

PHYSICAL ACTIVITY DURING LEISURE TIME OF STUDENTS FROM RUSE UNIVERSITY ANGEL KANCHEV AND SOFIA UNIVERSITY ST. KLIMENT OHRIDSKI, BULGARIA

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Abstract: *Health education and physical activity are essential for the prevention of health at any age. The formation of habits for a healthy lifestyle is a particular type of system life activities aimed at effective utilization of free time. The healthy lifestyle is achieved through personal health culture, values orientation and motivation of people. The participation of students in sports activity during leisure time is very important for personal physical and mental health. The aim of these paper is to examine and compare physical activity in leisure time of students from Ruse University Angel Kanchev and Sofia University St. Kliment Ohridski, Bulgaria. Main tasks: Development of questions from the survey; Conducting the survey, processing and analysis of results; Displaying the necessary practical conclusions. Organization and methodology: The survey was conducted during the school year 2015/2016. in Ruse University Angel Kanchev and Sofia University St. Kliment Ohridski, Bulgaria. The research was realized on a total sample of 280 students, particularly 114 students at the Faculty of Natural Sciences and Education at University "Angel Kanchev" in Ruse and 166 students at The Faculty for preschool and primary school education at Sofia University "St. Kliment Ohridski", Bulgaria.*

Keywords: *universities, physical activity, students, leisure time, differences*

Physical activity is one of the main factors for primary health prevention. On the one hand counteract Hypodynamia, which is a risk factor for the occurrence of many socially significant diseases. On the other hand, as a result of systematic exercise achieves structural and functional changes in the body. It enhances the immune system, reduces stress, takes leisure and adjusts positively.

Health education and physical activity are essential for the prevention of health at any age. A healthy lifestyle is a particular type of system life activities aimed at preserving and improving the health of individuals. This is achieved through personal health culture, values orientation and motivation of people.

Leisure is especially important during adolescence and early adulthood, when external factors have a major influence on the creation of privacy and identity of youth [4]. Students are in the category of youth who represent the intellectual elite. They are the future leaders of the world in the life of each country. The period of training at the University is special when you expect young people to develop their social skills and ability to pursue permanent social roles in all areas of human activity. On the other hand, the transition to University brings many changes in the development and stresses in the lives of students. Students are in a new environment, have left the home, parents and friends, and try to

make new contacts and friendships. Their way of life is changing significantly. University duties and responsibilities increased and outside students seeking more effective time management. All these changes often lead to uncertainty and loss of confidence. Students often complain of loneliness, homesickness, conflicts and violations in communicating with their peers, as well as increased stress [9].

Many studies confirm the reduction of physical activity in the initial period of training in universities [5, 12, 19, 23]. In another study points out that the period from 20 to 25 years is critical. It significantly reduces physical activity and sport activities. Time spent in sport activities at university leads to improved health and educational abilities of students [21].

Any physical activity at reasonable dosage, improves vital activity of all systems in the body, increases mental and physical performance, strengthen the body's defenses.

Health is a state of complete physical, mental and social well-being of the individual and the group. It is the ability to realize aspirations, to satisfy the needs of living in a harmonious relationship with the environment in which people have control over their own health and have the opportunity to improve it. Health is a fundamental human right and a sound social investment. (WHO) On him influenced by nutrition and eating habits, environment, daily physical activity. Health culture

is a combination of knowledge, attitudes, attitudes, beliefs and behaviors recovery, preservation and strengthening society in matters personal and health.

Awareness of and knowledge about health and the role of physical activity on the human body are essential for the formation of habits for a healthy lifestyle. It is possible to have many health knowledge, but they are not turned into convictions. There may be also many health knowledge and belief, but there is no relevant health perceptions, attitudes, motivation, habits and behavior. The way of life can be positive, aimed at strengthening the health - balanced nutrition and physical activity. Another possible model is negative, including health risk factors - smoking, alcoholism, drugs, stress, hypertension, nadnolmeno weight. [3, 5]

The results of these and many other studies show the role and importance of sports leisure activities, especially in the period of study and the role of the family, including institutions and universities and social environment in its organization.

Leisure students cover the time from the necessary training program, but also includes the flexibility of student commitments organized in accordance with their own needs and trends [22]. Only when free time filled space in which young people feel satisfied and happy where recognize ourselves, we can be sure that leisure has fulfilled its function and contributed to the development of the young person [16].

