

PHYSICAL CULTURE IN A RURAL ENVIRONMENT AND HEALTH EDUCATION

KULTURA FIZYCZNA W ŚRODOWISKU WIEJSKIM A EDUKACJA ZDROWOTNA

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Summary

Due to social, cultural and moral differences, the rural environment belongs to the group of physical culture entities with separate specificities. One-off opportunities and threats cause that implementation to create attitudes towards the body as well as health-promoting behaviors become a challenge and mission. This work systematizes the possibilities of the blind pedagogue in physical education and health education. Through media, children become lazier. They spend little time outdoors, they don't want to exercise, which makes them obese, and every little trivial matter is difficult for them. More and more children in the countryside prefer to play computer games than go out to the field to play football with friends or run. physical activity is also influenced by the family – it is from this that most people take an example, especially children, the atmosphere around physical education and sport at school, and the impact of the peer group in which they stay. The most important factors conditioning human physical activity include social and professional status, level of education, material status, age, health status, family relationship to physical activity, amount of free time, sports and recreation infrastructure in the place of residence, level of knowledge about health, traditions. People from cities move to the countryside to relax from the momentum, noise and noise. They like the village very much, not only because of the landscape but also because of the nice and willing neighbors. Living closer to nature, you can listen to birds singing, watch various insects, animals and not stress yourself with street noise. It is also an interesting solution for people who like a dog or a cat, because these animals have free range in the yard. The air in the countryside, due to the lack of more cars and factories, is practically free of toxic fumes and exhaust gases, which is undoubtedly one of the main advantages of living in the countryside. Rural children and youth, in terms of physical fitness and development, are not always equal to children and urban youth, whose living and working conditions are more conducive to comprehensive development.

Key words: physical culture, rural environment, health education, healthy lifestyle.

Ze względu na różnice społeczne, kulturowe i moralne środowisko wiejskie należy do grupy podmiotów kultury fizycznej o odrębnych specyfikach. Jednorazowe szanse i zagrożenia powodują, że wdrożenie w celu stworzenia postaw wobec ciała, a także zachowań prozdrowotnych staje się wyzwaniem i misją. Ta praca systematyzuje możliwości niewidomego pedagoga w zakresie wychowania fizycznego i edukacji zdrowotnej.

Słowa kluczowe: kultura fizyczna, środowisko wiejskie, edukacja zdrowotna, zdrowy styl życia.

Через соціальні, культурні та моральні відмінності сільське середовище належить до групи утворень фізичної культури з окремими специфіками. Одноразові можливості та загрози спричиняють, що впровадження для формування ставлення до організму, а також поведінки, що сприяють здоров'ю, стають викликом та місією. Через засоби масової інформації діти стають лінівішими. Вони проводять мало часу на свіжому повітрі, вони не хочуть займатися фізичними вправами, через що вони страждають ожирінням, і кожна маленька дрібниця для них складна. Все більше дітей у сільській місцевості вважають за краще грати в комп'ютерні ігри, ніж виходити на поле, грати у футбол з друзями або бігати. На фізичну активність також впливає сім'я – саме з цього найбільше людей беруть приклад, особливо дітей, атмосферу навколо фізичного виховання та спорту в школі та вплив групи однолітків, в якій вони перебувають. До найважливіших факторів, що обумовлюють фізичну активність людини, належать соціальний та професійний статус, рівень освіти, матеріальний стан, вік, стан здоров'я, родинні відносини до фізичних навантажень, кількість вільного часу, спортивна та оздоровча інфраструктура за місцем проживання, рівень знань про здоров'я, традиції. Люди з міст переїжджають у сільську місцевість, щоб відпочити від імпульсу, шуму та гаму. Село їм дуже подобається не тільки через краєвид, а й через приємних і бажаючих сусідів. Живучи ближче до природи, ви можете слухати спів птахів, спостерігати за різними комахами, тваринами і не напружувати себе вуличним шумом. Це також цікаве рішення для людей, яким подобається собака чи кішка, адже ці тварини мають вільний простір у дворі. Повітря в сільській місцевості, через брак більшості автомобілів і заводів, практично не містить токсичних випарів і вихлопних газів, що, безсумнівно, є однією з головних переваг життя в сільській місцевості. Сільські діти та молодь за рівнем фізичної підготовленості та розвитку не завжди дорівнюють дітям та міській молоді, умови життя та праці яких сприяють всебічному розвитку.

Ключові слова: фізична культура, сільське середовище, медична освіта, здоровий спосіб життя.

Introduction. Physical culture is the only or main subject of interest only for a few sociologists. As the authors of the said bibliography calculated, there were about a hundred sociologists in the world who were the authors of five or more papers devoted to physical activity. Thus, a decidedly larger part of the publication is created next to or even on the margins of other studies of society and its culture, but it is difficult to find out which issues of sociological interests physical culture is most often associated with. The number of researchers currently involved in sociology of physical activity, including mainly sports, has increased significantly. Sociological works on physical culture are published by various publishing houses, and studies and articles on this subject can be found in more than a hundred various scientific journals or those devoted to various fields of social sciences (including mainly sociological) or physical culture sciences.

