Mid-term Conference of International Sociological Association, Research Committee on Sociology of Leisure (RC 13)

Organiser: Institute of Applied Health Sciences and Health Promotion, University of Szeged, Juhász Gyula Faculty of Education

Co-organiser: Szeged Affiliation of the Hungarian Academy of Sciences, Scientific Committee on Medical Sciences, Working Committee on Health Promotion

LEISURE, HEALTH AND WELL-BEING
Subtitle: Holistic Leisure and Health

CONFERENCE ABSTRACTS

Editor in Chief: Prof. Zsuzsanna Benkő
Editors: Klára Tarkó, PhD.
         László Lippai, PhD.
Proof-readers: Prof. Dr. György Csepeli
               Prof. Ishwar Modi

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Publisher: Institute of Applied Health Sciences and Health Promotion, Juhász Gyula Faculty of Education, University of Szeged, Hungary
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Motto:
„HEALTH IS CREATED AND LIVED BY PEOPLE WITHIN THE SETTINGS OF THEIR EVERYDAY LIFE; WHERE THEY LEARN, WORK, PLAY AND LOVE."
(OTTAWA-CHARTER, 1986.)

Building on the current scientific trends and results the aim of our conference is to show the versatility of connections among leisure and health.

Health is a complex phenomenon; the holistic health concept includes individual and social dimensions. The individual dimension contains physical health, mental health: the thinking and decision-making ability, emotional health: the individual is aware of his/her emotions and expresses them, social health: being integrated into the communities; the influence of moral and religious principles and sexual health: the individual expresses his/her sexuality properly. The social dimension includes the connection between the individual and the social structure, social integration, the role in the social division of labour, the social environment: living-conditions, traffic, public health system, and the natural environment: healthy drinking-water, environmental pollution. Analogous to the holistic health concept, leisure can also be considered as holistic: It affects our physical, mental and emotional well-being (health), promotes social integration, socialises, educates, exercises an effect on balancing sexual energies, it can be the means of expressing our identity, and its performance is connected to our natural and built environment.
Programme

18. 09. 2013. Wednesday
Venue: Town Hall. 6720 Szeged, 10-11. Széchenyi Square. 1st Floor, State Room

13.00 – 18.00 - Registration

15.00 – 16.00 Opening Ceremony

Chair: Klára Tarkó, PhD. Vice-dean responsible for education, Juhász Gyula Faculty of Education, University of Szeged, Hungary

Prof. Dr. Gábor Szabó, Rector of the University of Szeged, Hungary

Prof. Dr. Imre Dékány, President of Szeged Affiliation of the Hungarian Academy of Sciences, Hungary

Award ceremony of the “For Health Promotion” Plaqueette.
Master of ceremony: Prof. Zsuzsanna Benkő, President of the Working Committee on Health Promotion, Scientific Committee on Medical Sciences, Szeged Affiliation of the Hungarian Academy of Sciences, Hungary

Dr. József Kozma, Mayor’s Office, President of Health Care and Social Committee, Szeged, Hungary

Prof. Ishwar Modi, President of ISA RC13 Sociology of Leisure: Presidential Address - Leisure, Health and Well-Being: The Ultimate Quest of Humanity

Prof. Zsuzsanna Benkő, Head of the Institute of Applied Health Sciences and Health Promotion, Juhász Gyula Faculty of Education, University of Szeged, Hungary

16.00 – 16.30 – Plenary Session Part I.

Chair: Prof. Dr. Imre Dékány, President of Szeged Affiliation of the Hungarian Academy of Sciences, Hungary

Dr. habil. Zsolt Demetrovics, Eötvös Loránd University, Institute of Psychology: Exercise addiction: symptoms, assessment and epidemiology

Prof. Dr. György Csepeli, President of the Hungarian Sociological Association: Mental health and social network

16.30 – 16.45. Break
16.45 – 18.00 Plenary Session Part II.

Chair: Prof. Dr. György Csepeli, President of the Hungarian Sociological Association

Dr. László Kiss-Rigó, Bishop of Szeged-Csanád Diocese: Spirituality and Leisure in the Practice of the Catholic Church in Hungary

Prof. Veena Sharma, Former Fellow, Indian Institute of Advanced Study, Shimla, India and Secretary of ISA RC13: Pilgrimage in the Hindu tradition

Mrs. Andrea Szegedi, Hungarian National Tourist Office: Changes in demand and supply in the health tourism of Hungary between 2002-2012

Ms. Zsuzsanna Papp, Touristic Information Center, Szeged: Szeged - Lights, Baths, Festivals

19.30 – 21.00 Welcome Reception

Venue: Palace of Szeged-Csanád Diocese. 6720 Szeged, 2. Aradi vértanúk square
19. 09. 2013. Thursday

8.00 – 13.00 - Registration

Sessions

9.00 – 10.30 - Session

Leisure as Pleasure or Pressure and Leisure and Lifelong Learning
Venue: Room 1071
Chair: Prof. Karl Spracklen, Leeds Metropolitan University, UK
Co-chair: Prof. Dr. György Bárdos, PhD. DSc., Eötvös Loránd University, Faculty of Education and Psychology, Institute for Health Promotion and Sport Sciences, Hungary

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<tr>
<th>Name</th>
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<tr>
<td>Dr. Colin Wringe</td>
<td>University of Keele, UK</td>
<td>Ethical Aspects of Leisure Choices and the Autonomous Chooser</td>
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<td>Prof. Dr. György Bárdos, PhD. DSc., and Júlia Ábrahám, Dr.</td>
<td>Eötvös Loránd University, Faculty of Education and Psychology, Institute for Health Promotion and Sport Sciences, Hungary</td>
<td>Leisure and pleasure: Healthy, Useful, Pleasant – Why don’t we do?</td>
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<td>Royal Holloway, University of London, UK</td>
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<td>‘This side of Paradise’: The role of on-line fandom in the construction of leisure, wellbeing and the lifeworld.</td>
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<td>University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary</td>
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<td>Dr. Iva Jedličková</td>
<td>University of Hradec Králové, Czech Republic</td>
<td>Leisure time activities and lifelong learning</td>
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<td>Dr. Natalya Malygina and Ms. Cathrine Shiriaeva</td>
<td>Ural Federal University, Ekaterinburg, Russia</td>
<td>Professional English language study as a creative leisure time</td>
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<tr>
<td>Róbert Stohl, PhD.</td>
<td>Hungarian Defence Forces, 5th &quot;Bocskai István&quot; Infantry Brigade, Hódmezövásárhely, Hungary</td>
<td>Leisure and education in the 18th century in Hungary: a case study of count László Festetics</td>
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10.30 – 11.00 Coffee Break
### Medical Effects of Leisure

**Venue:** Room 1071  
**Chair:** Prof. Dr. Gyula Szabó, University of Szeged, Faculty of Medicine, Department of Pathophysiology, Hungary  
**Co-chair:** Dr. habil. Kinga Lampek, University of Pécs, Faculty of Medical Sciences, Health Insurance Institute, Department of Health Promotion and Public Health, Hungary

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<tr>
<td>Prof. Dr. Gyula Szabó</td>
<td>University of Szeged, Faculty of Medicine, Department of Pathophysiology, Hungary</td>
<td>Introductory remarks on the medical effects of leisure</td>
</tr>
<tr>
<td>Prof. Dr. István Bitter</td>
<td>Department of Psychiatry and Psychotherapy, Semmelweis University, Budapest, Hungary</td>
<td>Depressed people lose pleasure</td>
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<tr>
<td>Edit Paulik, PhD. MD.</td>
<td>University of Szeged, Faculty of Medicine, Department of Public Health, Hungary</td>
<td>The role of physical activity in smoking prevention</td>
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<td>Dr. habil. Kinga Lampek, Dr. István Ágoston, Ms. Zsuzsa Kivés, Ms. Viktória Prémusz, Ms. Réka Vajda and Prof. Imre Boncz</td>
<td>University of Pécs, Faculty of Medical Sciences, Health Insurance Institute, Department of Health Promotion and Public Health, Hungary</td>
<td>Relationship between leisure and health according to a 22-years lasting longitudinal study in Hungary</td>
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<td>Prof. Dr. Ferenc Hajnal</td>
<td>University of Szeged, Faculty of Medicine, Department of Family Medicine, Hungary</td>
<td>Leisure time medicine from the perspective of primary care physicians in Hungary</td>
</tr>
<tr>
<td>Ms. Melinda Látos, Ms. Pálma Kriston, Mr. Zoltán Horváth, Mr. György Lázár, Mr. Attila Paszt, Mr. Zsolt Simonka and Mártas Csabai, Dr.</td>
<td>Department of Surgery, University of Szeged, Szeged, Hungary; Institute of Psychology, University of Szeged, Szeged, Hungary</td>
<td>Associations of sedentary lifestyle and negative mood state with the risk of breast cancer</td>
</tr>
<tr>
<td>Ms. Katalin Lacsán, Mr. Zoltán Arany and Mr. Attila Farkas</td>
<td>SZKTT ESZI Dr. Farkasinszky Terézia Youth Drug Center, Szeged, Hungary</td>
<td>The role of leisure in prevention and treatment of addiction</td>
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Lifestyle and Leisure I.

Venue: Lecture Hall of the Interactive Natural Sciences Knowledge Repository

Chair: Prof. Robert Stebbins, University of Calgary, Canada

Co-chair: László Balogh, PhD, University of Szeged, Juhász Gyula Faculty of Education, Institute of Physical Education and Sports Sciences, Hungary

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<tr>
<td>Ferenc Győri, PhD and László Balogh, PhD</td>
<td>University of Szeged, Juhász Gyula Faculty of Education, Institute of Physical Education and Sports Sciences, Hungary</td>
<td>Rethinking the relationship between sport, recreation and tourism</td>
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<tr>
<td>Prof. Robert Stebbins</td>
<td>University of Calgary, Canada</td>
<td>Geographic bases of the leisure lifestyle in retirement: five types</td>
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<tr>
<td>Dr. Andrzei Górny and Prof. Wojciech Swiatkiewicz</td>
<td>University of Silesia, Katowice, Poland</td>
<td>Leisure time – between a church and a shopping mall</td>
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<tr>
<td>Dr. Peter Kalkowski and Dr. Paul Gerd</td>
<td>Institute for Social research Göttingen, Germany</td>
<td>Wellness customers and their needs</td>
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<tr>
<td>Dr. Violeda Umali</td>
<td>University of the Philippines Diliman, Philippines</td>
<td>Lifestyle and leisure: Leisure motivation, experiences and needs of call center agents in Metro manila, Philippines</td>
</tr>
<tr>
<td>Dr. Alok Kumar Meena</td>
<td>BSR Govt. Arts College, Alwar, Rajasthan, India</td>
<td>Transformation of leisure activities and lifestyle of tribals in Rajasthan</td>
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<tr>
<td>Dr. Pranjal Sarma</td>
<td>Dibrugarh University, Assam, India</td>
<td>Lifestyle, health and leisure: A study of the social structure of Tai Phakes of Assam, India</td>
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12.30 – 13.00 – Lunch Break (Sandwich bar)
13.00 – 14.30 - Parallel Sessions

**Leisure and Social Integration**

**Venue:** Room 1071  
**Chair:** Prof. Wojciech Światkiewicz, University of Silesia, Katowice, Poland  
**Co-chair:** Mr. Gyula Cseréy, European Commission - Employment, Social Affairs and Inclusion, Brussels, Belgium