Organization and methodology of the study

The aim of these paper is to examine and compare physical activity in leisure time of students from Ruse University Angel Kanchev and Sofia University St. Kliment Ohridski, Bulgaria. Main tasks: Development of questions from the survey; Conducting the survey, processing and analysis of results; Displaying the necessary practical conclusions. Organization and methodology: The survey was conducted during the school year 2015/2016. in Ruse University Angel Kanchev and Sofia University St. Kliment Ohridski, Bulgaria. The research was realized on a total sample of 280 students, particularly 114 students at the Faculty of Natural Sciences and Education at University "Angel Kanchev" in Ruse and 166 students at The Faculty for preschool and primary school education at Sofia University "St. Kliment Ohridski", Bulgaria.

Analysis of results and discussion.

The survey provides information on the attitudes of students towards motor activity in leisure time. Figure 1 presents answers to the question „Do you practice active physical activity during their free time now as a student?“. Students at Sofia University 23% give a positive answer, 19.3% - negative. The highest percentage of answer "sometimes" - 56.6%. The students of Ruse University respond answer "yes" - 28.1%, 26.3%- "no" and 45.6% - "sometimes".

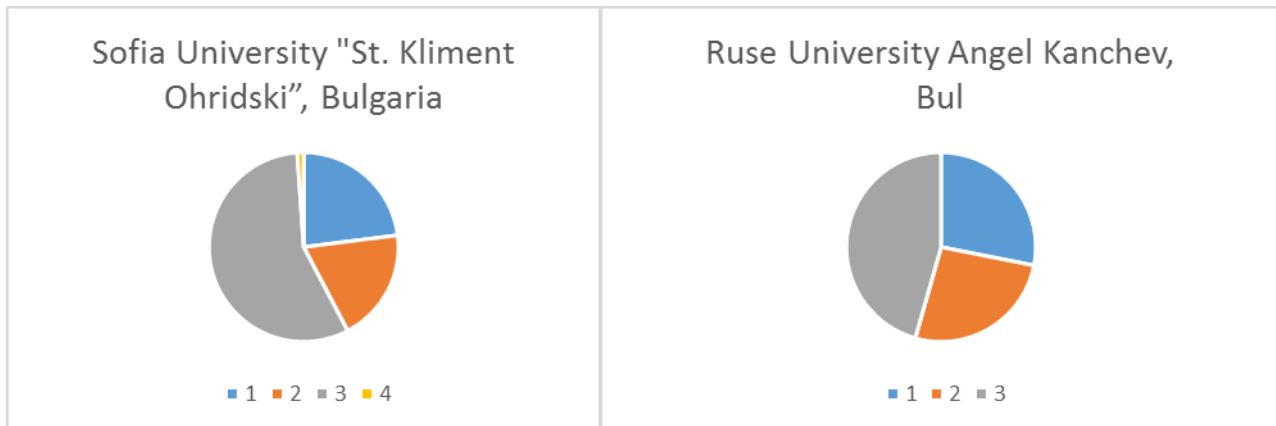


Fig.1. Do you practice active physical activity during their free time now as a student?
 1) Yes / 2) No / 3) Sometimes / 4) Never

Analysis of the next aytem „When I choose sports activities in their free time, I prefer they are (outdoor / indoor; individualized/ team / group; competition / no competition)“ shows that most students from both universities prefer outdoor workouts without competition. The ratio is even

preferred by students individual and collective sports.

Analysis presents the individual preferences of the students' sports activities. Of them prefer indoor sports – 63%. Interest in individual and team sports is distributed evenly - 54.3% (individual sports), 45.7% (team sports). More students

prefer sport for pleasure without competition - 61%.

On the question „Are you satisfied with the use of your leisure time?“ a greater percentage of respondents are satisfied with their activity in leisure time - 48.3%. At least students are not happy - 6%.

Answer the question Do you think that sport leisure will shape your character and your personality? show that most students from both

universities believe that sport formed their character basic and partially - yes - 47.5%, partly - 33.6%. Negative response given 7%. Sports activity for students in leisure is mostly a matter of personal choice and an investment in your own health and wellbeing, as seen in Figures 2 and 3.