Experts on issues explaining this state of affairs by any degree of sociology's conclusion of culture involving identity data, and therefore not resting, of the theoretical and methodological self-awareness of this group of sociologists. In the analysis of opinions, which are also included in the great dispersion of searches on scientific issues of interest to us, although the facts of the existence of the International Committee of Sport Sociology since 1964 and the organization of the journal of this International Review of Sport Sociology since 1966 (since 1984 the International Review of Sport Sociology) available will provide an integrating role. This role in Europe is also fulfilled by the well-established European Society of Sport Sociology in 2001 and the European Journal for Sport and Society, which they publish. It may be that this relative inconsistency or dispersion of the search for representatives of the sociological subdiscipline that we are interested in need not be explained by its underdevelopment or, in other words, the inability to find a clearly outlined or autonomous paradigm.

Well – as was said – its turbulent development falls in the sixties, seventies, eighties and nineties, when scientific research went at a rapid pace towards multi-and interdisciplinary search-

es. Thus, even before the sociology of physical culture reached the fullness of its identity, it had already melted somewhat in the broader front of social research, significantly affecting it in the direction that clearly accelerated development. Or maybe there is another process here, characteristic of the early spring of all sciences, which, unhampered by a mature paradigm, run in different directions to join in time in one or one-way run, thus creating a strong and abundant stream of exploratory aspirations.

Sport remains the most dynamic and spectacular element of physical culture after World War II. It develops extremely quickly, while undergoing an intensive process of disintegration and autonomization of its individual types. It is namely 'sport for all', that is recreational sport, school sport remaining in the service of physical education of children and youth, the sport of people with disabilities and 'great sport', in other words – competitive or spectacular sport. It is characteristic that the latter, due to its spectacular qualities and international reach, is extremely expansive, which is why it is often understood as a synonym of sport in general. Hence, the tendency to reduce all types of non-utilitarian human physical activity to sport forms has many supporters, not only among sociologists. That is why they use different terminology: they talk about the sociology of sport and not the sociology of physical culture (Heinemann 1990; Weiss 1999).

This situation is characteristic of sociologists in Western Europe and America and in countries strongly influenced by them. However, the name «sociology of physical culture» was formed and established in the countries of Central and Eastern Europe and was adopted in the area of their scientific impact. It is worth noting, however, that – although sporadically – this term (i.e. physical culture) also appears in recent years among the first group of sociologists, especially in Finland. And vice versa: the name «sociology of sport» spread very quickly in the second area we mentioned, including in Poland Physical culture is a field of subject culture whose subject is the body. Through the development and diversification of human

work, forms and means of improving the body were enriched.

Physical culture – all behaviors according to the rules and norms of conduct adopted in a given social environment and aimed at caring for human health, improving their posture, proper psychophysical development and the results of these behaviors¹. Particularly noteworthy from this point of view is the sociological exploration of rural sport showing the phenomenon of interest to us against the background of the socio-cultural needs of the village, their hierarchy and specific patterns of entertainment and recreation. At that time, the first research on physical culture in urbanized environments was also undertaken. They show that communities in the sphere of influence of various cultural institutions are not uniform in terms of social composition, and the size of the so-called Cultural consumption is determined by the social situation of the participants of these institutions. They indicate the relationships that occur between the preferences of various forms of physical culture and such parameters of the social structure as age, gender, occupation, income level, education, etc.

Important information is provided in particular by studies on the culture of free time, which reveal that sport as active and passive entertainment is popular mainly among young people learning and in the working-class environment. A smaller group was the work on the social aspects of the functioning of physical culture institutions. They focused primarily on the issues of functioning of universities of physical education, and especially the characteristics of the student environment of these learning units. The sociological issues of qualified sport played a special role among the reported studies. It included works devoted to the selection and recruitment to competitive sport and the socio-cultural diversity of preferences of various sports disciplines. This also includes publications on the structure and processes of shaping sport motivations, opinions and attitudes towards sport widespread among players with different levels of qualifications.

These issues were complemented by studies devoted to the social consequences of sports results, in particular the diverse social situation of athletes in individual sports disciplines, as well as the characteristics of the sports subculture and social position of Polish Olympic athletes. In the light of the research results obtained in Poland in the mid-sixties, the Olympians are a community of mainly provincial, non-intellectual origin, with high socio-professional mobility and migration towards large cities, with a fairly high material standard and high aspirations in this respect resulting from the sense of importance of their own role social. The social model of the athlete as a modern hero of mass culture was dealt with in works based on the analysis of content disseminated by the press. They contained a number of data about the social situation of players, the place of sports career in their private life, and about the material standard and lifestyle of the twentieth century.

From the beginning of the seventies, the sociology of physical culture in Poland entered a definitely new quantitative and qualitative stage of development. Several factors contributed to this fact. While the number of academics examining the phenomena of physical activity in the sociological perspective has been relatively small so far and as we have noticed it was concentrated in only two scientific institutions in Warsaw, in the period of interest to us in the other five physical education academies in the country (Gdańsk, Katowice, Kraków, Poznań, Wrocław) more or less numerous research teams composed of sociologists of physical culture are created. At the same time, the number of sociologists in universities, the Polish Academy of Sciences and pedagogical colleges who also integrate the field of interest in our research programs is growing. Many young sociologists are getting their PhD based on dissertations on physical culture, and several specialists in this field are habilitated.

