

ORIGINAL SCIENTIFIC PAPER**Jovanović Saša¹; Zrnić Radomir¹; Violeta Novaković²**¹Faculty of Physical Education and Sport, University of Banja Luka, Bosnia and Herzegovina²Faculty of Sport and Physical Education, University of Nais, Serbia**UDK: 796.035****DOI: 10.7251/SIZ0117036J****DIFFERENCES IN ATTITUDES TOWARDS PARTICIPATION IN RECREATIONAL ACTIVITIES SUBJECTS OF DIFFERENT AGES***Abstract*

The aging process generally speaking leads to various changes of motor abilities. Speaking about the effects of recreational exercise, according to most previous studies, mainly referred to: improving emotional health, mood and motivation, positive effects on emotional and social adjustment, boosting feelings of self-worth; there is a reduction in the aggressiveness decrease in general fatigue, positive effects of the views concerning the recreational activities. It is this motivation to engage in recreational activities is different and there are more on the rise. The aim is to attempt to identify some attitudes and evaluation of trainees by recreational activities by age, time and frequency of exercise, health status and the motivation to participate in the activities. The survey was conducted on a sample of 134 females. Respondents were before completing the questionnaire dealt with a variety of recreational activities regularly. The results indicate that there is a great big enough awareness of the respondents in both subsamples that regular participation in recreational activities for many years and regular weekly coaching can positively affect the health needs of the respondents. Maturity at members of the group over 30 years suggests that they are willing to devote a little more time during the week to practice it can be connected to the overall social and family decorated their lives. The results generally indicate a positive attitude of respondents to participate in recreational activities with some of the observed differences by age. Some of the items of the questionnaire showed the need for further research in this direction, in order to have a large number of satisfied participants in recreational activities and the need for further involvement of people from the profession and the need for their further improvement in the field of animation and motivation of potential trainees.

Key words: *age, attitudes, participation***1. INTRODUCTION**

The aging process generally speaking leads to various changes of motor abilities. In the process there are significant changes in strength and endurance, muscle mass and bone density, and increasing the amount of subcutaneous adipose tissue (Adams et al., 1999). These changes are observed in everyday activities from walking and hiking, climbing stairs or along the slope, transporting things or carrying heavier labor. Difficulties arise in getting up from a chair or bed, while the common causes injury to the locomotor system which occur due to reduction of the level of motor abilities (Drought, 1994). Some studies eg. Petranick and Berg (1997)

showed that the resistance exercise in young women, increases bone density, and in the years following menopause slows bone loss and reduces the risk of bone fractures. Also, the type of contraction has a different curve falls as seen from the work Bellew and Yates (2000, 2003) in which older women demonstrated greater decline in strength of the concentric contraction as opposed to the eccentric part, which is smaller. The study Barbosa et al. (2002) has shown that strength training has a positive effect on the development of flexibility in older women. Ogawa et al. (2005) demonstrated that older people who participate in recreational activities have stronger immune systems than those who do not exercise no matter what they are younger. Duch and Berg (2006) in his review of the works show a great influence of genetics on osteoporosis in women, but also a positive impact on the prevention and mitigation of osteoporosis regular exercise largely using exercise with resistance. Speaking about the effects of recreational exercise, according to most previous studies, mainly referred to: improving emotional health, mood and motivation, positive effects on emotional and social adjustment, boosting feelings of self-worth; there is a reduction in the aggressiveness decrease in general fatigue, positive effects of the views concerning the recreational activities. It is this motivation to engage in recreational activities is different and there are more on the rise. Looking motivation in the field of recreation can be said to have a triple role: determining the types of recreational activities, defines the sense of perseverance, and helps in the formation of a sense of personal success and Satisfaction with the (Pajević D., 2003). Motivational incentives to participate in recreational activities can be found in the figures but external factors (e.g., living conditions in the family, at school or in the workplace). The impact of socio-demographic factors to engage in recreational activities explored, among others, Havelka and Lazarevic (1981) and Gali (1995). Under the influence of the wider public and professional awareness of the need for regular physical exercise among the general population is slowly changing and are of great importance essential feedback to the participants. The subject of this study is those of the participants to the recreational activities. The aim is to attempt to identify some attitudes and evaluation of trainees by recreational activities by age, time and frequency of exercise, health status and the motivation to participate in the activities.

