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## **PHYSICAL ACTIVITY AS A FORM OF LEISURE OF YOUNG PEOPLE IN WARSAW IN THE CONTEXT OF HUMAN CAPITAL**

*Human capital is an important factor in the economic growth of the country, therefore it should be developed and supported. One of the components of human capital is health, which can improve through physical activity. This is especially important for young people who are just shaping their habits. The aim of the article was to examine the preferences of young people in Warsaw in terms of physical activity as a form of leisure activity. It is encouraging that among the respondents there was neither the one person who did not practice any sport. Nearly 37 % of the respondents declared that they take physical activity 1–2 times a week, and 29 % even 3–4 times a week, which should be assessed very positively. The main motive of physical activity among people surveyed were health reasons. Young people of Warsaw are aware of good consequences and willing to take physical activity. Especially popular among them is running and dancing, which certainly is associated with the current fashion.*

**Key words:** *human capital, tourism, physical activity, leisure activity.*

**Introduction and review of literature.** Human capital is an important factor in the economic growth of the country, therefore it should be developed and supported. One of the components of human capital is health, which can improve through physical activity. This is especially important for young people who are just shaping their habits. Today a healthy lifestyle is already fashion. An example is the increasing number of organic food stores, fitness clubs, as well as more and more guides on the market was associated with running a healthy lifestyle. We begin to realize how much our health is integrated with the mode of life maintained.

Until recently, we could not hear of such a thing as a «healthy lifestyle». People nutrition irregularly, slept irregularly, does not have paid attention to physical activity. Today, however, everything changed.

Human health is affected by many factors. Of these, the greatest strength impact have health behavior. They assign them more than 50 % health effects. The health behaviors include: physical activity, diet, smoking status, alcohol consumption, way of dealing stress. Regular physical activity occupies an important place among factors with proven, beneficial effects on health.

It is worth to take a look at the extent to which young Warsaw residents care about their health through regular health activity.

Leisure is subjectively perceived and used part of the time allocated for purposes other than the obligations arising from the mode of human life, this time after completing any duty. It allows you to regenerate psychophysical and depends, among other things, on the status and the type of work, it can indirectly influence socio-

economic development, as well as the choice of tourist and recreational forms of activity [6, p. 9].

Skillfully use of free time fulfills a role of pacemaker and optimal all-round development, raises, shapes the need for continuous participation in physical culture, including physical activity and recreation. Form and content of leisure activities can help to discover new attitudes, priorities, values brought into everyday life. Active relaxation can be a vital part of social education. Leisure can play in the life of the modern citizen, a conscious role. It is a symptom of transformation and expression of the search for new ways to improve the health of society [5, p. 6].

Considering the importance of a free time, you cannot forget that it is very important to its good management. As already mentioned, there are many ways to organize the time we have left after all the necessary duties and activities of daily living. The man functioning in constant rushes, stress and other negative impacts often faced with various problems of nature and mental health: physical stagnation, neuralgia, anxiety and even aggression. In this respect, for the proper functioning of the human body is required physical activity.

Modern sport has many different forms. It is the most widespread form culture and an important component of mass culture [3, p. 9]. Modern sport is heterogeneous, it encompasses different forms competition, different goals and means of implementation [4, p. 411-416]. Sport is an important sector of the economy - generates about 2% of global GDP 6. Furthermore, major sporting events have a positive impact on tourism and employment [7].

Physical activity is an important contributor to human health and well-being, and the full extent of its benefit is only now becoming realized [1, p. 302]

Physical activity meets the needs of human movement, helping to offset the daily energy balance, improving overall physical fitness, and is also a cause for satisfaction and a source of enjoyment of physical activity [2, p. 37].

Positive importance of physical activity in a person's life is beyond question. Regular physical activity is good for the cardiovascular system. Physical activity is very important, both in the lives of young and the elderly people. It is worth to remember that sport does not only affect a nice figure and a good physical fitness, but also prevents many diseases. Therefore, in every age there is need to move if possible.