Sociology of physical culture as a subdiscipline of sociology, and at the same time sciences of physical culture enters the nomenclature of academic degrees and titles. At the same time, the subject of sociology of physical culture is

¹ https://pl.wikipedia.org/wiki/Kultura_fizyczna

becoming the subject of teaching students of physical education universities in all fields of study, either by saturating general sociology programs with native issues or as an independent discipline – obligatory and optional. Dozens of students are preparing master's theses in this field. At that time, other representatives of physical culture sciences: psychologists, pedagogues, historians and political scientists on the one hand, as well as theoreticians of sport, recreation, rehabilitation and physical education – on the other, reach for the issues, methods, and above all the techniques of sociological research.

The organization of sociological research on physical culture is also changing. While in the sixties they were usually the nature of individual research projects, most often of a case study nature, nowadays numerous teams are formed, either composed of sociologists themselves or of sociologists and representatives of related disciplines, which cover a much larger field of research; they are often conducted on a representative sample. Admittedly, one-off tests prevail, but they also appear to be continuous. Polonocentrism in physical culture research is also overcome. Already in the second half of the seventies, the first results of Polish-Hungarian research in this field appear. In the following years, three further countries were covered: Czechoslovakia, Cuba and Estonia (Krawczyk B., Krawczyk Z., 1998), and currently, cross-cultural research penetrations of other countries are being made.

Polish sociologists participate relatively systematically in international sociological congresses (starting from the Congress in Varna in 1970) and symposia organized by the International Committee of Sports Sociology, the International Coordination Team for Philosophical and Sociological Research on Physical Culture covering the countries of Central and Eastern Europe, and now the European Society of Sport Sociology. Published in Poland since 1966, and in the years 1973–1983 a quarterly of the International Committee of Sport Sociology, the International Review of Sport Sociology also offered its publications to numerous authors from Poland.

Articles and papers of Polish sociologists are also published in many other international scientific journals in the field of interest, international collective monographs and materials from congresses, conferences and symposia. Finally, Poland was the organ of several international conferences: for the first time in 1963, and then in 1976, 1979, 1984, 1986, 1995, 1998 and 2004. In addition to the rapidly growing number of scientific articles published in specialist and general periodicals, such as *Sociological Studies and Culture and Society*, the number of book monographs and synthetic studies – individual and collective – is increasing. There is also the first textbook on sociology of physical culture and selection of texts for students (Krawczyk Z., 1974, 1995; Sekuła-Kwaśniewicz, 1985; Wohl, 1979, 1981).

Basic categories and names from the area of sociology of physical culture were introduced in the encyclopedia of physical culture and sport (Krawczyk Z. 1997) and biographical sources. The circumstances noted above mean that when presenting the achievements of Polish sociology of physical culture in recent years, we adopt a slightly different method of conduct than we have done so far. We will do it more briefly and synthetically, listing only the basic types of work carried out; we will refer to their effects in further chapters of this handbook. Here are the types of work undertaken in Polish sociology of physical culture:

Theoretical and analytical studies. Here, «typical» facts are selected from a sea of socio-cultural phenomena, often using historical data. It is broken down into elements, interpreted, shows the internal «hidden» nature and structure, organizes, reveals mutual connections, mechanisms, regularities, relationships, directions of evolution, development trends, etc. Theoretical studies based on empirical data and empirical methods. Their characteristic feature is coming out of theoretical hypotheses, and thus arising more from theory than practical experience. Empiria is only used to verify or falsify these hypotheses, while the selection of the tested object is a consequence of the desire to optimize theoretical results. Empirical research in which we want to illuminate a given

section of reality or its aspect. Then we approach the research also with some hypotheses, but they do not mainly result from the current theory, but are either loose ideas about the relationships and regularities that occur in a given group of phenomena, or we have only the intuitive conviction that certain theses contained in a broader social theory «works» on our material, although they manifest themselves specifically.

For example, we can assume that sport remains an integrating phenomenon, i.e. a group-forming phenomenon at all levels of social integration, from small groups to global society. Extremely descriptive studies, usually monographic. We then present the phenomenon as a whole, extracting its specificity (by comparing it to other phenomena already known before). We use these tests when we are in the process of recognizing a new area or it appears to us new and unknown. This occurs in the case of so-called «White spots», which the researcher «outlines» as it were for the first time.

Zbigniew Krawczyk lists four types (types) of his understanding:

- Physical culture is the whole of the material environment, shaped by man in accordance with his abilities, needs and values.

- Physical culture is a system of values, activities and their effects in the field of bodily human activity dependent on external conditions and stimulated by social needs.

- Physical culture is a set of forms of human physical activity undertaken consciously and intentionally to increase health, develop physical fitness and improve human beauty, subordinated to the pattern of a comprehensive, harmonious and dynamic personality.

- Physical culture understood as a synonym for sport occurs sporadically both in Poland and other countries of Central and Eastern Europe². Regardless of the type of concept of physical culture, the development of theoretical considerations regarding physical culture is markedly dynamic, with significant acceleration since the middle of the last century.