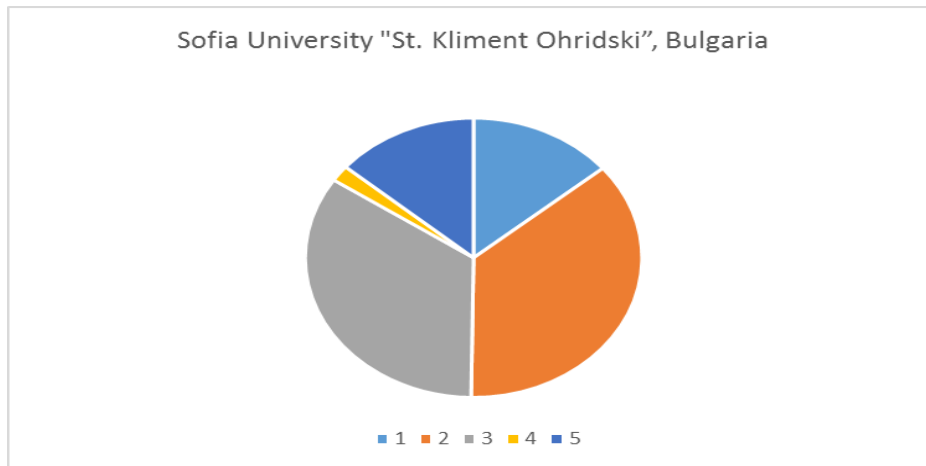


Fig. 2 Sports activities in leisure time

- a) the need of modern life – 13,86%
- b) a matter of personal choice – 36,14%
- c) an investment in your own health and wellbeing – 34%
- d) load – 1,86%
- e) the way of quality and efficient use of free time – 14%

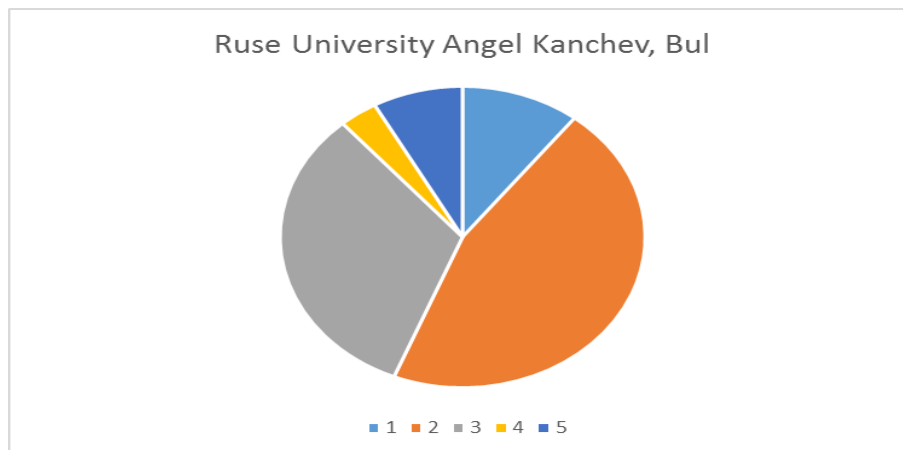


Fig. 3 Sports activities in leisure time

- a) the need of modern life – 10,52%
- b) a matter of personal choice – 45,61%
- c) an investment in your own health and wellbeing – 32,46%
- d) load – 3,41%
- e) the way of quality and efficient use of free time – 8%

CONCLUSION

We Summarizing these findings result of the survey study:

1. Students positively evaluated the importance of sports activity in leisure time;
2. Preferred sporting outdoor activities without competition.
3. Students prefer sports leisure activity sometimes.

Given the importance of leisure time for human development of the individual and the quality of life in general, it is very important to pay attention to its organization and structure, as well as the selection and quality of the activities carried out there. Free time can be a factor for both personal development and risk factor - when it is unorganized and unstructured, and it lacks organized and planned activities [2]

Students leisure time covers the time out of the faculty obligations and learning programmes, time organized by students personal needs and interests. Contents that are used to full fill students` leisure time are significant aspect that contributes to creation of their identity and quality of life in future. This is especially important for the students of Teaching faculties as future teachers and educators. It is therefore useful for students to organize their leisure time with sports activities.

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