

EXIMINATION OF LEISURE SPENDING HABITS

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Summary

In today's modern world, recreation plays an increasingly important role, as one of its most important goals is to maintain health and increase our ability to work. The past few years have been defined by the Covid-19 pandemic. As a result, many areas of life have changed, such as health, the economy, education, entertainment and travel. After the introduction of restrictions, we spent more time at home, so activities in our free time also changed. It is important to make good use of the extra time available to us in addition to work.

The aim of the study was to observe how busy the participants spend their days and how much time they spend on each activity. The research was conducted using an online questionnaire in which 343 people participated. In terms of gender distribution, women accounted for 72% and men for 28%. The survey covered active and passive actions. The questions covered separate weekdays and weekends, thus providing a comprehensive picture of leisure habits.

Keywords: *leisure activities, recreational habits, recreation*

JEL: Z2

Introduction

In today's modern world, recreation plays an increasingly important role, as one of its most important goals is to maintain health and increase our ability to work. Health as a value appears dominantly in the design of our lifestyle and lifestyle elements (Bácsné et al. 2021a, Müller-Bácsné 2018). Nowadays, more and more people lead a sedentary lifestyle (Simon et al. 2020, Bácsné et al. 2023, Bácsné et al. 2022, Ráthonyi et al. 2021, Bácsné et al. 2021b), which can be the source of many health problems due to inactivity (Bácsné et al. 2020). Therefore, this sedentary lifestyle should be counterbalanced in leisure time (Müller et al. 2013). Leisure habits greatly influence our everyday life and quality of life. However, weekdays and weekends can present different opportunities and challenges for us when we want to spend time with our hobbies or relax (Nagy – Fazekas 2016). In a modern, fast-paced world, leisure activities are becoming increasingly important for a healthy lifestyle (Pfau et al. 2018) and a balanced lifestyle (Gregor 2008).

We usually have less time on weekdays, as we work, study or have other activities (Takács 2008). Therefore, we usually spend our time on these days doing something that takes less time, such as playing sports or reading (Boda et al. 2019). For the most part, these activities can fit into our schedule and help reduce stress. In addition, the advancement of the Internet and technology allows us to stay in touch with each other and, of course, we can immediately get information about work, which takes us out of rest (Ropolyi 2006).

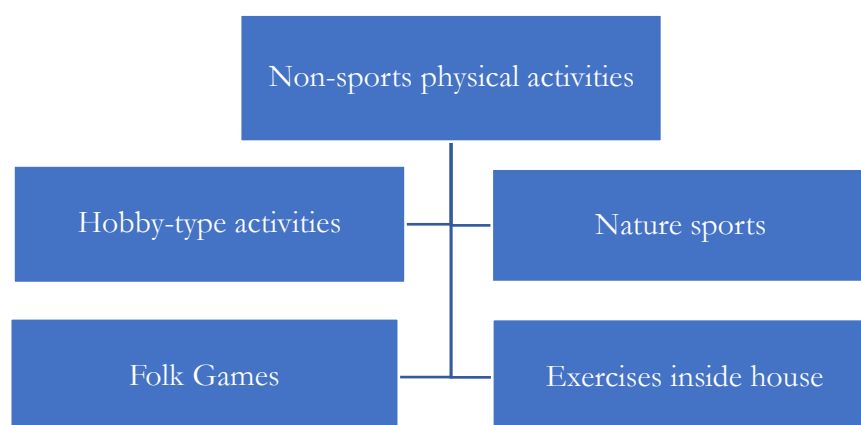
However, the weekend gives us more opportunities to fit longer programs into our daily routines. This can be, for example, a trip, a cinema, a concert or a longer sports activity. A popular area of weekend leisure is wellness holidays or spa visits, the goals of which are relaxation, relaxation, stress relief and rejuvenation (Kinczel-Müller 2022, Könyves et al. 2005, Lengyel et al. 2021, Müller et al. 2008, Ráthonyi-Ráthonyi-Ódor 2017, Müller – Szabó 2009, Müller et al. 2011.a, b., Müller et al. 2018a). However, longer holidays also appear in tourist travel, in which activity, useful leisure

time and cultural motivations provide relaxation (Müller et al. 2023). More free time ensures that we can spend more time with family, friends or just relaxing (Hegedűs 2007).

In addition, on weekdays, it is important to continue working or studying even after free time. Therefore, choose leisure activities that turn us off (Borbély and Müller, 2008).