In practice, physical culture has been understood mainly since time immemorial, as an expression of care for personal motor skills (physical, motor), conducive to strengthening or maintaining health. Participation in physical culture can take place in a variety of ways: from active forms implemented by participation in broadly understood movement forms, to passive forms implemented by participation in sports environments as spectators. You need full awareness of the broad perspective, which illustrates the conditions for the maturation and functioning of specific social groups and allows you to set goals and tasks that take into account the needs, opportunities and interests of a given age group³.

The budget for the leisure time of a rural child depends on a lot of factors, among which the decisive factors are: the child's age, season, day of the week, distance from the village to the city, employment of parents outside agriculture, distance from home to school, physical labor of children on the land, task intended to do at home, the nature of the farm and the number of people in the family (number of children in the family). The amount of free time is very unfavorably distributed in individual seasons, and it all depends on the current period of ground works. In the spring, parents often ask children to help them plant crops, in the summer they need help during the harvest, in autumn there are so-called «Excavations» (harvesting potatoes) and general harvesting, only winter remains a calmer season of the year when it comes to agricultural work. There are few forms of spending free time by rural children. Children's cultural contacts in their free time depend on the environment in which they live.

The fewer cultural institutions, institutions and centers in a given environment, the narrower the range of cultural contacts of children. Usually, not only in the countryside, there is an increase in readership at the turn of autumn and winter. Very high levels can be observed in the villages where the period of continuous work is reduced to a minimum. The book in many rural environments compensates for the cultural

² Krawczyk Z., *Kultura fizyczna*. W: Krawczyk Z. (red.), *Encyklopedia Kultury Polskiej XX wieku*. Kultura Fizyczna i Sport. Instytut Kultury, Warszawa 1997, s.11-12.

³ Umiastowska D., *Aktywność ruchowa ludzi w różnym wieku*. Materiały naukowe nr.5, Szczecin 2000, s.43

shortcomings of this environment. The use of the cinema by children is very small (actually only when the trip is organized by the school).

The time of a country child is most often not organized by anyone except the child, and the way it is used depends on personal initiative and is not subject to parental control. In the interwar period, the village had a very low level of physical culture. People did not care about their health, were obese due to poor nutrition, overloaded with work and lived in poor living conditions.

People did not want to see a doctor, which caused widespread infectious diseases to spread. This led to a decrease in physical fitness and brightening of values about sport and physical education. The stimulus of youth in those times was Adam Chętnik. In his articles in the pages of «Teams» he systematically published articles promoting various fields of sport possible to practice in rural conditions. He mainly encouraged young people to winter sports, swimming and athletics, throwing stones, long and high jumps and running. One of his views was: «games, plays and entertainment should be equally used at school and outside of school. Games – the author emphasized – stimulate cheerfulness and develop senses. Body exercises, all jumping, racing, swimming, drills etc. develop muscles; train the body, making it resilient and resilient»⁴.

Władysław Olędzki in «Our Team» wrote «the work of a farmer is not conducive to the comprehensive and harmonious development of the body, not to the development of a beautiful attitude and dexterity, because it is one-sided».

It was argued that physical exercise, games and sports should replace leisure activities⁵.

In conclusion, the physical and health culture of the rural population in the interwar period was treated as a basis for the development of health and physical activity of every person, regardless of their goals and age.

It was important to propagate the belief that movement and physical activity are extremely important, but only one of many elements of how to maintain health and professional activity. Physical activity is an essential element of a healthy lifestyle, but not enough. It was still necessary to include social activity in the general process of health education of rural society and to shape a healthy lifestyle. Activities that were undertaken in this respect were aimed at developing habits of compliance with personal hygiene and order in the apartment among the village inhabitants.

Civilization progress and stress-laden life are a challenge for modern society to motivate to take the initiative in organizing active leisure in free time, which can ensure a positive impact on the human body⁶. Free time means time in which a person has a much greater opportunity than before to choose the activities they want to do.

Children generally have more free time compared to adolescents and adults. The average free time of a city child is about 5 hours a day, and a country child – about 4 hours. Most of the free time is spent in front of a computer or TV, which means that every year the average physical activity of children and adolescents decreases. In school age, in addition to low physical activity, a large percentage of children have postural defects and impaired coordination.

Physical activity, deprived of constraints and restrictions, an increase in the sphere of human freedom can be a strong stimulus for physical activity in free time and have a significant impact on the state of normal development both in childhood and in adult life⁷.

