



FH Burgenland

UNIVERSITY OF APPLIED SCIENCES

BRINGT BESONDERES ZUSAMMEN

Healthy and meaningful leisure behaviour of young adults as a multisectoral challenge

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Szombathely, 18th-20th September, 2014



Structure

1. Theoretical Background

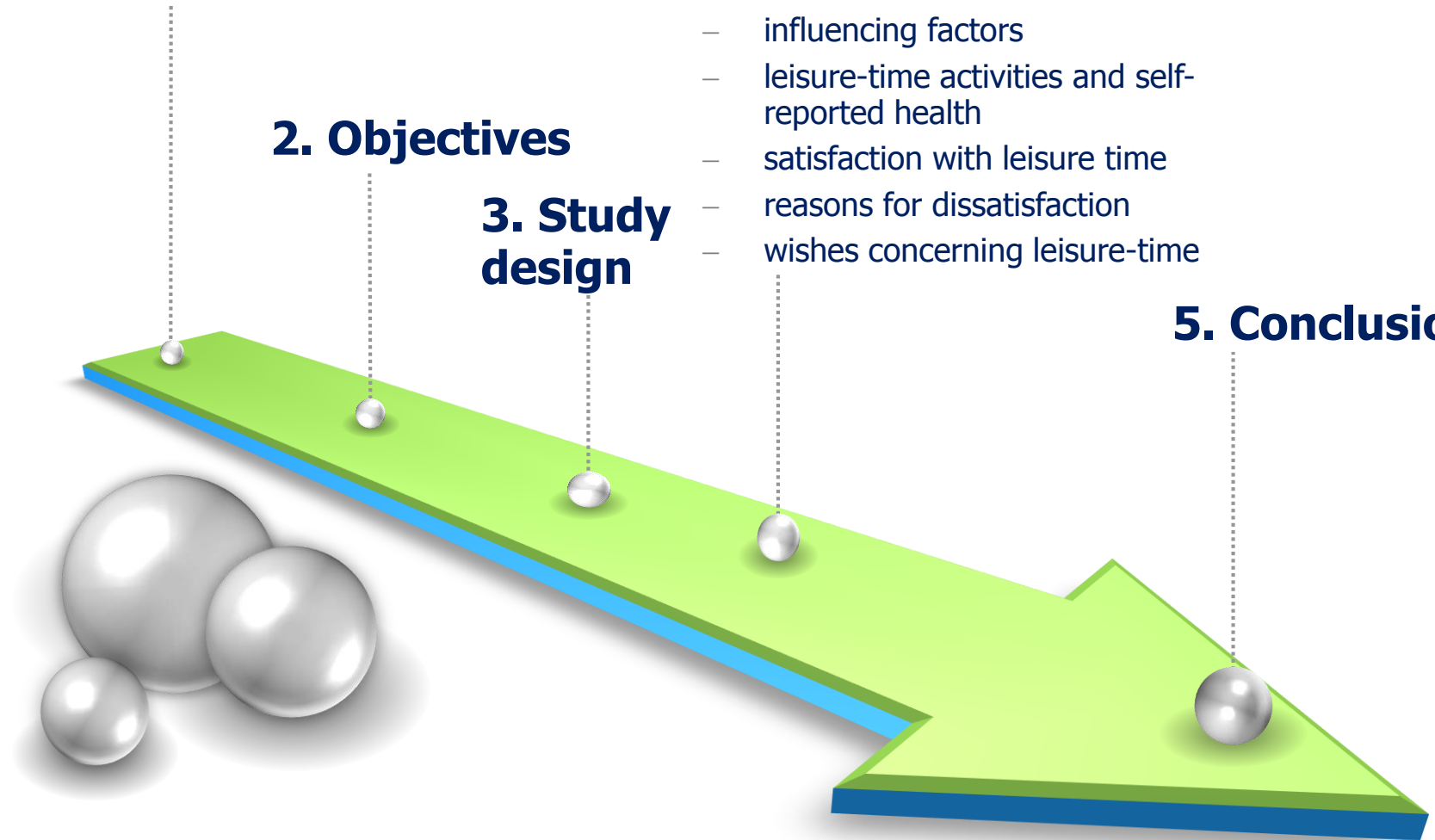
2. Objectives

3. Study design

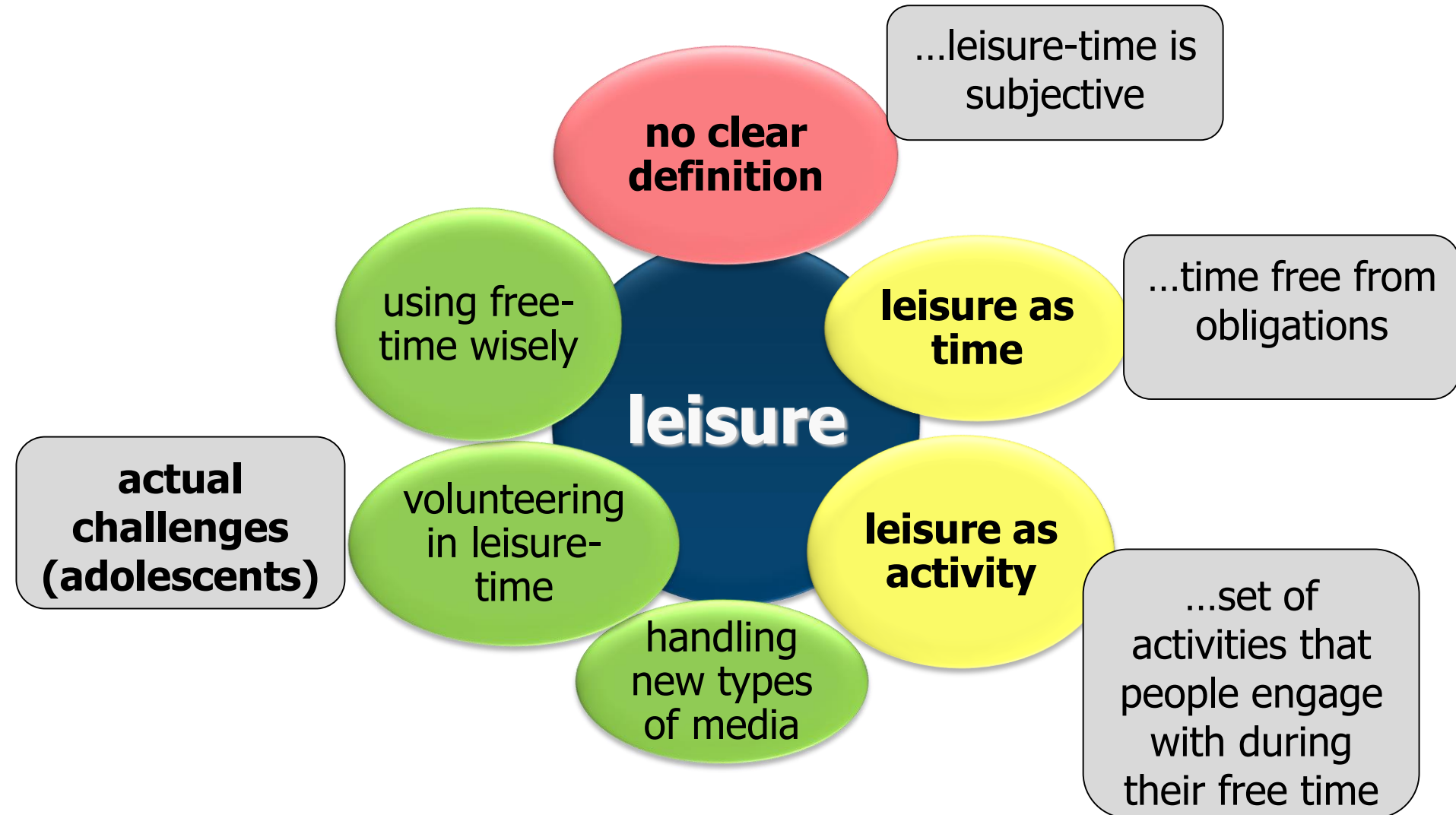
4. Results

- favourite leisure-time activities
- influencing factors
- leisure-time activities and self-reported health
- satisfaction with leisure time
- reasons for dissatisfaction
- wishes concerning leisure-time

