

и технические характеристики, объясняющие функциональное обеспечение соревновательной деятельности в гандболе. Обсуждается практический подход к современным требованиям тренировки на основе метаболических требований.

Modern training methodology should be developed on a simple basis: specificity of training should correspond to a situation of competitions. The correct approach to training should be based on knowledge of certain metabolic and power requirements of performed work, and to be considered at their development at application of certain training means. In article some are considered physiological and the technical characteristics explaining functional maintenance of competitive activity in handball. The practical approach to modern requirements of training on the basis of metabolic requirements is discussed.

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FORMS OF LEISURE ACTIVITIES FOR YOUNG PEOPLE

The high development of civilization has meant that the issue of leisure time has become a new dimension. The fast pace of life, stress, stresses the value of leisure time care, as well as indicates the need for a rational and planned for its use. In the pedagogical literature found numerous studies over the leisure time of youth. These include the issue of leisure time budget, ways to reap, as well as preparation for leisure [3, 8, 9]. Since the issue of leisure time was considered from various perspectives in the literature there are many approaches to its definition. Therefore, before we get to show young people prefer leisure activities we introduce some of our understanding of free time, we will indicate on its functions and ways of spending. Against this background – referring to their own research – present leisure activities for young secondary school.

Understanding the concept of free time

The definition of free time is very difficult, because it is how it will be recognized by individuals or groups depends on lifestyle, age group as well as the degree of involvement in the sphere of activity associated with learning and work. According to Uncle T. Wujka student, "which remains to him after their children at school and home where he can do things according to your preferences relating to leisure, entertainment and satisfying their own interests" [11, 299]. Refine the definition found in A. Kaminski, who believes that free times the time in which we do not do any work, the time that remains after satisfying the basic needs of the organism, and after the implementation of domestic [5, 69–70]. The actions undertaken in his spare time to serve the regeneration power consumed in the work, knowledge and training, family life, raising children, personal interests, cultural needs, participation in public life [2, 29]. The literature emphasizes that free time has four functions: restoring the physical and mental strength, creates opportunities for entertainment needs, allows you to develop interests and talents as well as facilitates individual seeking his own place in society. The main factors differentiating the way of spending free time are: education, sex (to a much lesser extent) and status (young learner working versus not a learner) (...) local environment. However, leisure time patterns are shaped primarily by the family, according to its cultural traditions, as well as informal groups. According to a study by B. Woynarowska shows that young people often fail to adequately manage their free time and often make risky choices, and sometimes even harmful to health.

Based on the above definition can be stated that the free time serves as seating, entertainment, supporting self-development as well as a social function.

Leisure activities for young people – their own research

Interest in ways of spending leisure time by young people during adolescence and specifically between the eleventh and the fifteenth year of life due to the specificity of this period of development. As indicated by Zygmunt Dąbrowski unit before the tenth year of life is "too variable and too little interest in the resourcefulness and the ability to concentrate in groups, so you can permanently shape its ability to make independent decisions on the content and use of leisure time". But after the fifteenth year of life – as psychologists point out – it is difficult to arouse interest and to strengthen internal discipline if the entity has not previously had opportunities to spend free time in a planned and consistent with its interests. In selecting groups of subjects is worth noting that the period of adolescence is a particular stage in the lives of young people.

R. Havighurst points out how the job you want to meet young people during adolescence have important social significance. Maturing young people learn to be more mature relationship with colleagues, preparing for marriage and family life, socially responsible behavior is achieved. Adolescence is also characterized by the development of values and ethical guidelines guiding behavior [1].

Adolescence and puberty had lead to the achievement of biological maturity, social, intellectual and emotional, and so to complete the development process. Developmental tasks conducive to interpersonal relationships, which largely are being developed in their free time. Therefore, it is important that issues relating to leisure activities by young people [7].