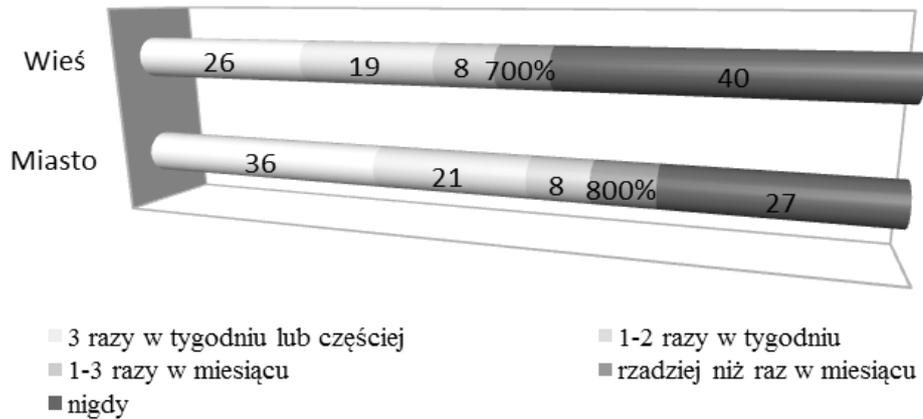
Physical activity of children is one of the ways to strengthen the body's resistance, care for health, physical and mental condition and is a kind of natural medicine.

⁴ Laskiewicz M., *Adam Chętnik o kulturze fizycznej wsi polskiej*, Wychowanie Fizyczne i Sport 1979, nr 1, s. 39.

⁵ Kazimierzczak A., Maszorek-Szymala A., Dębowska E., *Kultura fizyczna i zdrowotna współczesnego człowieka - teoretyczne podstawy i praktyczne implikacje*, Uniwersytet Łódzki, Łódź 2008, str 85-86.

⁶ Woynarowska B., *Organizacja I Realizacja Edukacji Zdrowotnej W Szkole*, ORE, Warszawa 2014, s. 77-90.

⁷ Kwilecki K., *Rozważania o czasie wolnym*. Wybrane zagadnienia, GWSH, Katowice 2011, s.5.

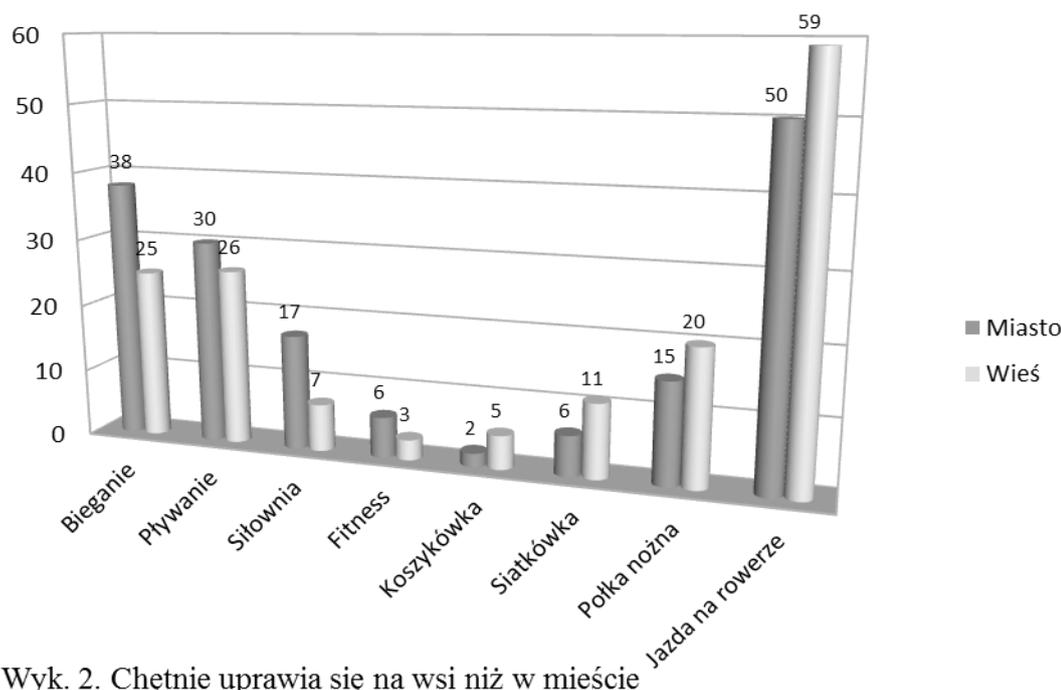


Wyk. 1. Aktywność sportowa na wsi i w mieście

Source: Polish sports activity. TNS Polska research report. September 2015

Currently, sport is not considered an important area of life and health by village residents. In some places in the countryside, gym is associated with sport, which uses steroids, and karate with a fight. One of the problems of local societies is the lack of people who would persuade others to leave their homes and encourage physical activity in any form. Currently, the organizers of sport in the countryside are mainly sports clubs, usually the same for many years. Sports offers are not very rich. Football teams are currently being created in most villages. Usually there are boys 'teams and less often girls'. Usually there are people up to 18 years old, because later most of the clubbers start school in larger cities and cannot commute to matches. The matches take place from spring to winter. This makes boys exercise more often and are more active. It happens that from such inconspicuous boys playing in rural sports clubs, great athletes emerge. An example here is our modern footballer Jakub Błaszczykowski, who plays in the Polish national team and as a midfielder in the German club VfL Wolfsburg. In the years 2010–2014 captain of the Polish national team. Participant of the European Championships 2012 and 2016. Member of the Outstanding Representative Club. Twice winner of the Football Poll in the Footballer of the Year» category. Knight of the Order of the Smile. Jakub Błaszczykowski was born in 1986

