



MANOJ GUPTA ACTIVIDADES DE LAZER E RECREIO DOS
CHARAN PUSHPARAJ ESTUDANTES INTERNACIONAIS EM LODZ

PHYSICAL RECREATION AND LEISURE
ACTIVITIES OF FOREIGN STUDENTS IN LODZ



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Relatório do projeto apresentado à Universidade de Aveiro para cumprimento dos requisitos necessários à obtenção do grau de Mestre em Gestão e Planeamento em Turismo, realizada sob a orientação científica do Doutor Armando Luís Vieira, Professor Auxiliar do Departamento de Economia, Gestão e Engenharia Industrial da Universidade de Aveiro e da Doutora Monika Slawek, Professor Auxiliar do Instituto de Geografia Urbana e Turismo da Universidade de Lodz

I dedicate this work to my family for their tireless support.

o júri
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palavras-chave

Lazer; recreio; Paradigma de Neulinger; globalização; sociodemografia

resumo

As atividades de lazer e recreio estão a ganhar importância devido ao facto das pessoas começarem a viver uma vida mais orientada para a questões de saúde. O papel e a influência das atividades acima mencionadas têm sido pouco estudados e / ou ignorados ao nível dos estudantes estrangeiros. Mas a situação tem-se vindo a alterar, especialmente na era da globalização, com os estudantes internacionais a contribuírem substancialmente, em termos económicos, direta e indiretamente, para as universidades e governos locais, durante a sua permanência / estudo. Percebendo essa necessidade, este projeto foi realizado tendo em conta os estrangeiros, a maioria dos quais eram estudantes internacionais em Lodz, na Polónia, para verificar o seu interesse e participação em atividades físicas e de lazer. Das 144 pessoas contactadas, 106 responderam de forma positiva em termos de participação no estudo. Houve um maior número de mulheres do que homens que não participaram no estudo. Uma variedade de fatores como sexo, idade e nível sociodemográfico, foram discutidos e delineados, juntamente com comparações em relação a outros países. Além disso, a classificação dos participantes com base no paradigma de Neulinger foi elaborada e descrita de uma forma qualitativa. Assim, este projeto serve como um modelo válido e ativo para a realização de novas investigações com base em dados estatísticos, não só na Polónia, mas em qualquer país.

keywords

Leisure; Recreation; Neulinger's paradigm index; globalization; socio-demography

abstract

The significance of leisure and recreation activities is gaining impetus momentum ever since when people started to continue and practice health conscious-oriented life. Among the studied groups of wide segments of people across the society, the role and influence of aforementioned activities on foreigners have remained poorly studied and/or ignored. But that's not the case here on, especially at this era of globalization, as International students contribute substantially in terms of economy to the foreign Universities and governments either directly or indirectly over their course of stay/study. Realizing the need, this project was conducted among the foreigners, of which most of them were international students in Lodz, Poland, to check their interest and participation in any of the leisure and physical activities. Out of 144 members who were surveyed, 106 members have responded positively in their participation. Women non-participants were found to be higher when compared with men. Variety of factors like gender, age, socio-demography were all discussed and outlined along with some noted comparison with reference to other countries. In addition, efforts such as to classify the participants based on Neulinger's paradigm index were qualitatively attempted and described. Thus, this project by all means serve as an active and valid model to carry out further investigations with statistically favorable strength basis, throughout not only in Poland, but in any mentioned country.

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Abstract

The significance of leisure and recreation activities is gaining impetus momentum ever since when people started to continue and practice health conscious-oriented life. Among the studied groups of wide segments of people across the society, the role and influence of aforementioned activities on foreigners have remained poorly studied and/or ignored. But that's not the case here on, especially at this era of globalization, as International students contribute substantially in terms of economy to the foreign Universities and governments either directly or indirectly over their course of stay/study. Realizing the need, this project was conducted among the foreigners, of which most of them were international students in Lodz, Poland, to check their interest and participation in any of the leisure and physical activities. Out of 144 members who were surveyed, 106 members have responded positively in their participation. Women non-participants were found to be higher when compared with men. Variety of factors like gender, age, and socio-demography were all discussed and outlined along with some noted comparison with reference to other countries. In addition, efforts such as to classify the participants based on Neulinger's paradigm index were qualitatively attempted and described. Thus, this project by all means serve as an active and valid model to carry out further investigations with statistically favorable strength basis, throughout not only in Poland, but in any mentioned country.

Keywords: Leisure, Recreation, Neulinger's paradigm index, globalization, socio-demography

Chapter -1

Introduction

Leisure and recreation are both crucial components of a balanced and healthy lifestyle. Leisure time is a time when people can do what they want to do, away from work and other commitments. Recreation and leisure play an important role in social well being by providing people with a sense of identity and personal autonomy. Involvement in leisure-time activities adds meaning to individual and community life and contributes to people's overall quality of life. Recreation can encourage personal growth and self-expression and provide increased learning opportunities, satisfying needs not met in people's non-leisure time. Thus, the recreation and leisure activities can nourish us physically, mentally and emotionally. In fact, understanding the very aspect has come to be recognized as the index of child and adolescent development of a particular area or country.

For many people, participation in leisure and recreation improves their physical and mental health. Recreation often involves a physical activity or sport. Research shows increased physical activity can lead to fewer health problems and higher productivity at work, especially when combined with a balanced diet and a healthy lifestyle. In short, as outlined in WHO (World Health Organization) 2002 and 2003 report, many surveys encountered on people involving in more recreational activities have shown to be least affected with various physiological problems such as cardio-vascular disease, bone and other body disorders. The benefits for mental health are equally important. Several studies have demonstrated links between regular physical activity and a reduction in the symptoms of mild or moderate depression, stress and anxiety. To be specific, the study results of Caldwell and Darling 1999, has clearly outlined the benefits and need to understand the leisure and recreational activity of people, since they found a direct evidence of link of above study with that of anti-social behaviour and crime rate of society. They observed that the young people who are engaged with different activities (like sporting, etc) are less likely to be involved with any of anti-social behaviour and public nuisance. Similar results were shown by Zeijl et. al 2001, as they went a step further to even highlight some of the constraints that were confronted by the youths, to get involved in various societal activities. Passive leisure also has benefits for mental health, by providing an outlet for the mind. It may provide physical rest, tension

release and opportunities to enjoy nature and escape from the daily routine. Thus, the participation in leisure and recreation activities can always have enormous social benefits, aside creating opportunities for socialisation and social cohesion, thereby allowing people to connect and network with others. It can also contribute to family bonding when families do things together in their leisure time.

1.1 Recreation and leisure trends in Poland:

According to several regional data collected over the last decades, Poland belongs to the countries with the lowest physical activity level in Europe (Zdrojewski et al. 2004; Laaksonen et al. 2001; Kaleta et al. 2007). Regardless of the established health benefits resulting from regular leisure-time physical activity, currently the majority of the Polish population do not participate in physical exercise at a sufficient level, or any training at all (Drygas et al. 2005).

Worse still, harmful behaviour concerning sedentary lifestyles applies to children and adolescents more and more often. Over 42% of children up to 14 years old spend above 3 hour per day in front of a TV or computer monitor. Over 50% of Polish teenagers aged 15–19 years do not participate in any kind of recreational sport, but spend over 15 h per week on activities demanding none-physical effort. Among the adult population, the situation seems pretty similar. A nationwide representative study, WOBASZ, conducted in the years 2003–2005, confirmed that sedentarism is still a current and important problem in our country (Drygas et al. 2005). Almost 35% of the respondents to the WOBASZ survey (37% of women, 32% of men) do not do any physical exercise lasting at least 30 min on a regular daily basis in their leisure time. Of those, however, who do exercise, a considerable proportion does it.

1.2 Need of study:

As of 2009, a jump of nearly half a million students was reported by UNESCO (United Nation Educational, Scientific and Cultural Organization) agency in comparison with the previous year of 2008 i.e. from 2.96 million to 3.43 million. While many of those surveys (stated in relevance) were conducted to link the leisure and recreational activities of people with various societal problems, no comprehensive report has yet been available on record to highlight the cumulative effect and factors that are specifically targeting the foreign students and their life style. In any case, the role of physical recreational and leisure habits of people is

undoubtedly considered to influence the outcome of socio-economic and cultural activity of one's country either through direct or by indirect means. Consequently, the above argument could be well justified by having a look into the recent reports of OECD (Organization for Economic Co-operation and Development) which is a non-profitable multi-governmental organization that has ranked several of European countries as the best place to live among the world. The above ranking was done systematically based on studying people's activity and their interest to engage in various socio-recreational activities without compromising any of their professional work. Poland being a European country has just ranked above average and thus, lying behind most other European countries in the survey of "Better life index". In fact that was well reflected, as Poland's international student's community strength were weighed just 1.2%.

Nowadays, with education being an intrinsic part to boost and develop tourism, the theme of this thesis is considered to be of high complementary, as it would provide crucial inputs to various governmental and non-governmental organizations that rely intensively on the growth of foreign people and their activities (Universities, recreational centres, tourism, Hotel and Restaurants) to urgently revive and amend their policies to create a conducive environment to get mutually benefitted with each other. Moreover, such reports are also considered to be of substantial interest, as it would help to weigh, compare and reflect the quality life of foreign students that would eventually reflect and pave way to the upliftment of societal status and reputation of Lodz city, both in terms of national and international level.

Thus with an interest to learn and depict the social recreational and leisure activities, this project is conducted starting with a survey to secure more data especially from the fraternity of foreign students who are currently pursuing their profession at the city of Lodz in Poland. At the end of the survey, results are statistically composed and conclusion is drawn to affirmatively derive a logical reasoning and factors that were affecting the life of foreigners (both in positive and negative way) who are resided at Lodz, Poland.

1.3 Aim of this thesis:

To identify and compare various physical recreational and leisure activities of foreigners with that of domestic people and then, arrive a possible conclusion to eliminate various constraints that are hindering the development of Lodz by merely enhancing the morale living of foreigners

In this perspective, some specific questions were also considered in the analysis:

1. What is the Impact of foreign student's participation on physical recreation activities in Lodz?
2. How do foreigners contribute in sport and physical recreation activities when compared with the own countrymen?
3. Which type of physical recreation do internationals prefer the most?
4. What are the main motivations of physical recreation activities?
5. What are the barriers faced by them on physical recreation activities?
6. What are their frequency and time spend on physical recreation?

The results obtained through this project would be systematically organized and aligned first, in a way to instantly evaluate the status of foreign students (in comparison with domestic students) and then the degree to which various individual activities could be influenced by those of above targeted communities will be interpreted. In addition, the results obtained would be also compared with other neighbouring countries to further amplify the significance of this project in benefitting the wider sectors of industries.

Chapter - 2

Literature Review

This chapter aims to define leisure, describe its main categories as well as distinguishes it from related constructs such as recreation and physical activities, because the focus of the current study is on several scales, for measuring the perceived value of leisure. Leisure represents the central platform for the study. Consequently, it is crucial to provide a comprehensive definition for leisure, as this would provide an in-depth understanding of the nature and scope of leisure and simultaneously it would support the realisation of the study's focus mentioned above.

This chapter focuses on the following:

1. Defining Leisure
2. Defining recreation , its categories and Characteristics
3. Defining Physical activities and relation to leisure.

2.1 Defining Leisure

To define leisure a number of questions need to be raised:

- Is leisure new?
- Is there a need of leisure?
- What aspects should be considered when defining leisure?

Leisure is not a new concept. Four thousand years ago, the Sumerians and Mesopotamians originated the idea of combining retail with leisure, in their caravan journeys from Damascus to Jeddah. Magicians, story tellers, dancers and craftsmen, could be found within these caravans. Their purpose was to create a pleasant and positive mood among customers, which would be conducive for trade (Torkildsen, 2005).

The question whether there is a need for leisure , can be answered with an emphatic 'yes' as need in an internal force, driving each individual to gain completeness and it could be attached to leisure. However, Torkildsen (2005) argues that even though "leisure needs" might not exist, many not exist, and many different human needs can be satisfied through leisure activities.

This author also mentions that the society's needs are shaped by the needs of its individual members. Throughout the different stages of each individual's life, these needs change to a greater or lesser degree of importance. Therefore, each person chooses the leisure activity best suited to the various phases of each respective life. Worth mentioning is the fact the Article 24 of the "United Nations Universal Declaration of Human Rights" states that every human being has the right to rest and leisure (United Nations, 1948).

Torkildsen (2005) states that little research has been undertaken to determine people's need within the context of leisure. The fast emerging leisure industry makes this field of interest significant. The world leisure can be regarded as a "self-explanatory" concept. If people are questioned about its meaning, varied interpretations are readily offered, as interpreted by each individual (Torkildsen, 2005).

The definition for the leisure construct depends on the context used. Consequently, it is neither easy to present all definitions for leisure, nor single out one complete definition. Leisure can simply be defined as a social phenomenon that occurs during an individual's discretionary time. Leisure can be considered as time; an activity; a state of mind; and most importantly, a vital factor in orchestrating harmony between a person's way of life and the environment occupied (Torkildsen, 2005).

Current definitions of leisure vary in scope and intent. There are various aspects to consider when defining leisure, because it is an invisible concept. Leisure must be experienced in order to exist (Torkildsen, 2005). However, many definitions describe leisure as an enjoyment, more than an activity with a useful function (Leitner & Leitner, 2004).

The leisure construct will be discussed in section 2.1.3 For the purpose of the study, leisure as time, will be reviewed shortly, after reviewing time categories. Since time is perceived as an essential ingredient in leisure, it is appropriate to discuss time categories first, in order to understand the different perspectives of leisure. The next section explains time categories and how they are related to leisure.

2.1.1 Categories of time

Murphy (1981) refers to leisure as that portion of time which remains when work and the basic requirements for existence have been satisfied. Moreover, he believes that time falls into three classes:

- time for existence, sleeping, eating and meeting biological requirements
- time for subsistence (i.e., work)
- time for leisure (i.e., the time that remains after the basic necessities of life and work requirements have been accomplished)

It is important to note that what is necessary for some people (e.g., eating and sleeping) may be regarded as discretionary activities for others. These discrepancies are causing the various meaning that leisure holds (Torkildsen, 2005).

However, Torkildsen (2005) is also of the opinion that leisure may not be considered as free time, if the latter is perceived as time free from obligation, or associated with negative destructive, behaviour. On the other hand, some types of leisure activities, such as voluntary charity work, are portrayed as obligations. There are also leisure activities that involve dedication to personal development, such as building a skill through practicing a hobby of an enjoyable nature. Learning to speak another language of choice in order to communicate with friends from a foreign country, developing general knowledge through reading and travelling or seeking body building through fitness exercises, are examples of such leisure activities.

