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FREE TIME - EVALUATIVE INDICATOR OF QUALITY OF LIFE

Lazăr Andreea – Gabriela¹

¹ „Ștefan cel Mare” University of Suceava, Romania

Abstract. *Free time is considered the most valuable thing, but society demands make it very short. The optimal quality of a person's life involves several types of well-being. Physical wellbeing, as one of the dimensions of the quality of life, implies, besides other indicators, the availability of free time, but also the favorite leisure activities (hobbies and their satisfaction). The purpose of the research was to investigate the availability of students' free time as well as their satisfaction with the amount of leisure time, the possibility of taking part in various recreational activities, satisfaction with the amount of time spent on rest and other hobbies. We also investigated opinions about the free time spent on exercise and their role in increasing the quality of life. The study was conducted on 85 female students from various economic disciplines and is part of a wider survey that investigates the quality of life of young people at all levels.*

Keywords: *free time, indicator, quality of life, young people, physical activity, investigation method.*

Introduction

Free time is considered the most valuable thing, but society demands make it very short. The optimal quality of a person's life involves several types of well-being. By Lupu I. [4], physical well-being, as one of the dimensions of the quality of life, implies, besides other indicators, the availability of free time, but also the favorite leisure activities (hobbies and their satisfaction).

We have to admit that free time has become an area of interest for those who are concerned with investigating the quality of life and satisfaction. Only in leisure time everyone can perform their favorite activities, activities that give him satisfaction and a general well-being

We spend about 25 years studying, we work for 40 years and then live about 15 years of retirement. This categorization of life in three major stages is a simplistic but true one. Most of us have a lot of free time in the 25 years of study, and then free time is being restructured to situations where we no longer benefit from it at all. Free time is very

important in shaping the concept of quality of life. Having time off is to do those activities that are pleasurable, disinterested and fun.

The importance of free time is recognized at all levels. The big companies offer a lot of free time to employees, observing that they have much more success later, they are more relaxed and more satisfied [1, 3, 5].

The evolution of society has led to the diminution of the free time of the people, and the professional activities are of major interest. People are increasingly involved in their professions, which most of the time involve robotic work. Analyzing this situation, we notice that most people are tired, depressed and suffer from various diseases. Free time nowadays is a virtue, a precious thing that offers satisfaction, voice, health, disconnection, and well-being.

Another problem is that when we have free time we do not know how to spend it. In response to this issue, a new education has emerged under the name of leisure time education. Some of the most important activities that can be dropped out during



leisure are physical activities. Physical activities in leisure time have the following functions: relaxation, recreation, relaxation, personality development, socialization, symbolic, therapeutical and economic [2, p.10].

The research hypothesis. We consider that students' free time is not used properly and their wellbeing is affected because they don't have sufficient free time for rest or other hobbies. We also believe that quality of life is closely related to leisure time and the need to satisfy hobbies

The purpose of the research: The purpose of the research was to investigate the availability of students' free time as well as their satisfaction with the amount of leisure time, the possibility of taking part in various recreational activities, satisfaction with the amount of time spent on rest and other hobbies. We also investigated opinions about the free time spent on exercise and their role in increasing the quality of life.

Subjects of research: The questionnaire was applied to a total of 85 female subjects

aged 18-21 years. The young girls are students in the first and second years at the economic specializations of "Ștefan cel Mare" University of Suceava.

The research methods used: bibliographic study method, method of analysis, survey method based on questionnaire, graphic method, tabular method, statistical and mathematical method. The questionnaire contained 14 questions with closed, pre-configured and scale answers.

Results and discussions. As we can see in Figure 1, 45% of students have very little free time and 32% have little free time. lack of free time leads to dissatisfaction and diminished well-being. Thus, 46% of students are not satisfied with the amount of leisure time (Figure 2). This can influence their quality of life in a negative way.