in the town of Truskolasy, in the area of today's Śląskie Province. He started football training in 1993 in the team of Rakowa Częstochowa. As a promising junior, playing as a midfielder, he was invited to the Górnik Zabrze team in 2002, but after a year he returned to Częstochowa, this time to KS Częstochowa playing in the 4th league. It was in this team that his career as a senior began. In 2004 he also made his debut in the Polish U-19 national team. At the beginning of 2005 he played his first match in the Premier League. Since 2006, he has been playing in the first Polish national team. Often in the villages there are also teams of volunteer fire brigades that take part in sports competitions – with obstacle courses. Both men and women are invited to participate. Age groups are determined there, and these competitions are played between groups from other villages. Also, more and more often women in the villages take part in organized zumba or aerobics classes. According to supporters of other forms of activity, it is better to develop disciplines in which you do not need to invest so much, and which enable movement such as basketball, volleyball, football and cycling than running, swimming, gym or fitness. Such solutions are valued, however, ideas for drawing people into the world of physical activity are still not enough to persuade rural children and young people to active recreation.



Wyk. 2. Chętnie uprawia się na wsi niż w mieście

Source: TNS 2015 Sports activity of Poles.

The chart presents research carried out as part of a research project dedicated to the fitness industry carried out by TNS Polska in 2015 via

the Descartes platform. People from the age of 15 took part in the study.



Fot. 1. Volunteer Fire Brigade team – at competitions

A conditioned lifestyle can reduce the risk of developing certain diseases through your own

daily activities, for example, eating breakfast every day, sleeping at least 6 hours a day, using

seat belts, or exercising regularly. Such diseases whose risk of occurrence can be significantly reduced are e.g. cardiovascular diseases and cancer. Leading a healthy lifestyle is not easy. Our health is affected not only by physical activity, but also by a proper diet, regularity and strong will. To maintain good health, care for the mental sphere is also necessary. It allows you to protect yourself from depression, anxiety or compulsions⁸. If a person meets their needs and avoids excessive stress, there is less chance that he will become addicted to psychoactive substances. Comprehensive development, learning about and satisfying needs, caring for emotions and thoughts lead to well-being, fulfillment and internal harmony. Happiness requires work and effort. I think it is worth taking action to achieve this fundamental goal. Many people say that the degree of physical activity and participation in physical culture depends on the social environment – people living in cities have more and better opportunities than in the countryside, because they have access to various forms of entertainment needed for exercise, i.e. gyms, swimming pools, well equipped gyms, tennis courts etc. The degree of physical activity is also influenced by the family – it is from this that most people take an example, especially children, the atmosphere around physical education and sport at school, and the impact of the peer group in which they stay. The most important factors conditioning human physical activity include social and professional status, level of education, material status, age, health status, family relationship to physical activity, amount of free time, sports and recreation infrastructure in the place of residence, level of knowledge about health, traditions and customs social (religious and cultural bans)⁹. Mass media: television, internet, radio and press have a big role to play in promoting a healthy lifestyle. The time spent on the media is the longest compared to other forms of constant activity. It is the media, mainly television, that shapes public awareness, determines the im-

portance of information, imposes attitudes and sets values. What the television or radio is not talking about, the press is not writing or it is not on the Internet, it is not or does not count. However, even the smallest trifle passed through the media is becoming even cosmic. Children are particularly susceptible to media influences. They do not yet have solid knowledge in many areas, they also do not have shaped attitudes and value systems, they cannot correctly and wisely choose and evaluate the information provided. Through these media, children become lazier. They spend little time outdoors, they don't want to exercise, which makes them obese, and every little trivial matter is difficult for them. More and more children in the countryside prefer to play computer games than go out to the field to play football with friends or run. It is important for the development of sport for everyone to support statutory activities of non-governmental organizations by central and local government administration and increasingly by business entities. An element of support may be not only financial resources, but also organizational assistance, patronage and other forms of business support used so far. Particularly noteworthy are programs and activities aimed at increasing the participation in sports activities of young people and equalizing opportunities for access to physical activity for people from rural environments, economically underdeveloped, socially maladjusted and at risk of pathologies. Sport and physical recreation for this group of people are a special form of rehabilitation that allows overcoming barriers and stimulating aspirations to increase social activity. Implementation of tasks in this area will ensure increased physical activity and enrich the recreation system with new content and forms. Preferred will be new forms of sports and recreation activities along with the promotion of a healthy lifestyle, adapted to the needs of people with disabilities in old age. Connecting the generations through sport is an interesting idea – you can «infect» adults with the sport their children play, and vice versa, make it a way of spending time for the whole family. The idea of betting on broadly understood physical culture so that everyone interested in active leisure could find something for

⁸ Dziubiński Z., Krawczyk Z., *Socjologia kultury Fizycznej*, AWF, Warszawa 2011, s. 23-26

⁹ Kwilecki K., *Rozważania o czasie wolnym...* op. cit., s.21

themselves and not have to narrow their interests to the clubs offer or look for other 10 people to enter the sports hall enjoyed great support. According to Zdzisław Chromiński, physical activity changes with age.