5. Conclusions



Leisure sector



Leisure behaviour of youngster

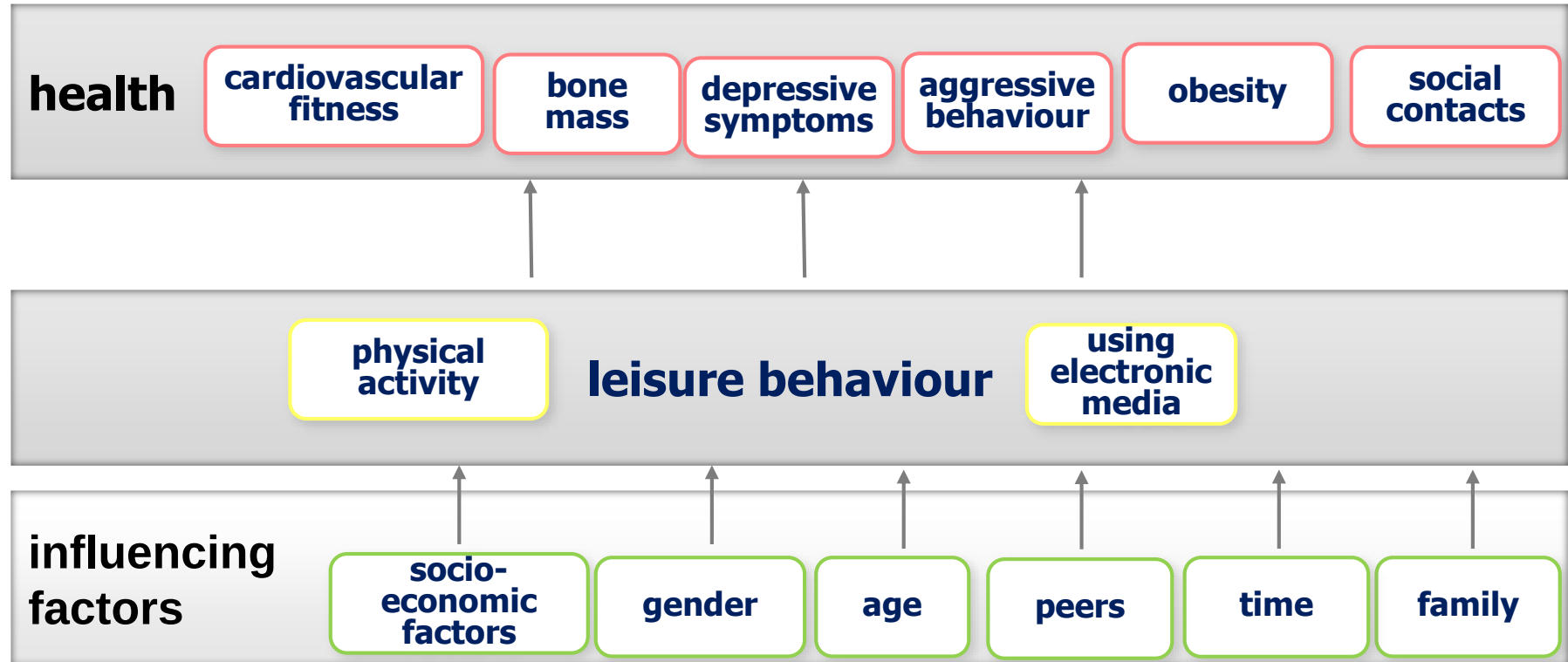
dimension	HBSC average (41 European countries, n = 207,334)			Austria (n = 5,003)		
age-groups	11	13	15	11	13	15
participating in vigorous physical activity for two or more hours per week	49%	51%	51%	60%	66%	55%
playing games on a computer or game console for two or more hours on weekdays	31%	37%	35%	22%	34%	35%

WHO (2012)

Concerning physical activity behaviour and playing computer games Austrian adolescents are better than the HBSC-average, but the situation is still unsatisfactory.



