

## Abstract

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### LEISURE TIME ACTIVITIES OF HIGH SCHOOL STUDENTS IN A SMALL CITY

The purpose of the dissertation is to determine the conditions, opportunities and needs in the field of leisure time spending by adolescents of different types of secondary schools in the small-town environment of Sulechów, Lubuskie Province.

The study included a group of adolescents aged 15 to 18 from three types of secondary schools : a general secondary school, a technical school and a trade school.

The study used a diagnostic survey method with a survey questionnaire. Figures and percentages are presented, as well as the level of significance of the differences of the obtained answers in relation to gender and a type of school. The following methods of statistical analysis of the data obtained in the survey were used: Pearson's r linear correlation analysis, non-parametric  $\chi^2$  [chi-square] test, Student's t test for independent samples, multivariate linear regression analysis.

The analysis of the data shows that high school students express satisfaction and dissatisfaction with leisure activities in the Sulechów municipality to a similar degree.

Young people most often spend their leisure time at home, meeting friends, relaxing, and using the Internet. Leisure time facilities in the Sulechów municipality are used by 77% of those surveyed, more women than men. Half of the respondents using facilities in Sulechów municipality use an indoor swimming pool.

The most important barrier to spending leisure time in a satisfactory way for all respondents and for each of the analyzed groups (distinguished by school type and gender) turned out to be lack of time.

Students, if they could, would more often meet friends in their free time, play sports, sleep and rest passively.

Women more often than men would like to attend various artistic workshops (music, theater, dance) and would devote their time to hobbies and meetings with friends. Men, on the other hand, would not want to attend art classes at all after removing barriers to satisfying leisure activities, and would be more likely than women to play computer games.

A cinema, a sports facility and a shopping center are the facilities most desired in the Sulechów municipality so that everyone can spend their leisure time attractively, according to their needs and interests.

The BMI index of a slight majority of respondents (65%) is within the norm.

People whose BMI is within the norm appropriate to their gender and age, manifest statistically significantly fewer types of negative behaviors than those whose BMI is above the norm and those whose BMI is below the norm.

A reference was made to the results of research conducted in Sulechów in 2006.

The compilation of data shows that the number of satisfied young people has increased from the possibility of satisfying spending free time in the municipality of Sulechów.

Based on the conclusions drawn from the research, recommendations were formulated for the rulers of the city and municipality of Sulechów.