

## PARTICULARITIES REGARDING THE MANAGEMENT OF LEISURE MOTOR ACTIVITIES

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**Abstract.** The complexity of the contemporary society through its accelerated rhythm – imposed by the numerous changes in all field of activity – often has negative effects on people, because they have to consume too much energy and their nervous systems are intensely demanded. A positive alternative in this respect is to identify solutions for people to eliminate fatigue, burnout and neuro-psycho disorders. Therefore, the aim of the present research is to contribute to the creation of a durable motivation and of a favourable attitude for practicing some forms of motor activities included in leisure time management. At the same time, in order to understand the purpose of this endeavour – which included 25 subjects, we analyzed four particularities that identify a concept of bodily education for leisure time, namely: 1. leisure time management; 2. exercising and motor activity; 3. leisure activity (the optimal use of leisure time); 4. leisure motor activity.

After this study, we wish for every participant, by their motivation and attitude, to be able to manage leisure time, where practicing a motor activity should represent an essential factor with a major impact in their physical, moral and mental development.

**Keywords:** management, leisure, motor activity, informing, mentality, motivation.

### Introduction

In the current context, *leisure*, from a social, pedagogic and cultural perspective, represents an extremely important particularity, for both the society and man himself.

From *the perspective of society*, its evolution and progress are perpetually dependent on the health, intelligence and force of creation of its citizens.

From *the perspective of the citizens*, their moral, mental and physical development are conditioned by the available leisure time, as well as by the way a person makes use of it. [1, 2]

Currently, given the complexity of the contemporary society and the accelerated rhythm to which people are forced to adapt, they have to consume too much energy and their nervous systems are intensely demanded. They identify a time interval besides the usual occupations – work, school and other current obligations – the purpose of which is to create a well-being state for the body. It represents an essential and mandatory particularity for each of us. Consequently, the use of compensating elements and rest and relaxation may prevent or eliminate fatigue, burnout and neuro-psycho disorders.[3]

Therefore, promoting the practice of motor activities among various age categories – main-

ly among young people, individually or in group – must be understood and encouraged as a way of organizing leisure, with the purpose of maintaining health and the physical and mental development. At the same time, creating a durable motivation and a favourable attitude for practicing various forms of motor activities included in leisure time management represents the main objective of the present endeavour.

### Material-method

The study proposes to identify a concept of bodily education for leisure time, achievable by stimulating the wish to exercise; developing the spirit of initiative; ensuring a continuity in the practice of motor activities.

In order to understand as well as possible the purpose of this endeavour, in the following lines we feature certain particularities that define: 1) leisure time management; 2) exercising and motor activity; 3) leisure activity (the optimal use of leisure time); 4) leisure motor activity.

#### 1) Leisure time management

Etymologically, management defines leadership art, the art of succeeding, of solving something with maximum efficiency. [4]

The notion of *management* can be defined by certain criteria according to which an organiza-

tion or a person conducts the activity. It is understood that each person needs leisure time management. In this respect, the first condition is to identify in each person in question their wishes, interests, passions and personal values accompanying them throughout their existence. The second condition is to create, reorganize and reorder those activities through which they manage to control and channel their energy for attaining the goals. Finally, the person in question will be able to acquire a correct attitude. This attitude will help them respect themselves, cherish themselves, encourage themselves, stimulate themselves and, of course, benefit from a consistent leisure time for practicing a motor activity or hobbies for relaxing, development or entertainment hobbies, so necessary in the current context.

## 2) Exercising and motor activity

*Movement* represents the totality of motor acts accomplished by a person in order to maintain the connections with the natural and social environment [5].

*The motor act* represents a simple behavioural fact executed using the skeletal muscles in order to obtain an elementary effect of adapting or constructing a motor action [5, 6].

*The motor action* represents a set of motor acts structured in order to form a whole, with the purpose of solving immediate tasks that can be isolated or embodied within a motor activity [5, 6].

*Motor activity* represents a set of motor actions included in a system of ideas, rules and forms of organization, in order to obtain a complex effort of the body to adapt and to improve its dynamics [5, 6].

