

Ways of spending free time by teachers of physical education in Tarnów

Sposoby spędzania czasu wolnego przez tarnowskich nauczycieli wychowania fizycznego

Anita Ziemba

*Państwowa Wyższa Szkoła Zawodowa w Tarnowie
State Higher Vocational School in Tarnow, Poland*

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Summary

Purpose: The purpose of the paper was to conduct a study on ways of spending free time by physical education teachers teaching in Tarnów schools.

Materials and methods: The study was carried out in 2018 among 30 teachers in the 30-50 age group, teaching physical education in primary, junior high and senior high schools in Tarnów, participating in thematic workshops. The study was carried out using the diagnostic survey method, and the questionnaire technique was used to obtain the necessary information and data.

Results: The surveyed PE teachers most often spend their free time actively outside home, and preferably with family and friends. Sport was the most popular among respondents, regardless of gender. A clear diversity by gender was observed in terms of leisure activities, interests and hobbies.

Conclusions: The vast majority of PE teachers surveyed spend their free time actively, mainly interested in sport. Women are more often interested in health and beauty, while men are interested in film and music, cars and DIY.

Keywords: czas wolny, nauczyciel wychowania fizycznego, zainteresowania

Introduction

Free time according to W. Okoń is the one that remains at the disposal of the individual after having completed their mandatory tasks, professional work, compulsory studying at home, at school and the necessary homework. Free time is rationally spent on: rest, i.e. regeneration of physical and mental strength, entertainment that gives pleasure, voluntary and non-profit social activity, development of the individual's interests and talents by acquiring knowledge and amateur artistic, technical, scientific or sporting activities [1].

W. Gaworecki interprets free time in a similar way, which defines it as time outside of work, remaining free to rest, participate in the achievements of modern civilization, develop own interests and for entertainment. Therefore, there is no other purpose than direct satisfaction, which man can associate with action or inaction [2].

Free time nowadays is a very desirable element of human life. The teacher has several social roles at the same time and

this requires making choices related to how time is allocated to specific activities. Numerous observations show that time sometimes cannot be managed, time cannot be controlled, but you can control yourself and the way you spend time at work and in your personal life [3]. Woźniwicz-Dobrzyńska believes that free time has become a value in itself, once consistent with the rhythm of nature, began to regulate this nature, gave it a different rhythm, tempo and became a mechanism organizing modern human functioning [4]. However, managing free time is related to the determination and level of human activity as well as the desire to develop its interests.

Interests are a very important element of human life, they are a driving force for action, they give the opportunity to break away from everyday duties, give pleasure and create the need for further learning, personal development in terms of their own passions.

Klasińska defines interest as liking, passion, inclination, predilection, curiosity and even sympathy for something. Interests are the best prognostic factor of an individual's life path, they are a kind of driving force that finds its release either at work or in entertainment in form of hobbies [5].

* Adres do korespondencji/Address for correspondence:
anitaziemba.1@gmail.com

Looking more closely at the factors that define free time and interests, we can conclude that they have close links with values accenting lifestyle. A. Siciński believes that lifestyle is a manifestation of some principle of choosing everyday behavior from the repertoire of behaviors possible in a given culture [6]. In turn, Bylok claims that the determinants of the so-called healthy lifestyle is the search for attractive ways to relax and enjoy them in their free time. One of them is physical activity and care for your body. The primary factor enabling the development of own interests and leading a healthy lifestyle is the aforementioned free time [7].

The main purpose of the study was to determine how physical education teachers of Tarnów schools spend their free time and what their interests are.

Study questions:

1. What are the preferences of the surveyed physical education teachers in terms of spending free time?
2. Who do the respondents most often spend their free time with?
3. What are the interests of PE teachers?
4. To what extent does gender differentiate the results of the area under study?

Materials and methods

The study was of trial nature and carried out in 2018 among 30 teachers (15 females and 15 males) in the 30–50 age group, teaching physical education in primary, junior high and senior high schools in Tarnów, participating in thematic workshops. Most of the surveyed teachers were in the 30–50 age range. Work experience was 7–25 years. The study was carried out using the diagnostic survey method, and the own questionnaire was used to obtain the necessary information and data. All study results were developed in Microsoft Excel. For the statistical description of qualitative data, the number and percentage summary was used.

Results

Analysis of the collected results showed that the vast majority of physical education teachers (76.7%) spend their free time actively outside home. Although over half of women also like to be at home. There were no gender differences in passive spending of free time (Table 1).

The respondents most often spend their free time watching TV (33.3%) and using computer (33.3%). Every fifth respondent reads a book. In the analyzed areas of spending of free time, women clearly dominate. Among other forms, women most often mentioned crossword puzzles and babysitting, while men mentioned sleep (Table 2).

Most physical education teachers (63.3%) prefer spending their free time with family or friends (46.7%). However, every fifth respondent chooses alone time. Higher percentages were recorded among women in all categories of answers to the question: *Who do you most often spend your free time with?* (Table 3).

In their free time, the respondents are mainly interested in sport (86.7%), film and music (40%), as well as taking care of home and garden (33.3%). In addition to sport, women's interests are primarily focused on health and beauty (40%). While, most men are interested in film and music (53.3%) as well as cars (40%). Men also do DIY more often, while women take care of pets and are interested in culture and art. Other activities (10%), the surveyed women mentioned: travel, fitness and dance. (Table 4).

The respondents also treat interest in sport as a hobby (73.3%). In this area of activity, women are mostly interested in: music, reading books, the Internet, and among other categories: dance and cooking (Table 5).