The research results presented are part of a broader research project on quality of life of modern teenagers. One of the questions that we sought answers was: What forms of leisure preference for contemporary youth? Studies were diagnostic, took part in 456 high school students. Since we are also interested to identify whether there is a difference between the types of leisure time and the place of residence of respondents made a purposeful sampling. And so in the survey over 115 students from a large city (over 100 thousand inhabitants), 116 living in the middle city (from 20 to 100 thousand inhabitants) 115 students from a small town (up to 20 thousand inhabitants) and 110 students living on village. Based on the analysis results can be concluded that the most popular form of leisure by young people is watching television. Such an indication has almost a third of the student respondents. More than one quarter of respondents indicated that in their free time to meet with friends. Relatively fewer respondents answered that in their free time listening to music (15.7 % response rate), play sports (9.9 %), rooting for sports games (6.0 %), go to concerts (5.6 %). Rarest form of leisure activity by the respondents turned out to be reading a book (1.7 %) or going to the cinema (2.0 %). We were interested in whether there is a statistically significant relationship between the types of leisure time and the place of residence of students tested.

The results can be concluded that young people living in rural areas relatively more often than her peers from the city indicates that spends free time in meetings with friends. There were no statistically significant differences and between home and the use of leisure time watching television or computer games. The study emerges the image of a young man who spends his free time in a passive way. Indicated the most common form is just playing games. Analysis of literature in the field of media pedagogy leads to the conclusion that spending time on computer games, going in to the virtual world leads to a reduction of interpersonal contacts in the real world. This situation negatively affects the implementation of

developmental tasks for establishing close relationships with their peers. In addition, virtual networking brings with it the danger of forming a "new identity", which is not always consistent with the actual identity of the young man.

The dominance of passive leisure activities can cause the young people have limited opportunities to gain experience to enable the learning of social requirements for aesthetic appearance. Few situations in which to develop qualities such as perseverance, energy, robustness, accuracy or regularity in a little to prepare students for their future careers [4].

The low proportion of young people indicating that leisure time reading books is part of the existing research on readership indicates that decreases the number of readers of the Poles. The studies included in the Social Diagnosis shows that more and more people participate in culture is limited to watching TV, and every year reduces the number of books purchased.

The role of the teacher in the organization of leisure time

The period of adolescence is characterized by a change in the demand for forms of leisure. Appear on the new patterns that are generated by physical and psychological development of students as well as young people adjust the way of spending free time to rapidly changing conditions of life.

The interviewees indicate that they spend most free time in the company of peers. Analysis of results leads to the conclusion that young people are relatively rarely take part leisure forms proposed by the institutions. It is interesting to extend the research and know what is causing this situation. Disturbing – the educational point of view – is leaving young people to itself. You may also consider the role of teacher education more broadly in the organization of free time. This can be done by organizing a variety of extracurricular activities. Their task is to expand and deepen the knowledge, interests science, art, technology and social life. According to J. Węgrzynowicz "activities for children and youth organized with the active participation of attendees through the school (...), chosen by the youth to spend free time, bringing participants to rest and entertainment, educational and perfecting itself, providing an opportunity for social work, while learning self-Management of time remaining after completion of duty "[10, 122]. Since the extra-curricular activities play an important role in the development of ward, as well as enable development of leisure time it is the job of educators is to increase the number of such classes in the school. It is, however, that it is necessary to take into account students' individual interests, given that the school is striving for this, to provide each student as far-reaching as the development of his ability, to which he is capable,

and such a wide range of education, how can get it. With each student get the most, each bring as much as possible – this is the equality in education. This is of course equal individuating. Instead, everyone is the same, she tells everyone to ensure the best conditions for development as far as possible by taking into account the individual characteristics and needs.

Problematyka czasu wolnego była obecna w literaturze pedagogicznej od dawna. Wskazując na znaczenie czasu wolnego w rozwoju jednostki poszukiwano odpowiedzi na pytanie: jak wychowywać do czasu wolnego? Zmiany zachodzące we współczesnym społeczeństwie prowadzą do nowego spojrzenia czas wolny. Celem tekstu jest zaprezentowanie form spędzania czasu wolnego przez współczesną młodzież. Na tle przedstawionych wyników badań ukazane zostaną konsekwencje rozwojowe, jakie niosą za sobą opisane sposoby spędzania czasu wolnego.

The problem of leisure time was present in the literature teaching for a long time. Pointing to the importance of free time in the development of the individual sought to answer the question: how to bring up the free time? Changes taking place in modern society leads to a new view at leisure. The purpose of the text is to present the leisure activities of contemporary youth. Against the background presented research results will be shown the consequences of development, the benefits of the described ways of spending leisure time.

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