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<td>Promotion of Health Opportunities in the European Union</td>
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<td>Dr. Justyna Kijonka</td>
<td>University of Silesia, Katowice, Poland</td>
<td>Ethnicity, leisure and popular culture</td>
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<tr>
<td>Mr. Tamás Pinczés, and Bettina Pikó, Dr.</td>
<td>Debrecen Sports Center, Hungary</td>
<td>Leisure-time physical activity among youth: Does social environment matter?</td>
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<tr>
<td>Dr. Agata Zygmunt</td>
<td>University of Silesia, Katowice, Poland</td>
<td>Leisure as a mean of older people’s integration (on the example of Silesian Voivodeship inhabitants)</td>
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<tr>
<td>Dr. Smita Suresh Awachar</td>
<td>Department of Sociology, Dr. B.A.M. University Aurangabad, India</td>
<td>Leisure Time Activities among Elderly in India</td>
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<tr>
<td>Dr. B. S. Gulshetty</td>
<td>Inmadar MSW P.G. College, Gulbarga, India</td>
<td>Leisure and health – a study on awareness and prevention of HIV/AIDS: a case study of rural community of Gulbarga District, India</td>
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**Lifestyle and Leisure II.**

**Venue:** Lecture Hall of the Interactive Natural Sciences Knowledge Repository  
**Chair:** Klára Tarkó, PhD., University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary  
**Co-chair:** Dr. Ivan Chorvát, Matej Bel University, Banská Bystrica, Slovakia

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<tr>
<td>Alan Law, Prof. Dr.</td>
<td>Department of Sociology, Trent University, Ontario, Canada</td>
<td>Modernity, Rurality and Leisure in Canada</td>
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<tr>
<td>Adám Nagy, PhD., Mr. Levente Székely and Ms. Marta Barabarics</td>
<td>Excenter Research Centre, Hungary</td>
<td>Leisure time activities of young people in the perspective of youth researches</td>
</tr>
<tr>
<td>Dr. Vicki Harman</td>
<td>Royal Holloway University of London, UK</td>
<td>Lunchboxes and Leisure: Analysing the connections</td>
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<tr>
<td>Mr. Kálmán Ercsei, Ms. Zita Kiss, Ms. Réka Plugor,</td>
<td>Max Weber Foundation for Social Research, Cluj-Napoca,</td>
<td>Patterns of leisure time preferences and consumption in</td>
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Ms. Júlia Szabó and Dr. Valér Veres

Katarzyna Ponikowska-Cichoń, PhD.

Klára Tarkó, PhD. and Prof. Zsuzsanna Benkő

Dr. Ivan Chorvát

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<tr>
<td>Prof. István Kamarás</td>
<td>Sociologist, DSc. Budapest, Hungary</td>
<td>Religiosity, way of life, habitude</td>
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<tr>
<td>Mr. Gusztáv Tornóczky</td>
<td>PhD. student, Semmelweis University School for PH.D. Studies, Sport and Educational Sciences, Budapest, Hungary</td>
<td>How yoga-based meditation can enhance the quality of life</td>
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<td>Szent Mihály Parish, Szeged-Szentmihály, Hungary</td>
<td>The effects of local parochial initiations on the life of a suburban community</td>
</tr>
<tr>
<td>Dr. Zsolt Markovics</td>
<td>Chief Rabbi, Synagogue of Szeged, Hungary</td>
<td>Leisure in the Light of Jewish Traditions</td>
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<tr>
<td>Prof. Zsuzsanna Benkő, Dr. Zoltán Komáromi, MD., Frank J. Klausz III. and Dr. Péter Lehoczky, MD.</td>
<td>Commandery of Hungary of the Sovereign Order of Saint John of Jerusalem, Knights Hospitaler, Budapest, Hungary</td>
<td>Activities during the short history of the Commandery of Hungary of the Sovereign Order of Saint John of Jerusalem, Knights Hospitaler</td>
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**Young Researchers’ section**

**Venue:** Lecture Hall of the Interactive Natural Sciences Knowledge Repository

**Chair:** Prof. Gaye Heathcote, Professor Emeritus of Health and Social Care. Manchester Metropolitan University, UK

**Co-chair:** Mrs. Bernadett Kis, University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary

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<tr>
<td>Ms. Lele Anita</td>
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<td>Ms. Dóra Hegedűs and Klára Tarkó, PhD.</td>
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<td>Ms. Anita Krausz, Mr. Arnold Nagy, Ms. Ágnes Bálint, Mr. Ákos Nagy-Hevesi, Ms. Kitti Franciska Ferencz, Ms. Csilla Czoldán, Ms. Dalma Bereczky, Mr. Sándor Szabó, Mr. Máté Kis and Klára Tarkó, PhD.</td>
<td>University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary</td>
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<td>Ms. Ágnes Badár</td>
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<td>Sauna culture and the role of sauna in recreation and health promotion among university students of Szeged and Turku</td>
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<td>Mrs. Vili-Szabó Bernadett and Mrs. Bernadett Kis</td>
<td>University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary</td>
<td>Leisure – play – health as the opportunities of outdoor gyms</td>
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<tr>
<td>Mr. Barnabás Boros and László Lippai, PhD.</td>
<td>University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary</td>
<td>The effect of recreational sports on patients with IBD</td>
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During each break e-posters are projected in Room 1071:

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<td>Mrs. Judit Pálmai</td>
<td>University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary</td>
<td>Family leisure time in the textbooks</td>
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<td>Dr. Edit Nagy</td>
<td>University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary</td>
<td>Reading and Leisure Some 'fractal property' in novel world of Imre Kertész and Géza Ottlik</td>
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<td>Ms. Mária Kucsera and Edit Paulik, PhD. MD.</td>
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<td>Dr. Natalya Malygina and Ms. Cathrine Brekhova</td>
<td>Ural Federal University, Ekaterinburg, Russia</td>
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<td>Ms. Veronika Mátó</td>
<td>University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary</td>
<td>Health status and lifestyle among the staff of Juhász Gyula Faculty of Education, University of Szeged</td>
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17.00 – 18.00 – Visit to the Synagogue of Szeged
guided by Dr. Zsolt Markovics, Chief Rabbi

19.00 – 20.00 – Church Organ Concert, Dóm of Szeged.

20.00 – Free time - Wine Festival at Dóm Square
**20. 09. 2013. Friday**  
*Venue:* University of Szeged, Juhász Gyula Faculty of Education, 6725 Szeged, 6. Boldogasszony sgt.

### 9.00 – 10.30 – Parallel Sessions

*Leisure and Rehabilitation – The Effects of Health Status on Leisure and Leisure and Mental Health*

*Venue:* Lecture Hall of the Interactive Natural Sciences Knowledge Repository  
*Chair:* Dr. Ma Huidi, Chinese National Academy of Arts, Beijing, China  
*Co-chair:* László Lippai, PhD., University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary

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<td>Dr. Rita Mikulán and Dr. Bettina Pikó</td>
<td>University of Szeged, Juhász Gyula Faculty of Education, Institute of Physical Education and Sports Sciences, Hungary</td>
<td>Influence of regular physical activity on adolescents’ body weight control.</td>
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<tr>
<td>Dr. Ma Huidi</td>
<td>Chinese National Academy of Arts, Beijing, China</td>
<td>Park and public health. A case study of Xuanwu Park in Beijing</td>
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<tr>
<td>Prof. Prem Sagar Vivek</td>
<td>Department of Sociology, University of Mumbai, India</td>
<td>Health, well-being and issues of leisure among slum-dwellers of Mumbai (India)</td>
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<td>Dr. Anju Beniwal</td>
<td>Govt. Meera Girls College, Udaipur, India</td>
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<td>Dr. Dietmar Goelitz, Christine Trenkamp and Prof. Dr. Peter Paulus</td>
<td>Leuphana University Lueneburg, Center of Applied Sciences for Health, Germany</td>
<td>Leisure activities in care homes – how do they relate to the well being of the elderly?</td>
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<td>Dr. Regina Molnár, Dr. Zoltán Sági, Dr. Edmond Girasek and Dr. MD. Edit Paulik</td>
<td>University of Szeged, Faculty of Medicine, Department of Public Health, Hungary</td>
<td>Mental health and leisure activities among university students</td>
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Creative and Cultural Leisure  
Venue: Room 1071  
Chair: Dr. B. S. Gulshetty, Inmadar MSW P.G. College, Gulbarga, India  
Co-chair: Dr. Józseféné Dombi Dr. Erzsébet Kemény, University of Szeged, Juhász Gyula Faculty of Education, Department of Music, Hungary

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<tr>
<td>Prof. Gaye Heathcote</td>
<td>Professor Emeritus of Health and Social Care. Manchester Metropolitan University, UK</td>
<td>The sea, the sea … Historical and sociological perspectives on the shaping of sea-side leisure in rural Wales.</td>
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<td>Mr. Gábor Tarkó</td>
<td>State Stud of Mezőhegyes Ltd., Hungary</td>
<td>Cultural programmes based on tradition – Leisure and recreation in a historic town in the 21st century</td>
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<td>Mr. Suhas. Rajaguru and Dr. B. S. Gulshetty</td>
<td>IMMADAR MSW College Gulbarga, India</td>
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<td>Dr. Józseféné Dombi Dr. Erzsébet Kemény</td>
<td>University of Szeged, Juhász Gyula Faculty of Education, Department of Music, Hungary</td>
<td>A healthy lifestyle and recreational forms of Kodály’s oeuvre</td>
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<td>Mihályné Tarkó and Klára Tarkó, PhD.</td>
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<td>Mr. Szabolcs Hajdu</td>
<td>Rotary Club, Hungary</td>
<td>„For the community, with friendship”</td>
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<td>Mrs. Bernadett Kis</td>
<td>University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion</td>
<td>Community-supported agriculture from the perspective of leisure and health; Vegetable box scheme in Szeged</td>
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10.30 – 11.00 – Coffee Break

11.00 – 12.00 – Closing Plenary Session

Venue: Room 1071  
Chair: Prof. Ishwar Modi, President of ISA RC13 Sociology of Leisure  
Co-chair: Prof. Zsuzsanna Benkő, President of the Scientific Committee of the conference, University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary

Session Chairs’ report and discussions

12.30 - Departure to Mezőhegyes

Dinner, horse riding, sightseeing with horse and carriage, visiting the biggest museum of county Békés, visiting historic monuments.
Leisure, Health and Well-Being: The Ultimate Quest of Humanity

Professor Ishwar Modi

*International Sociological Association RC13 Sociology of Leisure*

Leisure is the fountain head of all happiness. At the same time happiness is the ultimate goal of all human beings. The search for human happiness not only begins but also ends in leisure (Modi, 2010). It is equally true that both leisure and happiness are intrinsically located in the domain of good health since good health alone can lead both to wholesome leisure and wellbeing. Wish to have happiness and a life free from all diseases which means good health has been the part of prayers both of the common man and the sages in India for thousands of years. The following prayer brings out the essence of a happy and healthy life for the well being of all human beings:

*Sarve bhavantu sukhinah* = may every one be happy

*Sarve santu niramayah* = may every one be healthy and free from all diseases

*Sarve bhadrami pashyantu* = may every one see goodness and auspiciousness in every thing

*Ma kaschit duhkha bhaag bhaveet* = may none be unhappy or distressed and may all be free from sufferings

*Om shantih, shantih, shantih* = Om peace, peace, peace!

In nutshell, it means “May all be happy, may all be free from sickness, may all see things good, and may none have misery. Om peace, peace, peace!”

This is a very simple prayer applicable to one and all. This may also be the wish and desire of one and all. But the moot question is how to achieve such a state at the ontological level. It is all the more difficult to achieve such a situation in the contemporary context when people the world over are not only enjoying the fruits of development but also undergoing lots of stresses and strains caused by the prevailing social, political, economic and work conditions. While millions of people everywhere now have more leisure available to them, scores of others, on the other hand, are facing scarcity of leisure due to cut throat competition in order to rise in the hierarchy of their professions. As such, they now have more money but much less leisure (Modi, 2012). Particularly the young professionals also do not have sufficient time to care for their health requirements and wellbeing. In such a scenario it is obvious that leisure, health and well being are closely intertwined with each other and as such it is difficult to think of one without the other. It is now well recognized that leisure offer benefits in terms of physical, psychological, social and spiritual aspects of human wellbeing. As such it may hardly be overemphasized that leisure, health and wellbeing in unison is the ultimate quest of humanity.
References:

Keywords: leisure, happiness, health, humanity, wellbeing
Exercise addiction: symptoms, assessment and epidemiology

Dr. habil. Zsolt Demetrovics

Eötvös Loránd University, Faculty of Education and Psychology, Institute of Psychology, Budapest, Hungary

Background: Regular physical activity plays a crucial role on health maintenance and disease prevention. However, excessive exercise has the potential to have adverse effects on both physical and mental health, and to lead to exercise addiction. The existence of exercise addiction has been examined in numerous studies, however, many questions, including diagnosis, assessment and etiology of this disorder, are still unanswered. Furthermore, estimates of exercise addiction prevalence in the general population are not available.