Leisure behaviour, influencing factors and health



Health-related behaviour and leisure behaviour is mainly established in childhood and adolescence.

GOALS



...quantitatively analyse leisure-time activities of youngsters comprehensively

influencing factors

motives

health consequences

satisfaction

wishes



...identify need for action (especially in the education sector)



results can be relevant for...

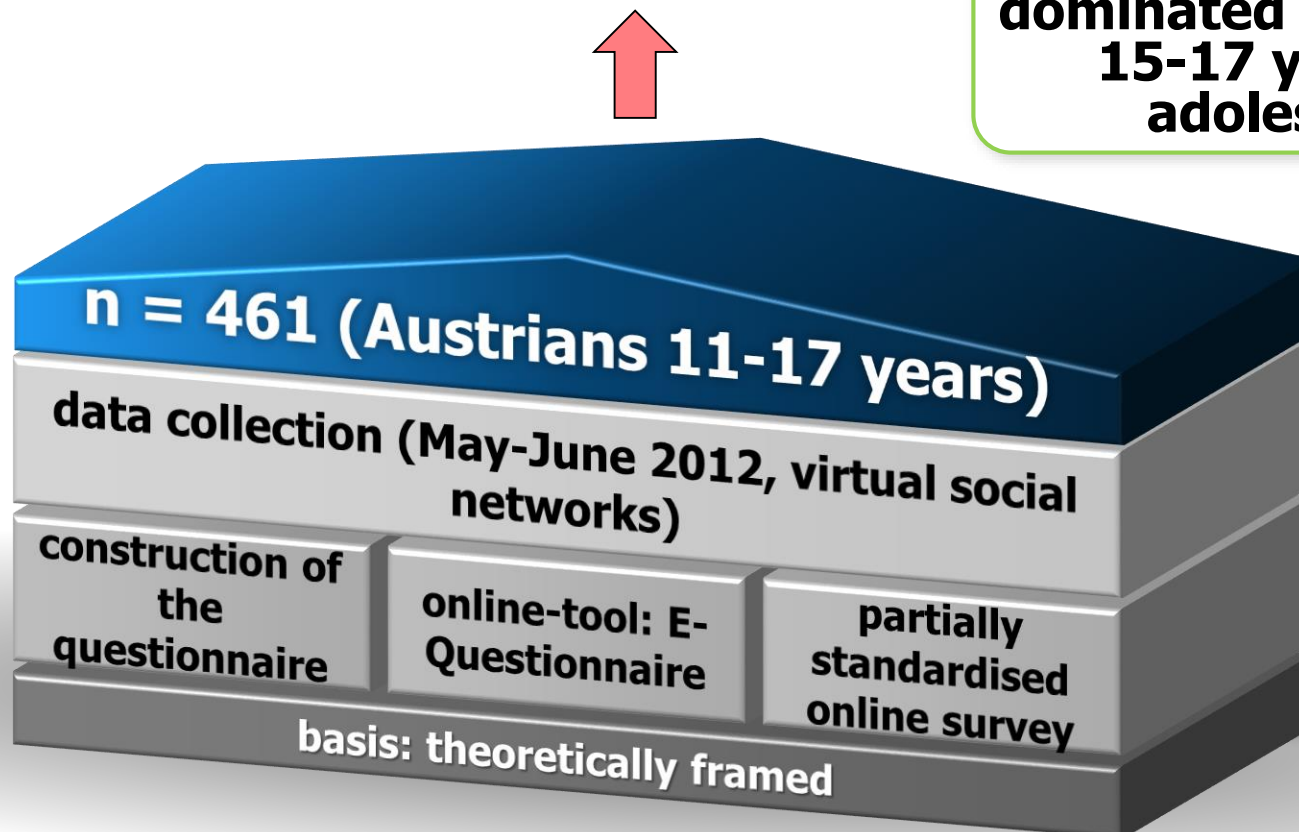
- **policymakers** (education, health etc.)
- **schools**
- **youth workers**
- people working in **health promotion**
- ...