People utilise their time to perform various activities. Kelly (1996) suggests that there are four types of activities:

- Remunerative work
- Family obligations
- Socio spiritual obligations
- Activities orientated towards self- fulfilment or self – expression.

Leisure is related to the fourth kind of activity mentioned above. On the other hand, Kelly (1996) also mentions that an activity could both be regarded as leisure and work (i.e., walking, which may be classed as leisure, work or therapy). The aforementioned perceptions about leisure, give validation to the practice of distinguishing leisure activities by elements other than form or content.

2.1.2 Leisure as Time

Gouws (2001) believes that leisure time should not be regarded as free time, because leisure time is planned and free time is unplanned. According to Horner and Swarbrook (2005), leisure refers to the way in which people spend their time when they are not at work. Kelly (1996) adds that leisure time may not be completely free. It is the time where participants exercise some choice, in their activities and the services associated with these activities.

Consumers differ in their choice of leisure services as influenced by their time classifications. The following examples can serve as clarification for self/group orientation (Cotte and Ratneshwar, 2003).

- *Social orientation* refers to the categorisation of discretionary time, where the time style would be dedicated to a person either spending solitary time (self-orientation) or interacting with others (group orientation). Time can either be spent voluntarily or obligatorily. Leisure activities, executed on your own (e.g., fishing or shopping), can be regarded as examples of self-orientation, while executing the same activities with others serve as examples of group orientation.
- *Temporal orientation* refers to the relative significance that individuals attach to the past, the present or the future. Past-orientated people are likely to enjoy making lengthy telephone calls to childhood friends. Present-orientated people are more prone to what offers immediate enjoyment, such as gambling. Future-orientated people often pursue personal development activities, such as golf or cooking classes.
- *Planning orientation* refers to an individual's style of time management (analytic or spontaneous). For example, spontaneous people tend to prefer impulsive leisure activities, such as a "spur-of-the-moment" outing to the beach, while analytical people tend to prefer planned leisure activities, such as participating in a scuba diving training course.
- *Polychronic orientation* refers to the individual's preference for a polychronic, multi-tasking style versus a monochronic "one-thing-at-a-time" style. Monochronic

people tend to devote their time to a single leisure activity at a time, such as reading. Polychronic people, on the other hand, prefer doing more than one leisure activity at the same time, such as chatting to a friend and listening to music, while playing cards at the same time.

Time may influence the degree of perceived value that individual consumers of leisure services have, because time affects consumers' decisions about time-consuming leisure activities (Cotte and Ratneshwar, 2003). Consequently, the authors suggest that leisure service marketers should stimulate business from consumers with specific time categories, by tailoring their offerings to suit the time preferences of the target consumers.

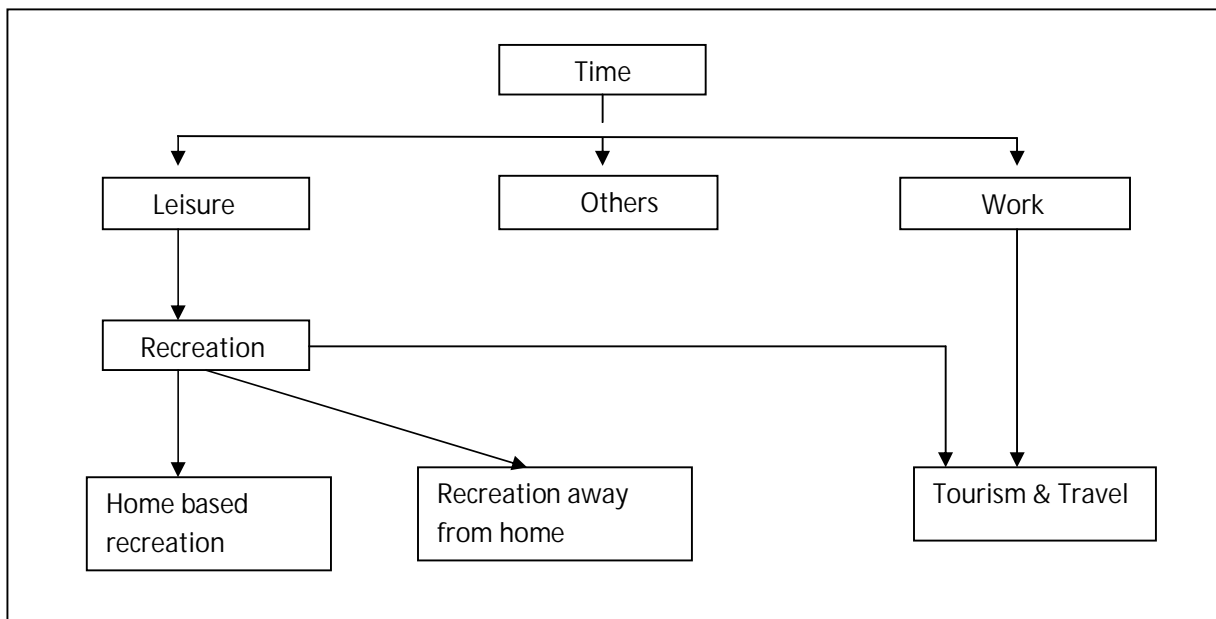


Figure 2.1 Tribe’s classification of leisure activities. Source – Tribe (2005)

Figure – 2.1 suggests that “work” and “leisure” are both part of time, where each occupies an amount of time. Accordingly, recreation is considered part of leisure. Recreation comprises two categories of activity, namely recreational activities that are based at home and recreational activities that are based away from home (e.g., in a park or at gym). Allocation for “others” in Figure 2.1 refers to time spent by an individual on personal or social needs. Furthermore, (Figure-2.1) suggests an indirect association between leisure and work. This association is described through the function of travel and tourism. For example, work-time may include business trips or courtesy functions and events. These activities can also be considered as leisure activities.

2.1.3 The construct leisure

Currently leisure activities are developing and increasing in number. On the one hand, the development of leisure facilities are assisting the economic growth of nations and offering more job opportunities. On the other hand, increasing leisure consumption is attracting the attention of marketing and consumer researchers (Cotte and Ratneshwar, 2003).

The aforementioned growth motivates the current study to be concerned about marketing leisure, because marketing plays an increasingly important role in a scenario where the provision of leisure is regarded as a marketing exercise (Torkildsen, 2005). The necessity to define leisure as an industry therefore exists. For the purpose of this study the leisure industry is defined as a dynamic progressing service industry that covers a broad spectrum of businesses, which provide services used by people during their leisure time. Such businesses serve leisure markets and attract the expenditure of disposable income.

Leisure services are anticipated to help develop new marketing strategies and practices that capture the vast dimensions of the leisure industry, which encompasses recreation, play, as well as hospitality related activities. The new marketing strategies should focus on the human being, as the focal point of attention, addressing individual as well as group needs, interests, preferences, desired experiences, prime satisfaction factors and perceived values (Kotler, Bowen and Makens, 2006).

Marketing efforts are consistently being modified to influence consumers thinking habits, buying decisions and thought processes. Therefore, it is worth reviewing motivations of leisure, in order to understand the approaches that influence potential customers (Torkildsen, 2005).

“Motivations of leisure” is a pivotal construct that is related to the core of this study. The construct verifies what is considered as leisure and what is not, by differentiating between consumers’ external and internal motives. For that reason, it is necessary to first provide concise information regarding the functions and importance of leisure, which are discussed in section 2.1.4 and 2.1.5 respectively, followed by categories of leisure in section 2.1.6 and these in turn are linked to the “motivations of leisure” that are discussed in section 2.1.7.

2.1.4 The functions of Leisure

According to Murphy (1981), there are three functions of leisure, namely *social*, *behavioural* and *psychological*.

1. The social functions of leisure

Kelly (1996) proposes that individuals engage in leisure activities to pursue personal and social benefits. Murphy (1981) refers to leisure as “[Doing] which gives one pleasure and satisfaction”. Individuals tend to belong to a number of social circles, consisting of people who share common interests. Leisure is a means of establishing and sustaining intra-group solidarity (Murphy, 1981). Consequently, each society maintains a degree of social control through its leisure attitudes, behaviours and social organisations. Moreover, Murphy (1981) mentions that leisure serves three basic social functions that provide opportunities for:

- Relaxation (provides the individual the opportunity to recover from fatigue)
- Entertainment (spells deliverance from boredom)
- Personal development (serves to liberate the individual from the daily automatism of thought and action).

2. The behavioural functions of leisure

Leisure can be regarded as non-work behaviour in which people are voluntarily engaged during their free time. Such behaviour is to be recognised as an expression of the individual’s total self and should be goal directed (Murphy, 1981). Therefore, leisure activity choice becomes an aspect of the personality. To this end, Kelly (1996) agrees that leisure can be regarded as a learned behaviour.

3. The psychological functions of leisure

Torkildsen (2005) refers to leisure as an attitude of mind; a condition of the soul. Murphy (1981) similarly suggests that leisure is a state of mind; a way of being, which makes leisure behaviour a function of the individual’s needs. Moreover, Sessoms (1984) views leisure as an attitude of an individual towards existence, while Horner and Swarbrook (2005) argue that an individual should derive a positive mental

state, as a result of participating in leisure activities.

The aforementioned discussion of the functions of leisure indicates that leisure, as a phenomenon, is remarkably important. The importance of leisure is discussed in the next section.

2.1.5 The importance of Leisure

In the previous sections leisure has not only manifested itself as being an enjoyment, a recreation, or a social activity, but also proved to be an effective and productive use of one's free time to gain contentment, expand one's knowledge, mould one's fitness, or develop a desired hobby or a needed skill. At the same time leisure has also been distinguished as both a lively progressing service industry, which covers a wide range of businesses, where it offers employment to a considerable number of professionals and job seekers world-wide, as well as a field of interest for academic research.

Leisure is important in society especially when measured by time invested, money spent or value expressed (Kelly 1996). Leitner and Leitner (2004) have found that it is possible to improve relations between two parties through leisure activities: The football matches organized in Israel for Palestinian and Israeli children in March 2003, serve as a case in point. Therefore, this category of leisure activities could enhance human relations. However, even though the argument exists that the understanding of consumers' behaviour towards leisure is important; questions might arise as to which categories of leisure activities are consumed and who provides them?

2.1.6 Categories of Leisure

Torkildsen (2005) argues that leisure activities are provided either through the public sector, the voluntary sector or the commercial (private) sector. Verification and congregation of different kinds of leisure activities are easier, if done according to the sector to which the activities belong. Different kinds of leisure activities are attached to each sector mentioned above.

A question arises: What drives people to engage in leisure activities and how is it possible to differentiate between leisure and work? Leitner and Leitner (2004) distinguish between work

and leisure through “Neulinger’s paradigm”, which is discussed in the next section on motivations of leisure.

2.1.7 Motivation of Leisure

Neulinger’s paradigm, which is based on the concept of intrinsic and extrinsic motivations, distinguishes between leisure and non-leisure activities (Leitner & Leitner, 2004). Table 2.1 shows the six activity categories in Neulinger’s paradigm, where intrinsic motivation refers to internal motivation, while extrinsic motivation refers to external motivation and the desire to do an activity for the external rewards involved.

Perceived freedom = leisure			Perceived constraint = non-leisure		
1	2	3	4	5	6
Pure leisure	Leisure-work	Leisure-job	Pure work	Work-job	Pure job
Intrinsic motivation	Both intrinsic and extrinsic motivations	Extrinsic motivation	Intrinsic motivation	Both intrinsic and extrinsic motivations	Extrinsic motivation

Table 2.1 Neulinger’s Paradigm of leisure. Source Leitner & Leitner (2004).

In the paradigm reflected above, *freedom* refers to personal choices, made by individuals, to perform preferred leisure activities, based mainly on inner drives for the enjoyment and the mere pleasure of the activity. *Constraint* refers to limitations and restrictions associated with the practice of leisure activities, mainly due to the impact of associated extrinsic factors such as pay, social circumstances and health conditions. *Perceived freedom* refers to the fact that a person may not be truly free of his related obligations, whether those are personal, work – related, family – related or social obligations. Freedom is relative and depends on the social circumstances of the individual as well as on their understanding of those circumstances.

Neulinger’s paradigm implies that the largest number of activities is motivated by a combination of both intrinsic as well as extrinsic motivations. Furthermore, this paradigm also proposes that leisure refers to freedom, while non-leisure refers to constraint.

Six activity categories mentioned in the (Table 2.1) are listed below:

Pure leisure refers to those activities freely engaged in that are totally intrinsically motivated. The activity is engaged in for its own sake, with extrinsic rewards not considered, the cell represents one of the smallest categories of a activities, In most leisure activities, at least some attention is paid, to external reward. An example of a pure leisure activity is hiking in the mountains if the only motivation for doing the activity is the good feeling experienced during the activity. However if the mountains hike is also motivated by the external rewards of obtaining exercise that would contribute positively to one's health, then the activity is classified in cell 2, "leisure work".

Leisure – work indicates activities motivated by a combination of both intrinsic and extrinsic rewards, where individuals are freely engaged in activities such as sport for enjoyment and fitness benefits. Touring, sailing and fishing are examples of leisure- work.

Leisure-job signifies activities where participants are freely engaged, but the motivation stems solely from obtaining the extrinsic rewards, such as better health or weight reduction. The activities are not at all motivated by enjoyment of the activity itself. Jogging and aerobics might be examples of leisure-job, especially when the participant objective is to reduce his/her weight.

Pure Work: In contrast, pure work refers to activities engaged in under constraint but which provide only intrinsic rewards similar to the first cell, this category probably represents only a select group of activities. One example of pure work is a professional basket ball player obligated to play because of a binding legal contract but who plays totally for the enjoyment of playing basketball and does not think about the financial rewards of playing. There probably are some professional athletes, whose work could be classified in this cell, but it is more common for a professional athlete's work to be classified in the next cell, "Work-job".

Work- job – refers to activities engaged in under constraint and motivated by both intrinsic and extrinsic rewards. An example of a work-job activity is a professional baseball player who is contractually obligated to play and who is motivated to play both because of the financial rewards and the enjoyment of playing baseball. Similarly, a college professor who

is contractually obligated to teach a course but does so both for financial gain and the joys of teaching is performing a work-job activity.

Pure job – last and perhaps least appealing, are pure job activities, pure job refers to activities engaged in under constraint that have no intrinsic rewards, participation is motivated exclusively by extrinsic rewards, An example of a pure job activity is a menial job such as custodial work that is motivated solely by an extrinsic reward (money).