Aim: The objective of the presentation is (1) to provide a brief overview on this disorder; (2) to present the validation of two measures of exercise addiction; and (3) to estimate the prevalence of exercise addiction in general population.

Methods: Exercise addiction was assessed within the framework of the National Survey on Addiction Problems in Hungary (NSAPH), a national representative study for the population aged 18-64 years (N=2,710). 474 people in the sample (57% males; mean age 33.2 years) who reported to exercise at least once a week were asked to complete the two questionnaires measuring exercise addiction, that is the Exercise Addiction Inventory (EAI; Terry, Szabo, and Griffiths, 2004) and the Exercise Dependence Scale (EDS; Hausenblas and Downs, 2002).

Results: Confirmatory Factor Analysis (CFA) indicated good fit both in the case of EAI (CFI=0.971; TLI=0.952; RMSEA= 0.052) and EDS (CFI=0.938; TLI=0.922; RMSEA= 0.049); and confirmed the factor structure of the two scales. The correlation between the two measures was high (r=0.79). Results showed that 6.2% (EDS) and 10.1% (EAI) of the population were characterized as nondependent-symptomatic exercisers, while the proportion of the at-risk exercisers were 0.3% and 0.5%, respectively.

Conclusions: Both EAI and EDS proved to be a reliable assessment tool for exercise addiction, a phenomenon that is present in the 0.3-0.5% of the adult general population of Hungary.

References

Keywords: exercise addiction, epidemiology, assessment, diagnosis
Mental health and social network

Prof. Dr. György Csepeli

President of the Hungarian Sociological Association, Budapest, Hungary

Registered users of the social media communicate with each other during 24 hours a day. Presence on Facebook leaves traces. With this paper we take a first step to explain how depression can be detected among Facebook users based on the analysis of the scale free distributions of the traces the users had left. Our study raises the possibility of the study of online behavior data bases from the perspective of screening of mental health problems.

Keywords: Social media, Facebook, scale free distribution, mental health problems

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Pilgrimage in the Hindu Tradition

Dr. Veena Sharma

Former Fellow, Indian Institute of Advanced Study, Shimla, India and Secretary of ISA RC13

Even though almost all cultures of the world have a concept of some kind of pilgrimage embedded into the fabric of their beliefs the aim of pilgrimage in all may be slightly different as it is in consonance with the ultimate goal set by the particular religion, culture or thought system. What is the ultimate aim of pilgrimage for the Hindu? In what way is the Hindu attitude to pilgrimage different to that of other thought systems? Can pilgrimage turn a person into a responsible participant in the larger ideals of social equality and cultural and environmental preservation as also of healthy and harmonious living?

The Hindu approach to pilgrimage is paradoxical. The emphasis on reflection, or meditation, for gaining knowledge which would lead a person to realise the final goal – the goal of moksha – does not require any physical travel to external places. Yet, the Hindu is an avid pilgrim for as a means of purification of the mind and for gaining knowledge as also discovering the interconnectedness of the universe faith based travel, or pilgrimage, is much valued. As distinguished from regular travel, pilgrimage calls for an attitude of mind that prepares a person for higher knowledge. It calls for a letting-go, be it of material comforts, mental constructs, pathologies, personal and social conditionings and positions, artefacts, logic or behaviour. The voluntary practice of poverty, chastity, simplicity in food and dress, and other such restrictions that some pilgrimages call for make the sojourner engage with values that are somewhat removed from the humdrum world of day to day life. As a matter of fact, parivrajakas or mendicants, who roam the world engaging in spiritual practices, are much venerated in the Hindu tradition.

At the social level pilgrimage calls for confronting the challenge of being thrown out of one’s zone of comfort and for openness to rubbing shoulders with others from different economic and ethnic backgrounds on a level ground. Pilgrimage often takes one through
different natural environments enabling discoveries of the organic interconnections that underlie the universe leading to a sensitivity to the environment which is also seen to be imbued with the same divinity as oneself.

My presentation examines the questions raised in the opening paragraph above in three segments. The first elaborates the personal dimension, based on the traveller’s religious or cultural background. The second discusses the social impact of the journey, which calls for interactions and encounters with diverse sets of people. The third describes the impact of the journey on the environment, and of the environment on the individual mind. The presentation suggests/explores how faith based journeys can help transform the mind leading to a healthier and more harmonious approach to the personal, social and physical environment.

**Keywords:** pilgrimage, Hinduism, personal environment, social environment, physical environment

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**Changes in demand and supply in the health tourism of Hungary between 2002-2012**

*Mrs. Andrea Szegedi*

*Hungarian National Tourist Office, Budapest, Hungary*

The World Health Organisation predicts that 'health' will be the world's number-one industry by 2022. Hungary is ranked among the most important spa and health tourism destinations in the world. The Hungarian health tourism, based on its exceptional natural resources represents an important segment of the tourism industry. Old tradition of valorization of thermal waters, mineral springs, mofette, curative mud spa treatments are intertwined nowadays with various forms of wellness and medical tourism. The number of wellness hotels has grown rapidly over the past few years. There is a growing need for a holistic wellness services besides the traditional recreation services. Medical Tourism is developing in the whole world. Hungary is one of the flagship countries of European medical tourism. The main purpose of this presentation is to analyze the evolution of health tourism, especially of spa, wellness and medical tourism in Hungary between 2002-2012. The research is both quantitative and qualitative. The first method is based on statistical analysis of data provided by the Hungarian Central Statistical Office. The qualitative analysis reveals the changes in demand and supply in the domestic and the international health tourism, and evolution of the Hungarian health tourism in accordance with the trends.

**Keywords:** health tourism, holistic wellness, medical tourism, Hungary
Szeged - Lights, Baths, Festivals

Ms. Zsuzsanna Papp

Touristic Information Centre, Szeged, Hungary

The presentation introduces the audience into the leisure related aspects of Szeged. After situating Szeged on the map with its geographic location, the presentation lists the so called “Szegedicums”, the unique architectural values of the city, the settings of culture, its sport life, baths and thermal waters, the possibilities for relaxation and sightseeing, and Szeged as a Festival City. Finally a few words will be devoted to new developments, including the ELI (Extreme Light Infrastructure) Project.

Keywords: Szeged, leisure, culture, festivals, tourism
Leisure as pleasure or pressure

We interpret the topic of the present section along two of the social categories by Riesman: the inner-directed and the other-directed characters. In the postmodern society the other-directed individual is becoming more and more characteristic. For an other-directed individual the sources of direction are its peers (e.g. local, workplace, friend, leisure communities). The objective of the other-directed individual are continuously changing in this control system, his/her attitudes and the strive at following the signals emitted by others though is constant throughout life. Choices of the inner-directed individual are related to his/her personality, and he/she is enabled to provide a very sensitive balance among his/her aspirations and the effects of the outside world. The inner-directed character develops the feeling of being able to control his/her life. In case of healthy lifestyle-choice, decision, the role of inner control increases. The above two character types raise the question of preserving individual autonomy in choosing leisure, to make leisure a pleasure and not a pressure. This autonomy is further threatened by the expansive effect of fashion and the media. According to Simmel, each form of lifestyle can be fashion, everything can become fashion.
Ethical Aspects of Leisure Choices and the Autonomous Chooser

Dr. Colin Wringe

Keele University, United Kingdom

It is argued that ethical issues are relevant to the leisure choices of autonomous or inner-directed choosers. Reference is made to the Human Right to rest and leisure claimed in the 1948 United Nations Universal Declaration of Human Rights and to the fact that many religions impose a Sabbath or recurring ‘holy’ days, whether to mitigate the intensity of commercial or vocational competition or simply to meet biological human needs. Leisure activities are, however, often disparaged in contrast to productive work. The main characteristic of the Sabbath has often been negative, prohibiting not only useful work but any conspicuous form of enjoyment, even if genteel or edifying activities were encouraged. The growth of tourism, often attributed to the availability of cheap mass transport, is also partly accounted for by the large-scale change from rural to urban living, leisure needs no longer being met by mere relief from physically arduous outdoor labour but requiring escape from tedious and stressful everyday surroundings. Meretricious value distinctions have crept in between ‘tourists’ who visit places of historic, cultural or aesthetic interest and mere ‘holiday-makers’, satisfied with continuous sunshine, bathing opportunities and banal entertainment. Recent sensitivities have, however, drawn attention to harm done by tourism to places, communities and the environment as a whole. Any solution to this problem must lie in education to encourage greater inner-directedness in citizens, in the hope that this may lead to more diverse and possibly more considered leisure choices.

Keywords: ethics, autonomy, leisure choices, inner-directedness

Leisure and Pleasure: Healthy, Useful, Pleasant – Why Don’t We Do?

Prof. Dr. György Bárdos, PhD. DSc. and Dr. Júlia Ábrahám

Institute for Health Promotion and Sport Sciences, Eötvös Loránd University, Budapest, Hungary

Lifestyle and health seem to be strictly correlated; still they are not really associated in our everyday life. One may suppose that well-being is the key to assess both health and lifestyle and that people are aware of the fact that they themselves can do about their own health. Thus, why don’t people do what they know they should do?

It has long been established that risk factors of psychosomatic diseases, responsible for the majority of death rate, are actually elements of lifestyle. Smoking, alcohol consumption, nutrition, obesity, immobility - just to mention but a few - contribute to the formation of many diseases. It is clear now that managing risk factors may have a great impact on health care, economy and society alike. There is no question, leisure could be the easiest and straightforward way to well being and hence to health. We have examined whether people are aware of this fact, and what they attitudes toward leisure activity are.
In two consecutive studies, 388 randomly selected laymen, and 512 sport-recreation students, respectively, were asked by a self-created questionnaire about their attitudes and motivations toward leisure activity with an emphasis on physical fitness.

Participants conceptualized well-being as harmony, health/fitness and quiet life with happiness. Of these, health and fitness might be the primary “target” of leisure. In fact, majority of the participants preferred sport related activities as a tool improving well-being whereas traditional values - e.g. health related activities, spiritual life, successful working – remained unnoticed.

Participants were definitive about the necessity of regular leisure activity and looked at it as an enjoyable form of spending free time that improves well-being. Reality, however, is different. Physical activity seems to be startlingly inferior: only 9% of the population walks or hikes, and only 7% practices physical exercise regularly. Something is wrong here….

**Keywords:** risk factors, leisure, attitudes, well-being and health

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**Dancesport as Pressure and Pleasure**

**Dr. Vicki Harman**

*Royal Holloway, University of London, United Kingdom*

Competitive Ballroom and Latin American dancing (Dancesport) is an important and enduring leisure activity for a significant number of people. It arguably fits with Stebbins’ concept of ‘serious leisure’ (2007) given the systematic nature of this pursuit and the considerable investment in terms of time, effort and money needed to advance through the competitive ranks through increased technical and stylistic ability. Although dancing allows self-expression, it also reflects existing cultural values, assumptions and desires (Marion, 2008). This paper explores the dual forces of pressure and pleasure in the narratives of couples who take part in Ballroom and Latin American dancing competitions as part of their leisure activities. Focusing on three case studies of competitive couples this paper analyses the intrinsic and extrinsic motivations underpinning this leisure pursuit. Dancers’ perceptions of elements they found enjoyable and stressful will be explored. Pressure was found to be multi-faceted and extending outside of the dancefloor, including not only the execution of the dancing routines but also achieving the physique, dress and grooming of a dancer.