**statistical fluctuation
rate: +/- 4.4%**

**limitations: east-
west gradient,
online survey**

**study population
dominated by girls and
15-17 years old
adolescents**



„Please mark how often you participate in the following leisure-time activities (very often, often, sometimes, seldom or never)!“

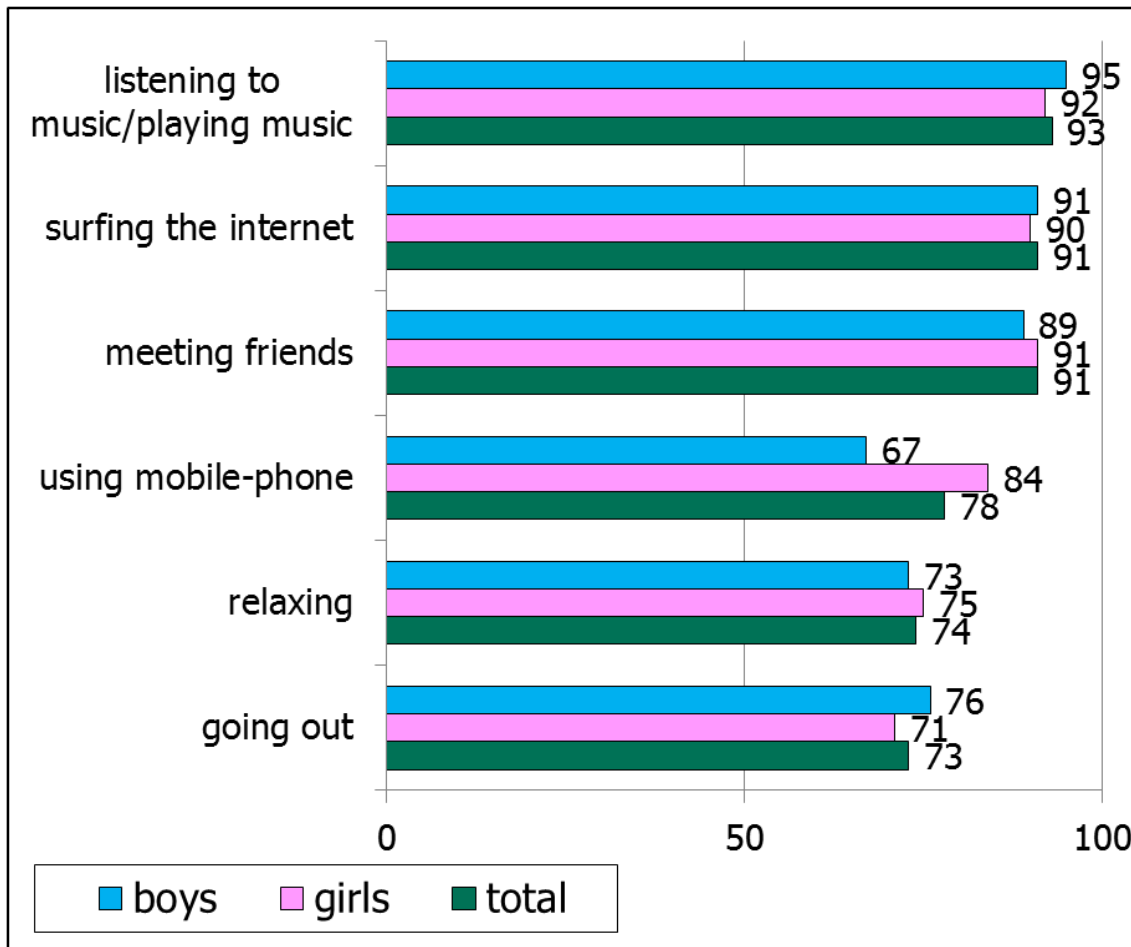


figure in %, answers: often/very often

least popular activity:
reading (25%)

influencing factor: **age**

– „going out“ ($p < 0.05$;
 $\chi^2 = 60.6$)

influencing factor: **sex**

„reading“ ($p < 0.05$; $\chi^2 = 46.6$)

