

## 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.

### INTRODUCTION

Leisure is regarded as the time given to freely chosen activities performed when not involved in self-care or work and should result in satisfaction, mastery motivation, self-efficacy, and commitment to the activity (Jacobs & Jacobs, 2001).

The leisure time for youth is very importance for basic health, risk behavior reduction, education, employment and political participation constitute the pillars of youth policy. It also relates to personal and community development, as well as given a wide range of opportunities for meaningful participation within the community.

Numerous studies have examined the developmental implications of leisure activity participation among young people (Eccles et al., 2003; Tibbits et al., 2009; Knifsend & Graham, 2012). Participation in sport and cultural activities provides children and young people with many benefits in regard to their mental health and wellbeing (Bungay & Vella-Burrows, 2013). National public systems provided or facilitated by a multitude of organizations, institutions and programs in all sectors. Among young people in particular, physical activity has been associated with several positive outcomes including physical (Kriemler et al., 2011; Poitras et al., 2016), psychological (Biddle & Asare, 2011; Mahoney et al., 2006) and social outcomes (Burdette et al., 2005; Taso, 2002). Adolescence has been described as a critical period during which youth physical activity involvement contributes to a lasting physical activity lifestyle (Vanreusel et al., 1997).

Korea Youth Work Agency (KYWA) and the municipal and provincial center have the obligation to provide survey results to youth activity facilities and organizations and to provide programs and information in accordance with the development stage and conditions

based on the results. This data was provided by Busan Youth Service Center as part of a custom report. The results of the survey are used as a basis for establishing the policy, because it can comprehend the status of youth activities in a comprehensive manner and confirm the trend of the change. This study used the parameter of the 2017 research to survey if there is an impact in youth activity indicators in Busan City, the Republic of Korea. The main goals of this cross-sectional survey were (a) to describe the associations between sex, age, and physical activity behaviour and (b) to describe the age and sex-related associations with the choice of structured (formal) and unstructured (no formal) physical activity programs (Mota & Esculcas, 2002).

## METHODOLOGY

### Subjects

This data was provided by Busan Youth Service Center as part of a custom report on 2017. The study subjects were 1271 participants at the Busan in Republic of Korea. They are middle school and high school students. The sources are carefully chosen in order to ensure quality of the content, relevance, and ease of comprehension. The data shows the percentages of young people, in Busan Province, who were active in selected cultural activities, organized sport activities and who attended cultural venues or events outside of school hours. Also shown are the percentages of students who were not active in any of the aforementioned activities.

### Statistical analyses

Statistical analysis of data is a key step in every scientific researches. Data were analyzed using the SPSS version 21 (SPSS Inc, Chicago, IL) statistical software package (IBM Corp, 2012). The results were submitted to an ANOVA with an F test.

## RESULTS

We examined 1271 participants at the Busan in Republic of Korea. The characteristics of the groups are shown in Table 1. According to gender, 605 (47.6%) of male youth and 666 (52.4%) of 'female youth' were male and female. According to the type of family residence, 1063 (83.6%) were living with 'father and mother', and 208 (16.4%) were 'other'.

**Table 1. General characteristics of subjects in Busan Province**

	Item	Frequency	Rate(%)
Gender	Men	605	47.6
	Women	666	52.4
School	Middle school	594	46.7
	High school	677	53.3
With parents living together	Yes	1063	83.6
	No	208	16.4
Total		1271	100

Looking at the frequency of watching movies, highest rate was 'six times a year' with 45.9% (504 people) (Table 2). Followed by 4-5 times a year (28.4%, 312), 2-3 times a year (19.5%, 214 people) and once a year (6.1%, 67 people) showed. However, when we look at the frequency of sports watching, 49.4% (222 people) of 'once a year' showed the highest rate. Followed by 2-3 times a year (28.7%, 129 people), 4-5 times a year (11.1%, 50 people) and "more than 6 times a year" (10.7%, 48 people) showed. Sports watching was showed lower activity than other cultural activities.

**Table 2. Experience of cultural and athletic activities as a youth during the past one year (multiple responses) (Total = 1266)**

Item of viewing	Frequency of participation per year (%)				
	N	One	Two or three	Four or five	More than six
Music Concert	605	415 (68.6)	148 (24.5)	33 (5.5)	9 (1.5)
Theater, Madang, Musical	500	344 (68.8)	140 (28.0)	10 (2.0)	6 (1.2)
Dancing	300	235 (78.3)	46 (15.3)	7 (2.3)	12 (4.0)
Movies	1097	67 (6.1)	214 (19.5)	312 (28.4)	504 (45.9)
Visiting museums and art galleries	626	332 (53)	246 (39.3)	32 (5.1)	16 (2.6)
Sports watching	449	222 (49.4)	129 (28.7)	50 (11.1)	48 (10.7)
Other	24	16 (66.7)	4 (16.7)	1 (4.2)	3 (12.5)

As the questionnaire was ranked in multiple responses, the first, second, and third rankings were weighted by 3, 2, and 1 in order of importance (Table 3). 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.