*Related work by others:*


**Keywords:** Dancing, Competition, Pleasure, Pressure
‘This Side of Paradise’: The Role of On-Line Fandom in the Construction of Leisure, Wellbeing and the Lifeworld

Professor Karl Spracklen

Leeds Metropolitan University, United Kingdom

The positive role of leisure in individual and societal wellbeing is generally associated with agency and communicative rationality: the construction and maintenance of the Habermasian lifeworld (Spracklen, 2009). Usually, it is the active, recreational form of leisure that is associated with wellbeing, due to the claimed psychological and physiological benefits of physical activity. In this paper, I will explore the wellbeing value of engaging in on-line leisure spaces around science-fiction fandom. In particular, I will use a virtual ethnography of four unofficial Star Trek fan websites to explore the meaning and purpose of individual engagement in debates about the franchise. I will explore the ways in which fans support or critique particular iterations of the franchise, and how they understand the core elements of the franchise’s philosophy of future leisure. I will show that while the franchise itself is a product of commodification (and corporatization and globalization), the serious fans on-line use these leisure spaces in a communicatively rational way, creating their own sense of wellbeing and their own lifeworld. For these fans, such leisure activity is a moral good, even if the moral goodness is ultimately constrained by the nature of capitalism in late modernity.

References

Keywords: Habermas, wellbeing, fandom, Star Trek

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Trapped by sense of comfort – leisure time consumption habits from the aspect of economic psychology

László Lippai, PhD.

University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary

In neoclassical economics, it is the conscious, rational decision-maker who plays a key role while the motivational processes influencing him are not perceived by mainstream economics. However, Tibor Scitovsky’s classic work of behavior economics, The Joyless Economy, is just about the economic-psychological significance of the intensity and direction of such motivational processes.

In addition to the profound analysis of the motivational processes to reduce tension caused by stimuli and urges, Tibor Scitovsky also emphasizes that under given circumstances
even the increase of tension could play a role in motivation. His concept of the latter can, to a
great extent, contribute to a deeper understanding of motivation behind leisure-time activities.
Furthermore, we shall also analyze those aspects of Tibor Scitovsky’s work in which he
unveils the economic-psychological traits of comfort zone and novelty attraction, the
development of consumer’s leisure habits over time and the components of a consumer’s
satisfaction and his subjective well-being.

Our lecture is to demonstrate that Scitovsky’s work written nearly forty years ago is
more relevant than ever and it can still be inspiring for both theorists and practitioners of
leisure habits and consumer behavior.

**Keywords:** leisure, consumption habits, sense of comfort, economic psychology
Leisure and life-long learning

Health Promotion conceptualises the objectives of education in accordance with the “reason, heart, hands” motto and practice. It involves the transfer of knowledge, cognitive-, affective elements and manual skills. Health teaching understands the process of learning in a differentiated manner, so the concept covers not only the traditional functional knowledge acquisition, but the perception of ourselves, the perception of values, the acquisition of acting abilities, and finally the search for and finding of our own identity. Each learning that exceeds the period of compulsory education, and is not imposed on the individual by the employer, can be considered as voluntary, freely chosen. The life and days of most people is pervaded by learning and they devote part of their leisure time to it. Many people do not separate learning and leisure, and if leisure is performed in a devoted and motivated way, our knowledge, skills, abilities, competencies and self-esteem can, as a consequence, unintentionally increase. A mere learning for one person can mean leisure for an other. The subject of leisure time learning is changing throughout history, as well as it alters within the life span of the individual, or by genders, social strata and cultures. Individual leisure choices can be promoted by introducing a range of education branches belonging to various academic disciplines, providing participants with a diploma or with a certificate that covers education addressing leisure in the holistic sense.
Leisure time activities and lifelong learning

Dr. Iva Jedličková

University of Hradec Králové, Czech Republic

This paper is focused on the topic of lifelong learning and its role as the part of leisure time activities of adults. As the lifelong learning belongs to the most important characteristic features of current so called learning society it is necessary it ought to be not only the topic of national and over/national educational policy documents but just and more an obvious part of leisure time activities of adults.

The paper formulates the significant questions connected with the current situation in lifelong learning of adults, such as the attitudes of adult population towards learning opportunities, first of all the aspects of finding, choosing and using the opportunities or those of refusing them, further the role of state and institutions in supporting adults in their participation in learning opportunities etc. and tries to find answers discussing the results of researches of adult learning realized in the national and international framework.

Keywords: lifelong learning, learning society, attitudes towards lifelong learning, adult learning

Professional English language study as a creative leisure time

Dr. Natalya Malygina and Ms. Catherine Shiriaeva

Ural Federal University, Ekaterinburg, Russia

In their leisure time some students and a teacher of the Ural Federal University agree to have a class of professional English language study (English Language Club). The object is professional English language study in a leisure time. Period is 2008-2012. Results and discussion. Learning a foreign language is a serious brain exercise, gymnastics kind of thinking. It establishes also some methods of sharing our research with others in our professional field and with the broader scientific and educational community through our publications, conference presentations, posters, etc. Our ways of communicating with the general public, decision makers, teachers and students are less formalized and often less practicized, but this communication is essential for the greater impact of our activity. And what is the most important: the students take an active part in the process of class activity formation. Our class placed strong emphasis on education and outreach in its planning and many students and early career researchers are using this momentum to get involved in broader communication of their study activity and future professional work. Here find out about science outreach activities and how to get involved, share experiences of outreach involvement, and find tips and resources for communicating research. Language skills expands a framework of own consciousness as together with speech new concepts, a way of life, history, culture, philosophy and psychology are learned also. And having understood
foreign language, you have an opportunity to look at itself, the speech and the life through other eyes. Probably, you will want to try to change something to the best. An important part of our class activity is communicating our study, research with English language advance that results in importance for future life and career.

**Keywords:** learning, communication, activity, creative

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**Leisure and Education in the 18th century in Hungary: a case study of count László Festetics**

Róbert Stohl, PhD.

*Hungarian Defence Forces, 5th "Bocskai István" Infantry Brigade, Hódmezővásárhely, Hungary*

We do not know a person with such a well-documented education in the 18th Century History of Education in Hungary like Count László Festetics, the only heir of one of the most significant Hungarian aristocrat, Count György I Festetics. Young aristocrats of this era, according to Locke’s principles, mostly received private education, while a parliamentary resolution dated 1791 prescribed to all the children to visit public schools – or at least take their exams there. It was the same for the young count, too: his education was guided by a private educator, József Takáts, in Vienna and strictly inspected by the father, who had planned László’s cameral career carefully and very precisely. Fortunately, he generated an abundant source of archival materials, such as pedagogical projects, letters, reports and travelogues. Examining these resources, we can reconstruct a complex and very strictly controlled process, where leisure activities are also educational instruments.

By analysing the archival documents, we can discover the intellectual background of the education, finding strong German influence (Philanthropy) on the principles of Locke and Rousseau, and we can compare the educational plans to their realization, highlighting the topics of developing physical condition and health education.

As results, we can state that leisure time was an organic part of educational process under a strict control. Social life was an opportunity for intellectual recreation; their travels made during the summer holidays contain the elements of cultural tourism and health education. Military sports like fencing and shooting are still traditional elements of aristocrats’ physical education.

**Keywords:** leisure, education, travel, philanthropy
Medical effects of leisure

Leisure spent in an active way (not only in the physical sense) can positively as well as negatively influence our health. The positive and/or negative effects of the individual’s leisure habits can occur not only subjectively, but in the form of detectable physiological changes as well. The favourable physiological effects of leisure exercises suitable for the individual in form and intensity, can be detectable, as well as the drawbacks of exercises that were chosen without proper expertise. An everyday leisure activity, if it gains grounds at the expense of other life roles, might become a symptom of psychiatric illnesses, while the same leisure activity, under different circumstances, can be effective in the prevention of certain psychiatric illnesses. The psycho-neuro-immunological consequences of leisure activities are also twofold: in certain cases they can enforce the individual’s capacity to tolerate, cope with stress, while in other cases they rather weaken it. Study and differentiation of this two fold effect of leisure activities with the help of medical methods is inevitable for the deeper insight into the effect of leisure activities.
**Introductory remarks on the medical effects of leisure**

**Prof. Dr. Gyula Szabó**

*University of Szeged, Faculty of Medicine, Department of Pathophysiology, Szeged, Hungary*

Leisure activities are instrumental to stay well and recover from physical, mental alignments and addiction. People of all ages can experience the positive outcome of well-being; positive emotions, accomplishments and relationships. On the other hand there are also risks associated with some forms of leisure activities that can negatively impact the population’s health and well-being. This symposium will keep a careful balance between the two impacting factors of leisure and shed light on new and exciting possibilities.

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**Keywords:** physical alignments, mental alignments, addiction, impact of leisure

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**Depressed people loose pleasure**

**Prof. Dr. István Bitter**

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Anhedonia is one of the key features of depression (American Psychiatric Association. 2000), however it may not be recognized as a symptom of a disease. Anhedonia is the inability to experience pleasure from activities which one used to find enjoyable. Many patients are not only unable to enjoy leisure activities, but find it even difficult to initiate and to participate in those. The lack of joy in such events as family gathering or meeting friends may induce guilt feelings, which contributes to the worsening of depression. While activities, including exercise may improve depression, the imposed participation in them may deteriorate the health status of depressed patients.

References


**Keywords:** pleasure, anhedonia, depression
The role of physical activity in smoking prevention

Edit Paulik, MD, PhD.

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Smoking and physical inactivity are among the leading risk factors of chronic diseases. The decrease of smoking prevalence and the increase of physical activity can help people to stay healthy and to prevent a variety of chronic conditions (e.g., cardio-vascular diseases, diabetes). The relationship between effective smoking cessation and physical activity has been analysed by several studies published over the last decades. The aim of this presentation is to give an overview about the associations between exercise – including sports and leisure time physical activity – and smoking behaviours.

The success rate of unaided attempts to stop smoking is very low, while the combination of behavioural counselling and nicotine replacement therapy and pharmacotherapy (bupropion or varenicline) can improve success rates. As a part of behaviour change, exercise has been described as an effective aid for smoking cessation. Individuals who exercise are less likely to smoke, and engaging in exercise may be able to help smokers quit. The studies show that the short term effects of exercise are definitely proven. Exercise can reduce the psychological withdrawal symptoms (e.g. depression, irritability, restlessness, poor concentration) and cravings, and the post-smoking cessation weight gain. The acute effects of exercise exceed the effect of glucose and oral nicotine replacement therapy. The effects of exercise on smoking cessation on the intermediate and long term are less proven. Exercise has a positive effect on perceived coping ability, self esteem and less negative affect. These factors play an important role in smoking relapse.

On the base of the review of the relevant literature the development of a basic guideline to orient the prescription of physical exercise for smokers attempting to quit could be an important part of counselling-based interventions promoting lifestyle-type changes such as smoking cessation.

Reference

Keywords: smoking, cessation, exercise, intervention
Relationship between leisure and health according to a 22-years lasting longitudinal study in Hungary

Dr. habil. Kinga Lampek, Dr. István Ágoston, Ms. Zsuzsa Kivés, Ms. Viktória Prémusz, Ms. Réka Vajda and Prof. Imre Boncz

University of Pécs, Faculty of Medical Sciences, Health Insurance Institute, Department of Health promotion and Public Health, Hungary

Aim: Political, economic and social transition from central planning communist system to market economy was one of the most important processes observed at the last decade of the XX. century in Eastern European countries. Nowadays we can experience significant social inequalities among others in the field of health status. The main object of this study is to examine the socio-cultural dimensions of the health inequalities. Methods: In our follow-up survey the dataset came from the random sample of the household in Hungary in which 3408 adult respondents were interviewed in 1988/89, 2357 in 1997/98 2078 again in 2004 and 752 in 2011. The results were analyzed by one-way ANOVA and chi-squared test and we also used a multiple logistical regression model and Kaplan-Meyer survival analysis. Results: In the past 22 years we have found that considerable deterioration has occurred in the population's health status which cannot be explained solely by ageing. We found high numbers of new cases of different disorders not only in the groups of elderly people but also among 30-40 year-old respondents. Gender and education determine the relatively protected and the endangered strata, too. The gravest life threatening diseases are more common amongst males, starting at an early age and their progression is more severe than in females. During 22 years found that 571 people died from the 3408 persons. 15.2% of the men, and 7.7% of the women died prematurely. Conclusions: During the past 22 years the social inequalities of health conditions have increased in Hungary. The model that we analysed and tested serves with explanations regarding the relationship between the social factors and health status. Age, employment, the ability to manage one’s own life, social support, quality and quantity of recreation and financial difficulties have influenced state of health.