„doing something with my family“ ($p < 0.05$; $\chi^2 = 19.5$)

„shopping and styling“ ($p < 0.05$;
 $\chi^2 = 29.8$)

„going for a walk“ ($p < 0.05$;
 $\chi^2 = 41.8$)

„computer games“ ($p < 0.05$;
 $\chi^2 = 41.2$)

„doing sports“ ($p < 0.05$; $\chi^2 = 35.4$)

„visiting sport events“ ($p < 0.05$;
 $\chi^2 = 36.5$)

Leisure-time activities and self-reported health

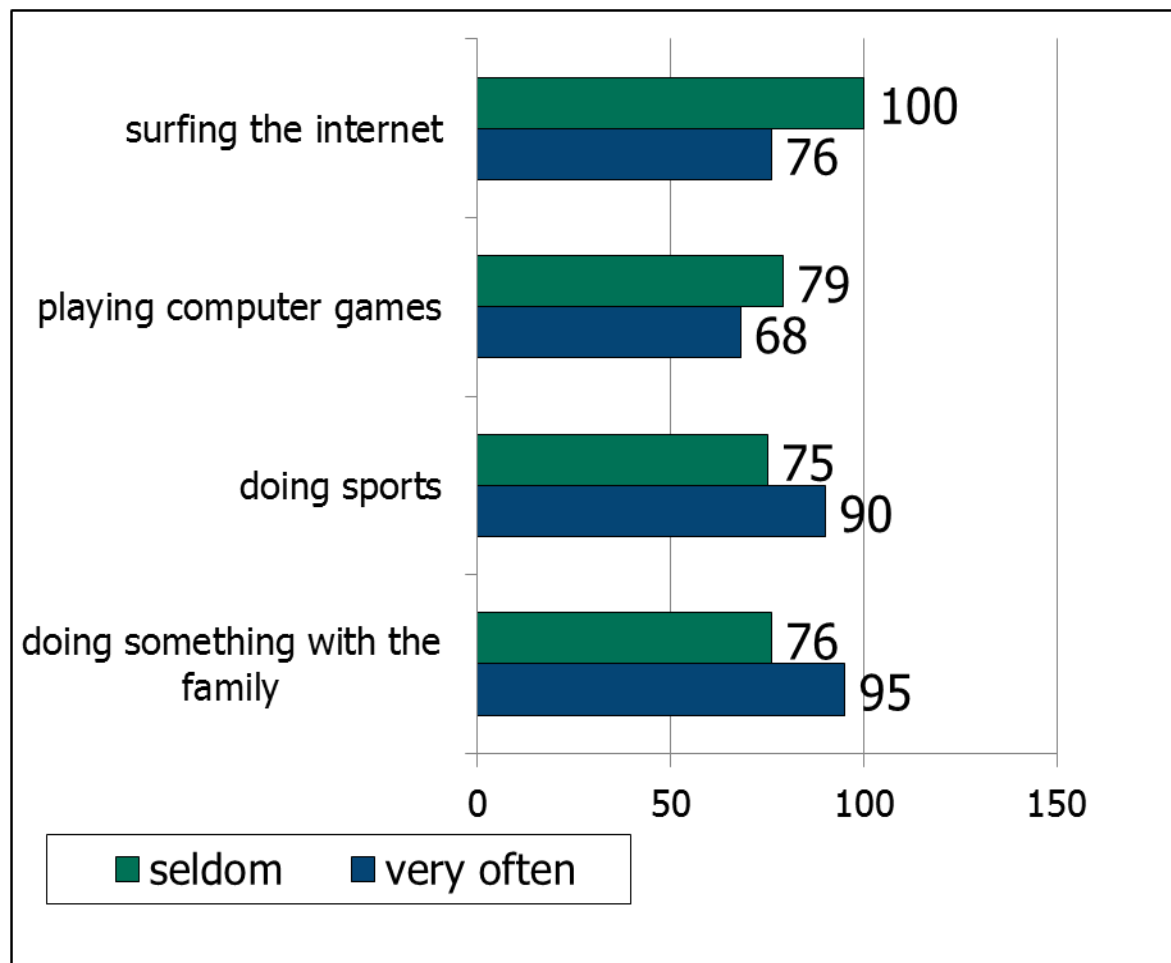