Regular physical activity has many positive effects. It allows us to: improve or maintain physical fitness, maintain proper weight, maintain muscle strength, which stabilizes joints and spine, to increase the resistance and to achieve better well-being. Another positive consequence of the movement is preventing lifestyle diseases, including heart disease.

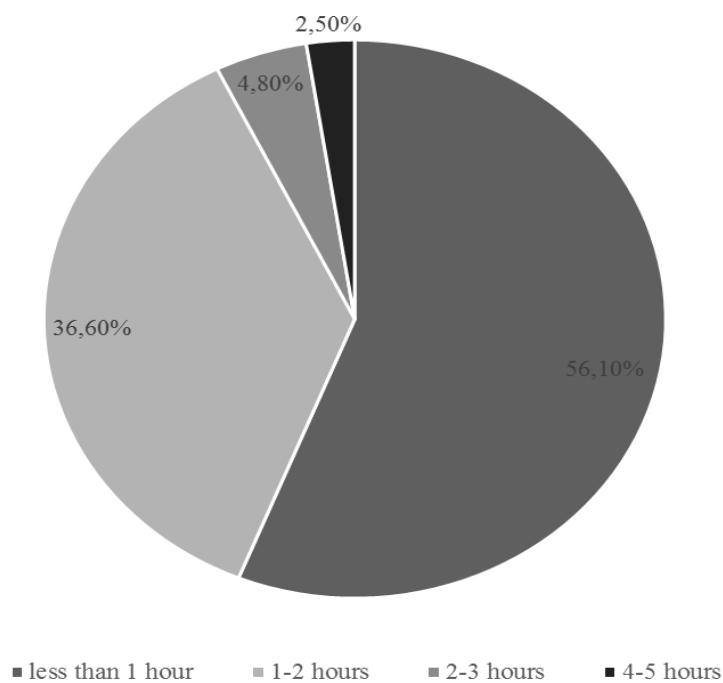
Physical activity is one of the most effective and cheapest ways to prevent lifestyle diseases, such as coronary heart disease, hypertension, diabetes, obesity, osteoporosis, discopathies-back pain and various forms of neurosis. The movement is also used as an important means of rehabilitation and restoration of health, also it proved that people in the middle age and older prolongs lives, prevents premature

death. Through physical exercise it can also affect the correct posture, respectively shape the locomotor system, correct existing postural problems, or at least prevent them from escalating. The movement has a particularly beneficial effect on the respiratory and circulatory. In addition, motion control systems, improves metabolic processes.

**The purpose of the article** was to examine the preferences of young people in Warsaw in terms of physical activity as a form of leisure activity. The study was conducted among 84 people aged 19 to 30 years who are residents of Warsaw. The study used an online survey as well as literature. The data were compiled using excel and presented in a descriptive, graphic and tabular form.

**Results and discussion.** The beneficial effects of physical activity on health is common known. Now it is not just a fad, but a way to spend leisure time, a way to relax, and to maintain a good appearance and health. According to the study, young people of Warsaw differ both in terms of frequency of actions taken, and their form. It is encouraging that among the respondents there was neither the one person who did not practice any sport. Nearly 37 % of the respondents declared that they take physical activity 1–2 times a week, and 29 % even 3–4 times a week, which should be assessed very positively. This is consistent with current recommendations of the medical device. What is interesting, as much as 19 % of respondents declared that they take physical activity every day or have only one day without any activity, and only 14 % a few times a month or sporadically.

The beneficial effect of sport on our health and well-being is possible while keeping the corresponding frequencies as well as the appropriate length of training. Figure 1 shows how much time in a day, respondents devote to physical activity.