In conclusion, through examining contemporary empirical research, the above section has discussed the various definitions of leisure, the categories of time, and the leisure industry. The functions and importance of leisure have also been reviewed within this section, followed by categories of leisure, prior to concluding with the motivations of leisure.

The following subsections discuss recreation, which is an important subcomponent of the leisure construct.

2.2 Recreation

In this section, recreation is discussed as a component of leisure. Initially definitions and meanings of recreation are discussed, followed by trends in leisure and recreation definitions. Furthermore, categories and characteristics of recreation are expounded, and finally an interrelated component of leisure, namely play, is reviewed in section 2.3.

2.2.1 Defining Recreation

The word “recreation” stems from the Latin “recreation”, which refers to restoration or recovery. The term implies the re-creation of energy, or the restoration of a human’s ability to function (Kelly, 1996). Sessoms (1984) and Torkildsen (2005) agree that recreation refers to activities, which occur during leisure time. Moreover, participants usually voluntarily choose such activities, either because of the satisfaction, pleasure or creative enrichment derived, or because the participant perceives certain personal or social values to be gained from the activities - i.e., the beneficial emotional state derived from involvement (Torkildsen, 2005).

Trends in leisure and recreation definitions, reveal, according to Kelly (1996), that

recreation is more organized for specific ends, with benefits expected, compared to leisure. The author requires recreation to have a reason, a destination, and a purpose.

Although leisure has been related to experience, it appears that the concept of recreation has not been viewed similarly. Furthermore, Williams and Buswell (2003) as well as Parr and Lashua (2004) regard leisure as an umbrella that covers recreation. However, a continuous evaluation, in the understanding of the leisure construct and its attributes, exists.

Academic researchers have found that definitions of leisure and recreation overlap and do not fall into a single logical category (Torkildsen, 2005), especially with examples which argue that recreation can refer to any activity pursued during leisure time. Simultaneously, leisure can also be defined as recreation (Medlik, 2003).

For the purpose of this study, Torkildsen's (2005) definition of recreation is adopted, describing it as "a voluntary activity, a person chooses to participate in, during available leisure time, which generates an experience that results in satisfaction, and may lead to enjoyment, pleasure, achievement and/or a sense of well-being, like "work out at gym". This activity is organized, meaningful and goal-driven. As stated above, a recreation activity has a reason or a purpose and a destination. Recreation can be regarded as a social phenomenon, when it has a social purpose. Destination is a word that may include a combination of meanings, such as a location of natural features, or a man made attraction like a sports' centre or a special event, which would be offered as an interrelated whole (Horner and Swarbrook, 2005).

The relationship between recreation and leisure is obviously a very close one, as recreation activities occur during leisure time. Therefore, on the one hand, recreation is to be considered part of leisure, but on the other hand, leisure does not have to have a purpose or be organised. Leisure and recreation do, however, differ from one another, because leisure resembles a bigger spectrum, which encompasses activities other than recreation, such as hospitality and tourism. Nevertheless, for a clearer understanding, the following two sections discuss two important aspects of recreation, which are the categories and characteristics of recreation. After defining recreation in this section, the next section discusses the categories of recreation.

2.2.2 Categories of recreation

Recreational activities can be categorised in a number of ways. As illustrated in (Figure-2.1), Tribe (2005) distinguishes between home-based recreational activities and recreational activities that take place away from home.

Home-based recreation refers to recreational activities performed at home. These activities may include listening to music or the radio, watching television, videos or DVDs, or reading. Other home-based activities include Do-It-Yourself (DIY) home improvement activities, gardening, playing games, doing exercises, practising hobbies and utilising a computer for leisure.

Recreation away from home includes an even wider variety. Participating in sport, watching entertainment activities, practising hobbies, visiting attractions, dining out as well as betting and gambling, are only but a few of these activities.

Horner and Swarbrook (2005) specify seven differences between the various forms of recreation. These differences are in terms of:

- **Location** - The recreational activity is performed either at home or away from home.
- **Range and frequency of practice** - The recreational activity is performed on a daily basis or once a day or on a less regular basis.
- **Clothing and equipment used** - Some recreational activities require special clothing and equipment, others little or none.
- **Facility requirements** - Some recreational activities are supported by a large physical infrastructure, while others require no special infrastructure.
- **Nature** - The nature of a recreational activity can be controversial, political or illegal, like hunting in national parks which is considered illegal.
- **Participation type** - A recreational activity requires either group or individual\ participation.
- **Customer** - During a recreational activity, a person can be either a spectator or a participant in that particular recreational activity.

After this explication of the categories of recreation, the following section elicits the characteristics of recreation.

2.2.3 Characteristics of recreation:

Recreation seems to reveal shared characteristics. These include the following:

- Recreation is perceived to fall under the leisure umbrella.
- Recreation refers to activities undertaken during leisure time.
- Recreation activities are chosen voluntarily.
- Recreation activities can take the shape of many different forms.
- Participation in recreation tends to be goal-driven, and recreation is, therefore purposeful.
- The experience resulting from recreation cannot be predetermined, for example, a consumer's experience of a meal at a restaurant cannot be exactly predicted before the meal is enjoyed in such a setting (Kelly, 1996; Torkildsen, 2005)
- Recreational activities generally have social purposes and organisation (Kelly, 1996). However, some recreational activities do not hold social benefits or commitment to community contentment or enhancement, like gambling on the Internet. Some recreational activities are even illegal, such as drug use, because of the perceived immorality and harmful consequences.
- In this section recreation has been viewed as a leisure activity, simultaneously revealing that leisure is broader concept than recreation (Sessoms, 1984). Under its broad umbrella, leisure has many activities and one of them is play.

The following section considers the definition of play as well as the similarities between play, recreation and leisure.

2.3 Defining Play

The term play comes from the Anglo – Saxon “Plega” referring to a game, sport or even a fight. The Latin “plega” means a blow, thrust or stroke as in ball game or in combat (Kelly, 1996)

Torkildsen (2005) attaches play to children by defining play as “a freely chosen, personally directed, intrinsically motivated behaviour that actively engages the child”. Kelly (1996) appends such satisfaction - that would result from doing a play activity - to the moment, meaning that the satisfaction of play is concentrated in the experience of doing the activity. Moreover, Kelly (1996) considers play as a leisure activity that has a non-serious meaning. Although individuals seek recreational experiences and possess the need for leisure experiences, they have an inherent desire to play (Horner and Swarbrook, 2005)

For the purpose of this study, play is defined as a voluntary activity a person chooses to participate in, for its own sake during available leisure time. Play is not organised and does not create wealth, moreover, play results in enjoyment and pleasure. Play falls under the leisure umbrella and is considered the most effective method of children’s early learning experiences (Torkildsen, 2005).

2.3.1 Similarities between play, recreation and leisure

There are many words and concepts that are shared when describing constructs such as play, recreation or leisure. Horner and Swarbrook (2005) suggest that pleasure constitute the central focus of the overlapping ideas of play, recreation and leisure. Consequently, pleasure is perceived as the central concept between leisure, recreation and play as illustrated in the Figure 2.2.

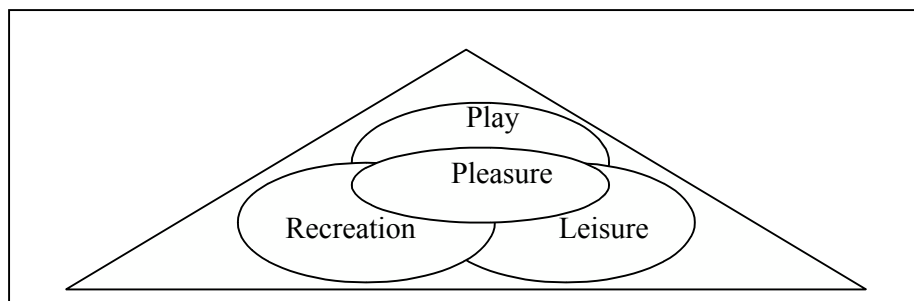


Figure 2.2 Pleasure at heart of play, Recreation and Leisure, Source: Torkildsen (2005)

Figure 2.2 suggests that pleasure is the central experience that is shared by play, recreation and leisure activities. Torkildsen (2005) argues that pleasurable experiences occur within favourable environments, where a leisure consumer would be satisfied by receiving positive outcomes from leisure services purchased. These similarities emphasise that play, recreation

and leisure are integrated and they appear, collectively, to have common characteristics (Torkildsen, 2005). Consequently, the perception exists that leisure, for its broader scope, represents an umbrella term that includes both recreational as well as play activities.

The differences between play, recreation and leisure reveal that *play* exhibits childlike characteristics of joy. Recreation often refers to a consuming experience that leads to restoration hence, recreation experience renew. Leisure has the potential to lead a person to self-fulfilment or self-actualisation that will positively affect the person's way of life (Torkildsen, 2005).

Chapter 3

Methodology

3.1 Focus group:

This project principally focuses on foreigners, especially those of university students to know their social-culture and leisure activities that are engaged by them, while during their stay at Lodz. Accordingly to do so, a questionnaire asking for their involvement in various activities, their frequency of participation, their constraints and motives behind their participation and many more, are prepared and intended to be surveyed among those mentioned communities. A model copy of a questionnaire is given in the Appendix. Based on the survey, the final results are compiled in a manner that are to be crucially utilized to improve, not only, the scenario and quality life of foreign students located at Lodz, but also, provide a platform that might prospectively influence the policy making of various organizations to improve and provide their service in a view to ultimately, encourage the national tourism of the Poland.

Majority of the below data collection and analysis employed in the project was done in according to guidelines stated by the “Approaches to the analysis of survey data” published by the University of Reading statistical services centre- March 2001.

3.2. Data types and Structure:

3.2.1. Simple survey data structure:

The data from a single-round survey, can often be thought of as a ‘flat’ rectangular file of numbers, whether the numbers are counts/measurements, or codes, or a mixture. In a structured survey with numbered questions, the flat file has a column for each question, and a row for each respondent, a convention common to almost all standard statistical packages. If the data form a perfect rectangular grid with a number in every cell, analysis is made relatively easy, but there are many reasons why this will not always be the case and flat file data will be incomplete or irregular. Most importantly:-

- Surveys often involve ‘skip’ questions where sections are missed out if irrelevant e.g. for the question do you participate in the physical activities- ‘Yes’ or ‘No’

- If some respondents fail to respond to some questions (item non-response) there will be holes in the rectangle.

A little potentially informative non-response may be ignorable, if there is plenty of data. If data are sparse or if informative non-response is frequent, the analysis should take account of what can be inferred from knowing that there are informative missing values

3.2.2. Data Analysis:

The above data entries were then analyzed individually on case by case basis to track down any odd values, or patterns, to be explored. Data listings can be an adjunct to tabulation: in Excel, which allows feature for the one to look at the data from individuals who appear together in a single cell. For e.g., how many have opted positively for their participation into the physical and leisure activity. Cross tabulation methods were employed simultaneously to construct a logical reasoning to judge the nature of the data with specific motives, e.g., to compare the influence of nationalities with the participation of the physical activity? After obtaining necessary assertions the logical data obtained were outlined by using graphical methods of different charts.

3.3 Measurement of physical activity:

Physical activity is a complex behaviour, with four main dimensions and can be rated by knowing frequency of the activity (usually measured in occasions like per day, week etc.); intensity at which the activity is carried out; time: the duration of the bout of activity; and type of activity. Exercise experts measure activity in metabolic equivalents, or METs (Metabolic equivalents). One MET is defined as the energy it takes to sit quietly. These MET estimates are for healthy adults. Below are the table 3.1 shows the METs spent for different activities.

Table 3.1 Examples of light- moderate- and vigorous-intensity activity for healthy adults.

Light <3.0 METs	Moderate 3.0–6.0 METs	Vigorous >6.0 METS
<ul style="list-style-type: none"> • Walking—slowly • Sitting—using computer • Standing—light work (cooking, washing dishes) • Fishing—sitting • Playing most instruments 	<ul style="list-style-type: none"> • Walking—very brisk (4 mph) • Cleaning—heavy (washing windows, vacuuming, mopping) • Mowing lawn (power mower) • Bicycling—light effort (10–12 mph) • Badminton—recreational • Tennis—doubles 	<ul style="list-style-type: none"> • Walking/hiking • Jogging at 6 mph • Shovelling • Carrying heavy loads • Bicycling fast (14–16 mph) • Basketball game • Soccer game • Tennis—singles

In table 3.1, three indicators are used to calculate the involvement of respondent’s intensity in engaging into any of the physical activity.

Low: Meets neither ‘moderate’ nor ‘high’ criteria.

Moderate: Meets any of the following three criteria: (a) 3 days of vigorous activity of at least 20 minutes/ day; (b) 5 days of moderate –intensity activity or walking of > 30 minutes/day for > 10 minutes at a time; or (c) 5 days of any combination of walking, moderate intensity or vigorous-intensity activities achieving at least 600 MET’s minutes/week.

High: Meets either of two criteria: (a) vigorous-intensity activity on > 3 days/week and accumulating at least 1500 MET-minutes/week; or (b) > 5 days of any combination of walking, moderate-intensity, or vigorous-intensity activities achieving at least 3000 MET’s minutes/week.

Chapter 4

Results

In this project, totally 144 members, most of them of foreign student's community of the university were participated and their response to the questionnaire which is attached below was collected. The investigation and interpretation of the survey is detailed as follows.

4.1. Age and Gender Classification

As referred from the pie chart (Figure 4.1) majority of the respondents are of Females with strength of 82 out of 144, thus occupying percentage of 57 when compared with 43% of males. (Figure 4.2) Most of them are belonging to the age between 18-29; with 41 members are of age ≤ 20 and the rest, 103 members of age ≥ 21 . (Figure- 4.3) Almost 90% of the member's personal status was of 'Single' with few members remain under the category of 'committed marriage but without children' and 'others' (implying not willing to disclose / concerned options were not been provided in the questionnaire).

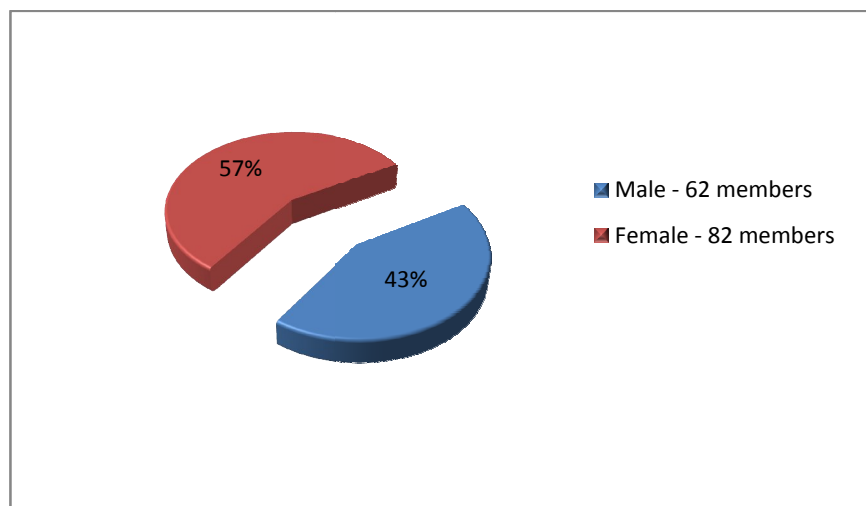


Figure 4.1 Total members participated in physical recreation and leisure activities by gender . % refers to participation rate.