Keywords: health status, survival, social inequalities, recreation

Leisure Time Medicine from the Perspective of Primary Care Physicians in Hungary

Professor Dr. Ferenc Hajnal

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The Hungarian population’s gross epidemiological data are even recently poor, so any type of preventive activities are of vital importance. Family physician (GP) has a special role and opportunity in disease prevention and health promotion. GP is supposed to „….maintain of
healthy status, prevent and treat diseases … by offering counseling and screening among the whole population, control of health status”. The Government and Parliament, while recognised the unfavorable public health processes, has targeted to improve life expectancy and mainstreaming the average in EU.” So, addressed public health programmes include promoting healthier lifestyle and environment, preventing illness and reducing burdens of diseases, setting (special) tasks like tobacco, drug, alcohol control which ones, unfortunately, belong to leisure time. Moreover, like in many Eastern European regions, a lot of young and middle aged people are forced to take extra jobs (moonlighting) where the GPs’ competency is mixed with occupational health tasks. Nevertheless, also the classic leisure time activities make some extra challenges for primary care workers, even when supposing that the earlier listed harmful lifestyle problems are not heavy.

Furthermore, although it is not yet massive, particular attention is needed at the patients’ out of work activities, the traveling to subtropical areas and exotic countries. GPs are supposed to be aware of the major travel hazards either at preparing patients or managing them after getting home, as follows:
- Bad weather conditions,
- Exposure to sanitary disasters,
- Infectious and parasitic diseases, esp.
- Epidemics and pandemics (influenza, E. coli, etc.),
- Sexually transmitted diseases,
- Collective security problems,
- Animal bites,
- Public road / traffic accidents,
- Cardiovascular diseases esp. in intended underwater activities and other extreme sports,
- Limited access to medical services and medications.

Keywords: primary care physicians, prevention,

Associations of sedentary lifestyle and negative mood state with the risk of breast cancer

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Objective: The highly stressful nature of the diagnosis and treatment of breast cancer and the painful surgical procedures lead to a series of psychological problems among patients. Our primary aim was to examine the effect of pre-and postoperative psychological characteristics on post-operative pain, quality of life and survival among women with breast cancer. Our secondary aim was to determine whether physical activity and positive emotions would decrease the size of the tumor among women with breast cancer. Methods: The study
involved 90 breast cancer patients from the Surgery Clinic at the University of Szeged, Hungary. We tested patients with a combination of five instruments, before and after surgery: Spielberger’s State and Trait Anxiety Scale, Beck’s Depression Scale, Functional Assessment of Cancer Therapy – Breast Cancer Scale (FACT-B), Perceived Stress Scale (PSS-10), Visual Analog Pain Scale (VAS). Furthermore we assessed the physical activity of patients. Results: Anxiety disorders were present in 52% of women, 35% of the patients suffered from depression. Patients with higher perceived stress and anxiety had higher postoperative pain after surgery, which were associated with lower emotional-, functional-, physical well-being and social support. Patients with lower physical activity had higher anxiety, depression and perceived stress levels. Physical activity has been strongly linked to improved quality of life and decreased tumor size. Discussion: It seems that physical inactivity might reduce the chance for survival in women with breast cancer. Furthermore the rates of psychosocial distress are very high. Our data present a challenge to clinical services to provide a comprehensive range of support services to reduce distress.

Keywords: anxiety, breast cancer, depression, pain, quality of life

The role of leisure in prevention and treatment of addiction
Ms. Katalin Lacsán, Mr. Zoltán Arany and Mr. Attila Farkas
SZKTT ESZI Dr. Farkasinszky Terézia Youth Drug Center, Szeged, Hungary

Leisuretime plays an outstanding role in prevention and addiction therapy. The Drogcentrum (Drug Center) in Szeged provides an integrated medical and social care for its clients based on the Prochaska-DiClemente’s stages of change model. According to our experiences recreation and structured leisuretime is an inevitable element in the healing process and in relapse prevention. In this presentation we wish to show the recreational modules in four different stages which we use in our everyday practice. We both work with individuals and groups basically with two methods: on the one hand, in a direct way, we provide programs for our clients to experience a different kind of recreational possibility. And on the other hand, indirectly - we facilitate our clients to self-organize their leisure time in order to develop the ability to structure useful leisure time.

Keywords: addiction, Drogcentrum Szeged, structured leisuretime, prevention
**Lifestyle and leisure I.**

*Lifestyle* is the activity of everyday life, a defining part of behaviour. Lifestyle covers leisure, accommodation, nutrition, clothing, physical exercises and work among others. The *physical activity* of people, their *mental fitness* strongly affects the *touristic*, lifestyle and sociological elements, units of the different countries. The geographical conditions, the attractiveness, offer of the natural environment and the development, quality of tourism can be crucial in the fulfilment of supply and demand. The diversity of *wellness, fitness* services is proven to exercise a beneficial effect on people’s health, promoting the civilized spending of leisure, the shaping of lifestyle from childhood till the end of life. The conscious, systematic presence of health promotion, its regular and continuous applying promotes the positive conceptual appearance of the *lifestyle and recreation activities* of nations, ethnic groups, cultures, becoming a call for life.
Rethinking the relationship between sport, recreation and tourism

Ferenc Győri, PhD and László Balogh, PhD

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Despite the fact that recreational activities - like many other activities evolving in parallel with the social development of humans - are as old as mankind, recreation, as a topic for academic interpretation and research was justified only at a relatively late date in the history of sciences. Initially it was interpreted within the specific symbolic domains of related disciplines including the sociology of leisure, sport sciences and tourism research, branches of science, which had come into existence earlier.

Recreation, according to recent terminology used by Hungarian researchers is the culture of how humans spend their free time; it relates to active recreation, the creation of well-being, the restoration of people’s abilities to work, as well as the preservation and improvement of their good health. Recreation comprises forms of positive behaviour aimed at satisfying individual and social interests which are entwined with the creation of people’s good somatic, psychological and social well-being (Kovács, 2002). When well-defined, recreation demonstrates the fact that a recreational activity responsible for the physical, intellectual, and emotional regeneration of people, needs to be interpreted as an entity in its own right. In addition, recreation needs to be considered a complex phenomenon which is based on a variety of elements taken from various symbolical domains. At the same time it is also evident that recreational activities cannot be simplistically identified by using parameters of one or another symbolical domain. (e.g. Recreational sports cannot be described by simply identifying people’s pulse rate.) What needs to be considered instead is the complex recreational experience as well as the person, fully engaged in and enjoying the recreational activity in question (flow). The serious consideration of other phenomena which have common attributes with recreation (e.g. tourism), may also lead to faulty interpretations.

Our presentation is aimed at elaborating on and rethinking the relationship between recreation, sport and tourism. Sport is a physical activity which casually, or, in an organised form, serves the development of people’s physical and mental abilities and skills. Tourism means the free movement of people (excluding travel between work and home) as well as the services related to the needs deriving from the above. Recreation, sport and tourism have a lot of common attributes, moreover, the same activity occasionally might belong to all three entities. These three disciplines also have a lot to share concerning their origin; they all might be described as cultural phenomena, and, at the same time, they also play a prominent role in economy.

References

Keywords: sport, recreation, tourism, well-being
Geographic Bases of the Leisure Lifestyle in Retirement: Five Types

Professor Robert Stebbins

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What people like to do in their leisure depends in significant part on how much they like to be on the move. In principle, being on the move is especially germane for those retirees who like this lifestyle, and who now have more time for it than at any other period in their lives. And, for those who like being on the move, just how far and how often they care to go to a distant place are major questions. Meanwhile, other retirees - many are in the old-old category or in the unpleasant situation where being on the move is either physically or psychologically awkward - avoid as much as possible leaving home and neighborhood.

A leisure lifestyle is composed primarily of the separate lifestyles associated with each leisure activity that the individual pursues. These component activity lifestyles always have a distinctive geographic basis, meaning that the larger leisure lifestyles of retirees are also likely to be highly varied. Exploratory observation of retirees and perusal of the popular literature about them suggests that they follow one, sometimes two, geographically-based leisure lifestyles: homebody, traveler, townie, outbacker, and part-time retiree (Stebbins, in press). The bulk of this paper is devoted to discussing these types. The serious leisure perspective serves as its theoretic framework (Stebbins, 2007).

Keywords: lifestyle, retirement, activity, leisure geography

Leisure time - between a church and a shopping mall

Dr. Andrzej Górny and Professor Wojciech Świątkiewicz

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Leisure time has become an important category of social life description. The processes of industrialization led to the structuration of time and standardization of lifestyles. Progressing industrialization caused more and more distinct separation of time spent on work or duties and the time remaining to the free disposal of the people. Leisure time as a fact and a social problem is a multidimensional phenomenon of industrial and postindustrial civilization.

This separate sphere of human time is divided. Modern society still creates new needs and (at the same time) institutions which aim is to satisfy them. Their fields of activity are varied: services, education, recreation. Former human homogenous activity is for now fragmented into a number of separate and isolated from each other "times".

In considering the issue of free time from a sociological perspective, it becomes reasonable to assume that leisure activities are included in distinct cultural patterns, which are changing over the years.

This paper is an attempt characteristics of dominant leisure activities relevant to urban communities. It presents effects of own surveys carried out in Katowice and Sosnowiec. Both
are among the largest cities in Poland and both have crucial importance for the Silesia region, and for Poland at all – in the cultural, economic and social dimensions. The results of own researches are related to nationwide surveys. This perspective has allowed the identification of patterns of spending free time by contemporary Poles. Special importance have forms specific connected with sacrum sphere which are alternative to disseminating models characteristic for consumptionism. In this way possible is to capture dynamic and directions of changes in the leisure activities.

**Keywords:** consumption, religiosity, city lifestyle, late modernity

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**Wellness customers and their needs**

**Dr. Peter Kalkowski and Dr. Paul Gerd**

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We present observation on wellness-customers which we interviewed in wellness-hotels (n=41) and a hot springs resort (n=107) in 2009 and 2010. Among the customers interviewed, only a small number is dedicated to a “healthy lifestyle” based on continuous physical activities (e.g. fitness) and the regular consumption of wellness-services. For the majority, wellness is something special, a kind of self-indulged gratification, to make a rest and to compensate work-stress. The use of wellness services is seen as a positive contrast program for the consultation of medical doctors, whose behavior is perceived as instrumental and standardized. Wellness satisfies three needs: 1) instant relaxation and the improvement of well-being, 2) the (therapeutic) interaction which accepts the client and his/her individuality thoroughly, 3) the mixture of innocuous intimacy of bodily contact, emotional care and spiritual animation.

The paper is part of the results of a study on the professionalization of wellness-services in Germany (Grant 01FB08023 of the German Ministry of Research and Education), in which service providers and customers were studied. Theoretically it refers to service-research, professionalization theory and symbolic interactionism.

