Questions about the Influence of the Way of Spending Leisure Time on Human Health

Abstract

In the paper we deal with problems of the relation of leisure time and health. Based on the research done using a method of standardized leading dialogue, data were evaluated and interpreted with regard to problem solving. The main problem was a question about mutual influence and cooperation of categories of leisure time and health, which was put to respondents aged fifteen and older.

Key words: health, leisure activities, leisure time, risk behaviour

1. Introduction

Leisure time is a matter of interest in many psychological, pedagogical and social professions. The problems of using leisure time and its relation to the quality of life, healthy behaviour, personality determinants and overall mental health are being dealt with by a range of home and foreign authors (e.g. Pávková et al. 2002, Vážanský, Smékal 2001, Argyle 1992).

On one hand, it presents an opportunity for personality and social development and, on the other hand, it presents some risks. The term leisure time involves rest, relaxation, entertainment, interest and voluntary activities. Leisure time (Holbauer, 2004) is the time when a human being is not active under a certain strain of obligations arising from his social roles.

---

1 This study was elaborated within the Research Project of the Faculty of Social Studies MU: MSM 0021622406, "Psychological and social characteristics of children, youth and family, personality development in the time of changes of modern society"