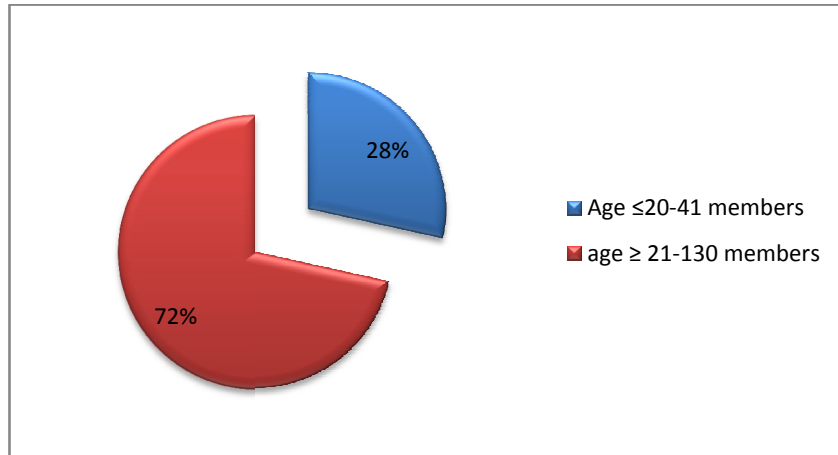


Figure 4.2 Total members participated in physical recreation and leisure activities by age, % refers to participation rate.

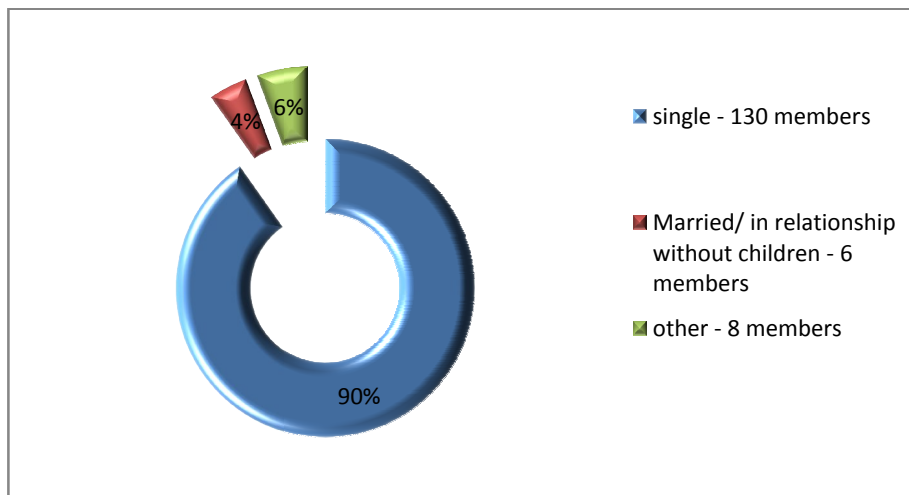


Figure 4.3 Marital statuses of total participated members in physical recreation and leisure activities. % refers to participation rate.

By looking into (Figure 4.4), the academic qualification, clearly, majority of members, i.e. 109, are either still pursuing or having Bachelor's degree qualification, thereby leaving 11

members with Master's qualification; 7 members holding Diploma and 17 others with unknown or unstated academic qualification.

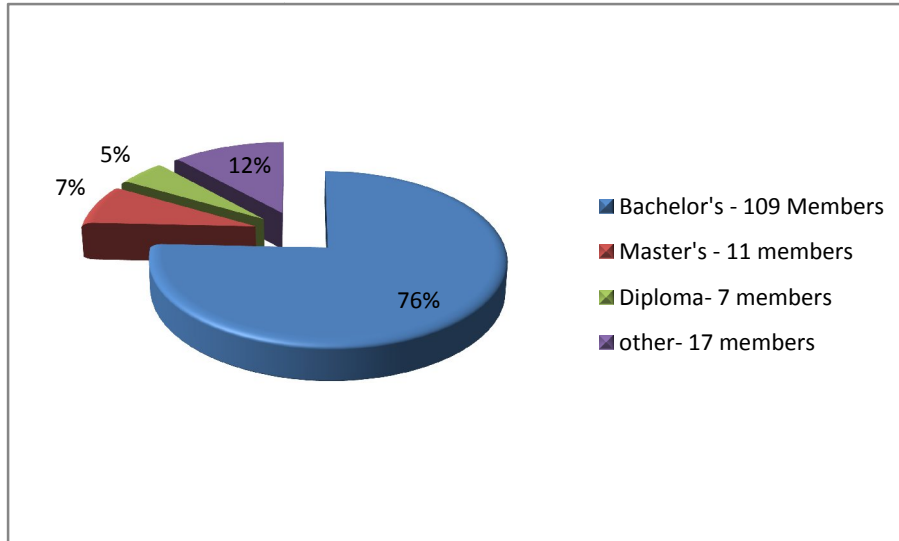


Figure 4.4 Academic qualifications of participated members. % refers to participation rate.

Taking into the account of (Figures 4.5) Nationality, Turkey holds first with maximum strength as 43 members were belonging to it. Total of 106 students holds their nationality in Europe with 38 being holding their nationality outside Europe belonging to countries like Azerbaijan, Kazakhstan, Afghanistan, Mexico, U.S., Angola, Egypt, Kenya, Tanzania, Iraq and Iran, thus, having representing from all the 5 continents. With 106 members from Europe, 63 members were from EU member Countries like Spain, Portugal, France, Hungary and the remaining 43 members were from non-EU member countries like Albania, Belarus, Ukraine etc. Only one person from whole of 144 was found to hold dual nationality of Romania and German.

Evidently, (Figures 4.6) the languages spoken by the members are in line with their background of Nationality. But, it is highly peculiar to note down that all the members have adequate knowledge in English and in fact, almost 48% of respondents have knowledge of more than 2 languages with English being the one among them. Around 42% of surveyors

registered their knowledge in Polish language, depicting the easiness of living in Poland as they have ability to communicate their concern without any hurdle.

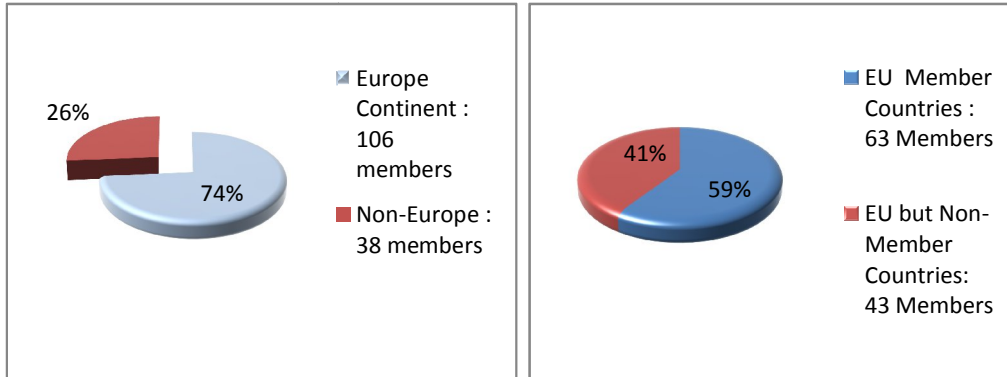


Figure 4.5 Nationalities of members in participation with physical recreation and leisure activities. % refers to participation rate.

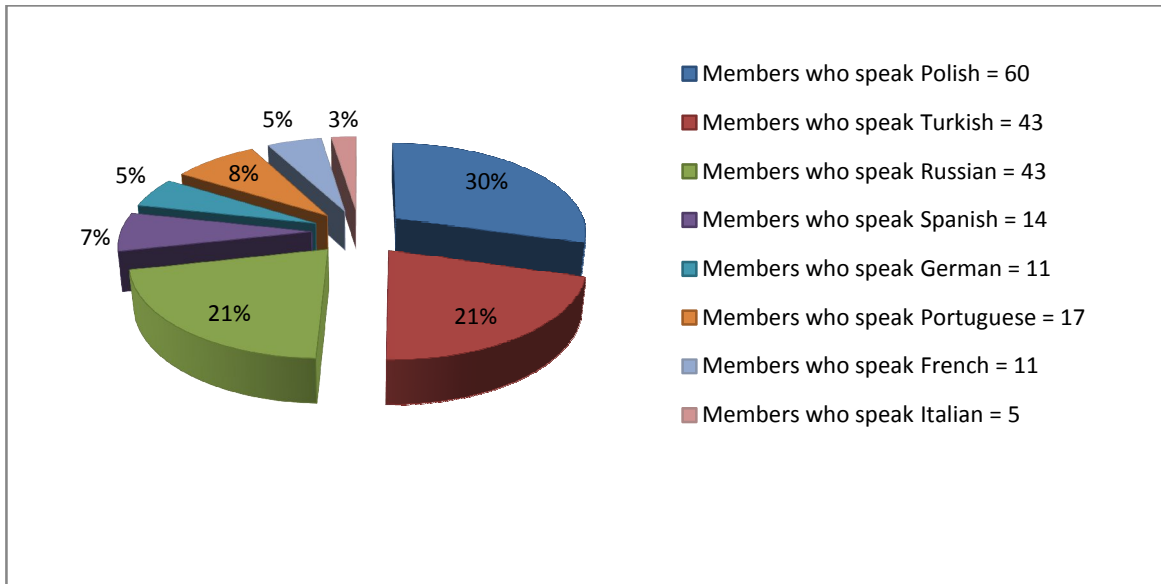
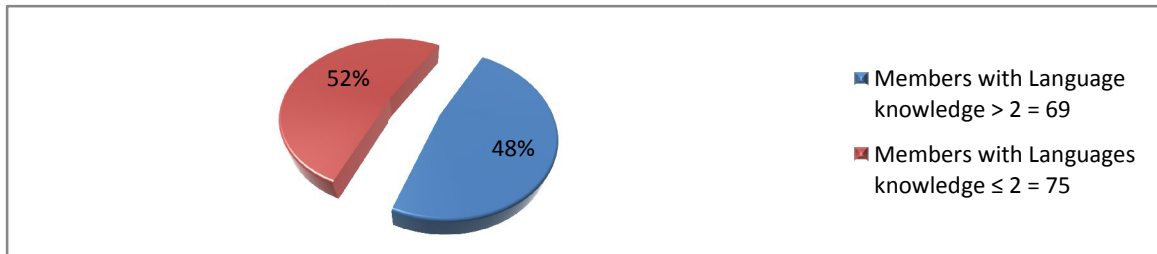


Figure 4.6 Languages spoken by member's in participation with physical recreation and leisure activities. % refers to participation rate.

4.2 Employment status:

Concerning the (Figure 4.7) employment status of the respondents, 122 members remained completely unemployed, thereby clearly confirming their status of full-time studentship. Around sizeable member population of around 15 and 7 remained employed on part-time and full-time basis. Out of 7 people who have found to work on full-time basis, 3 were from Belarus and one each from Brazil, Uzbekistan, Turkey and Romania/German Nationality. Meanwhile from 15 respondents who hold part-time job, 5 members each belongs to Belarus and Ukraine, 2 from Turkey and one each from Angola, Albania and Kazakhstan. It is also quite interesting to note that 6 people, 2 from full-time job and 4 from part-time job doesn't have any meritable knowledge in Polish.

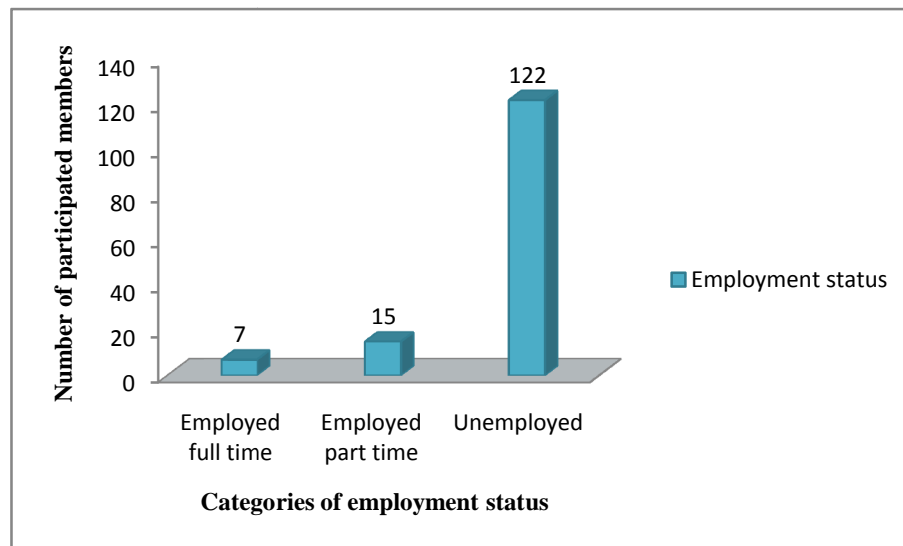


Figure 4.7 Members employment status in participation with physical recreation and leisure activities.

4.3 Participation in physical recreational and leisure activity:

Regarding the (Figure 4.8) participation into any of the physical recreational and leisure activity, 106 members (74 %) have opted 'Yes' and 38 (36 %) members have voted 'No'. In 38 members who have affirmed their complete non-participation into any of physical recreational activity, only 2 were found to be possessing job either in full-time / part-time basis, thus evidently implying the other boycotting 36 members were mere full-time students.

20 of 38 ‘non-participants’ quoted insufficient of time due to family commitments and the remaining 18 of 38 students have selected ‘insufficient time due to study/ work commitments’ has a reason for their inability to participate in any of leisure and recreational activities.