figure in %, answers: excellent/good health status

positive influence on self-reported health

😊 „doing sports” ($p < 0.05$; $\chi^2 = 36.4$)

😊 „doing something with my family” ($p < 0.05$; $\chi^2 = 94.1$)

negative influence on self-reported health

😞 „surfing the internet” ($p = 0.059$; $\chi^2 = 20.4$)

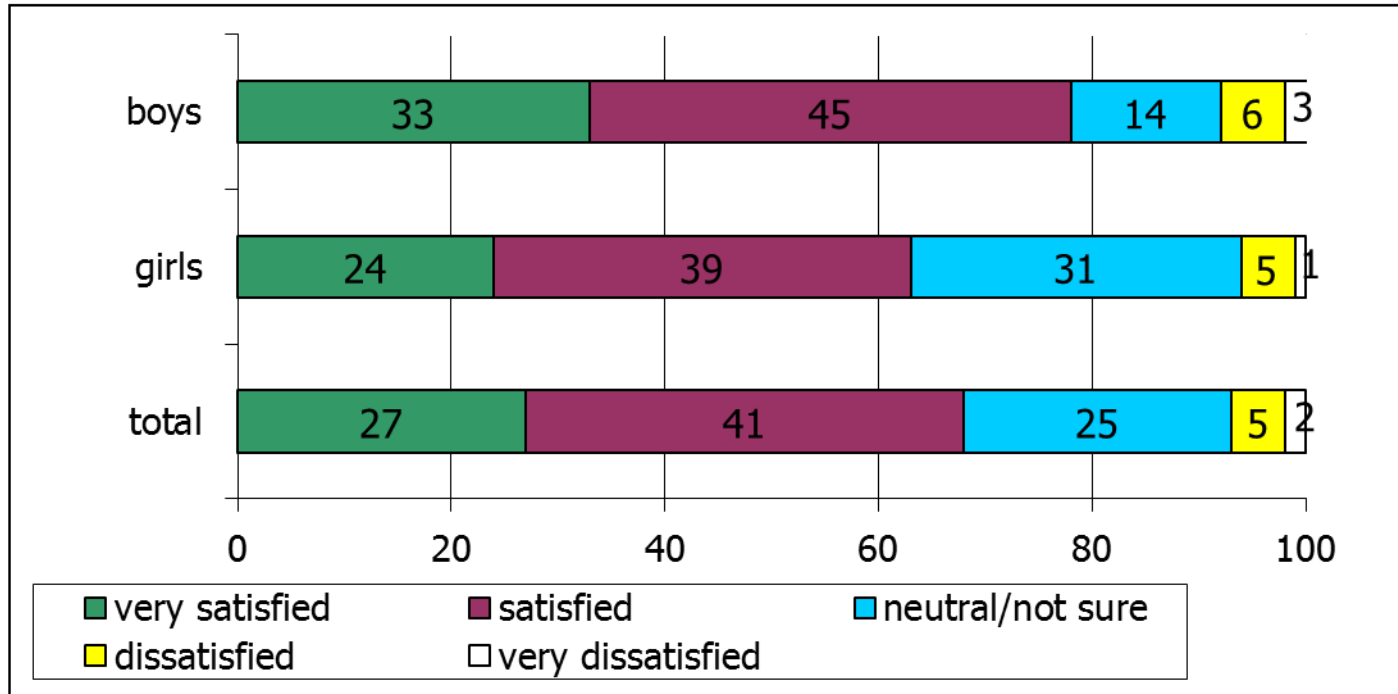
😞 „playing computer games” ($p < 0.05$; $\chi^2 = 22.3$)

further results...