*The typology of motor activities* [5]: *ludic (play) activities* – involves various games with important formative and psychosocial functions; *gymnic activities* – aiming for a well-balanced body development (basic gymnastics, jogging, etc); *agonistic activities* – they have a competitive character and they are disseminated (sports); *recreational activities* – conducted during leisure time for relaxation, entertainment, detachment, etc; *compensat-*

*ing activities* – with the purpose of restoring the physical and mental capabilities after accidents, diseases, etc.

In what regards practicing a motor activity, regardless of its nature, we must bring into discussion two essential aspects. 1. Motor activity is differentiated from case to case – from young person to adult, from man to woman, from those who have intellectual jobs to those working in physical activities, from villagers to urban inhabitants, etc. 2. There will always be differentiations in what regards the volume and the character of the motor activity in question. Consequently, when the goal is to practice a motor activity, there is no special model for the optimal valorisation of leisure time, because it seems hard to identify.

## 3) Leisure activity or the optimal use of leisure time

From the contemporary perspective, the notion of *leisure time* represents essential interests for sociologists and pedagogues. Among them, the socio-pedagogue Joffre Dumeziedier has a particular philosophy: he defines the concept of leisure by relaxation, development and fun [1, 2].

*Relaxation.* Body restoring and the regeneration of the physical and intellectual capabilities after a day of work or school may be achieved through relaxing activities.

*Development.* It represents an educational particularity and it targets in a particular way both the society as a whole and the parents and school staff. The main objective is to satisfy certain interests, inclinations, artistic or motor skills (the practice of a sport), watching shows, visiting museums, etc.

*Fun.* This particularity aims to create an optimal life climate through the practice of entertaining activities.

A very important role in the identification of leisure time management is played by the strategies of leisure management. In this respect, many specialists approach the topic in their studies, which has led to many different opinions or theories.

According to Miller and Robinson, *leisure* is related to the time people have after daily work or current obligations to be accomplished. This time should be valorised as each person desires. Leisure can also be associated with the rest time in terms of relaxation or recreation. This particularity can also mean an interval of time dedicated to recreational activities, with the purpose of obtaining active rest [1, 2].

According to Max Kaplan, *leisure* is perceived as “rest in the sense of fun”, with the following reflections: a particularity opposed to work as a professional activity – work or school, imposed in order to ensure living or professional training, thus an activity of personal pleasure that produces relaxation, joy or accomplishment. Leisure is a pleasant state of expectation and memory that relaxes and helps eliminate stress; certain obligations resulted from that involuntary role that involves collaboration, teamwork, assistance for the other persons; an activity that comprises fun parts with a recreational role that forms a perception of satisfaction and good mood [1, 2].

According to Davz and Rowe, *leisure* represents: a spontaneous experience that relaxes, brings joy and cheerfulness; a non-compensated, but pleasant and useful activity; the time man controls without any kind of external imposition [1, 2].

#### 4) *Leisure motor activity*

When the goal is to identify the management of leisure motor activities, we must take into account in this respect certain characteristics: the concept of motor activity; the contents of leisure motor activity; the structure of leisure motor activities [7].

*The concept of motor activity* reflects the need to implement certain programs of activities that respond to a motivation. Most of these programs are based on particularities related to tradition, education, environment – familiar, school and social, requirements, facilities, offers, distances, natural framework, etc. *The contents of leisure motor activity* may vary by: the type of partici-

pants – age, sex, profession, social level; the type of objectives showing the motivation of practicing – pleasure, socialization, weight loss, physical development, etc; the type of offer that specifies the reality of life – self-knowledge (running on your own), the relationship with the partners and the adversaries (sporting games), the emulation stirred by competition, adventure, etc.

*The structure of leisure motor activities* may have the following configuration: independent or organized; individual or in group; in the hall, outdoors, in the water; with or without an opponent, with or without materials; by age – children, young people, adults, old people; by job specifics – intellectual work, physical work, mixed-effort work (intellectual and physical); by sex – girls, boys, women, men; by the degree of disability (attended by persons with special needs).