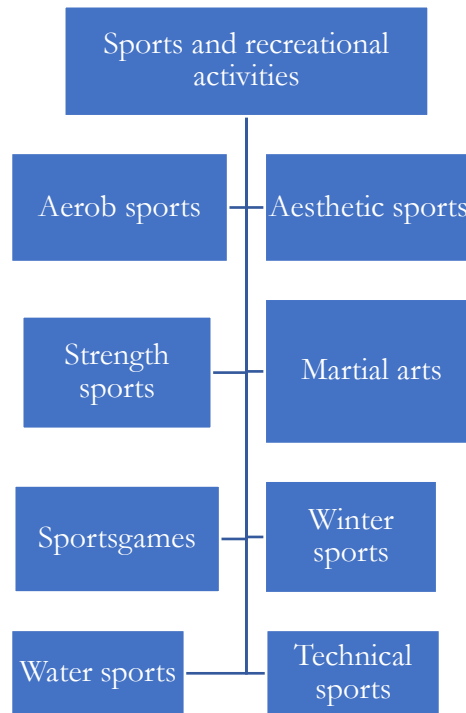
Forms of leisure time

Boda – Herpainé (2015) introduced non-sport physical activities and sport-recreational activities. The first category includes hobby-type activities, nature sports, folk games and forms of exercise that can be carried out in the apartment. The second category included aerobic sports, aesthetic sports, strength sports, martial and self-defense sports, sports games, winter sports, water sports and technical sports. Hobby-type activities are those where we relax in good company by having fun. This can be gardening or even fishing. The opportunities provided by nature offer many programs. Hiking and excursions are available, which are part of the nature sports. Folk games are specific to a particular community or nationality but nowadays people take over the games of each other's peoples. In our home, it is easy and time-saving to do gymnastics or various exercises. Aerobic sports are effective and have a very good effect on the human body. This includes walking, cycling, eating or rollerblading. Aesthetic sports are usually done to music, in order to bring about changes in our appearance. Strength sports are most characteristic of the male sex, as they prefer bodybuilding and similar movements. The following sports are related to sports games: table tennis, football, tennis, volleyball, badminton, etc. Winter sports are best used in the colder seasons. Even water sports are available in several places, especially swimming. However, rowing or kayaking can be a very good program during the summer. The last field of activity is technical sports. These have become most widespread recently. Examples include mountain biking, rollerblading or skydiving. Among leisure trends, one can observe a high interest in extreme sports, which is significant due to its escape from everyday life and its experience-centricity (Kinczel et al. 2022, Müller et al. 2019, Müller et al. 2018b).



1. Figure: Diagram showing non-sport physical activities

Source: Self-edited, based on Boda – Herpainé (2015)



2. Figure: Diagram showing sports and recreational activities

Source: My own editing, based on Boda – Herpainé (2015)

Material and method

The research took place in summer 2022 in a questionnaire format. Which was filled in online. Social media helped us with this, as it is a cost-effective and environmentally friendly implementation. The data was downloaded in tabular format using Google Forms. Evaluation was performed using SPSS software.

The sample consisted of 343 people, 72% women and 28% men. In terms of age distribution, most people belong to the 18-25 age group, they are present in 49%. In order to make it easier to interpret leisure activities, it was necessary to find out the types of residences, since this can be an influencing factor. 48.4% in cities, which provides many opportunities.

Results

In the following, we will present each activity, how the distributions have evolved and how much time people spend with them in their free time. When it comes to watching television, 55.1% of respondents spend an average of 2 hours or less on a weekday. Even at the weekends, more people spend time on this, as 58.3% watch television at this time. Other domestic research also confirms recreational consumer habits that TV viewing associated with inactivity dominates leisure activities of different target groups (Kinczel-Müller 2020, Kinczel et al. 2020, Laoues et al. 2021). During the working day, more people (68.2%) prefer to watch movies or series rather than TV shows. However, only 63.3% spend their free time at the weekends. More than half of the respondents do not spend time playing online games at the weekdays or at the weekends. Those who like to play also sacrifice a maximum of 2 hours of their day, which is also confirmed by trends (Molnár et al. 2020).

Listening to music can be in every part of our lives, so it is mostly used not for relaxation per se, but alongside some other activity. This could be exercising, playing sports, shopping or travelling. 68.8% spends a maximum of 2 hours on weekdays, while at the weekends it is slightly less (63.9%). It can often be seen in everyday life that social media sites are used with pleasure, as these applications are also opened on public transport or in gyms. 74.1% spend about 2 hours on weekdays, while only 69.4% spend the same amount of time at the weekends. Human beings are social beings, so programs where we are in community are necessary to reduce loneliness. The survey revealed that 69.7% mostly organize family and friends activities on weekdays, while only 42% do so at the weekends. The popularity of spending time together with family is also confirmed by several Hungarian studies (Herpainé et al. 2017, Herpainé 2018). Cultural activities included visits to museums, exhibitions and theatrical performances. Here there are roughly equal proportions of those who do not spend time at all (35.6%) or less than 1 hour (38.8%) on a weekday. A similar situation was observed over the weekend. 70% of the sampled participants read no more than 2 hours on working days, even slightly fewer (66.5%) relax with this leisure activity at the weekends. However, reading is an excellent recreational activity that expands vocabulary and develops imagination. Going to the cinema is now more expensive than several years ago. This is mostly due to economic reasons. The survey shows that the majority of people do not take advantage of this option (83.7% on weekdays, 68.8% on weekends). Exercise, physical activity and fresh air are great ways to spend active leisure. Going to the gym, running, cycling, swimming, or badminton can all be great options. 84% spend time playing sports on weekdays, while only 72.2% spend time with it at the weekends. Passive sports consumption also appears in everyday life as a recreational activity. However, 22.1% on weekdays and slightly more at the weekends (29.7%) prefer to attend sporting events. It can be a sporting event when a competitive game takes place or at an amateur level, for example, in a youth training match. Hungarian research confirms that attending sporting events, i.e. passive sports consumption, is also integrated into everyday recreation, if not with the widest mass base (Balogh et al. 2021). The goal of wellness is to maintain health and well-being. Its effects on the body include reducing stress and pain, preventing cardiovascular diseases and strengthening the immune system. Despite this, people hardly spend time on these leisure activities, which is due to the fact that they appear more in tourist activities (Müller et al. 2005, Müller-Könyves 2006, Müller et al. 2016).

