m ²)	M	26.54	7.14	4.97*
	F	21.81	2.90	
TV/DVD (hour/week)	M	8.83	6.00	-1.28
	F	9.69	6.28	
PC (hour/week)	M	14.83	10.84	0.43
	F	13.81	10.00	
Total TV/DVD+PC	M	23.65	12.88	-0.29
	F	23.50	12.45	
Sport time (min/week)	M	120.00	80.91	0.89
	F	99.57	101.31	

Legend: M-mean; SD-standard deviation; t-independent-samples t-test; * $p \leq 0.05$.

The male students reported greater participation in healthy habits than did female students, and they also spent more time with sedentary behavior, but the difference were not significant. Significant differences appeared only in BMI variables, where the results pointed out that males at the faculty are inclined towards obesity according to WHO references (2000).

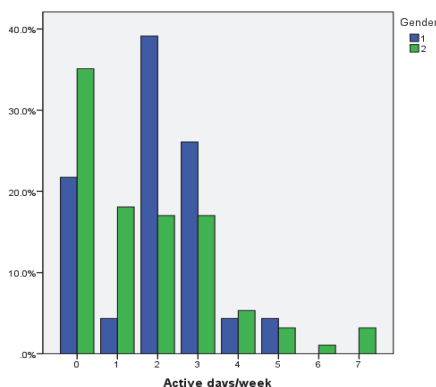


Figure 1. How many days are you active a week?

Results showed that 35.1% of female students are not involved in any physical activities during free time, while 65.2% male students are engaged in some physical activities at least 2-3 times a week.

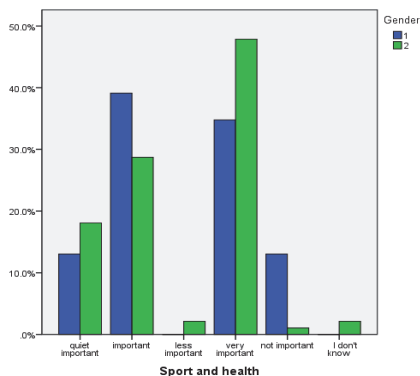


Figure 2. Sport is important to be healthy

According to students' opinion, 76.1% of them consider sport as important or very important factor in maintaining health.

Discussion

The excess body mass and low physical fitness were associated with several metabolic risk factors that increase students' risk of chronic disease (Sasceck et al., 2010). Research has consistently revealed that lifestyle behaviours of the young adult population are putting individuals at an increased risk for the development of numerous chronic diseases later in life (Sparling, 2003). Obesity and higher body weight are strongly associated with a sedentary lifestyle and lack of physical activity in the adult population of the European Union (Martinez-González et al., 1999). During student years, students become more sedentary and as their physical activity levels decrease. Watching television, using the computer or playing video games and finishing tasks for the university, these all belong to the sedentary behavior, and students forget to be physically active. They must find the balance between those areas. The majority of the negative health outcomes that arise from physical inactivity are largely preventable with lifestyle changes. Physical activity patterns during college are important influences on habitual physical activity during the full span of the adult life and, consequently, have significant implications for short- and long- term health outcomes (Sparling, 2003). Living an active lifestyle by integrating physical activity into an individual's daily routine can be an effective way to increase personal fitness (Edwards & Tsouros, 2006).

Students spent little time on physical activities in their free time and a lot of time with sedentary behaviour. It has to be changed, because by time they will become teachers and if they are bad examples to children we can't expect from the society to be

healthier. The role and importance of physical activities should be taught on the universities. With the change of the university curriculum in all year there should be a course related to physical activity for which students could get credits and they would attend it weekly. It would help to make it possible for students to lead not only a sedentary but on active way of life organized by the university.

