

## CULTURE AND LEISURE MANAGEMENT AMONG YOUNG PEOPLE 18-30 YEARS

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*“The real aim of physical education  
is the well-being of the human body  
for a good use of your strengths in  
your everyday work and life.”*

*Galenus*

**Abstract:** Physical education on the one hand and sport on the other hand represent two distinct elements of our system of physical education and sport but that interconnects and only in this sense one can speak of a physical education and sport consists of two components – two subsystems which in turn become systems by including all four sides – that even if the finalities are a number of differences and they are interrelated.

According to Romanian legislation, every person has the right to practise physical education and sports. Thus, in accordance with the Romanian Constitution (Art. 45) “Public authorities ensure the necessary conditions which enable students to take part freely in the nation’s political, social, economic, cultural and sport life”. Moreover, the European Sports Charter (Art. 1, par. i, para. c) provides the obligation of the Governments “to coordinate the structures responsible for developing and promoting sports..., taking into consideration all areas of policy making and planning, such as: education, health, social services, urbanism and regional planning, environment, recreational arts and services, ensuring that sports is an integral part of socio-cultural development”, as well as the obligation “to ensure that everyone with the interest and ability should have the opportunity to improve their standard of performance in sport and reach levels of personal achievement and/or publicly recognised levels of excellence”.

**Key words:** *leisure, sports for everyone*

### Introduction

According to the European Sport for All Charter, adopted by the Committee of European Sports Ministers (Brussels, 1975), “each person has the right to practise sports”.

Since the extent of practising sports depends, among others, on the number of available bases and facilities, their variety and possibility of use, their planning use must take into consideration amateurs’ concrete requirements and possibilities to practise physical exercises and various branches and sport tests. Moreover, by means of the organised activities it is necessary to satisfy the double need of protecting nature and promoting sports and leisure activities (*loisirs*). Socialisation is “the fundamental social process by means of which all society projects, reproduces and achieves through adequate conducts of their members, the normative and cultural model”. This process provides the individual the possibility to assimilate skills, attitudes, values and behaviours, favouring his integration in the society. [1]

**The purpose of socialisation** is to form a socially competitive person, in the sense that it recognises the values of society, norms and models of behaviour. Thus, the process of socialisation involves *acquiring social skills* and *forming interpersonal communication skills*.

In terms of socialisation, practising physical education has two functions [2]:

1. *Formative function* – transmitting knowledge and forming basic, useful and applicative motor skills and specific to certain branches and sport tests.

2. *Development function* - forming interpersonal relation skills and social skills.

Sports offer the framework of expressing and solving human specific communication needs. These needs can take various forms [3]:

a. Biological/Physical needs, which have both a biological and physical motivation (bodily and mental health).

b. Identity need – facilitates the desire and will for survival and affirmation. The organised environment of practising physical exercises

provides each individual with the possibility of dialogue with himself and the others.

c. Social needs expressed in interrelationship needs and satisfied by sports in the sense that it is conducted mainly in group, thus facilitating social interaction.

The Romanian society functions as a global social system with various components, general and specific purposes and objectives.

*Romanian Sport for All Federation is affiliated to:*[4]

- International Sport for All Federation (FISpT) – 1992;
- Trim & Fitness International Sport for All Association (TAFISA) – 1993;
- Balkan Sport for All Association (BSAA) – 2010;
- International Sport and Culture Association (ISCA) – 2011.

*The structure of the Romanian Sport for All Federation includes:*

- General Assembly, Federal Bureau, Executive Bureau, Specialised Central Committees;
- County Sport for All Associations;
- Volunteer individual members;
- Sport for All instructors;
- Recreational sports coaches.

*Romanian Sport for All Federation:*

- coordinates and supports technically, financially and morally individuals, clubs, centres, associations concerned in the field Sport for All;
- elaborates internal business agenda, including international events;
- organises specific activities alongside sport federations and County Departments of Youth and Sport, foundations, clubs, associations;
- establishes the system of promotion, information and documentation PROMO-INFO-SPOTI, edits its own Newsletter, organises assemblies, internships, training, development and training courses for Sport for All specialists;
- establishes and maintains relations with similar federations in other countries, Specialised International Bodies, ensures participation in international events;
- stimulates sponsoring activities, supports and conducts social investigations and specific scientific research, encourages building and arranging spaces for Sport for All;

- supports the interests of Sport for All in relationships with legislative and administrative bodies.

#### **Study material:**

The subjects of our research were 80 youngsters (between 18 and 30 years old) from Craiova, in the 12<sup>th</sup> grade at "Petruche Trisescu" Sports High School, high school graduates, students and unemployed. The research proper took place in February 2014, when questionnaires were applied to the already mentioned subjects.