*A short version is presented in*


**Related work by others**


Lifestyle and leisure: Leisure motivation, experiences and needs of call center agents in Metro Manila, Philippines

Dr. Violeda Umali

University of the Philippines Diliman, Philippines

The Philippines is considered the call center capital of the world. In 2012, revenues of this sector totaled US$8.4 billion; employment totaled 502,000. While the economic benefits of the call center industry might be hard to dispute, the impact of call center employment on individuals could be described as contentious. A rise in lifestyle-related illnesses has been noted among call center agents; more alarming is the rise of HIV-AIDS incidence in this sector. A study has also found that psychological empowerment and job satisfaction are lower among call center agents than their counterparts in other service industries. But previous studies have concentrated on the working conditions in call centers and/or their impact on the health and well-being of call center agents. There appears to be no studies that have been conducted, at least in the Philippines, about how call center employment and leisure practices are linked. Call center employment – owing to its high pay and ‘cross-cultural’ work protocols – has created a lifestyle quite unique to those employed in this sector. Lifestyle illnesses, HIV-AIDS risk, and other problems do not arise from call center employment per se, but from other activities that such employment has altered, most significant of which is leisure. As such, it is worth investigating how such lifestyle has influenced, even changed, the leisure motivations, experiences and needs of call center agents. By doing so, one would get a more complete picture of the benefits and harms of call center employment. This study would also be a significant addition to leisure research in the Philippines, one of the understudied areas in the country.

Keywords: Call center agents, lifestyle, leisure motivation and needs, leisure experiences
Transformation of Leisure activities and lifestyle of tribals in Rajasthan

Dr. Alok Kumar Meena

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Leisure is a complex phenomenon pervading every society. Leisure has meant different things to different people and the concept of leisure has changed with the times. Leisure is considered as an experience of freely, actively and responsible involvement in various choicest activities including play and worship.

It is a well accepted fact that leisure and lifestyle experiences are culturally determined and each region has its own values and traditions in terms of the importance attached with it and the institutional engagements that shape it.

The study focuses on a significant social change and transformation of leisure activities and lifestyle of tribals in Rajasthan. Modernization, globalization and urbanization lead not only to the growth of commercialism, but also transforms the leisure and lifestyle of the tribals. As such, a sharp decline in group-oriented activities can be seen in the tribal regions.

In the present paper an attempt has been made to see the different forces of change and their effect on leisure activities and lifestyle of tribals in Rajasthan. Some suggestions can also be given to restore the traditional leisure activities and lifestyle of the tribals.

Keywords: leisure, lifestyle, tribals, Rajasthan

Lifestyle, Health and Leisure: A Study of the Social Structure of Tai Phakes of Assam, India.

Dr. Pranjal Sarma

Dibrugarh University, Assam, India

This is an empirical study related to the themes of ‘Lifestyle and leisure’. Theoretical orientation will be based on both leisure as cultural concept and a structural aspect of Tai Phake Society. This is an original research work on the social structure of the Tai Phake community of Assam. The Tai Phakes started residing in Dibrugarh and Tinsukia districts of Assam since 1850, on the banks of river Buhidihiing. Altogether there are nine villages of Tai Phake, two in Dibrugarh and seven in Tinsukia. Overall population of Tai Phake is around 2000. They follow Buddhism.

The main societal activities are religious rituals, prayers and agricultural work, poultry, piggery, building houses, weaving, eco tourism, collecting herbs for food. The lifestyle of using medicinal leaves in their daily meals of steamed and boiled food, providing food for the monks in the early morning by every household in the villages, the daily practice of bathing and washing clothes in the river, boating in the river and other practices keeps them
healthy. There is no crime record against them as they strictly follow the expanded five precepts of Buddhism that offers them mental peace. These activities along with their songs, dances with their musical instruments and participation in different festivals show different leisure activities. But the society is undergoing changes. This paper will discuss the whole social structure of the Tai Phake including their lifestyle, health, leisure, work, religious rituals, functions and other cultural practices and the social change.

References

Keywords: lifestyle, leisure, health, social structure
Lifestyle and leisure II.

Modernity, rurality and leisure in Canada

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Rurality as locale of 'holiday' is rooted in an urban consciousness of difference between organized, settled, predictable and crowded modes of living vs. the more bucolic openness of the countryside. This paper explores selected dimensions of that consciousness and the ways in which ideas of countryside have informed contours of Canadian Leisure as well as how Canadian leisure has informed sculpting of the landscape. Particular attention is drawn to the contradictions of 'Autochthannies' that frame contemporary politics of place.

Keywords: Modernity, rurality, leisure

Leisure time activities of young people in the perspective of youth researches

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Excenter Research Centre, Hungary

The Hungarian Youth quantitative research in a large representative population sample (N=8000) started in 2000 and have four waves (2000, 2004, 2008, 2012). The research design deals with all of the relevant topics such as family planning or leisure activities (Bauer-Szabó, 2001, 2005, 2009; Székely, 2012). Although the concept of youth changed fundamentally (Nagy, 2012) – mainly the paradigm in the field of youth, based on the research – the opportunity to compare time series data is also relevant. In our presentation we are dealing with the time spent away from work and learning, the leisure activities and social life of young people. According to the new results of Hungarian Youth 2012 (Magyar Ifjúság 2012) we are trying to prepare a self-standing analysis and also a time series comparison based by foregoing data.

References
Existing research exploring children’s lunchboxes highlight how this everyday object “is a container for various aspects of the private and the public” (Metcalf et al. 2008: 403), such as the school initiative of enforcing government healthy eating. Although existing studies provide useful insights in the complexity of discourses and practices surrounding the preparation and consumption of lunchboxes, they provide few insights into the relationship between lunchboxes and leisure. Drawing on photo-elicitation interviews with British parents who regularly prepare lunchboxes for their children aged 9-11, this paper argues that important inter-connections between lunchboxes and leisure can be identified. Firstly, parents intend the food they provide to act as a leisure experience, a break from the pressures of school, ‘something to look forward to’ and a way of reminding them of home. Providing ‘treats’ for children (such as chocolate) is part of this, although this may bring parents into conflict with guidance from the school. Secondly, lunchboxes must fit with children’s current leisure activities taking place in their lunch-hour. Therefore, parents avoid including foods which are difficult to open or take too long to consume which could prevent children from engaging in sport, or playing with their friends, for example. Finally, lunchboxes should support children’s future leisure opportunities by providing nutrition and variety to support their growth and development.

Related work by others

Keywords: lunchboxes, leisure, parenting, food
Patterns of leisure time preferences and consumption in the context of a youth festival in Transylvania

Mr. Kálmán Ercsei, Ms. Zita Kiss, Ms. Réka Plugor, Ms. Júlia Szabó and Dr. Valér Veres

Max Weber Foundation for Social Research, Cluj-Napoca, Romania

Our analysis presents the leisure time preferences of youngsters in Romania (Transylvanian region) based on time series survey data collected at a regional youth festival. Our main aim was to map out the leisure time preferences and consumption patterns of Romanian youth and analyze if these differ based on socio-demographic factors (social status, gender, cohort, etc.). In our paper, we first present the main aspects of our theoretical framework, namely those factors, which influence the leisure time preferences and consumption of youngsters. As a consequence of the system change in 1989 in the Central and Eastern European countries young people gradually became a more autonomous and active segment of the society and portray a distinctive youth culture (Macháček, 1991; 1998a; 1998b; Wallace, 1998; Wallace and Kovatcheva, 1998). Even though after the Romanian system change the market economy and the expansion of the education system developed in a relatively slow pace, previous research point to an increase in the processes – albeit dependent on social status – of individualization, higher levels of autonomy, changes in life events, and in consumption patterns of young people in the region (see Ercsei, Kiss and Szabó, 2011; Gábor and Veres, 2011).

Then we continue by presenting the analysis of the leisure time activities and consumption of young people on data gathered between 2006 and 2012 at the Peninsula Festival in Târgu Mureș. Using contingency tables and exploratory factor analysis we highlight the different forms of lifestyle and leisure time consumption of youngsters, and – contrary to earlier analyses, which suggest a more homogenous picture – we identify eight groups of consumption configurations leading to more diverse leisure time palette in the region. We conclude the presentation by suggesting that in Romania there is a segment of youngsters who, based on their leisure time preferences and consumption, display characteristics of a distinct youth culture with middle class consumption patterns.

Keywords: leisure time consumption, leisure time activities, Romanian youth, social change
Determinants and manifestations of ecological lifestyle. The case of young people of Silesia.

Katarzyna Ponikowska-Cichoń, PhD.

University of Silesia, Katowice, Poland

Theoretical and empirical background: The paper will provide basic theoretical explanations of such notions as sustainability, ecological awareness and ecological lifestyle referring to theories of e.g. John Barry, Anthony Giddens or John Urry. The main interest of the author is how demographical and social determinants such as geographical conditions, gender, age, level of education influence ecological awareness and following it ecological lifestyles of the Poles. In her research she examines different types of ecological lifestyle manifestations in everyday behaviour, at work and in leisure time, or even in attempts to change the life course by some of respondents. She will try to answer the question if ecological behaviour is just a fashion, a set of independent activities connected with sport activities or good nutritional habits, or something deeper, something rooted in strong sustainable value system and being a constant ingredient of the respondents’ life. The research is being conducted among students of Silesian Universities.

Key words: sustainability, ecological lifestyle, subculture, Silesia

Lifestyle research among upper-primary and secondary school pupils in Hungary, Southern Great Plains Region (2012)

Klára Tarkó, PhD. and Prof. Zsuzsanna Benkő

University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary

Background: One of the most highlighted domains of the Hungarian National Core Curriculum (NCC) is ‘education for physical and mental health’. To reach the above aim, it is extremely important to learn about the health needs, knowledge and ideas of the target groups. Our regional level research (Southern Great Plains) has explored the nutrition-, physical activity-, leisure time habits, health behaviour and social relations of 11-18 years old students from 5 schools (primary and secondary).

Methods: Our research method was a self-completed questionnaire on a sample of 529 pupils. Data were analysed along socio-demographic characteristics and compared to the results of up-to-date national and regional lifestyle and health behaviour researches. Data was processed by SPSS 15.0.

Results: The sample was characterised by unhealthy nutrition: 39,7% ate snacks, understanding eating as a stress-coping method; 40,3% ate vegetables and 41,9% ate fruits daily, but without quality considerations; 83,7% preferred white bread; drinking unhealthy
liquids, as well as eating red meat dominated their consumption. Physical activity out of the compulsory classes was of low intensity: 29.4% did sports in an organised form, and 36.3% did so for fun. Leisure activities were one-sided: 72.0% spent time in front of the Internet, 64.4% listened to music at home, 54.9% watched TV and 43.2% played computer games. 24.9% had once tried out smoking, 8.5% were smokers earlier, and 21.8% remained so. 44.5% drank alcohol occasionally. 12.2% already had some contact with drugs. The mental health of the observed pupils were at risk, e.g. 56.5% had sleeping problems, 54.1% had permanent headache, 45.3% felt depression etc. Pupils’ social ties were mainly non-school related: they preferred to stay with friends (mean=2.61 on a 1-9 scale), home was on the second choice (mean=2.94) and school was on the last but one place (8th) with a mean of 5.72.

Conclusions: Research results were analysed in the light of the latest NCC of 2012, which put the responsibility of health education on teachers rather than health promoters. Results indicated a strong need for qualified health educators and separate health classes to be integrated into the Hungarian Public Education System.

**Keywords:** lifestyle, health, leisure, public education, Southern Great Plains

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**Holidays in Slovakia and in the Czech Republic - differences and main trends**

**Dr. Ivan Chorvát**

*Matej Bel University, Banská Bystrica, Slovakia*

Increasing importance of holidays as a component of lifestyle has been a trend in post-communist countries. Therefore the analysis of tourism has become a fascinating area of sociological research. This paper summarizes some empirical studies as well as statistical data from two countries – Slovakia and the Czech Republic, and, consequently, addresses issues that are relevant for the conference section Lifestyle and Leisure.

The aim of the presentation is, first, to show sociological and demographic factors determining holiday behavior of the Slovak and the Czech people; second, to compare the holiday tourism development and the holiday behavior of the population in the Slovak Republic and in the Czech Republic after the year 2000; and, third, to determine whether trends in their holiday behavior follow the trends in the European holiday tourism.