2. METHOD

The survey was conducted on a sample of 134 females. Respondents were before completing the questionnaire dealt with a variety of recreational activities regularly. For the study used a questionnaire with 31 questions when being used Likert scale. During the processing of the obtained results were used to account percentage, frequency distribution, and the chi-square test and Man Withni test. Prior to the application of statistical analysis the sample was divided into two subgroups analyzed by age: under 30 years of age and over 30 years of age in order to identify possible differences in motivational factors.

3. RESULTS AND DISCUSSION

Table 1. Distribution of frequencies in groups and variables of time for recreational activities

GROUP		Timeinactivities					Total
		lessthan1	1-3	3-5	5-8	over8	
less than 30.	Count	24	17	10	9	5	65
	% of Total	17.9%	12.7%	7.5%	6.7%	3.7%	48.5%
over 30.	Count	21	17	9	7	15	69
	% of Total	15.7%	12.7%	6.7%	5.2%	11.2%	51.5%

The results in Table 1 indicate that the majority of subjects in both subsamples, engage in recreational activities for a period of one to three years: 30.6% for the group of up to 30 years and 28.4% for the group over 30 years. It is interesting to notice a significant difference in the frequency of the patients dealing with more than eight years recreational activities where there are 3.7% of the patients from the groups of up to 30 and even 11.2% of subjects from the group over 30 years old. It is noticeable that a percentage term reduces the number of patients with time to participate in recreational activities in both samples. The exception is the group of subjects 11.8% older than 30 years that the systems of recreational exercise over 8 years. It can be said that in the period up to 5 years of participation in recreational activities there is a saturation of subjects and maybe you should notice the change activities and the instructors themselves and thus contribute to the further and longer participation in recreational activities.

Table 2. Statistical significance of dealing with variable time during the activities

Timeinactivities	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	5.388 ^a	4	.250
Likelihood Ratio	5.617	4	.230
Linear-by-Linear Association	2.443	1	.118
N of Valid Cases	134		

Looking at the data in Table 2, relating to the statistical significance could be said that in addition to the difference in the distribution of frequencies has not been statistically significant differences between groups. By analyzing this data implies the need for a deeper study of this negative trend in the participation of subjects for a longer period of time in recreational activities.

Table 3. Distribution of frequencies in groups and variable hours per week in recreational

GROU P	lessth an 30.	Count	hoursperweek					Total
			lessth an 1	1-3	3-5	5-8	over8	
		2	46	8	8	1	65	
	% of Total	1.5%	34.3%	6.0%	6.0%	.7%	48.5%	
	over 30.	3	47	18	1	0	69	
	% of Total	2.2%	35.1%	13.4%	.7%	.0%	51.5%	

activities

Analyzing the results of the variable clock Turn the obtained results indicate that the 34.3% of the subjects group of up to 30 years, and 35.1% of the subjects group over 30 years of age with recreational activities of one to three hours per week. Slightly higher percentage of subjects from the group of more than 30 to give (13.4%) is engaged in three to five hours per week, compared to 6% of the subjects fewer than 30 years of groups. It can be concluded that the majority of subjects very aware of the impact of regular physical exercise on their physical and mental status and regularly participate in recreational activities from 1 to 5 hours per week can realize their need for movement and energy.

Table 4. Statistical significance variable hours per week

	hoursperweek	Value	df	Asymp. Sig. (2-sided)
	Pearson Chi-Square	10.391 ^a	4	.034
	Likelihood Ratio	11.624	4	.020
	Linear-by-Linear Association	1.354	1	.245
	N of Valid Cases	134		

The variable engagement hours weekly recreational activities was observed a statistically significant difference .034 pointing to the fact that the groups are different, provided in Table 4. The subjects over 30 years of age exercise more, on average, 48.5% of one to five hours per week as opposed to 40.3% of the subjects under 30 years of age. Women who belong to the group over 30 years in the life options when the affluent and stable so that they can spend more time on a weekly basis devote recreational activities which in turn contributes to their health status and achieving positive feedback. The subjects under 30 years are mostly members of the student population, which in addition to the normal teaching practice recreational activities and from this could be the result statistical difference which proved to be among the groups.