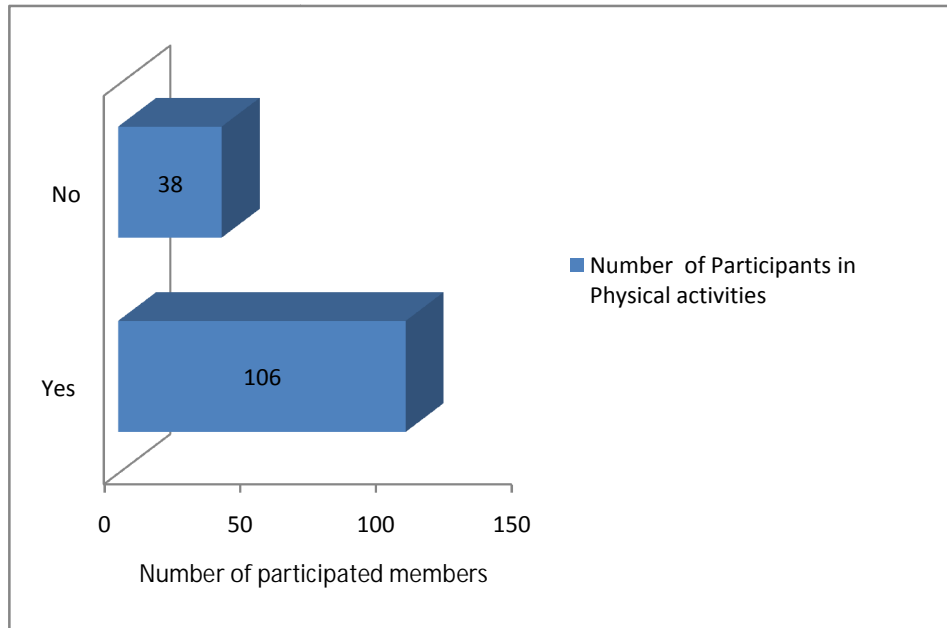


Figure 4.8 Members participation in physical recreation and leisure activities

4.4 Frequency and duration of participation:

Looking at the (Figure 4.9) active participants of Physical Recreational and Leisure Activities (here in will be referred as PRLA), the largest number of respondents i.e., 41 members (39%) chose 2 or 3 times a week, 20 members (19%) chose once a week, 15 members (14%) chose occasionally, 12 members (11%) chose 4 to 6 times a week, 8 members chose (8%) 2 to 3 times a month, 8 members (7%) chose every day and 2 members (2%) chose seasonally with indication of their very rare participation.

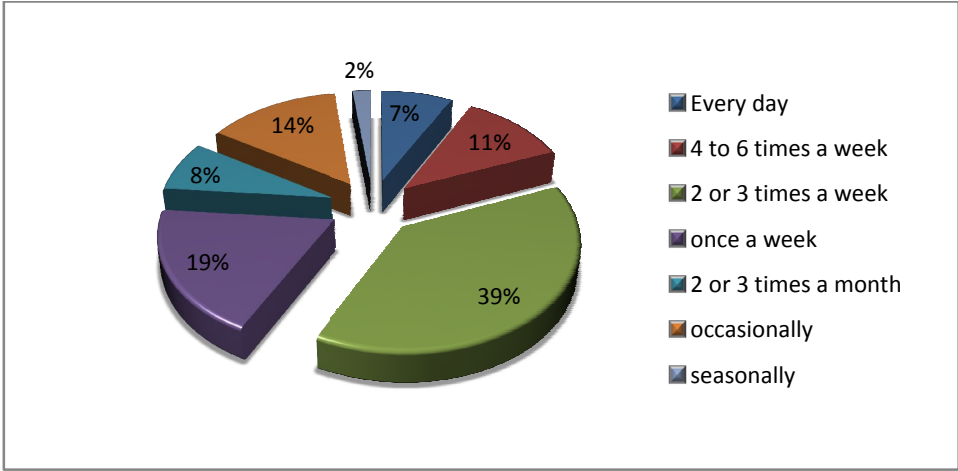


Figure 4.9 Frequency schedule of respondent from members toward their physical activity. % refers to participation rate.

Looking into (Figure 4.10) the hours that the participants spend on average unit of physical activity per day, 32 members (30%) have opted the choice of an hour, 48 members (42%) have selected 1 to 2 hours, 21 members (20%) have replied 2 to 3 hours, 2 members each (2%) have chosen 3 to 4 hours and 4 to 6 hours and none picked the choice of above 6 hours.

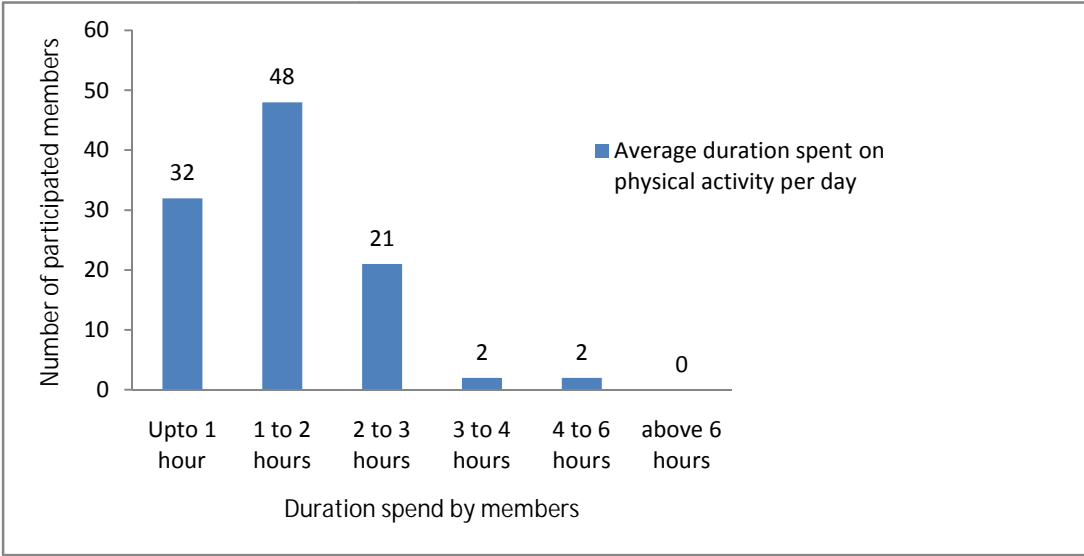


Figure 4.10 Participated members average duration spend on physical activity per day

4.5. Lack of Participation:

In (Figure 4.11) with bunch of 38 members who did not involve in any PRLA, 44 % of them, i.e., 19 members were chosen 'Insufficient time due to work/ study' as the reason behind their non-participation, followed by 19 % i.e., 8 members who viewed their 'Cost' incurring as their hurdles that prevent them from their sole participation. Negligible amount of members contributing 7 %, have indicated 'Insufficient time due to their family commitments' as the reason behind their sluggish participation. Other 13 members of total 38 non-participants have simply expressed their 'Non-interest' as their main reason behind their dormant participation in any of the physical activities. It is significant to note that 8 of 13 non-interested candidates were from the country Turkey alone.

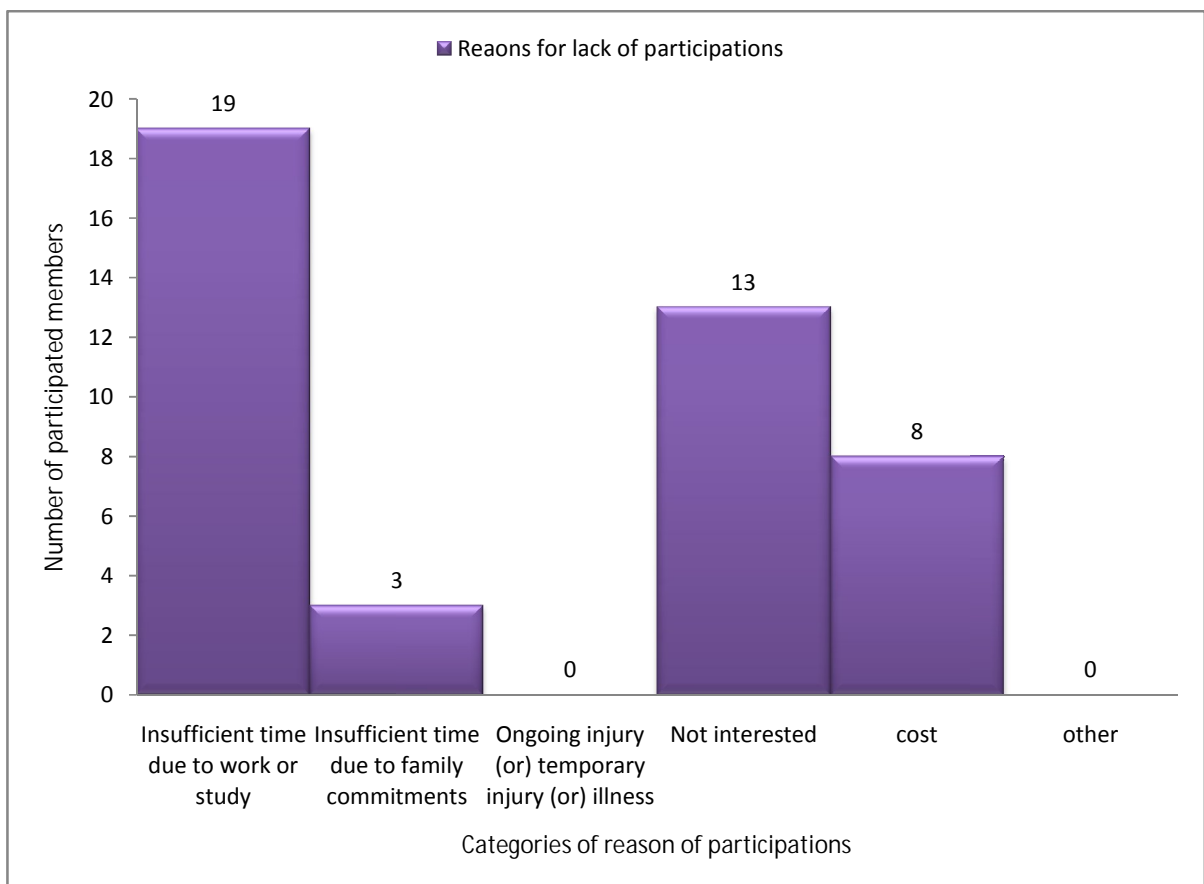


Figure 4.11 Lack of participation by members in physical recreation and leisure activities

4.6 Regional factor and its influence in physical activity participation:

Substantial amount of respondents (Figure 4.12) around 73 % i.e., 105 students have happily indicated the influence of Poland, specifically Lodz, in their pursuit to get involved in their physical activity. This results strongly affirms that the factor of change of environment in improving one's community in uplifting the awareness of participation in any of the needed physical activity. Among other 39 participants who have rejected their being in Poland on their physical activity participation, most of them were from Europe with only 10 having their nationality away from European continent.

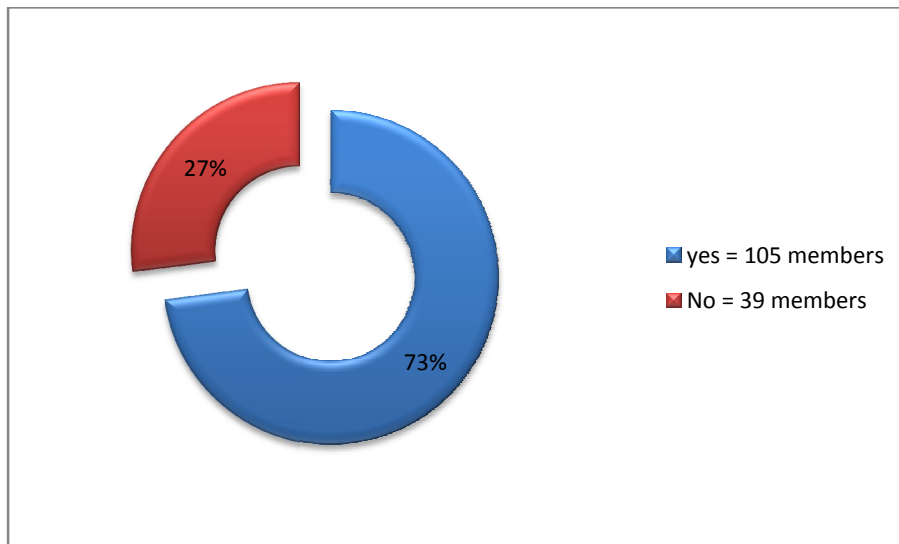


Figure 4.12 Regional factors and its influence on participated member respondents in physical recreation and leisure activities. % refers to participation rate.

4.7 Popular physical activities:

Figure 4.13 shows that the variety of physical activities and their strength of participation by various respondents who were surveyed.

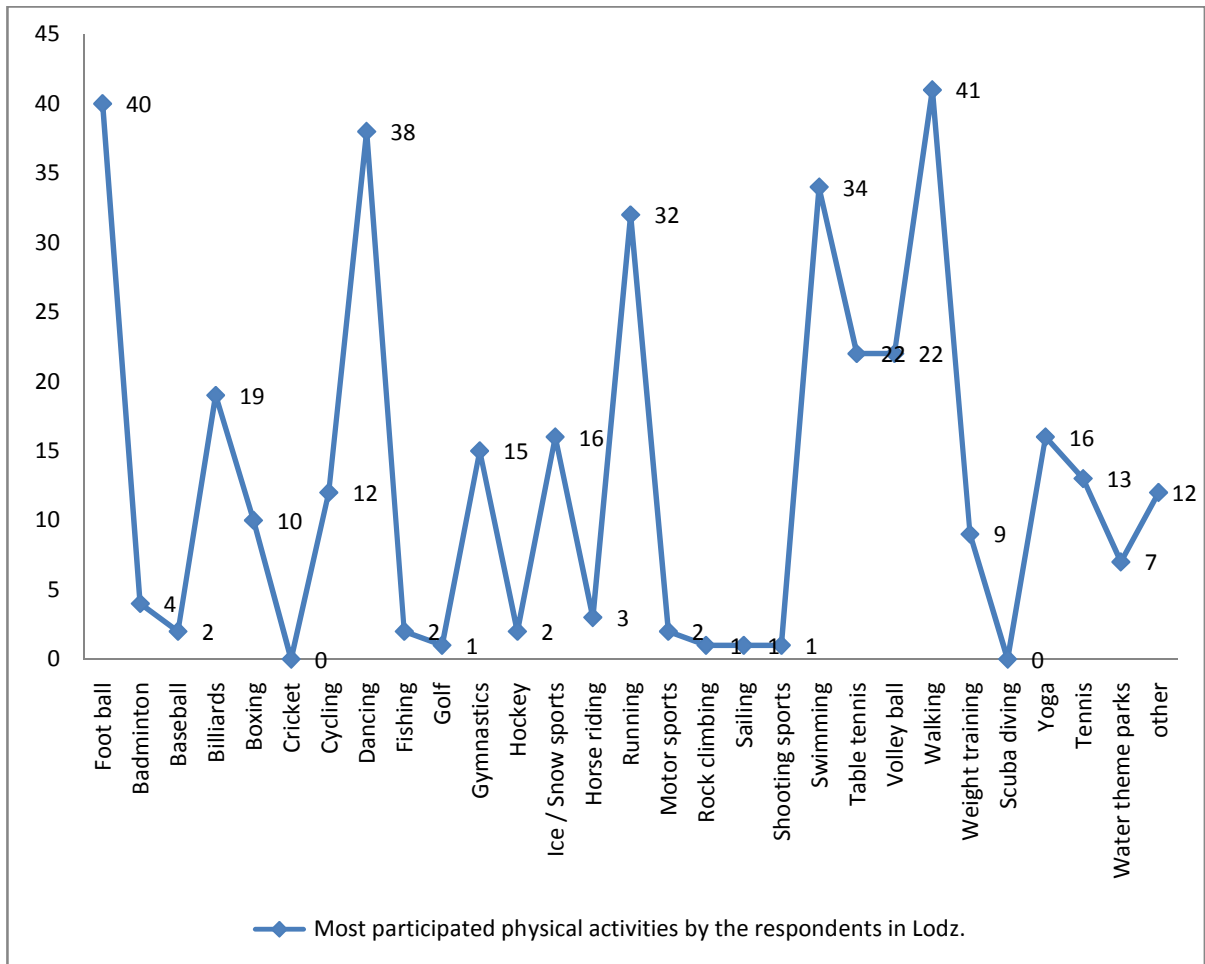


Figure 4.13 Variety of physical activities and their strength of participation. In this figure, column 0 to 45 refers to Number of participated members and in row Foot ball, Badminton, etc., refers to the variety of physical activities.