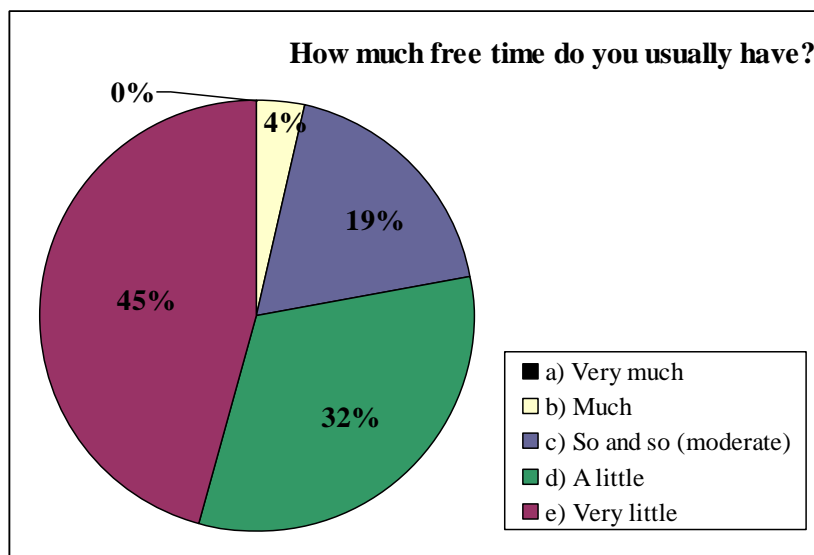


Fig. 1

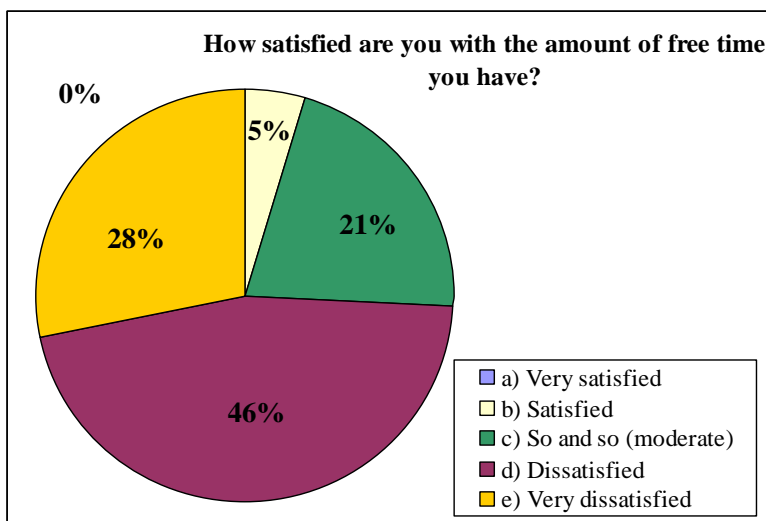


Fig. 2

What came out after the analysis of the answers was that 26% of students can not enjoy or relax in their spare time. They do not opt for activities that give them satisfaction. Only 4% said they enjoyed much and could relax in their free time (Figure 3). This result may be the reason for lack of education for leisure or another reason would be stress and daily activities which no longer allow for the satisfaction of some passions. One dramatic

thing is that many students do not have the opportunity to choose and belong to different leisure activities. The main reasons being the area where they live or too high costs. Of the students who have been evaluated, 31% have a small degree of opportunity to participate in various leisure programs. Then, only 37% have many opportunities to participate in various leisure activities (Figure 4).