Table 5. Frequency Distribution by groups and variable postural disorder

GROUP		postural disorder		Total
		yes	no	
lessthan 30.	Count	14	51	65
	% of Total	10.4%	38.1%	48.5%
over 30.	Count	25	44	69
	% of Total	18.7%	32.8%	51.5%

Table 6. Statistical significance variable postural disorder

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
defofspine					
Pearson Chi-Square	3.502 ^a	1	.061		
Continuity Correction ^b	2.826	1	.093		
Likelihood Ratio	3.542	1	.060		
Fisher's Exact Test				.086	.046
Linear-by-Linear Association	3.476	1	.062		
N of Valid Cases ^b	134				

Furthermore, it was realized that was statistically significantly different in established postural disorder of the spinal column at the first 10.4% and 18.7% in the second sub-samples at a significance level of .046, Table 5 and 6. The participation of people who have established postural disorder of the spinal column is very important especially in the period adolescence and youth age, when it increasingly possible positive impact and improve the status of the

spinal column. In this sense, it is concerning that such a small percentage of these people are in group exercise programs. There is a possibility of not getting enough exercise or attention required for a particular type of postural disorder and the possibility of poor awareness of people who themselves have such a problem. Further work on media presentation of a corrective exercise program should affect this population to make a step towards positive thinking and action to improve their health status.

Table 7 Results of the analysis of motivation questionnaire

	Mann-Whitney U	Wilcoxon W	Asymp. Sig (2-tailed)
form	2.166E3	4.582E3	.576
friends	1.927E3	4.072E3	.143
pleasure	2049.000	4194.000	.172
need	2.113E3	4.528E3	.540
tension	2.082E3	4.226E3	.394
technic	2.182E3	4.326E3	.772
activity	1.984E3	4.130E3	.131
awards	2.106E3	4.520E3	.496
challenge	2.122E3	4.537E3	.577
outhouse	1938.000	4353.000	.155
journey's	1810.000	3955.000	.034
condition	2.216E3	4.631E3	.818
new friendship	2155.000	4300.000	.679
team spirit	1871.000	4016.000	.049
sport attitude	2023.500	4103.500	.386
energy	2.178E3	4.324E3	.760
importance	2.114E3	4.530E3	.552
highlevelteh	1897.500	4312.500	.111
thrill	2203.000	4618.000	.853
winning	2132.500	4547.500	.610
teamwork	1784.500	3929.500	.030
popularity	2126.500	4541.500	.514
others opinion	2176.500	4591.500	.697
coach	2.168E3	4.583E3	.683
high rank	1982.500	4397.500	.140
money	2.218E3	4.363E3	.892
health	1.999E3	4.414E3	.098
Satisfy coach	1988.000	4133.000	.153
fun	1.982E3	4.398E3	.213
fin.indep.	2018.000	4433.000	.190

In Table 7 we can see the results of the analysis of motivation questionnaire. The questionnaire is compiled in a way to examine several areas of motivation subjects themselves. Due to the total number of the items the results do not discriminate to a large extent the group subjects. There was a statistically significant difference in the responses to questions 11, 14 and 21 related to travel, team spirit and work with a significance level of .034; .049 and .030. In fact, similar results were obtained by Frederic and Shaw (1995) and Annecy and Whitaker (2008). Whereby the trip as motivation for engaging in recreational activities significant group of women under 30 years old while the item belonging teamwork through team spirit and teamwork significant group of women over 30 years.

4. CONCLUSION

The results indicate that there is a great big enough awareness of the respondents in both subsamples that regular participation in recreational activities for many years and regular weekly coaching can positively affect the health needs of the respondents. Maturity at members of the group over 30 years suggests that they are willing to devote a little more time during the week to practice it can be connected to the overall social and family decorated their lives. The fact that the paternalistic trend is expressed in both groups, indicating that after 5 years of recreational activities comes to saturation and termination of practicing the same. By analyzing this data implies the need for a deeper study of this negative trend. Animating people who have established postural disorder of the spine is a special task for people skilled in the art and is particularly important in the period of adolescence youth, when it increasingly possible positive impact and improve the status of the spinal column. For worry is a small percentage of these people in group exercise programs and this is the basis for further research to determine the effects of group training to improve the health status and incentives inclusion of such persons in general programs and recreational activities. The results generally indicate a positive attitude of respondents to participate in recreational activities with some of the observed differences by age. Some of the items of the questionnaire showed the need for further research in this direction, in order to have a large number of satisfied participants in recreational activities and the need for further involvement of people from the profession and the need for their further improvement in the field of animation and motivation of potential trainees.

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