1. Table. Distribution of activities under consideration on weekdays and weekends

Activity			Percentage
Watch Tv	weekday	Do not spend time with it	32,4%
		2 hours or less	55,1%
		More than 2 hours	12,5%
	weekend	Did not answer	0,6%
		Do not spend time with it	27,1%
		2 hours or less	58,3%
		More than 2 hours	14,0%
Watch movies/series	weekday	Did not answer	0,6%
		Do not spend time with it	19,2%
		2 hours or less	68,2%

	weekend	More than 2 hours	12,0%
		Did not answer	0,6%
		Do not spend time with it	16,0%
		2 hours or less	63,3%
		More than 2 hours	20,1%
Online game	weekday	Did not answer	0,6%
		Do not spend time with it	66,5%
		2 hours or less	25,9%
		More than 2 hours	7,0%
	weekend	Did not answer	0,6%
		Do not spend time with it	63,0%
		2 hours or less	28,6%
		More than 2 hours	5,0%
Listening music	weekday	Did not answer	0,6%
		Do not spend time with it	8,2%
		2 hours or less	68,8%
		More than 2 hours	22,4%
	weekend	Did not answer	0,6%
		Do not spend time with it	15,7%
		2 hours or less	63,9%
		More than 2 hours	19,8%
Using social networks	weekday	Did not answer	0,6%
		Do not spend time with it	2,9%
		2 hours or less	74,1%
		More than 2 hours	22,4%
	weekend	Did not answer	0,6%
		Do not spend time with it	5,5%
		2 hours or less	69,4%
		More than 2 hours	24,5%
Family/friends programs	weekday	Did not answer	0,6%
		Do not spend time with it	5,8%
		2 hours or less	69,7%
		More than 2 hours	24,0%
	weekend	Did not answer	0,6%
		Do not spend time with it	2,6%
		2 hours or less	42,0%

		More than 2 hours	54,8%
Cultural activities	weekday	Did not answer	0,6%
		Do not spend time with it	35,6%
		1 hours or less	38,8%
		More than 1 hours	25,1%
	weekend	Did not answer	0,6%
		Do not spend time with it	38,2%
		1 hours or less	39,9%
		More than 1 hours	21,3%
Reading	weekday	Did not answer	0,6%
		Do not spend time with it	22,4%
		2 hours or less	70,0%
		More than 2 hours	7,0%
	weekend	Did not answer	0,6%
		Do not spend time with it	23,6%
		2 hours or less	66,5%
		More than 2 hours	9,3%
Going to the cinema	weekday	Did not answer	0,6%
		Do not spend time with it	83,7%
		2 hours or less	14,0%
		More than 2 hours	1,7%
	weekend	Did not answer	0,6%
		Do not spend time with it	68,8%
		2 hours or less	26,8%
		More than 2 hours	3,8%
Sports	weekday	Did not answer	0,6%
		Do not spend time with it	15,5%
		2 hours or less	77,3%
		More than 2 hours	6,7%
	weekend	Did not answer	0,6%
		Do not spend time with it	26,5%
		2 hours or less	66,8%
		More than 2 hours	6,1%
Attending sporting events	weekday	Did not answer	0,6%
		Do not spend time with it	77,3%
		2 hours or less	20,1%

	weekend	More than 2 hours	2,0%
		Did not answer	0,6%
		Do not spend time with it	69,7%
		2 hours or less	25,9%
		More than 2 hours	3,8%
Use of wellness services	weekday	Did not answer	0,6%
		Do not spend time with it	85,7%
		1 hours or less	9,9%
		More than 1 hours	3,8%
	weekend	Did not answer	0,6%
		Do not spend time with it	77,8%
		1 hours or less	13,7%
		More than 2 hours	7,9%

Source: Edited based on own research

Summary and conclusions

The active and passive leisure activities listed in the research appear in both people's recreational activity system. Experience shows that leisure activities associated with sedentary activity (watching TV, listening to music, playing online games) dominate, which increases the inactivity that is already characteristic of the lifestyle of Hungarians. Sports and leisure activities involving physical activity should be increased, as these bring the health benefits that can help prevent lifestyle-dependent diseases appearing in Hungary.

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