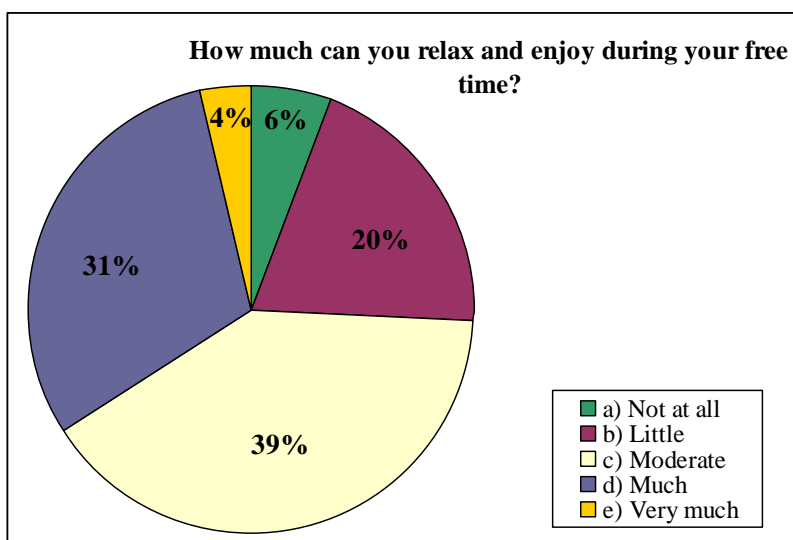


Fig. 3

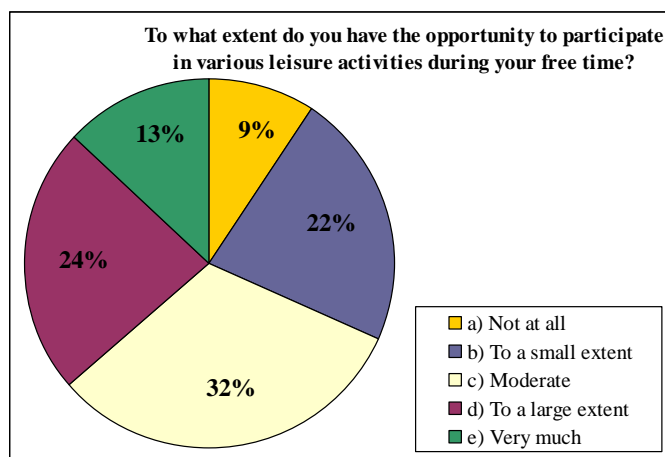


Fig. 4

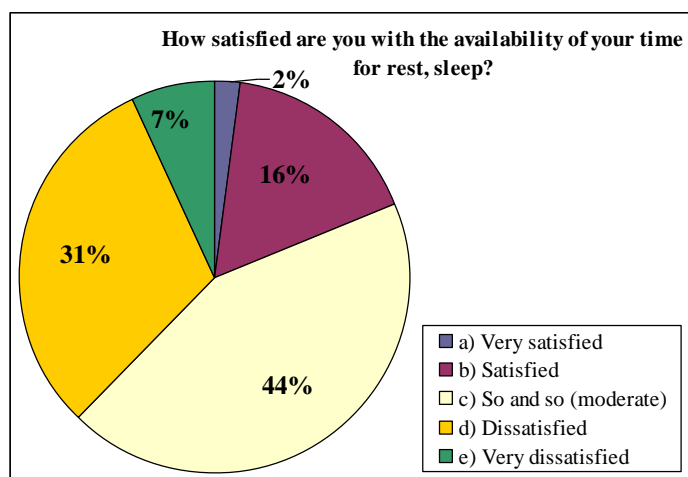


Fig. 5

As a result of applying the questionnaire, 31% were dissatisfied with the availability of time to sleep or to rest. This is another aspect

that negatively influences the quality of life (Figure 5). However, 72% sleep more than 6 hours per night (Figure 6).