4.8 Self- Health rating:

In (Figure 4.14) the rating scale of 1 to 10 with 1 being the ‘very poor’ to 10 being ‘very strong’, 64 % of the participant were confidently rated their health to be above good to very strong. The rest 35 % have registered their health to be well within or above average. It’s also irony to observe that 55 % i.e., 21 members of total 38 non-participants have rated their health to be in the range of good to very strong (rating scale 8-10).

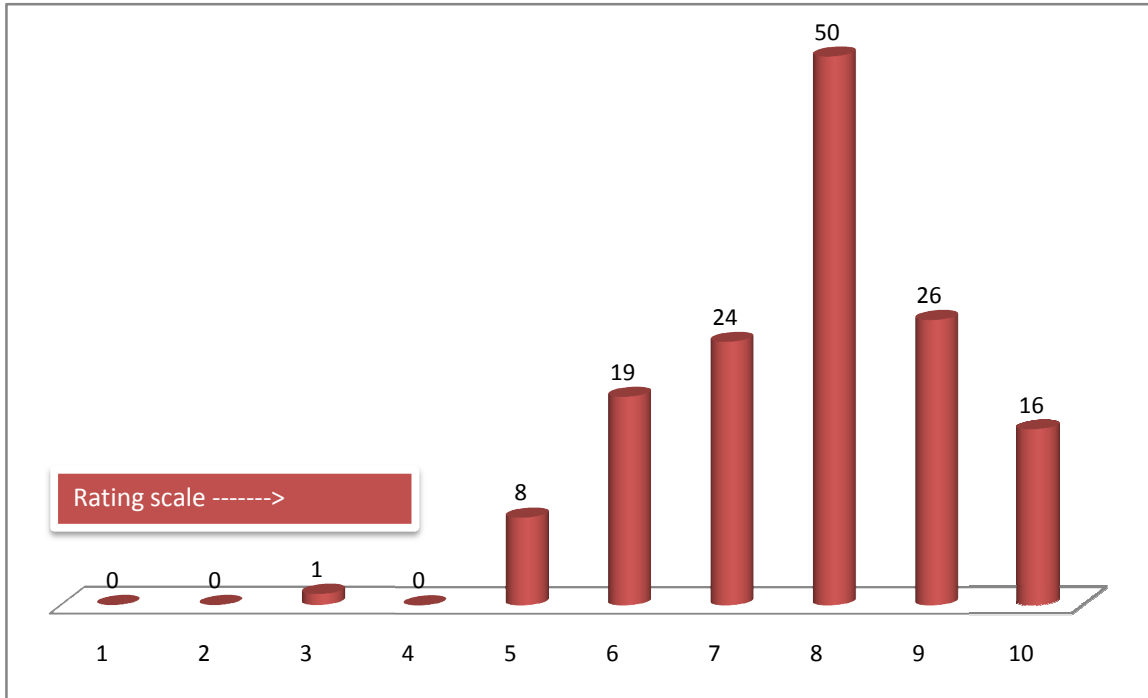


Figure 4.14 Participant's self evaluation of health in physical recreation and leisure activities. The scaling *1 refers to very poor insufficient state of health and scaling *10 refers to the excellent wellness.

4.9 Motivations and Barrier's:

Below, is the (Figure 4.15 and 4.16) portraying of various reasons / motivations, followed by barriers/hurdles behind the surveyor's participation in one or many physical activities.

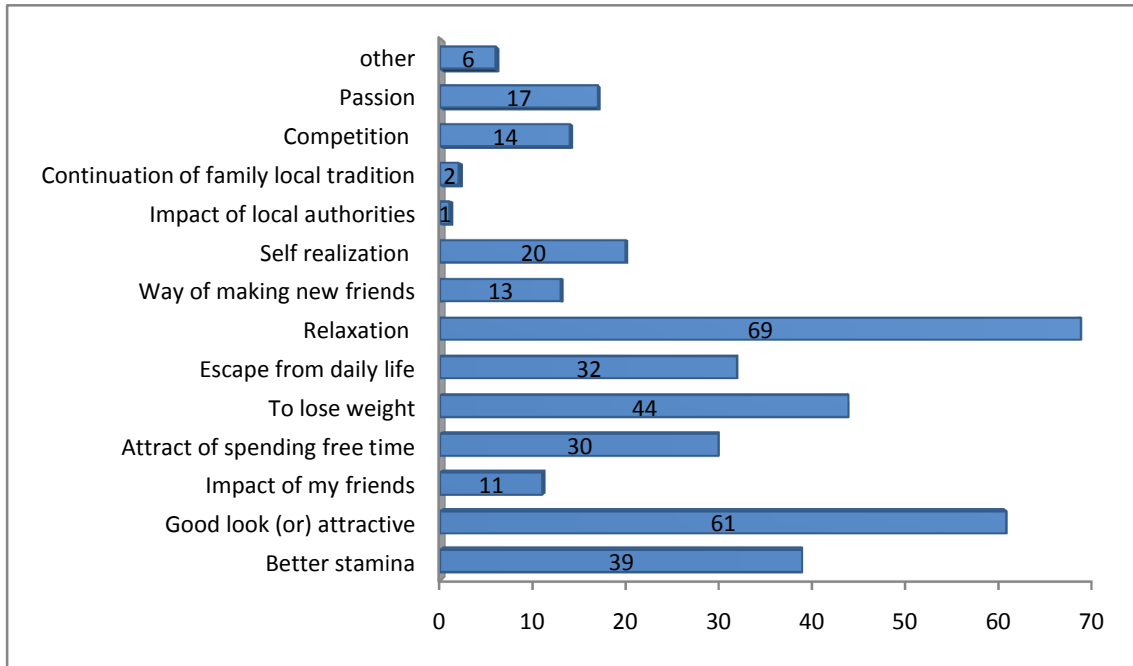


Figure 4.15 Motivations to participate in physical recreation and leisure activities by respondent members. X-axis: 0 to 70 refers to Number of participated members and Y-axis : better stamina, good look (or) attractive, etc., are the different reasons for motivation.

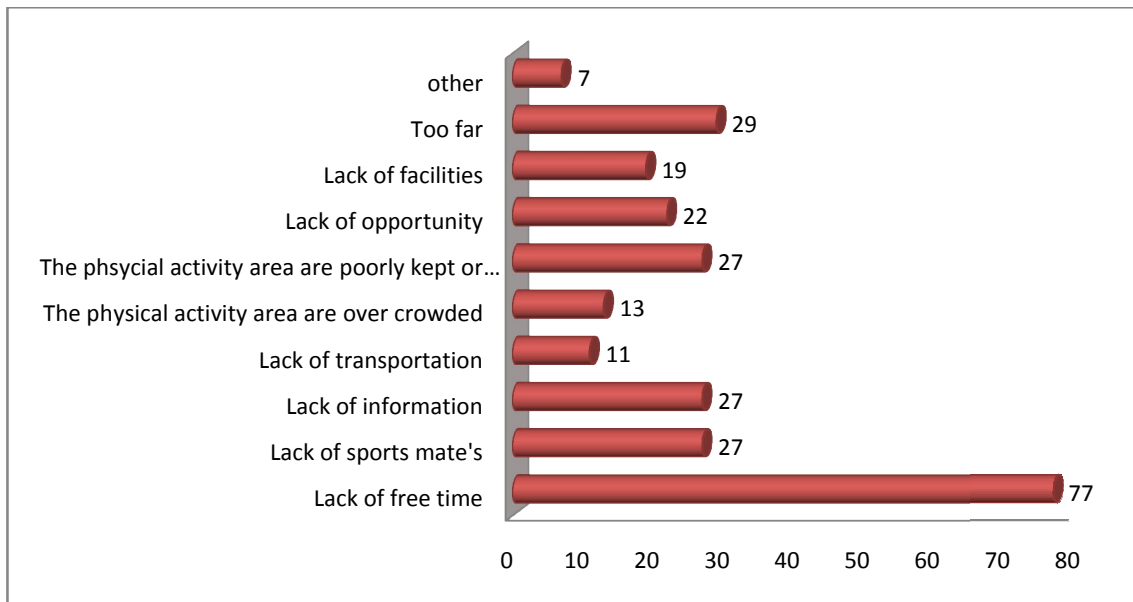


Figure 4.16 Barrier statements - not to participate in physical recreation and leisure activities by respondent members. X axis 0 to 80 refers to Number of participated

members and Y- axis lack of free time, lack of sports mate, etc., refers to the different choice of reason for barriers.

4.10 Company to participate in physical recreation and leisure activities

Among (Figure 4.17) 106 members who participate in various physical activities, 30 % of people have tendency to participate ‘lonely’ followed by 52 % of people with friends of foreign origin and 18 % with friends of Polish origin. This result suggests that majority of people like to involve with ‘International company’ rather than ‘Polish’ one. More often, respondents like to associate with the nationality of their own origin and/ or to the extent of people who speaks language known well to each other.

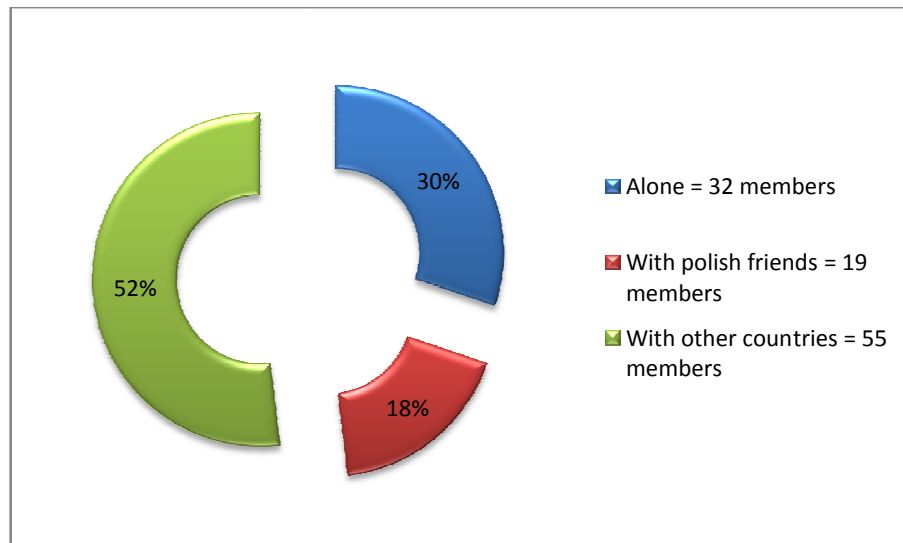


Figure: 4.17 Company to participate in physical recreation and leisure activities. % refers to participation rate.

4.11 Mode of securing information for physical recreation and leisure activities

As communication plays vital part in the participation, Figure 4.18 demonstrates that majority of the people obtain information from their friends / neighbours. Vital means of securing information to the respondents regarding any events is graphically shown below,

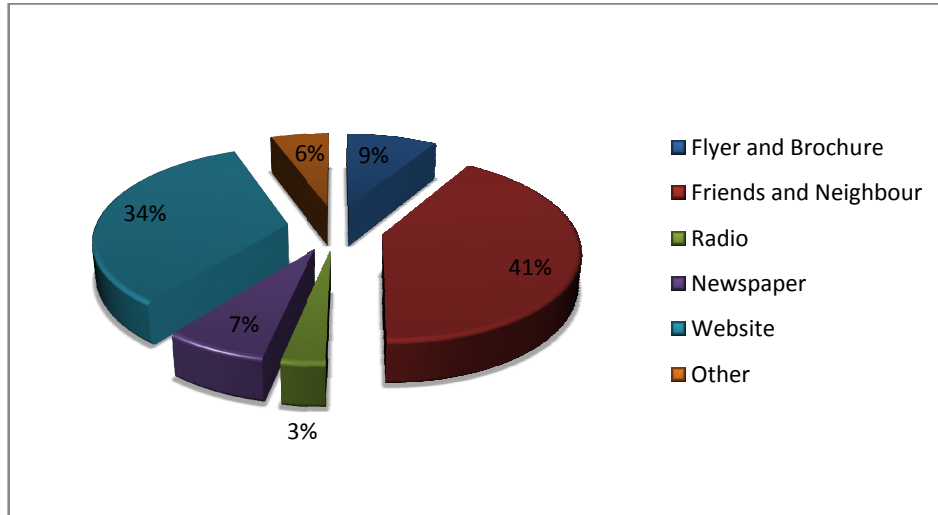


Figure: 4.18 Mode of securing information for physical recreation and leisure activities.
 % refers to participation rate.