Table 1.
Ways of spending time by the surveyed teachers

Answer categories	Gender				Total	
	F		M		Nr	%
	Nr	%	Nr	%		
Actively at home	8	53.3	5	33.3	13	43.3
Passively at home	4	26.7	4	26.7	8	26.7
Actively outside home	12	80.0	11	73.3	23	76.7
Passively outside home	6	40.0	4	26.7	10	33.3

Note percentages do not add up to 100 because the respondents could provide more than one solution

Table 2.
Forms of spending free time by the respondents

Answer categories	Gender				Total	
	F		M		Nr	%
	Nr	%	Nr	%		
Reading books	4	26.7	2	13.3	6	20.0
Watching TV	7	46.7	3	20	10	33.3
Using computer	6	40.0	4	26.7	10	33.3
Collecting	1	6.7	0	0.0	1	3.3
Other	2	13.3	2	13.3	4	13.3

Note percentages do not add up to 100 because the respondents could provide more than one solution

Table 3.
Answers to the question: *Who do you most often spend your free time with?*

Answer categories	Gender				Total	
	F		M		Nr	%
	Nr	%	Nr	%		
Alone	6	40.0	2	13.3	8	26.7
With family	10	66.7	9	60.0	19	63.3
With friends	8	53.3	6	40.0	14	46.7
Other people	1	6.7	0	0.0	1	3.3

Note percentages do not add up to 100 because the respondents could provide more than one solution

Table 4.
Interests of the surveyed teachers

Answer categories	Gender				Total	
	F		M		Nr	%
	Nr	%	Nr	%		
House and garden	5	33.3	5	33.3	10	33.3
Cooking	1	6.7	1	6.7	2	6.7
DIY	1	6.7	3	20.0	4	13.3
Pets	3	20.0	1	6.7	4	13.3
Film and music	4	26.7	8	53.3	12	40.0
Culture and art	3	20.0	1	6.7	4	13.3
Sport	13	86.7	13	86.7	26	86.7
Health and beauty	6	40.0	2	13.3	8	26.7
Fashion	1	6.7	0	0.0	1	3.3
Cars	0	0.0	6	40.0	6	20.0
Economics and finance	2	13.3	1	6.7	3	10.0
Other	3	20.0	0	0.0	3	10.0

Note percentages do not add up to 100 because the respondents could provide more than one solution

Table 5.
Hobbies of the surveyed teachers

Answer categories	Gender				Total	
	F		M		Nr	%
	Nr	%	Nr	%		
Sport	9	60.0	13	86.7	22	73.3
The internet	4	26.7	2	13.3	6	20.0
Reading books	5	33.3	4	26.7	9	30.0
Music	5	33.3	2	13.3	7	23.3
Collecting	1	6.7	0	0.0	1	3.3
Other	2	13.3	1	6.7	3	10

Note percentages do not add up to 100 because the respondents could provide more than one solution

Discussion

The purpose of the paper was to conduct a study on ways of spending free time by and preferences of interests of physical education teachers teaching in Tarnów schools.

Based on the analysis of the results obtained, it was found that sport and physical activity for the majority of Tarnów PE teachers is the main way to spend free time. Similar preferences regarding forms of spending free time were shown by studies by Cymbała et al., which were conducted among the much younger age group [8].

According to own study, teachers (76.7%) mainly spend their free time actively and quite often outside home. Studies by Madejski and Kumorek showed that 78.1% of teachers participate in physical activity in their free time [9]. Sports and physical recreation was also the most frequently chosen form of spending free time by respondents in the studies by Rabiasz et al. (67.8%) [10].

Passive forms of spending free time, such as watching TV, browsing the Internet and reading books are mainly the domain of the Tarnów physical education female teachers. While, men most often relax with music or film. This phenomenon is confirmed by the studies conducted by Lewartowicz [11] and Durki [12].

Frequent spending of free time with family or friends dominated both in own study and in studies by Lewartowicz [11] and Pawłowski [13].

Conclusions

The obtained study results were used to formulate the following conclusions:

1. The vast majority of PE teachers surveyed spend their free time actively
2. The surveyed teachers are most often accompanied by family members and friends in their free time.

3. In addition to sport, teachers are most often interested in film, music, health and beauty.

4. There were clear differences by gender in many categories of responses.

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Streszczenie

Cel: Celem pracy było przeprowadzenie badań w zakresie sposobów spędzania czasu wolnego przez nauczycieli wychowania fizycznego uczących w szkołach tarnowskich.

Material i metody: Badania były zrealizowane w 2018 roku wśród 30 nauczycieli w przedziale wiekowym 30–50 lat, uczących wychowania fizycznego w szkołach podstawowych, gimnazjach i szkołach ponadgimnazjalnych w Tarnowie, biorących udział w warsztatach tematycznych. Badania przeprowadzono metodą sondażu diagnostycznego, a do uzyskania niezbędnych informacji i danych zastosowano technikę ankietowania.

Wyniki: Badani nauczyciele w większości spędzają czas wolny aktywnie poza domem, a najchętniej w gronie rodzinnym oraz znajomych. Największą popularnością wśród badanych cieszył się sport i to bez względu na płeć. Wyraźne zróżnicowanie międzypłciowe odnotowano w zakresie form spędzania czasu wolnego, zainteresowań i hobby.

Wnioski: Zdecydowana większość badanych nauczycieli w większości spędza czas wolny aktywnie, głównie interesując się sportem. Kobiety częściej zainteresowane są zdrowiem i urodą, a mężczyźni filmem i muzyką, motoryzacją oraz majsterkowaniem.

Słowa kluczowe: czas wolny, nauczyciel wychowania fizycznego, zainteresowania