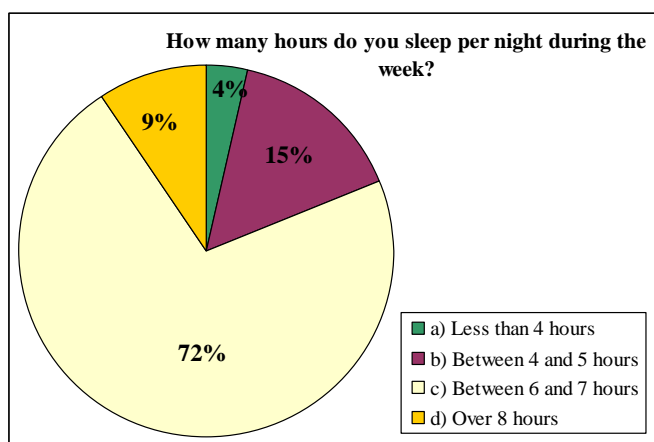


Fig. 6

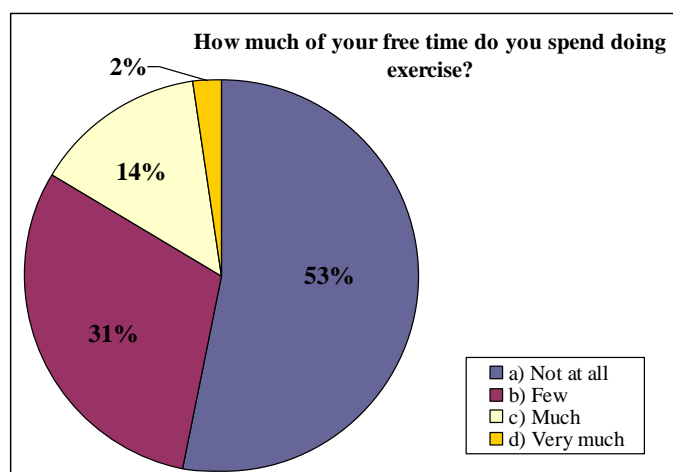


Fig. 7

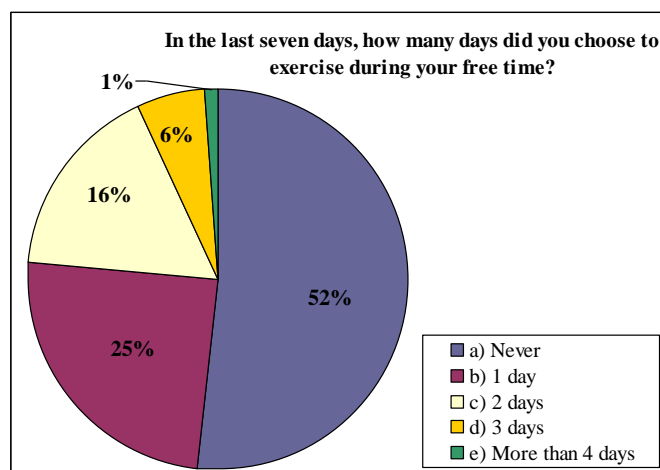


Fig. 8

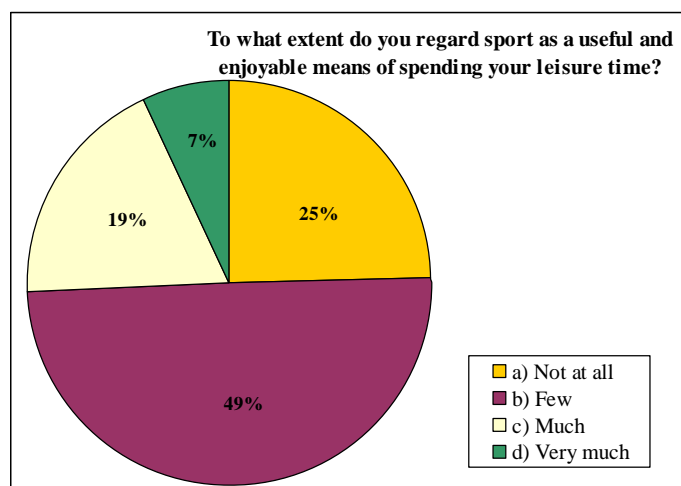
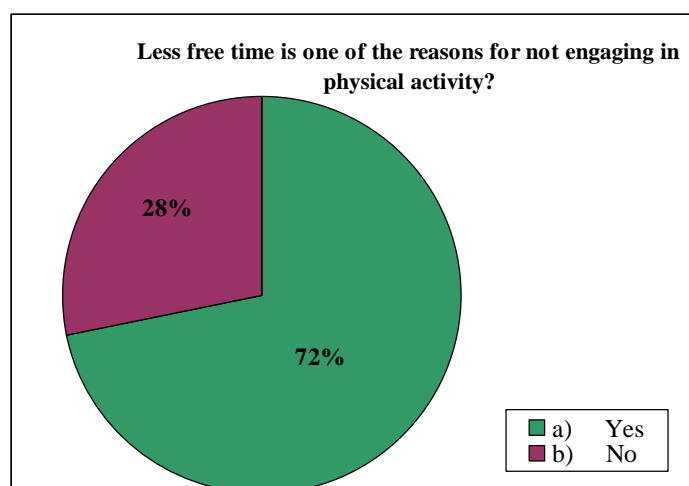


Fig. 9

**Fig. 10**

Figures 7, 8, 9 and 10 show the results of the relationship between free time and exercise. What was found was that 53% did not exercise in leisure time, 52% did not do sports at all in

the last week. For 72% the main reason why they do not do sports is lack of free time. Also, the answers of the another question we can see in the Table 1.

Table 1. Students' answers to the questions

<i>Question</i>	<i>Answer options</i>	<i>No</i>	<i>%</i>
What is the activity you choose most often in your free time?	a) Using the Internet	53	62.35
	b) Reading or study	8	9.41
	c) Physical activities	4	4.71
	d) Going out with friends	12	14.12
	e) Watching TV	5	5.88
	f) Household activities	3	3.53
During the week how many hours do you watch on TV?	a) I do not watch TV	7	8.24
	b) 1 - 2 hours / day	60	70.59
	c) 3-4 hours / day	18	21.18
	d) 5 to 6 hours a day	0	0
	e) More than 6 hours	0	0
How many hours do you use your computer / phone on average per day during the week?	a) I do not watch TV	0	0
	b) 1 - 2 hours / day	11	12.94
	c) 3-4 hours / day	39	45.88
	d) 5 to 6 hours a day	30	35.29
	e) More than 6 hours	5	5.88
How many hours of the day do you sit in the seated position?	a) Less than 2 hours	0	0
	b) Between 2 and 3 hours	3	3.53
	c) Between 4 and 5 hours	23	27.06
	d) Between 6 and 7 hours	36	42.35
	e) More than 7 hours	23	27.06

Conclusions

Most young students do not exercise. The main reason is the lack of free time. Lack of leisure time causes depressive states, the appearance of various diseases at the emotional and physical level. All this leads to a decrease in the quality of life and well-being. Many young people are not satisfied with the time needed to satisfy the hobbies, or the time

required for rest. Moreover, many students do not have the opportunity to participate in various leisure activities. The most important activities that young people do in their spare time is studying and using the Internet. We consider that free time is the most important indicator of quality of life that gives people satisfaction and brings beneficial influences to well-being and psychic states

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