We used the following **research methods:**

- The method of documentation
- The method of investigation
- The mathematical-statistical method of implementing data
- The Graphical method
- The Questionnaire method

#### **Purpose of study**

The study is aimed at detecting options of spending free time with youngsters between 18 and 30 years old. Taking into consideration the psychological particularities of each age, we considered that such a research could support the community, mainly by integrating them into the society. We stressed the special role of sport activity and recreation in socialisation amongst youngsters.

#### **Working hypothesis**

Teenagers think more and more logical and systematic and thus succeed to meet the most complex demands.

Intellectual performances are influenced by the teenager's cognitive potential, and at the same time by his talents, preferences, attitude towards life and education. Considering these aspects, this is our working hypothesis:

***The number of people who practise physical exercises in their free time is directly proportional to the age and level of education.***

One of the fundamental criteria of human activity is movement. With humans it is the method of showing existence. The recreational function of physical education must be understood in at least two directions. It is all about acting through physical education and sports so as to ensure a pleasant and useful skills, abilities and motor skills background, i.e. "recreational" sequences in their free time. This means daily free time and holidays and vacations.

Secondly, in terms of our field, recreation implies ensuring conditions and developing interest (up to "habit") by seeing (directly or indirectly by means of "mass-media") sports competitions, sports shows.

Leisure activities are not aimed only at improving health, developing muscle, increasing skills or acquiring motor skills. Through body activity, the child becomes aware of his possibilities in terms of success or failure, alongside others, against himself or against nature, as the youngster learns to understand himself and know the world better. Stimulating a child to take part in physical education and sport activities means much more than offering just simple body training. It means offering a personal and social education, to relate him to others, enabling him to show and reveal himself and to the world through his own body.

#### **Subjects and research method**

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took place in February 2014, when questionnaires were applied to the already mentioned subjects.

We used the following research methods:

- The method of documentation
- The method of investigation
- The mathematical-statistical method of implementing data
- The Graphical method

The study consisted in collecting the necessary information in order to confirm or refute the working hypothesis. This is the reason why we resorted to our colleagues, physical education teachers who helped us filling in the questionnaires, thus ensuring a wider range of sample.

The questionnaires were applied in February 2014. We distributed 100 questionnaires, but only 65 were filled in, although it required only 2 minutes to be filled in.

The questionnaire included identification date and practically, each subject had to tick accordingly.

The applied questionnaire is rendered below:

1. Age	18-20 years old	20-25 years old	25-30 years old
2. Sex	F M		
3. Studies High school	Secondary school  Higher education		
4. Occupation	Student Employed in state institutions Employed in private institutions Unemployed Other		
5. I practise physical exercises in my free time		Yes No	
6. Residence	Urban Rural		

After receiving the questionnaires, we centralised the following data:

These were filled in by 65 subjects, between 18 and 30 years old, as follows: 32 between 18 and 20 years old, 20 between 20 - 25 years old and 13 between 25 - 30 years old. Of these, 34 are females and 31 are males.

#### **Debates**

The beneficial effects of sports extend throughout the life of each individual by stimulating the desire to move, ensuring the best possible initiation in practising different

sport branches as well as by developing the spirit of initiative and achieving a good training of trainers and organisers of this activity.

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Having processed data, **the type of population who practises** leisure recreational sports activity could be characterised as follows:

- Is between 18 and 25 years old, is a student (91,6%) or higher education graduates (76,4%), is employed in private institutions (54,5%) or works abroad (66,6%) resides in an urban area (84,6%) and is male (67,7%).

By analogy, **the type who does not practise** physical exercises in their free time can be characterised as follows:

- Is between 25 and 30 years old (15,38%), secondary school graduates (40%), is unemployed (14,28%) resides in a rural area (30%) and is female (29,4%).

### Conclusions

1. Sports is considered a social activity it has a series of characteristics which recommends it as a socialising and social integration factor, as **socialising aims at** forming a socially competent person, in the sense that it recognises the values of society, norms and models of behaviour. Thus, the process of socialisation involves acquiring social skills and forming interpersonal communication skills.

2. First of all, sports must be encouraged as a free movement amongst children, youngsters and also adults, aiming at maintaining health, physical and psychical education, as its beneficial effects extend throughout the life of each individual by stimulating the desire to move, ensuring the best possible initiation in practising different sport branches as well as by developing the spirit of initiative and achieving a good training of trainers and organisers of this activity.

3. The working hypothesis was entirely confirmed in the sense that the number of people who practise physical exercises in their free time is directly proportional to the age and level of education. Thus, the following percentages are relevant: 82,2% people

between 20 and 25 years old and 76,4% higher education graduates who practise physical exercises in their free time.

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