

A STUDY ON LEISURE ACTIVITIES AND PARTICIPATION IN SPORTS ACTIVITIES IN YOUTH: FOCUSED ON BUSAN PROVINCE

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ABSTRACT

Participation in sport and cultural activities provides very importance for basic health, risk behavior reduction, and education. This measure is of the participation of middle and high school students in various cultural and sporting activities, both formal and informal. This data was provided by Busan Youth Service Center as part of a custom report. Internet/smart phone activity was the highest at 18.9% among leisure activities. Meeting/conversation with friends was 14.6%, game activities was 13.9%, and watching TV/DVD was 13.8%. On the other hand, sports watching and sports activities were 1.0% and 4.0%, respectively, lower than other leisure activities. The main exercise was running in the park or playground with 22.8%. The reason for not being able to exercise regularly was 'no time', with 54.8% being highest rate. Korean students were found to need a lot of leisure time.

Keywords: Middle and high school students, sport and cultural activities.