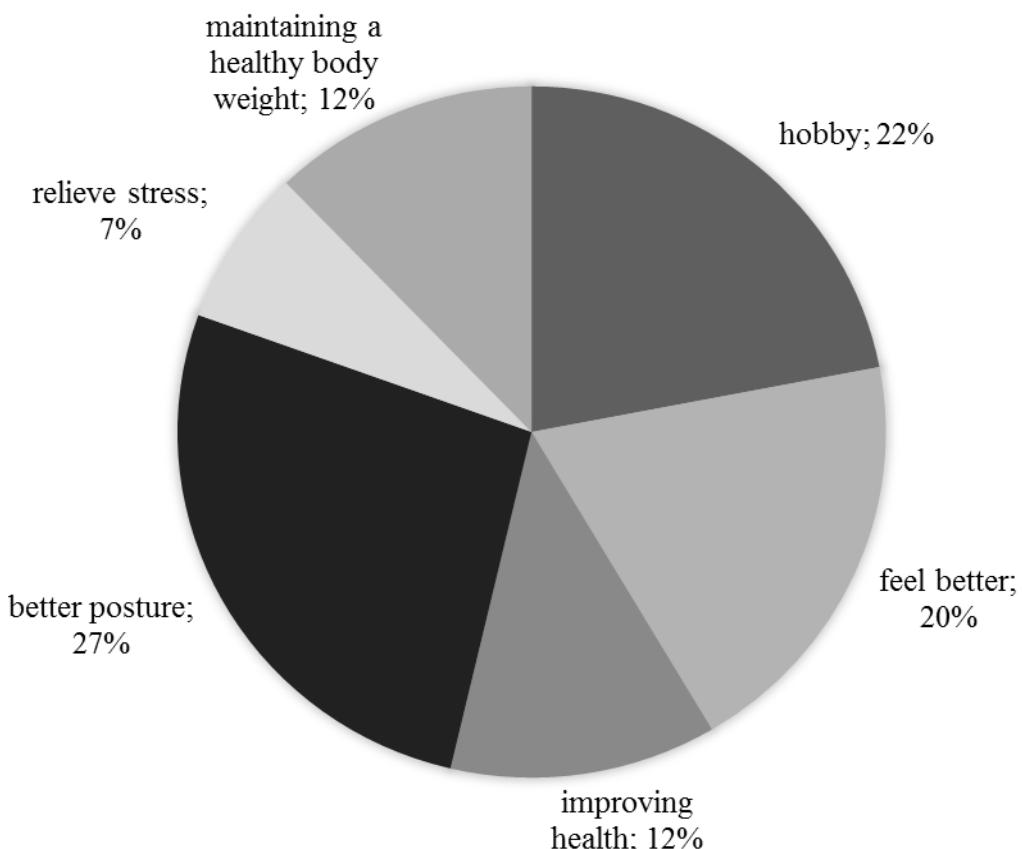


**Fig. 1. Time spent on physical activity in a day**

Source: own research.