**Table 3. Ranking of youth's weekend and holiday leisure**

Activity	1st	2nd	3rd	Total	Rate(%)
Watch TV/DVD	172	184	151	1035	13.8
Self-development	108	59	58	500	6.7
Travel	18	18	30	120	1.6
Cultural arts	31	47	74	261	3.5
Sports watching	8	17	15	73	1.0
Sports activities	46	63	38	302	4.0
Game activity	214	152	97	1043	13.9
Internet/Smartphone activity	233	278	160	1415	18.9
Reading activity	14	22	49	135	1.8
Creative hobby	23	55	52	231	3.1
Household	5	14	21	64	0.9
Rest	135	128	240	901	12.0

Meeting with friends/conversation	174	182	207	1093	14.6
Religious activity	39	18	28	181	2.4
Volunteer	9	5	21	58	0.8
Other	25	6	6	93	1.2
Total	1254	1248	1247	7505	100.0

The leisure travel activities are highest (15.0%, 558 people) among leisure and sports activities that young people want to do in the future (Table 4). Resting, meeting with friends/conversation, and creative hobby were 12.3% (457), 11.2% (417), 9.5% (352), respectively. On the other hand, the percentage of sports watching and sports activity was as low as 3.0% and 7.8%.

**Table 4. Leisure and sports activities that young people want to do in the future**

Activity	N	Rate (%)
Watch TV/DVD	199	5.4
Self-development	308	8.3
Travel	558	15.0
Cultural arts	314	8.4
Sports watching	112	3.0
Sports activities	291	7.8
Game activity	288	7.7
Internet / Smartphone activity	205	5.5
Reading activity	133	3.6
Creative hobby	352	9.5
Household	15	0.4
Rest	457	12.3
Meeting with friends/conversation	417	11.2
Religious activity	29	0.8
Volunteer	24	0.6
Other	16	0.4
Total	3718	100.0

The most frequent exercise frequency was 463 (36.7%) of the 2 to 3 times a week (Table 5). 331 people (26.2%) said that they do almost every day, 320 people (25.4%) said that they do not do so, and 147 people (11.7%) said 'once a week'.

**Table 5. Frequent exercise frequency of youth**

Frequency	N	Rate (%)
Almost every day	331	26.2
2-3 times a week	463	36.7
Once a week	147	11.7
Do not do very often	320	25.4
Total	1261	100.0

The main exercise was running in the park or playground with 221 (22.8%), highest percentage (Table 6). 162 (16.7%) were in health, and 109 (11.2%) were in badminton. On the other hand, lowest rate was tennis (0.1%).

**Table 6. A favorite sport of youth**

Exercise	N	Rate (%)
Health	162	16.7
Running in a park or a playground	221	22.8
Biking	60	6.2
Jump Rope	101	10.4
Badminton	109	11.2
Tennis	1	0.1
Soccer	96	9.9
Basketball	72	7.4
Baseball	5	0.5
Swimming	21	2.2
Martial arts	48	4.9
Other	74	7.6
Total	970	100.0

The reason for not being able to exercise regularly was 'no time', with 437 (54.8%) being the highest rate (Table 7). 175 respondents (21.9%) replied that they did not like it. 84 people (10.5%) answered 'lack of space and facilities', 43 people (5.4%) did not feel the necessity, and 39 people (4.9%) others. 15 (1.9%) and 5 (0.6%) responded " I feel uncomfortable" and "economically burdens", respectively.

**Table 7. Why teenagers cannot exercise regularly**

Reason	N	Rate (%)
There is no time	437	54.8
Lack of space, lack of facilities	84	10.5
I do not like it	175	21.9
I feel uncomfortable	15	1.9
I do not feel I need it	43	5.4
It is economically burdensome	5	0.6
Other	39	4.9
Total	798	100.0

## DISCUSSION

Participating in both sports and cultural activities provide opportunities for children to build networks with a diversity of people, which can contribute to social inclusion. They also offer exposure to the positive influence of non-parental adults such as coaches, tutors and instructors, enabling young people to expand the networks they can draw on to support their

development (Annear, 2010). Physical activity (PA) includes the full spectrum of human movements – from the usual activities related to everyday life, physical exercise associated to various forms of recreation and entertainment or hobbies, to participation in sports training and competitions. Gender, ethnicity, social class and parental support for PA have been found to play a relevant role in youth's participation in PA in earlier research (Wiium & Säfvenbom, 2019). 16.4% of the students did not live with their parents (Table 1). The opportunity for them to love from above by their elders and seniors through their group activities has participated in such activities (data not shown).

Norwegian youngsters in general are physically active in their leisure time (NOVA, 2014), engaging in a variety of physical outdoor activities. In this study, the percentage of sports watching and sports activity in Korea was as low as 3.0% and 7.8% (Table 4). Since Korean students finish school and go to complementary private academy, they have little time to exercise (Table 7).

Watching TV/movies, hanging out with friends, doing sports/PA, and doing hobbies/creative activities were the most popular leisure activities among males in South African Youth (Tibbits et al. (2009). Among females, watching TV/movies, hanging out with friends, doing hobbies/creative activities and music/singing were most popular. In this study, leisure activities of men and women similar to those of the South African Youth. Watching TV, using a computer and/or playing video games consumes a lot of children's daily leisure time. In conclusion, leisure activities and participation in sports activities were a relatively more important component of total weekly activity for both male and female students in Busan City. Nonetheless, staying in a school or a private academy is a long time and many leisure activities are not enough in most students.

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