References

- Blair, S.N., & Hardman, A. (1995). Special issue: Physical activity, health and wellbeing an international scientific consensus conference. *Research Quarterly for Exercise and Sport*, 66(4), 141-149.
- Blair, S.N., LaMonte, M.J., & Nichaman, M.Z. (2004). The evolution of physical activity recommendations: How much is enough? *American Journal of Clinical Nutrition*, 79 (5), 913-920.
- Dunton, F.G., Whalen, C.K., Jamner, L.D., Henker, B., & Floro, J.N. (2005). Using Ecologic Momentary Assessment to Measure Physical Activity during Adolescence. *American Journal of Preventive Medicine*. 29(4), 281-287.
- Edwards, P., & Tsouros, A. D. (2006). Promoting physical activity and active living in urban environments: The role of local governments. Copenhagen, Denmark: World Health Organization, Regional Office for Europe.
- Hernelahti, M., Kujala, U., & Kaprio, J., (2004). Stability and change of volume and intensity of physical activity as predictors of hypertension. *Scandinavian Journal of Public Health*, 32(4), 303-9.
- Kohl, H.W. (2001). III Physical activity and cardiovascular disease: evidence for a dose response. *Medicine and Science in Sports Exercise*, 33(6), 472-83.
- Martínez-González, M., Martínez, J., Hu, F., Gibney, M., & Kearney J. (1999). Physical inactivity, sedentary lifestyle and obesity in the European Union. *International Journal of Obesity and Related Metabolic Disorders*, 23(11), 1192-201.
- Mikalački, M. (2000). *Teorija i metodika sportske rekreacije*. Novi Sad: Fakultet fizičke kulture.
- Mišigoj-Duraković, M. (2006). *Kinantropologija - biološki aspekti tjelesnog vježbanja*. Zagreb: Kineziološki fakultet.
- Pantelić, S., Savić, Z., & Randelović, N. (2008). Promena kardiovaskularnih fitnesa nakon realizacije programskih sadržaja fizičkih aktivnosti. *Journal of Anthropological Society of Serbia*, 43, 429-39.
- Sacheck, J. M., Kuder, J. F., & Economos, C. D. (2010). Physical fitness, adiposity, and metabolic risk factors in young college students. *Medicine and Science in Sports and Exercise*, 42(6), 1039-1044.
- Sjogren, T., Nissinen, K.J., Jarvenpaa, S.K., Ojanen, M.T., Vanharanta, H., & Malkia, E.A. (2006). Effects of a physical exercise intervention on subjective physical well-being, psychosocial functioning and general well-being among office workers: a cluster randomized-controlled cross-over design. *Scandinavian Journal and Medicine Science in Sports*, 16(6), 381-90.

- Sparling, P. B. (2003). College physical education: An unrecognized agent of change in combating inactivity-related diseases. *Perspectives in Biology and Medicine*, 46(4), 579-587.
- World Health Organization. (2000). Obesity: preventing and managing the global epidemic; WHO Technical Report Series. 2000. pp. 1-252.
- World Health Organization. (2002). *The world health report: reducing risk, promoting health life*. Geneva: *World Health Organization*, p. 61.

LEISURE TIME OF TEACHERS' TRAINING FACULTY STUDENTS IN SUBOTICA

Physical activity contributes to physical, mental and social health and improves the quality of life of people of all ages. Physical inactivity and sedentary lifestyle are a public health problems in Serbia. The purpose of study was to collect a data from students of Teachers' Training Faculty on Hungarian (TTFH) in Subotica about behaving at their free time, focusing on physical activities and sedentary behavior. The TTFH carried out a survey to assess the leisure time habits of their students in academic year 2013/2014. This study included a total of 116 voluntary undergraduated students (male:23, female:93). The questionnaire included 31 items, distributed in 5 blocks: descriptive data (3 items), healthy habits (5 items), feeding habits (5 items), sedentary behavior (14 items) and unhealthy behaviors (4 items). The anthropometric measures body mass and body height were taken using standard procedures and instruments, and accordingly, BMI (height/weight²) values were calculated. Surveyed male students reported greater participation in healthy habits than did female students, and they also spent more time with sedentary behavior, but the difference weren't significant. Students spent little time on physical activities in their free time and a lot of time with sedentary behaviour. It has to be changed, because by time they will become teachers and if they are bad examples to children we can't expect from the society to be healthier

Key words: *leisure time, physical activity, students.*