**Keywords:** tourism, holiday behaviour, Slovakia, Czech Republic
Leisure and social integration

Social integration is an important element of health; the social relationships of the individual can exercise an immediate effect on his/her well-being. Most of the leisure activities are social in nature, the individual performs it together with family, friends, acquaintances, or chooses these activities to acquire friends or a partner through it, to create or increase his/her objective or subjective supporting social network indirectly or directly. Good examples for the latter are those self-help leisure circles (Community Self-help Systems, Local Exchange Trading systems - LETS, courtesy bank etc.) that operate in the hope of strengthening communitarianism and solidarity. The social leisure situations function as socialisation settings, and also channels of expressing social identity. The leisure circles are also important means of the integration of various minority groups and the settings of multi- and interculturalism.
Promotion of Health Opportunities in the European Union

Mr. Gyula Cserey

*European Commission - Employment, Social Affairs and Inclusion, Brussels, Belgium*

While there are some indications that the economic crisis is slowly letting up, it is still taking a heavy toll on young people. This holds generally true for their employment and social conditions in the whole European Union, while in some member states young people face up to a real social emergency situation whereby more and more of them are being hit by long-term unemployment, poverty and social exclusion. These anomalies give rise to lasting scarring effects, resulting not only in unacceptably high social costs for the society, but also in social tensions, loss of prospect, declining well-being and ill health of individuals. Since the break-out of the crisis, the EU has been pursuing a bold policy agenda with initiatives aimed to help Member States turn young peoples’ situation to the better. These efforts are being intensified also in the context of the new European economic governance. The presentation will scan through these initiatives. Special focus will be placed on the long-term impacts of these initiatives (in combination with other policies and actions at both European and national levels) to prevent the marginalisation and social exclusion of young people.

**Keywords:** young people, marginalisation, social exclusion, health

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Ethnicity, leisure and popular culture

Dr. Justyna Kijonka

*University of Silesia in Katowice, Poland*

The aim of the paper is to present the problems of leisure, lifestyle and popular culture that derive from the Silesian ethnicity. People who live in Upper Silesia or come from this border region have their own culture, collective identity and collective and cultural memory. The combination of these factors, which are characteristic for Silesian ethnicity and lifestyle, influences the popular culture (especially music), ways of spending free time, interests, hobbies, celebrations (birthdays, weddings and religious holidays) that integrate Silesians within their families and neighbourhood and play an important role in the integration of even those Silesians who lives abroad – especially in Germany and the United States (Texas).

Currently, an important role in the process of social integration is played by new media, social media and the internet. Competitions of Silesian dialect are regularly organised – the most famous one is organised by Polish Radio in Katowice. There are plenty of Silesian websites where people write in the Upper Silesian dialect and internet radio stations where Silesian popular music is often played. Most of these small radio stations are in Germany. These very specific popular cultural and leisure activities have folk roots.

Benedict Anderson’s theory of imagined community, the concept of Tim Edensor’s relations between national identity and popular culture are presented and examined in the
article. The problems of socialisation (Pierre Bourdieu) and the social integration and social networks of Silesians are also discussed. The article is based not only on the author’s own research, but also on the research of other Polish and German authors.

**Keywords:** ethnicity, leisure, Upper Silesia, imagined community

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**Leisure-time physical activity among youth: Does social environment matter?**

**Mr. Tamás Pinczés and Dr. Bettina Pikó**

*Debrecen Sports Center, Hungary*

Since physical activity may contribute to somatic and psychic health on a number of respects, it is worth examining those factors improving youth’s sporting motivations. Similar to other health behaviors, health attitudes and behaviors of the social network may have a crucial role in developing youth’s relationship to sports. Therefore, in this study the main goal was to compare high school students from sports faculty and those going to normal grammar school classes. Data collection was going on in Debrecen using classes from three high schools (N = 385), 214 (55.6%) from sports faculty and 171 (44.4%) from normal classes. The self-administered questionnaire contained items on sports-related questions, the significance of the social network and social support among youth beyond sociodemographics. Our results support that the role of the social network in high school students’ sporting behaviors, particularly those from sports faculty. Mostly peer group effect was justified, that is, the role of friends, especially among those from sports faculty and for boys. In terms of the parents, not their actual behavior but more their previous sports activity and their love of sports and the inactive interest in sports, that is a positive attitude toward sports are the most striking. Besides, the motivating role of other family members is also prevalent.

**Keywords:** active sports, interest in sports, social network, social support

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**The impact of educational health well being in Nigeria system of education**

**Mr. Lasbery Ugochukwu Metu**

*Imo State University Owerri, Nigeria*

Health and well-being have mostly been separated from other aspects of school life. Health services and health education have been available for school-aged children in African societies for a long time. Recently, more comprehensive school health programmes have been developed, e.g. the WHO ‘health promoting school’ and ‘coordinated school health programme’ in the Nigeria. They focus on how to implement health promotion and health
education in school. However, a theoretically grounded model based on the sociological concept of well-being is needed for planning and evaluation of school development programmes. The School Well-being Model is based on sociological theory of welfare and assesses well-being as an entity in school setting. Well-being is connected with teaching and education, and with learning and achievements. Indicators of well-being are divided into four categories: school conditions in social relationships (loving), means for self-fulfilment (being) and health status. ‘Means for self-fulfilment’ encompasses possibilities for each pupil to study according to his/her own resources and capabilities. ‘Health status’ is seen through pupils’ symptoms, diseases and illnesses. Each well-being category contains several aspects of pupils’ life in school. The model takes into account the important impact of pupils' homes and the surrounding community. Compared with others, The School Well-being Model's main differences are the use of the well-being concept, the definition of health and the subcategory means for self-fulfilment. Making the outline of the well-being concept facilitates the development of theoretically grounded subjective and objective well-being indicators.

Keywords:

Leisure as a mean of older people’s integration (on the example of Silesian Voivodeship inhabitants)
Ms. Agata Zygmunt
University of Silesia in Katowice, Poland

Older people create more and more numerous and important part of Polish society. Thus they are important consumers and beneficiaries of various services. Yet gerontologists indicate some general problems faced by seniors: their solitude, illnesses, disabilities, poverty and the feeling of being useless (Szatur-Jaworska, Błędowski, Dziegielewska, 2006). All of them determine social exclusion of older people.

According to the social theory of active aging, activity is a psychical and social need of every person in every age (Mitręga, 2002). Thus elderly people should be active, because it determines their good psycho-physical condition and long life. Seniors have a lot of free time – they would be able to spend it in many different ways if only they could overcome aforementioned problems. The problem become more serious as the society (with its institutions) seems to be oblivious to specific needs and problems of seniors.

The main purpose of my presentation is to show, how older inhabitants of the Silesian Voivodeship spend their leisure; who do they spend their leisure with, what kind of problems are connected with spending their leisure and how they would like to spend their free time. Such diagnosis of the situation of older people will identify areas (also potential areas) of seniors’ activity. It can be used to create social instruments of elderly people integration. The presentation is based on quantitative research conducted in 2011 on 100 inhabitants of Mikołów – one of the Silesian cities.
India is growing old. Increasing population of aged is creating pressure on all aspects of life. Old age has never been a problem for India where a value based, joint family system is supposed to prevail. Indian culture is automatically respectful and supportive for elderly. New technology, Urbanization, Secular Education, changing nature of occupation structure, globalization in very short span of time in one hand and in another the explosive growth of elderly creates psychological pressure on society and leads to problems.

Traditional Indian society expect that an elderly people should spend their remaining time in performing religious activities which helps them to prepare themselves for death and the life after death. Particularly Hindu Philosophy explains the Asharm system and Purushatha, which relates every stage of life with specific aims. This further expects that in Vanprastha and Sansansi ashram man should work for acquiring Moshka and for that collection of punna became important. That means during this stage of life person should be engaged in performing religious activities.

But in new era and secular environment of India never permits any person to engage in religious activities in public life in his or her early life and when he or she retired from active economic life society expect that he or she should performe traditional religious activities. This shift of activities is not an easy job.

Hence, this paper is focused on the leisure time activities of the elderly. This paper is an explorative in its nature. Data is collected from retired elderly living in Aurangabad city, Maharashtra. In Aurangabad there are two organizations working for the elderly. So the researcher wants to trace out pattern of leisure time activities if any and also wants to find out gender differences in leisure time activities.

**Keywords:** elderly, leisure, well-being, gender
Leisure and Health – A Study on Awareness and Prevention of HIV/AIDS: A Case Study of Rural Community of Gulbarga District – India

Dr. B. S. Gulshetty

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The study on leisure and health on awareness and prevention of HIV/AIDS cases assuming importance all over the world especially, developing country of the world like India has among the many number of persons living with HIV/AIDS in the world today, although the overall prevalence remains low. Some states experience a generalized epidemic with virus transmitted from high risk groups into the general population. A major challenge is to strengthen and decentralize the program to the state and district level to enhance commitment, coverage and effectiveness; there are more than 5.1 million individuals infected with HIV in this country of over 1 billion as per the world bank report 2005.

In India, the basic reasons for increase in AIDS are illiteracy, poverty, negligence, lack of awareness, etc., these are the features located mostly in poor classes of people and labourers. There is no medicine for HIV and AIDS till now, to completely cure the infection. The prevention is the only remedy against this deadly disease, for this purpose, there is need to spread awareness and knowledge about the AIDS/HIV among different kinds of people.

Some organization and governments have been working to move on the prevention side. They have developed public awareness campaigns, to generate discussion and provide information about the virus and how it can and can’t be transmitted. These campaigns have included posters, videos, public lecturers, theatre shows, and national broadcast campaigns and so on. The present study is made to know about leisure and health about HIV/AIDS infected among the rural people living in Gulbarga district of Karnataka state – India. The people living in rural areas of this region are suffering from different social problems such as poverty, alcoholism, ill health, low income, more unemployment, illiteracy, non-hygienic environment, negligence, etc. Hence, there is need to study the awareness, knowledge, conceptions, beliefs, etc., about HIV/AIDS among the people living in rural areas. The present study is an attempt to study the leisure Health Awareness and Prevention of the HIV/AIDS among Rural Community Living – A Case Study of Gulbarga District in Karnataka State, India.

Keywords: HIV/AIDS, prevention, raising awareness, leisure
**Spirituality and leisure**

The activities regarding *spirituality* are related to the natural environment on the one hand, but also affect the physical capacity, mental health and community relationships of the individual on the other: these are the *pilgrimages*. The *community programmes of the churches* are the bible workshops, the family programmes, and the programmes surrounding the religious holidays. The *spiritual retreats* can form a different category, with a very complex effect on the individuals.

*Meditation* performed during leisure is a suitable activity for conscious relaxation, calmness, and finding the peace of mind. The state reached at during meditation optimizes several self-healing processes of the body. Some researchers consider it as a new health promotion strategy that helps to find relief, increases the sense of coherence and helps to prevent illnesses.
Religiosity, Way of life, habitude

Prof. István Kamarás

Sociologist, DSc., Budapest, Hungary

On the border of Sociology and socialpsychology of religion as well as Sociology of leisure. The empirical survey in sociology os religion and culture serves partly to check the Greely-hypothesis about difference between Catholic and Protestant habits, partly to examine the lifestyle of people belonging to different Protestant denominations and to non-Christian religions. See related works by Andrew Greely and Pierre Bourdieu.

Keywords: religiosity, lifestyle, value system, way of life

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How Yoga-based Meditation Can Enhance the Quality of Life

Mr. Gusztáv Tornóczky

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Yoga is an ancient method mainly for achieving spiritual goals. Patanjali in his Yoga-sutra writes about 8 stages of Yoga practice (Asthanga Yoga): the first 4 are external exercises and the other 4 are internal ones. Among the internal exercises, dharana (concentration) and dhyana (meditation) are the important elements of Yoga practice in achieving the goal of Yoga - that is a traditional reason for research. On the other hand, meditation is useful in prevention and rehabilitation of the increasing stress related diseases and endemic factors, scientists search the alternatives to apply meditation as a way to improve quality of life.