– **days per week doing sports** correlates positively with self-reported health

– days per week doing sports correlates negatively with **health complaints** like feeling bad or being irritable

„How satisfied are you with your leisure-time activities overall?“



- **32%** of adolescents in Austria are **not satisfied** with their leisure-time or are **not sure**
- **boys** (78%) are **more satisfied** with their leisure-time than girls (63%)
- 63% think the **amount of leisure-time on weekends** is sufficient
- 61% think the **amount of leisure-time on school-days** is insufficient

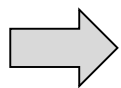
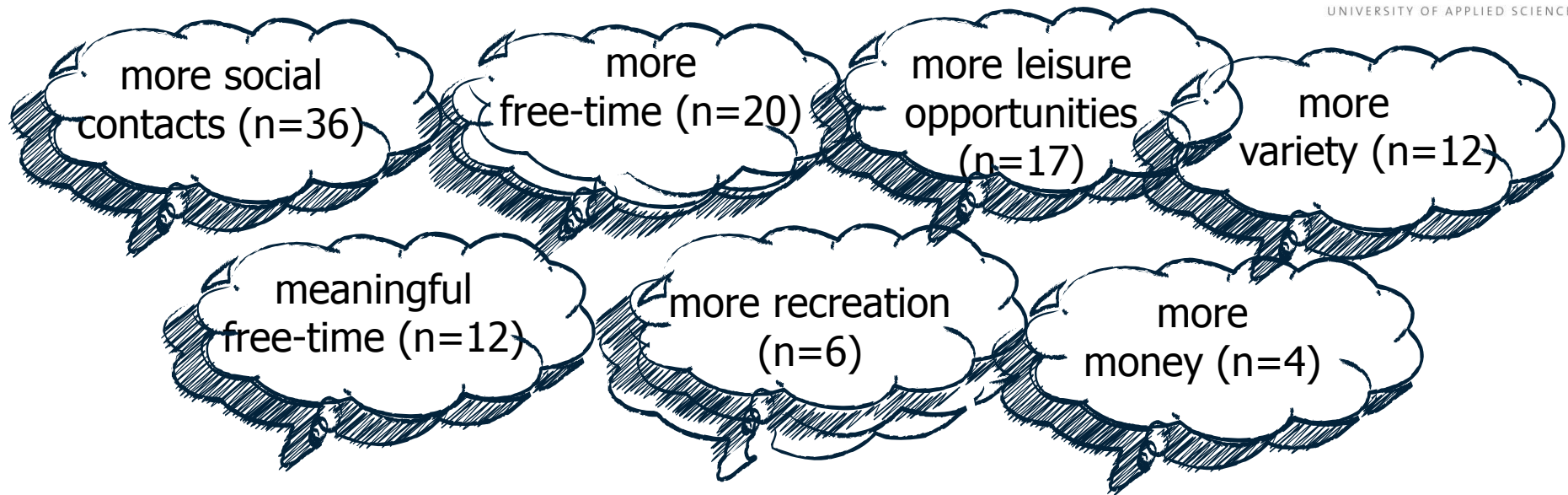
Reasons for dissatisfaction

**42% of adolescents report that they are bored at least sometimes
(38% seldom, 20% never)**

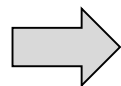
„Why are you dissatisfied with your leisure-time?“



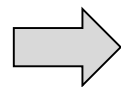
Wishes



varied leisure opportunities



social meeting points



school-life balance





Austrian adolescents **wish** to have:

- **more leisure opportunities** and **meeting points**
- **less school stress**

possible measures

- **leisure-time facilities** (e.g. schools)
- **youth clubs**
- **cooperation** (schools, local clubs...)
 - adolescents in **programs**

areas for further research

- leisure behaviour among other age-groups
- generating **suggestions at the policy level**
 - evaluation of measures

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Thank you for your attention!

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