4.12 Rating of Lodz by respondent members in physical recreation and leisure activities

In (Figure 4.19) Out of 144 members who were involved in the surveys, 84 members have rated the physical activity conducted in the Lodz city of Poland to be ‘qualitative and good’ in nature. On contrary, around 34 members have opinion that the program conducted in Lodz to be ‘poor quality’ in nature. As a matter of fact, 21 out of above 34 members were all from Turkey. Very few numbers i.e., < 5 members were found to be among 34 members who have expressed their un-satisfaction over the program quality that was organized in Lodz, Poland.

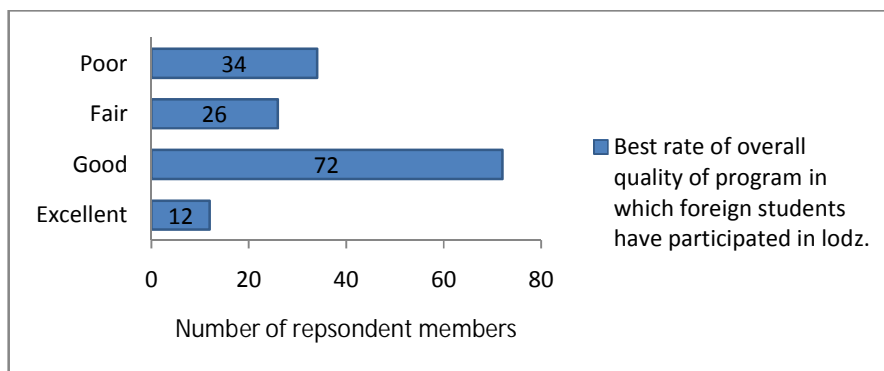


Figure 4.19 Rating of Lodz by respondent members in physical recreation and leisure activities.

4.13 Involvement of respondents in physical recreation and leisure activities:

It is very sad to note that in (Figure 4.20) only one person among 144 respondents was found to be involved in the voluntary work for the last 12 months.

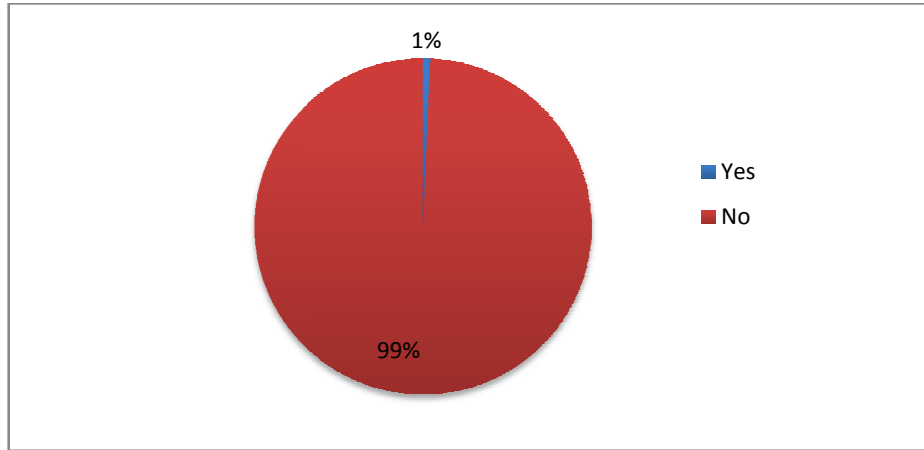


Figure 4.20 Voluntary works connected with physical recreation and sports activities for the last 12 months. % refers to participation rate.

4.14 Prospective participation in physical recreation and leisure activities:

To see if there is any impact of this survey on the respondents prospective physical activity, in (Figure 4.21) only 9 non-participant members were responded positively, in the sense to likely get involved in any of many physical activities. Bulks of 89 members have maintained their position to remain same with their current status of pursuing their physical activity.

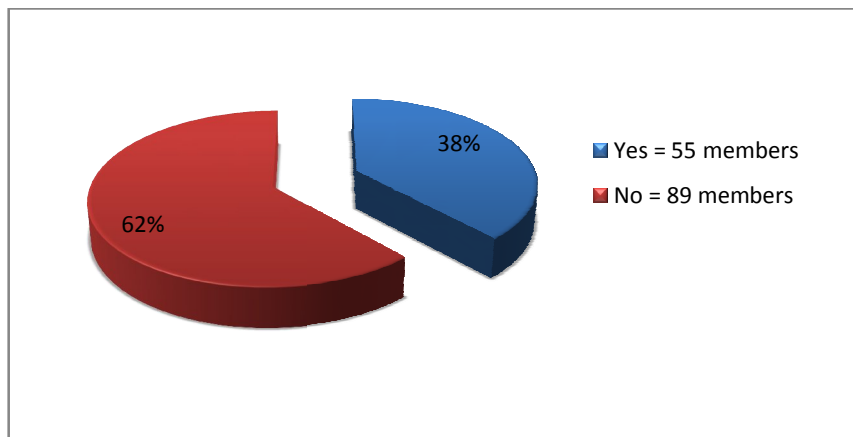


Figure 4.21 Prospective to start participating in physical recreation and sports activity, which they don't participate before. % refers to participation rate.

Discussions

5.1 Gender Participation:

As obvious it is, the strength of Female's who took part in the survey was way ahead of the male ones. But by looking into the gender wise non-participants, 26 out of 82 female members and 12 out of 62 male members didn't took part in any of the leisure and physical activities. This is bit worrying, since 32% of female who were surveyed didn't took part in any of the PRLA that are argumentatively proved and encouraged (by many studies) to be one among the unavoidable practice of mankind to have better healthy life. In fact, this result was found to be in match with literature studies that were dedicated on the subject of 'Women's participation in physical activity'. According to WHO's report, globally, around 28% of men and 34% of women aged 15 and over were insufficiently active in 2008, thereby highlighting the fact that men are more active than women. Similarly, the reports of 'Gender Impact assessment' by Women's Health Victoria organization and other study that was conducted by Allender et.al (2006) highlighted the same problem of higher proportion of women's inactivity on par with men. Variety of reasons such as cultural restrictions, inequitable access to the resources, fear of harassment/violence, anxiety and lack of confidence entering new places such as gyms, sporting complexes, concerns over image and relationships with peers were all concluded at the end of the above studies for the lack of participation of women in any of the physical and leisure activities. Although the above reasons could be implied generally, their suitability, particularly of younger women's who are doing their academic in the foreign country remains questionable and thereby leaving more space to dig more information for further investigation.

5.2 Regional factors and its impact on international students participation:

Leisure has a great meaning for foreign students, through the participation of leisure to spend their time after daily going to school, and then improve the quality of service for life. Moreover, international students tends to save or have more time for themselves per day when in comparison with their routine life in their home country, which eventually provide them a room for them to hang into any of the desired physical activities.

The number of foreign students in Poland has been growing for the past five years. Last year there were 24,253 students found to be reported in a report on ‘*Foreign Students in Poland 2012*’ by the foundation named Perspektywy Educational Foundation. This is a 13% increase compared to the year 2011. Most came from Ukraine and Belarus with a sizeable group of students from Norway, Spain, Sweden and the US engaged in English-medium medical studies. Out of 144 respondents, 21 Belarus and 16 Ukrainian’s were spotted along with 43 Turkey nationalities. Thus, all these 3 countries alone contribute a significant, 56% of total surveyors that were participated in this project. Nevertheless, at 1.2%, the proportion of international students in Poland is among the lowest in the OECD and EU countries. This indirectly suggests some sort of indirect correlation hanging out between the declining student strength with their daily habitual life in Poland. This argument is well validated by looking into the tremendous proportion of student migration across borders for their education to western countries like U.S.A, Canada and in fact in western European countries like France, Swiss and Nordic countries, despite serious 2008 global economic recession. [<http://www.prnewswire.com/news-releases/ranking-reveals-worlds-top-countries-for-higher-education-206676221.html>]

It is well known and common that the international students must deal with various stressors such as language and culture barrier, racial discrimination, the restriction of their dietary choices, financial stress, adapting to new academic system (academic shock) etc., during their stay/study abroad (Lin & Yi, 1997) . As a consequence of difficulty in adjusting to a different cultural environment, international students suffer from confusion, anxiety, loneliness, and depression (Wei et al, 2007). So it is imminently necessary for them to establish a new social network (Lacina, 2002) or a means to retrieve their psychological balance. Hence, there was no surprise that around 74% of the respondents have found to get engaged in physical and leisure activities. Considering from geographical point of view, only 4 out of 38 non-participants were located to have their nationality outside Europe. The rest 33 out of 37 non-European respondents were found to be active by participating in various physical and recreational activities. Also, it’s worth noting that most activities that have higher participants were found to be the one that encourages team work and inter-personal communications such as football, dancing, swimming. Evidently, all these inferences finally make one thing clear, that the respondents coming from different socio-demographic countries have shown more behaviour of activity and participation in their recreational and physical activities.

5.3 Measurement of participant's activity:

Through Qualitative calculation of METs, an indicator (Figure 5.1) was plotted to categorize the respondent population into three zones of activity: "low" [physically inactive], "moderate" and "high" following the methodology of Bauman et.al (2009). Once again, this chart gives us the impression that people arriving from similar socio-demographic countries have found to be engaged in 'moderate' or 'low' activity. While there is no official recommended level of physical activity for the European region, international expert opinion has supported the accumulation of at least half an hour of moderate-intensity physical activity on most days of the week. Considering that view, almost 77% of the participants (82 out of 106 members) were found to be in the zone of activity that may afford them health benefits by reducing the risk of cardiovascular disease and diabetes, colon cancer, breast cancer and so on. An analysis of a survey of EU countries in 2002 (Sjostrom M et al) showed that two thirds of the adult population did not reach recommended levels of physical activity. On average, only 31% of respondents reported sufficient physical activity (Figure 5.1). Ruling out the statistical strength difference and their variance, the comparison of above results with the one in survey showed enormous difference between the respondent levels of sufficient activity. In other words, 57% of participant was found to be involved in sufficient activity than the average 31% of European people of age 15 and above. This in fact clarifies a view that foreigners would love to engage themselves in different leisure activity on comparison with local residents. Nevertheless, the lack of history regarding their practice while in their home country prevents us to confirm any urgent conclusion that was arrived in this survey.

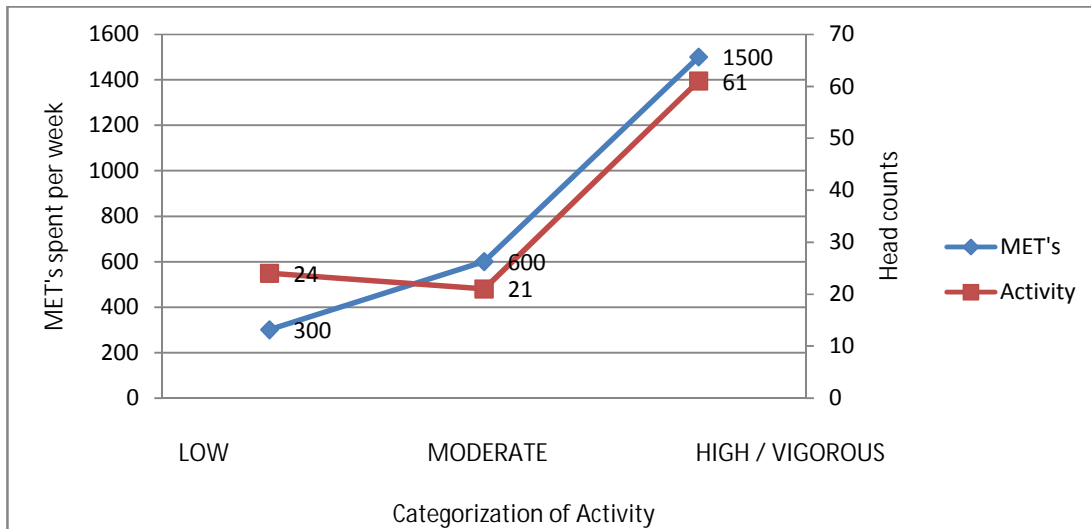
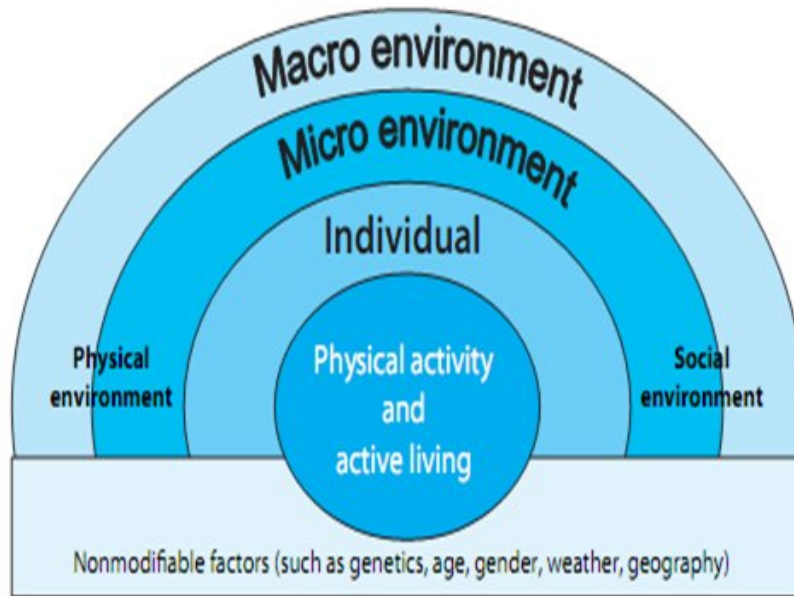


Figure 5.1 Measurement of physical activity, MET's line in the graph shows the base line classification of activity.

5.4. Factors influencing the participation:

A complex range of factors as shown in the figure 5.2 were shown to influence an individual, group or community to enable to participate and maintain in their state of sufficient activity. Factors in the macro environment include general socio economic, cultural and environmental conditions. Influences from the micro environment include the conduciveness of living and working environments to physical activity, and the supportiveness of social norms and local communities. Such individual factors as attitudes towards physical activity, belief in one's ability to be active or awareness of opportunities in daily life can influence the likelihood that someone will try a new activity (Sallis et.al 1999).



*Source adapted from Dahlgren 1994: 5

Figure 5.2 Factors influencing the participation.

While all the factors play an important role in determining the candidate's participation, the attitude of individual is found to be much push factor behind the respondent's participation in this survey. Most of them have quoted individual reasons such as relaxation, good attractive looking, and better stamina and to lose weight as the motivation behind their participation. With the influence of Macro-environment can't be ignored (as 8 of the non-participants have stated their economic hindrance for their participation), the effect of micro-environment has found to have less effect particularly on the foreigners who were studied in this project. Below is the (Figure 5.3) obtained after attempting 'Neulinger's paradigm' model as an indicator for classifying motivation of the participant's. Since, most of the respondents were full time academics, the parameter of pure work, work-job and pure-job seems to be non-applicable to this project. Hence, excluding the above category, the [Table5.1] shows the classification of respondent motivations into the model of Neulinger's paradigm of leisure.