A small child is very mobile, from kindergarten to puberty. During puberty, physical activity decreases, man becomes more lazy, and movement begins to cause him difficulties. The factor that determines this activity is the environment. It was also noted that rural children were more active than urban children. It results from the fact that children living in the countryside are more creative because they have less opportunities to use and participate in organized forms of movement. Village children are more spontaneous. They can organize time and play with what is in their surroundings¹⁰.

It can be argued that parents have a small contribution to organizing children's free time, because most often they do not themselves represent the correct patterns of rational use. You can't just blame your parents for this. Education for free time in a rural environment also largely rests with school. And school does little to develop the habits of proper, active use of free time among students. It organizes events, provides a sports (as it has) and cultural and recreational facilities.

However, this is not enough for our young people to learn the proper habits of physical activity and understand that all this is good for both physical and mental health. In many rural schools, due to the lack of a gymnasium or a suitable substitute room, public rooms are used, e.g. commune common rooms, fire rooms. Such interiors, if they meet the safety conditions, can in many cases replace specialist facilities, of course, provided that the PE teacher does not behave helplessly in the absence of devices and equipment usually fitted in gyms.

Therefore, the teacher's activity should start with a diagnosis, i.e. a thorough diagnosis of the conditions for organizing physical education and practicing sport at school (possibly in the town) and his personal and subject workshop of the teacher. Therefore, the teacher must state what he has: material resources and possibilities

of the environment, as well as deficiencies and deficiencies in this respect. With the development of civilization, technology increases awareness among the rural population in many areas. The young generation is already giving their children better material conditions, a higher level of personal hygiene, greater interest in the child's personality, closer cooperation with the school. In these conditions, the interest in physical recreation in the countryside is also increasing. Thanks to this, it becomes one of the attractive forms of spending free time.

Acceptance of physical culture by the rural environment can be considered as one of the manifestations of the transformation of the modern village, because the development of various forms of physical activity in the countryside is inseparably associated with socio-economic transformation, with a new way of thinking and values. Supporting psychophysical development and caring for children's health through movement and contact with the environment is particularly important. The basis for the effectiveness of this support is the introduction of youth to participation in physical culture, full integration of teaching and upbringing processes, as well as the influence of family, school and non-family environments in shaping attitudes towards physical recreation.

According to J. Masny, *«Successively, as far as he possesses the field and financial possibilities, new sports facilities, commune centers of physical education and sport of public nature should be built in individual communes. Model development of such a center should include facilities and equipment useful for practicing summer and winter sports. The functions performed by these centers must be coupled with cultural activities in the countryside. We know from practice that this type of land use solution for sport and recreation purposes also serves schoolchildren from urban environments during their stay at wintering grounds and summer camps. There would be a chance to use the financial possibilities of the interested workplaces and educational institutions¹¹»*.

¹⁰ http://www.profesor.pl/mat/n12/pokaz_material_tmp.phpplik=n12/n12_z_meredyk_041024_1.php&id_m=13623

¹¹ http://www.profesor.pl/mat/n12/pokaz_material_tmp.phpplik=n12/n12_z_meredyk_041024_1.php&id_m=1363

Population of Poland in 2015

	OGÓŁEM	MĘŻCZYŹNI	KOBIETY
POLSKA	38437239	18597991	19839248
MIASTO	23166429	10984699	12181730
WIEŚ	15270810	7613292	7657518

Source: <http://tvn24bis.pl/z-kraju,74/liczba-ludnosci-w-polsce-w-2015-roku,645263.html>

Population of Poland in 2016

	OGÓŁEM	MĘŻCZYŹNI	KOBIETY
POLSKA	38426809	18591628	19835181
MIASTO	23149270	10975115	12174155
WIEŚ	15277539	7616513	7661026

Source: <http://stat.gov.pl/obszary-tematyczne/ludnosc/ludnosc/ludnosc-stan-i-struktura-oraz-ruch-naturalny-w-przekroju-terytorialnym-stanu-w-dniu-30-06-2016-r-,6,20.html>

All work requires regeneration of lost body strength, it requires rest. Without rest, the continuity of the production process cannot be maintained. Even in conditions of low fatigue, rest for people is essential. Therefore, apart from working time, there must be an appropriate proportion of time off from work, rest time. For many centuries, the peasant family was forced to work from dawn to night, they had to produce all the goods necessary for her. Over the centuries, the productivity of this work only increased slightly. That is why working time in a rural environment was valued very highly. Sometimes rest and relaxation were only Sundays and holidays or long winter evenings. Such a division of time into working time and free time seemed natural under these conditions. But even this narrow margin of free time was not meaningless in the countryside. The whole known rural folklore, the whole cultural layer of the village was formed precisely as a result of the existence of this small margin of free time. The amount of time off from work depends on social work performance. Thus, it decides about participation in culture. Low labor productivity is synonymous with poverty, low living standards and also cultural backwardness. Only a wide mechanization of agricultural works and related transport works, fertilization enabled division of works and allowed to increase the efficiency of work in agriculture. This opened the perspective