Upon analyzing the theoretical aspects presented, we may suggest that an excellent state of relaxation and an optimal mental comfort are provided by outdoor motor activities (outside, in open spaces) or by closed spaces (special halls). All initiative must be based on the participant's option, (where age, sex, gender, professional or intellectual training should not matter). The actuating means should comprise a broad spectrum of options, such as walking, running, various forms of gymnastics, bodybuilding, dance, swimming, badminton, table tennis, field tennis, voyages, mountain tourism, ecotourism, cyclotourism, sports as leisure – jogging, fitness, aerobic gymnastics, stationary bike, streetball, mini-volleyball, mini-football, football tennis, etc.

Beyond any doubt, the practice of leisure motor activities offers many benefits with direct implication on each practitioner. Namely, it maintains and increases health status; it maintains and improves the physical, mental and emotional indicators; it improves the quality of life through its recreational character; it determines the increase in social productivity by wishes or needs; it maintains and forms certain aesthetic attitudes, etc.

#### Results and discussions

This study – conducted within the International Festival of Youth, Science and Sport – included 25 trainees of the Summer school “Health through leisure motor activities” (28 August – 1 September 2017).

For point 1. *Leisure time management*, the trainees answered the following questions:

a. Do you have leisure time? All the trainees answered affirmatively to it, leading to a percentage of 100% (25 subjects).

b. What about leisure time management? 22 of the subjects answered that they did not have such management, accounting for 88% of the participants; three of the subjects stated that they had leisure management, accounting for 12% of the participants.

For point 2. *Exercising and motor activity*, the trainees answered the following questions:

a. Do you exercise? All the subjects answered that they were active daily, accounting for 100% of the sample questioned.

b. What type of motor activity do you prefer?  
56% (14 participants) prefer the agonistic motor activities;

56% (14 participants) prefer the recreational motor activities;

32% (8 participants) prefer the gymnastic motor activities;

12% (3 participants) prefer the ludic motor activities;

4% (1 participant) prefer the compensating motor activities.

For point 3. *Leisure activity or the optimal use of leisure time*. At this point, the subjects answered the following question: How do the participants define the concept of leisure?

52% (13 subjects) perceive leisure activity as a means for relaxation;

28% (7 subjects) identify the concept of leisure as a means for personal development;

20% (5 subjects) define leisure as a means for fun.

For point 4. *Leisure motor activity*, the participants answered the following question: What ac-

tuating means do you prefer in practicing leisure motor activity?

24% (6 participants) prefer a sporting game;

20% (5 participants) prefer jogging;

16% (4 participants) prefer dance;

12% (3 participants) prefer various forms of gymnastics;

12% (3 participants) prefer fitness and bodybuilding;

8% (2 participants) prefer voyages;

8% (2 participants) prefer cyclotourism.

Upon analyzing the data presented, we can formulate some observations, namely:

Each participant benefits, besides regular occupations – work, school, current obligations – from a certain time interval (leisure) that can be used with the purpose of creating bodily well-being – pleasure and relaxation.

Things are quite different when the goal is to identify among participants a type of leisure management. This concept is almost completely absent, while motor activities are practiced in a somewhat spontaneous manner. A cause can be each person's mentality, because when leisure is analyzed, this notion means more than the interval outside regular work hours – work, school and other current obligations. The period remains available for satisfying a need, a wish, hobbies or motor activities (in this case).

The motor activities of choice are agonistic (56%), recreational (56%) and gymnastic (32%). They have a great contribution to improving physical development; the acquisition of self-organization capacity and the creation of an elevated lifestyle, socialization, etc.

For 52% of the participants, the concept of leisure represents a means of relaxation, but also a means of personal development (28%) or a means of fun (20%). In general, leisure can be used as a period of rest; fun; duration of personality development; duration for restoring the resources of the body and for preparing it in view of new efforts etc.

Upon analyzing the actuating means in the

practice of leisure motor activities, the trainees opted for the practice of a sporting game (24%); jogging (20%); dance (16%); various forms of gymnastics (12%); fitness and bodybuilding (12%); voyages (8%) and cyclotourism (8%).

At the end of this study, it may be concluded

ed that each participant, by their motivation and attitude, can manage leisure, (where practicing a motor activity should represent an essential factor with a major impact in their physical, moral and mental development).

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