Sl.no.	Neulinger's paradigm indicator	Motivation	Responses received
1	Pure-Leisure	Passion, self-realization	37
2	Leisure- work	Relaxation, family tradition, attract of spending free time	101
3	Leisure-job	Better stamina, Good look, lose weight, escape from daily life, way of making new friends	203

Table 5.1 Neulinger's paradigm of leisure

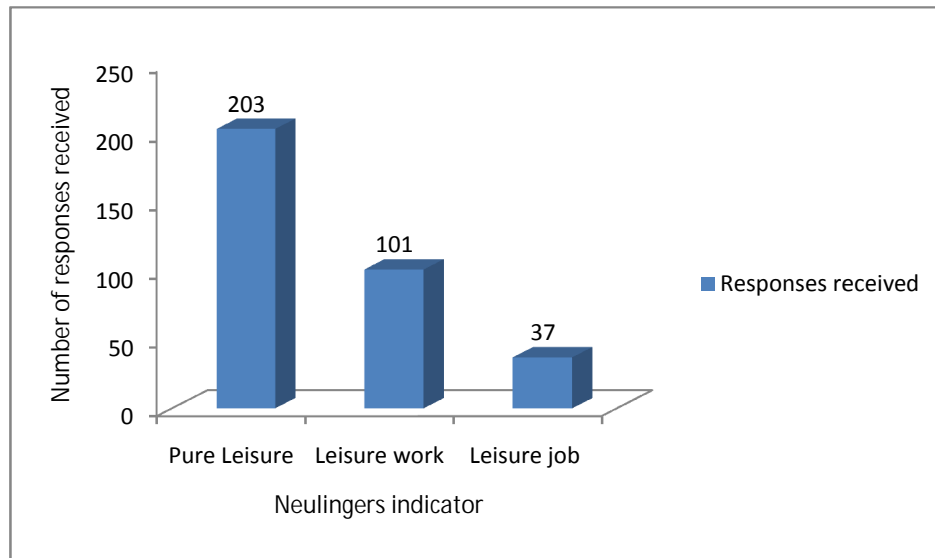


Figure 5.3 Neulinger's Paradigm indicator

5.5. Barriers for participation:

People are less likely to be active if they recognize many barriers (Troost SG et al 2002). A review showed the key barriers to physical activity (Foster C et al 2005) to include:

- Perception of lack of time due to work/family commitments
- Perception that one is not “the sporty type” (particularly for women)
- Concerns about personal safety
- Feeling too tired or preferring to rest and relax in spare time
- Self-perceptions (for example, assuming that one is already active enough)

Of those general barriers, 22 members have stated their inability to participate due to lack of time. Similar results can also be found in the different investigations carried out among university students. It has been proved that not only the lack of time, but also the weather, class assignments and the lack of interest or just the desire to do any other activity, have been among the most mentioned barriers by them (Tappe et al., 1990). As accordingly, 13 members have stated ‘lack of interest’ as one of the reason behind their non-participation. This highlights the level of awareness that the people possess on the knowledge of leisure and recreational activities. Moreover, it raises serious concerns regarding how many members would further support this option of ‘Non-interest’, if whole lot of foreign students in Poland were surveyed. On contrary, 74% of people supported that their being in Poland has helped them to engage regularly into some of the physical and leisure activities. Taking all into one account, the individual’s attitude and awareness on leisure activities is considered to be detrimental factor in affecting the participation of foreign students in Lodz.

5.6. Communication

For over past few years, WHO had joined hands with local organizations of different countries to promote PRLA. The program “Revitalize your Heart” was well known and indeed the first, grant Polish nationwide campaign that was organized throughout the Poland since 2001 (Drygas et.al.2008). The above campaign proved to be of highly successful since it helped to teach people and engage higher participation of Polish people. Such was the importance of Communication as it is valuable tool to spread the goodness and promotion of PRLA. As language being the pivotal part to understand and communicate, no wonder the

participation of the respondents was at 74% since most of the respondents have the knowledge of more than 2 languages. In fact, it is parallely reflected as around 41% of respondents shared that the communications with their Friends and neighbours as the sole point of reason to gather any information regarding PRLA. Volunteering may be identified as a helping action of an individual that is valued by him or her by being in a particular place, at a specified time, to carry out an assigned function without any personal gain. The results obtained have shown that only 1% of the respondent was merely involved in volunteering activities. This conveys two meaning, 1) Foreign members find some barrier to communicate with the local polish people, 2) Lack of perfect awareness mechanism / enthusiasm to promote volunteering and thereby, PRLA initiatives.

Chapter - 6

6.1 Conclusion

The brief conclusion of this thesis project is titled as accordingly below,

1. Respondents choice of physical and leisure activity :

In an encouraging way, 106 out of 144 members were opted positively towards their participation in any of many listed physical and recreational activity. Many were belong to age group of 21-29 and single (marital status). Although female participation seems to higher, the ratio of female participation over non-participation is found to be less when compared with male. Of those participated, over whelming majority has agreed upon the factor of being Lodz to have shaped them to get participated in their activity. Well known activities like Walking, Dancing, Football, tennis etc., were chosen as favorite activity among the participants. 61 members were mentioned to undergo in their activity for more than 2 times a week with the average duration of at least one hour. With respect to companionship most of the participants were found willing to go along with their international fellow rather than locale polish friend. Overall, a whopping 73 % participants, mainly non-european, have gladly acknowledged the positive influence of Lodz in their physical activity participation.

2. Impact of Lodz on respondents participation:

With fluctuating strength of international students, the satisfaction and living condition of foreign students is proved to be a vital factor, next apart from the academia, in determining any countries position with respect to international citizen strength. In that aspect, 106 foreign students participation in leisure activity is definitely seem to be enthusiastic, as it indirectly complies with the betterment or conduciveness of other factors such as infra- structure that are available in Lodz. Interpreting from participants wide choice of various sporting or any such activity, makes one certainly to validate the quality of scenario that are available in favorable manner for international citizen residing in Lodz. Thus from given significant higher ratio of participants a great deed of synergic effect is assumed to exist between the

growth of local community and foreigners strength. In other words, the growth of one (locale development) is automatically makes the condition favorable for the mutual growth of other (foreigners strength).

3. Communication:

Communication parameter is certainly viewed to have played a crucial part in deciding respondent's participation. Of all 144 members, all were found to have quoted adequate knowledge in English. Despite around 60 members were highlighted their proficiency in Polish. Hence, it is of no wonder since newspapers, flyers and other brochures to have played less means of source of information in spreading the awareness about physical activities. In other way around, friends and website was found to be main source of information for the respondents in gaining any information pertaining the activity of their interest.

4. Motivation behind respondent's participation:

A complex range of synergic factors, such as macro environment (which include general socio economic, cultural and environmental conditions) and the micro environment (which include the conduciveness of living and working environments to physical activity, and the supportiveness of social norms and local communities) in addition to individual factors such as attitudes were found to polarize the respondent towards hanging in their physical activity. MAIN motivations such Relaxation, Good look (or) attractive, to lose weight, better stamina, Escape from daily life, Attraction of spending free time, passion, competition, Impact of local authorities, Way of making new friends, impacts of friends and self-realization were primarily found behind the surveyors need of participation into the leisure activities.

5. Barriers behind the respondent's participation:

- Perception of lack of time due to work/family commitments
- Perception that one is not "the sporty type" (particularly for women)
- Concerns about personal safety
- Feeling too tired or preferring to rest and relax in spare time

- Self-perceptions (for example, assuming that one is already active enough)

Among those general barriers, 22 members have in addition had stated their inability to participate due to lack of time as a reason behind their non-participation.

Overall, within the measured strength the tendency of foreigner's involvement in their physical activity away in a new country seems to be encouraging through the above results. However, the lack of data about the history of respondents routine activity (back in their own country) makes one, not only cautious but also, restraining the same to take any final crude judgement based on this preliminary survey results alone. These statement also holds very true in case of any assertion seeking out to find any relation of foreigners impact in the locale development of Lodz due to lack of citation of any data in the respective subject.

6.2 Limitation and Future recommendations:

It is also vital to remember the fact that the participated 144 strength is barely insufficient and statistically negligible in strength to draw any interpretation in determining the overall picture of foreigners in Lodz. Moreover, all these members who were surveyed were from particular region of Lodz (University of Lodz Campus) which again clarifies the above reasoning since the samplings were done purely selective and non-random. Also, the questionnaires involved in this project were pretty basic and hence, more rigorous and specified strategy (such as massive sampling, scientific MET's calculation and so on) should be employed in stage by stage, in the future to obtain a solid and affirmative information. Nevertheless, what was achieved through this project is very interesting as it envisaged as a base model to start systematic study to obtain greater picture of people's involvement into recreational and leisure activities. Here onwards, two categories of people should be considered and focused for further studies 1) generally of foreign origin and 2) foreign students who were enrolled in the Polish Universities. While the need to dedicate the studies of above kind is generally beneficial to any nation, classifying the task based on above target groups should be worth doing since the study on former kind would improve nation's stature and tourism while the latter would improve country's academic credential with increasing number of foreign student's enrollment. Overall, physical activity is not just a public health issue; it also addresses the well-being of communities, protection of the environment and investment in future generations. Countries need to reverse the trend towards inactivity and create conditions across the WHO European Region in which people can strengthen their health by making physical activity part of everyday life. Action should be large-scale, coherent and

consistent across different levels of government and different sectors. Emphasizing the above subjects, the studies and lead obtained in this project should be considered as initiative to conduct robust means of further study to gain feedback that ought to be implemented by various levels of law and policy makers to decide and attract the foreign communities and its investments. Also, the participation of foreigners would in turn might attract and encourage local people participation into the leisure activities as a result of cultural merge. Thus, all in all combined efforts from the University and local governmental organizations should be needed for the next stage of the project to conduct massive survey to identify and reach the above goals.

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6.4 Appendix


PHYSICAL RECREATIONAL AND LEISURE ACTIVITIES OF FOREIGNER'S IN LODZ


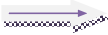


We are interested in finding out about the kinds of physical, recreation, and sports activity that foreigner's student in Lodz do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the last few months. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the vigorous and moderate activities that you did in the last few months.

(Vigorous physical activities refer to activities that take hard physical effort and make your breath much harder than normal. Moderate activities refer to activities that take moderate physical effort and make your breath somewhat harder than normal.)

QUESTIONNAIRE:

1. Sex – Male Female
2. Age –
3. Marital Status –
 - Single
 - Married / in relationship with children  if yes skip to question 4
 - Married / in relationship without children
 - Other
4. How many children's do you have?
 - One
 - Two
 - Three
 - More
 - None
5. Your Academic Qualification?
 - Bachelor Degree
 - Master Degree
 - Diploma
 - Other
6. Country / Town of your nativity? -----

7. Language Spoken
 English Only
 English and Other  List out your Language in question 8
8. List out your European and Non European Language -----
9. Employment Status
 Employed full time
 Employed part time
 Unemployed
10. Do you participate in physical activities?
 Yes  if yes skip to question 11 and 12
 No  If no skip to question 13
11. If yes choose any one of the options.
 Every day
 4 to 6 times a week
 2 or 3 times a week
 Once a week
 2 or 3 times a month
 Occasionally
 Seasonally
12. How long does your average unit of physical activity take? Please choose your options?
 Up to 1 hour
 1 to 2 hours
 2 to 3 hours
 3 to 4 hours
 4 to 6 hours
 Above 6 hours
13. If No list out your reasons?
 Insufficient time due to work or study
 Insufficient time due to family commitments
 Ongoing Injury (or) Temporary Injury (or) illness
 Not interested
 Cost
 Other  Skip to question 14
14. If other list out your reason? -----

15. Since you are in Poland, did you participate in physical activities more (or) less before?

yes  **if yes skip to question 16**

No  **if No skip to question 18**

16. If yes what type of physical activities did you take part? Choose your following options listed below by putting a cross in the box

- Foot ball
- Badminton
- Baseball
- Billiards
- Boxing
- Cricket
- Cycling
- Dancing
- Fishing
- Golf
- Gymnastics
- Hockey
- Ice / Snow sports
- Horse riding
- Running
- Motor sports
- Rock Climbing
- Sailing
- Shooting sports
- Swimming
- Table Tennis
- Volleyball
- Walking
- Weight training
- Scuba diving
- Yoga
- Tennis
- Water theme park
- Other  **Skip to question 17**

17. If other list out your physical activities -----

18. If No list out your reason? -----

19. Rate your state of health from 1 to 10

---1---2-----3-----4-----5-----6-----7-----8-----9-----10-----


please mark that 1 refers to very poor insufficient state of health
and 10 refers to excellent wellness .

So on which scale do you lay? Please evaluate yourself?

Your Answer:

20. Motivators for participations


What are your main motivators of Physical activities? Choose your answer from the below listed options?

- Better stamina
- Good look (or) attractive
- Impact of my friends
- Attract of spending free time
- To lose weight
- Escape from daily life
- Relaxation
- Way of making new friends
- Self realization
- Impact of local authorities
- Continuation of family local tradition
- Competition
- Passion
- Other  Skip to question 21

21. If other list out your reasons?

-

22. Barriers – (What are your main barriers, which makes you difficult in participation of physical and recreation activities in Lodz?) Choose your answer from the below listed options?

- Lack of free times
- Lack of sports mate
- Lack of sports information
- Lack of transportation
- The physical activities area are overcrowded
- The physical activities area are poorly kept or maintained
- Lack of opportunity
- Lack of facilities
- Too far
- Other  Skip to question 23

23. If other list out your reasons?

24. With whom do you participate for sports, physical, and recreation activities?

Alone

Polish Friends

Other countries  Skip to question 25

25. List out the other countries? -----

26. How do you get access to information about possible participation in physical recreation and sports activities in Lodz?

Flyer and Brochure

Friends and Neighbour

Radio

Newspaper

Website

other.....

27. Best rate of overall quality of programs in which they have participated in Lodz?

Excellent

Good

Fair

Poor

28. Have you done any volunteerism work connected with physical, recreation, and sports activities for the past 12 months?

Yes

No

29. If yes list out what type of volunteerism work you had did? -----

30. Is there any physical (or) recreation (or) sports activity that you do not take part, but you would like to start doing yourself?

Yes

No

31. If yes list out the type of physical (or) recreation (or) sports activity? -----

This is the end of the questionnaire, thank you for participating.