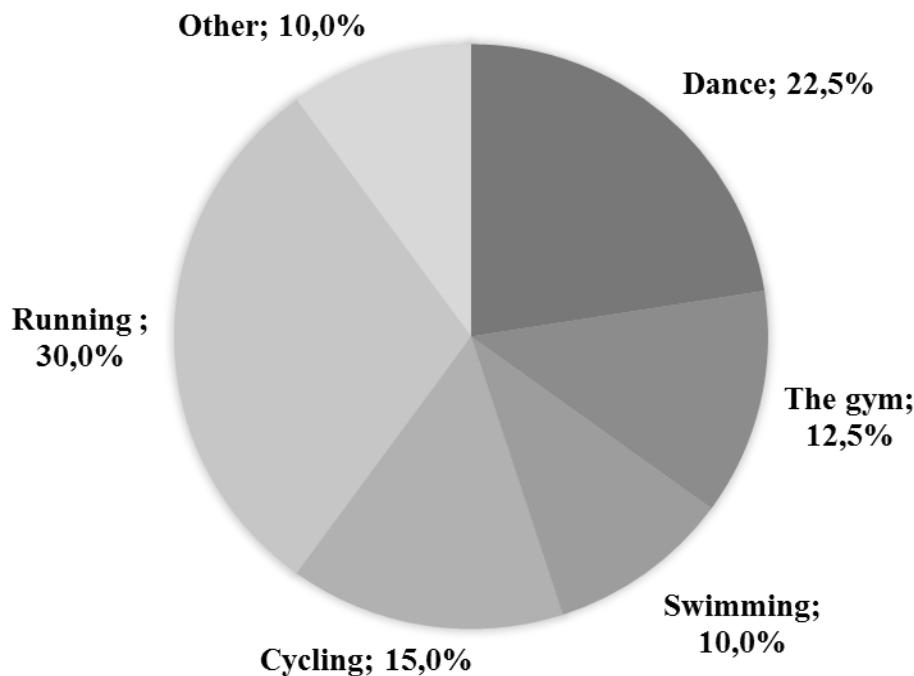
Surprisingly, more than 56.0 % of young people in Warsaw devotes less than 1 hour a week for any physical activity, and more than 36.0 % declared that spends from 1 to 2 hours a week. This means that only less than 8.0 % of respondents take the right amount of sport. Interestingly 87.5 % of respondents would like to change it and to devote more time to physical activity. One quarter of the respondents considered that the amount of exercise taken is sufficient, while 19.5 % that is too small, and as much as 58.5 %, it is far too small. This means that the among young people of Warsaw there is a big pro-health awareness. It is puzzling why, still it is not reflected in concrete deeds. So it is worth to take a closer look for motives which tend to act examined people.

There were various motives for taking physical activity by young inhabitants of Warsaw.



**Fig. 2. Motives for taking physical activity by young people in Warsaw**  
Source: own research.

The main motive of physical activity among people surveyed were health reasons. As many as 27 % of people mentioned as the main desire to improve the figure, 20 % feel better, and 12 % improvement in overall health. An important factor in encouraging exercise was also a desire to reduce stress and hobbies, which was indicated by 22 % of people. In this question, respondents could choose more than one answer. Interestingly, only 7 % of respondents rated their health as average, while the rest assessed it as good or rather good. Respondents indicated that the main obstacle to making physical activity are not enough free time (43.6 %), poor motivation (22.5 %) and laziness (20.5 %).



**Fig. 3. Forms of physical activity undertaken by the respondents**

Source: own research.

The most popular form of physical activity undertaken by the respondents was running. As many as one third of young inhabitants of Warsaw pointed precisely in this form of the sport, which fits perfectly in a common fashion on the running. In recent years in Poland it can be seen that more and more marathons, half marathon or other race is organized. For many people, they are not only a form of sport, but also a way of life. Many people regularly participates in this kind of events, creating a unique community. The second popular form of activity is dancing. Through numerous TV dance it has become very popular, especially among young people. In Warsaw, you can observe a significant increase in the number of dance schools, which have a very wide range. Very popular among respondents was also riding a bicycle, exercise at the gym and swimming.

**Conclusions.** Physical activity is an important part of a healthy lifestyle. With the enrichment of society people are increasingly aware of the bad consequences of the lack of movement, as well as the positive effects of regular physical activity. Young people of Warsaw are aware of these consequences and willing to take physical activity. Especially popular among them is running and dancing, which certainly is associated with the current fashion.

Unfortunately, still the frequency and intensity of effort, they take the respondents is not sufficient. The main reason for this is the lack of enough free time, poor motivation and laziness. Therefore, it seems important to encourage young people to be more physically active through the organization of open sports events, offering special sports passes by employers, or increase in television programs that promote an active lifestyle.

Physical activity has a direct impact on health, which is an important indicator

of the quality of human capital in the country. Therefore, human capital is an important factor of the economic development of the country and that is why it should be supported in all possible means.

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