for an increase in the free time margin in the countryside. According to A. Wohl, one of the factors influencing the increase in the free time margin of rural residents is the process of professionalization of work in agriculture, which takes place in several areas: Production specialization – reduction of many diverse jobs to one. Increase in village services. Employment of village people in education, health care, trade in goods and administration – creating standard working time for these people, and thus a greater margin of free time. Undertaking the so-called extra work outside agriculture. Increasingly, along with the development of science and technology, the differences between the village and the city are blurred, but free time is shaped differently in the city and in the countryside. K. Łapińska devotes to this issue an article in which she states that the basis for the different formation of the issue of free time in the countryside is primarily the specific rhythm and nature of production on an individual peasant farm. On the other hand, the specificity of time manifests itself in the rhythm and character as well as free time resources and ways of using it. According to Łapińska, the following factors influence the dimension of leisure time and the ways it is used. Rhythm of plant production. This rhythm shapes not only the resources of free time in a certain way, but also affects the way it is filled. In periods of heavy work, pas-

sive rest dominates, while in the autumn and winter, other forms appear. Unity of place of work and residence – means that work is sustained practically all day and there is no division of the day into working time and rest time. The proportions between working time and rest are determined by ideals and norms of behavior¹². The time of rest and entertainment in the countryside is primarily holidays and Sundays and periods of festivities related to weddings and indulgences, pilgrimages and fairs, fairs, etc. Considering the issue of free time being used by the rural population, it should be stated that in this respect rural youth is a specific category in your environment. It has a greater margin of free time than older generations. In addition to holidays, Sundays, although in a limited amount, have free time on weekdays, of course, except during periods of heavy work, when the entire peasant family works from dawn to dusk. The way young people spend their free time depends largely on the state of cultural and educational establishments in the countryside, the standard of living in the community, distance and links with the city. After research in three rural environments, Łapińska states that the most common forms of spending free time by young people include: social and entertainment forms of recreation, individual cultural consumption, and passive leisure. The amount of free time of a rural child is determined by such factors as: school work, going to school and home, doing homework, help in the household. The latter factor to a large extent determines the amount of free time, and in particular during the intensification of field work. B. Czerska sees a large dependence of the free time margin on the seasons. And so during intensive field work, most rural children help parents, which reduces the child's free time to a minimum. It also happens that the child does not have time after returning from school to do homework, because he works until the evening. However, she does her homework getting up very early in the morning. Sometimes, due to urgent field work, a child does not go to school for several days. A. Cichocka is characterized by budget and classes at different times of the year. The first is the autumn and winter period. During this period,

rural children have more free time to study and read. During this period, leisure time activities such as spending time on the slide, sledding, skiing, skating and various types of fun in the snow dominate. The period from spring to autumn is different in the life of a country child. Children often get up in the morning to help parents in farm rituals before going to school. After coming out of school, especially during periods of heavy work, they will have to work in the field until late evening. Leisure time of a country child is a very important element in his life. No less important is the attractive way of filling it. Here's how this issue is presented in the life of a country child. Analyzing the issues presented above, one can rely on the results of research presented by E. Orłof, which showed that the most popular form of filling free time are peer games and activities that take place in a spontaneous way, usually in a large yard. Listening to the radio and watching TV is the second form. This is an activity that the child indulges in in the evenings and on Sunday. Reading is a rarer form of spending free time. It depends to a large extent on the existence of a library in the village. Further on will be forms such as DIY, campfires, and watching movies. An important form in completing the free time of a country child is physical recreation. According to A. Composition, physical recreation for a rural child is extremely needed in stimulating physical development. It should also be used to compensate for deficiencies which in motor skills and physical fitness may occur in some rural children. Numerous studies have shown that rural children and youth, in terms of physical fitness and development, are not always equal to children and urban youth, whose living and working conditions are more conducive to comprehensive development. Active rest for a rural child is also needed due to overloading the body with its daily school and home duties. This rest will serve to regenerate the strength of the young body. The amount of free time for children and young people is highly dependent on the time spent at home, going to school and back, lessons at school, and helping parents in the household. As the research and analysis of the material show, most of the children come from peasant families who have a medium-sized farm, and therefore poorly mechanized. Work in them is time consuming and requires many

¹² Merton R., *Teoria socjologiczna i struktura społeczna*, PWN, Warszawa 2002, 92-93.

hands. For this reason, children from these farms devote a lot of time to helping their parents.

Analyzing the tables and the graph, it can be seen that during the year the number of people living in the countryside increased. This is not a big difference in the population, but it can be said that people want to live in smaller towns, and it does not bother them. People from cities move to the countryside to relax from the momentum, noise and noise. They like the village very much, not only because of the landscape but also because of the nice and willing neighbors. Living closer to nature, you can listen to birds singing, watch various insects, animals and not stress yourself with street noise. It is also an interesting solution for people who

like a dog or a cat, because these animals have free range in the yard. The air in the countryside, due to the lack of more cars and factories, is practically free of toxic fumes and exhaust gases, which is undoubtedly one of the main advantages of living in the countryside. In the city, everything runs fast, noise, hustle and bustle are factors that contribute to poor well-being, fatigue and increased stress. In the countryside, you can relax from this hustle and bustle and feel more relaxed. This has a positive effect on the body, and thus you can live in better conditions by stimulating the body with physical activity in nature. All this causes that, more and more people in the countryside practice aerobic sports such as running, cycling, swimming, vole walking and many more.

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