This paper discusses the review of results published in different scientific journals in this field. Searching for articles published in the last 5 years in electronic scientific journals as MEDLINE, PsychINFO, the Cochrane Library, CINAHL, Web of Science and Scopus was used. The paper presents the different effects of Yoga-based meditations and their varieties in applications. How can be used meditation as leisure activity? How can meditation be used as therapeutic intervention? The paper looks for answers of such questions.

Examples of related works are: meditation helps to reduce stress, anxiety and depressed mood (Manocha et al., 2011), short chair-based meditation can cause relaxation (Melville et al., 2012), yoga meditation as treatment has several positive effects compared to traditional hospital treatment (Chung et al., 2012), meditation helps to regulate sleep (Nagendra et al., 2012), theoretical basis for meditation research (Rao, 2011), randomly selected university teachers improved their mental stress and job satisfaction after 12 week meditation training (Mishra et al., 2010), meditation is a well supported CAM for anxiety (Sarris et al., 2012) etc.
Sacred routes of pilgrimage. The quest for religious experience and leisure.

Professor Wojciech Świątkiewicz and Dr. Andrzej Górny

University of Śląsia, Katowice, Poland

The phenomenon of pilgrimage to the places of worship is one of the most important aspects of religious culture. It could be understood as a dynamic process, determined by historical and cultural factors.

Pilgrimage is a labor which is voluntarily undertaken – it is connected with the costs and abandonment of goods, the renunciation of the life stability and, on the other side, the opening for meeting of the novelty: people, situations, places, events and values.

A very important issue in the sociological reflection is the question about role of the pilgrimage in the patterns of contemporary global culture. We can list lots of sociological problems arising from this major problem. Ones of the most interesting are: if a pilgrimage is alternative to the postmodern secularism and religion-fledged market or rather it is kind of manifestation of deprivatisation and reflective individualization; is it an experience becoming established in the confessional community or rather expression of new forms of religiosity; how far is it manifestation of contemporary spirituality, and how far is it factor modeling approved lifestyles. They are main discussing problems.

In particular the paper aims to:
- sociological characteristics of the pilgrimage movement in contemporary Poland
- "understanding interpretation" of the role and function of pilgrimages in the processes of cultural and religious transformation in Polish society.

The method of research is a sociological analysis of the map of holy places and pilgrimage routes. It is based on the statistical data, the interpretation of documents and a secondary analysis of the results of sociological research.


Keywords: pilgrimage, religiosity, spirituality, culture patterns
Spirituality and Leisure: Reflections on Tribals in India

Dr. Sukant K. Chaudhury

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Leisure has been crucial to the existence of human beings today. Social development requires both work and leisure in a balanced manner. Leisure is cultural in nature hence; different societies have different concepts and types of leisure. In this manner leisure has been structural to every society. Spirituality is an integral part of many societies. Spirituality comes under essentials of living conditions for human beings. In this paper I would like to analyse on how spirituality is a type of leisure activity, particularly among the Tribals in India. Spirituality is linked with ethics and both are philosophical issues concerning sociologist studying tribes. On one hand we can correlate both – because spirituality culminates into high ethical standards, a strong personal guidance of social control measure and morality taking cognizance of culture – on the other hand ethics and spirituality are different concerns in the sense ethics is the guidance to public conduct and spirituality deals with personal well being. Under this backdrop I would attempt to analyze how spirituality as a concept of leisure provides good health and well being among the tribals in India. Tribals are totally dependent on spirituality and worship for their day to day living as well as predicting the future. The annual cycle for the whole year is marked with several religious rituals associated with some fairs and festivals. Ritual worships goes on but simultaneously leisure activity also goes on like watching dance and drama, drinking and eating good food and beverages, meeting people and so on. Several questions emerge here: do such kind of activities qualify leisure activity, does it lead to recharging oneself? This paper tries to analyze these questions.

Keywords: leisure, social development, spirituality, tribals in India

The effects of local parochial initiations on the life of a suburban community

Dr. Attila Thorday

Szent Mihály Parish, Szeged-Szentmihály, Hungary

I try to point out - through my everyday experience as a prist - how different freetime and other activities offered by the local parish influences the life of the suburban community of Szeged-Szentmihály. Traditional families having been here for decades, and newcomers moving to the suburb from the city, both groups look for their spiritual and physical opportunities to live a meaningful life.

The proposals of the local parish make it possible for different groups of community of Szentmihály to live out their unity, despite of their differences and social divisions. Through different spiritual as well as leisure activities the local Church offers them a new chance to self-define and express their gradually altering social identities.
In the last few years there were primarily sociological needs, like the close down of the local school, to be answered that helped me to develop spiritual life in my parish. The results having been born up to now, including a sport ground and a beehive oven in the yard of the community house, as well as new groups based on spiritual activities, mutually support spiritual revival of suburban community life.

My hope that in case of Szeged-Szentmihály with the help of the local parochial initiations truck gardener families and newcomers become ready to find and form their new common identity together, rooting their new spiritual as well as psysical health in Christ.

References

Keywords: spirituality, leisure, suburban, parish

Activities during the short history of the Commandery of Hungary of the Sovereign Order of Saint John of Jerusalem, Knights Hospitaler

Prof. Zsuzsanna Benkő*, Dr. Zoltán Komáromi**, MD., Frank J. Klausz III.*** and Dr. Péter Lehoczky, MD.****

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The presentation introduces the 900 years old history of the Order of Knights, with its main milestones, then it makes an overview on the activity of the Hungarian Commandery from its establishment – from the 25th of March, 2006 – till its 900th anniversary to be celebrated this year.

The Order of Knights and the Hungarian Commandery considers charity its primary task. Within this framework it has helped the Children’s Ward of Saint John Hospital, the Hospital of Nagyatád, the Children’s Home in Budapest, Cseppkő Street, the Hospice of East-Hungary and its latest act was to create a salt-room in the Rainbow Institute of Barcs.

Donations are collected through yearly organised wine-, and lately, painting auctions, accompanied by cultural events.
An other prestigious event of the Hungarian Commandery is the initiation ceremony organised in every year, the knight oath of the candidates, hosted by the Chapel of Saint John Hospital or by the Reformat Church of Szilágyi Dezső Square. Awards, promotions are handed over ceremonially during these events.

The lady knights and the lord knights, and their family members participate at the events of foreign commanderies, at excursions in Hungary and at friendly meetings. The spirituality of the celebration is ensured by the prelate of the order through his biblical thoughts.

By participating in an organization whose main focus is charity work, the Knights also benefit significantly. This type of work is spiritually rewarding in itself, but also ties them to an international community of like-minded people who meet and celebrate, both locally and regionally, regularly. The members find this enriches their lives substantially.

Keywords: Order of Knights, charity, spiritual values, cultural family events
Young researchers’ section

The section provides an opportunity for young researchers, PhD students to present their theoretical and empirical studies corresponding to the objectives of the conference, and it also welcomes university students who wish to present their Student Scientific Circle papers.

The Social Representation of Health and Illness Pilot Study

Ms. Anita Lele

University of Szeged, Graduate School of Educational Sciences, Hungary

We should learn the children’s everyday knowledge about health and illness that we can develop in education. The aim of our presentation is to demonstrate pilot study of our research and the theoretical background of health and illness’ social representation. We used the synthesis method to explore the international and the Hungarian literature, and we also would like to present the results of our pilot study.

Moscovici’s theory (1981) about social representations is an interdisciplinary theory that explores the naive thinking to the principles of control. The social representations may vary according to how different communities are created. The representation always refers to a social object, for example in the case of Moscovici it refers to psychoanalysis. In our case, this is health and illness. It has been studied, for example the social representation of telecommunications (Fortunati and Manganelli, 2008), school disciplines (Audigier, 1999), aggression (Muncer, Campbell, Jervis and Lewis, 2001), success (Tóth, 2006) and competition (Orosz, 2008).

The social representation of health and illness in international literature has been dealt with by Murray, Pullman and Rodgers (2003) and Flick (2000). During the exploration of the Hungarian literature, we found that the concept of social representations of health was studied by Mártá Csabai, János Laszló and their colleagues among secondary school students in Budapest in 1998.

In Hungary there has not been any research among primary school students about social representations of health and illness. Our research tested elementary school, for about 98 students.

Our pilot study’s aim is to develop a method for examining the social representations of health and illness. We used quantitative and qualitative methods at our pilot study.

Keywords: social representation, health, illness, everyday knowledge
The situation of health promotion and its judgement in the educational institutions of Kecskemét, in reflection of the National Core Curriculum 2012

Ms. Dóra Hegedűs and Klára Tarkó, PhD.

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During our research we wanted to know the extent to which our teacher colleagues are clear about the content of health promotion and what their opinion is about its necessity. An educational problem of our age is that the majority of the future generation embraces health damaging behaviours, their physical activity is low and they eat improperly and irregularly. It is our, the teachers’ task to educate these pupils and set positive examples to them. If health education would work well in schools there would be no need to research the topic. As health promotion is a new concept called for life by existing problems, it would be important for every educator to know about all those information possessed by health promoters and health educators. In our research we have asked 31 teachers and 99 lay persons without a teacher diploma about the activities covered by health promotion.

Keywords: health, pedagogical, teacher, educational

Teacher's health awareness

Ms. Anita Krausz, Mr. Arnold Nagy, Ms. Ágnes Bálint, Mr. Ákos Nagy-Hevesi, Ms. Kitti Franciska Ferencz, Ms. Csilla Czoldán, Ms. Dalma Bereczky, Mr. Sándor Szabó, Mr. Máté Kis and Klára Tarkó, PhD.

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Unlike its predecessors, the National Core Curriculum issued in 2012 distributed the elements of health promotion knowledge and skills and integrated them into different areas of learning. Former health educators’ and health promotion teacher’s goals must be achieved in various other classes. Teachers of the different areas of learning, therefore, should have information, ability and skills with which they can contribute to the development of their students’ healthy behavior. Is the Hungarian educator society ready for all these changes? Our research tried to answer this question through measuring teachers’ health behaviour and health awareness.

Keywords: National Core Curriculum 2012, health awareness, public education, teachers
Sauna culture and the role of sauna in recreation and health promotion among university students of Szeged and Turku

Ms. Ágnes Badár and Ms. Margit Borkovits

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My theme is connected to the conference because in my paper I mention the ways of spending leisure time effectively and the awareness of social health in the communities of university students from Turku and from Szeged.

First of all I mention the modern interpretations of health, then how recreation and leisure time are connected, and in this whole concept where sauna is located. I presumed it is important to talk about bathing cultures and how sauna appeared in them. As a symbol of Finnish culture I wrote about the origins, traditions and legends of the sauna, and how it became a part of other European countries’ culture. Finally I wrote about the main theme of my thesis, the benefits of sauna in recreation and health promotion.

In my paper I researched the popularity of Finnish sauna as a way of recreation and health promotion, and the level of sauna culture among Hungarian and Finnish university students. This research assessed the frequency, the quantity of time spent in the sauna, and the amount of people that choose the use of sauna in the mindset of recreation and social health. The study utilized random sampling technique and an anonymous and self-reported online survey questionnaire. The participants were 50 Hungarian and 50 Finnish students. In the evaluation I used diagrams to show the results.

**Keywords:** leisure time, health promotion, recreation, sauna

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Leisure - play - health as the opportunities of outdoor gyms

Mrs. Bernadett Vili-Szabó and Mrs. Bernadett Kis

University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary

Outdoor gym - what does it cover? It is a new, great example of the recreation. An opportunity for everyone who would like to spend the available leisure time in green space. Urges young people to do some exercises, makes the parents exemplars, and also a great option for the elder people to reach better general health. It encourages social contact and integration, provides space for physical activity and play hereby improves health physically, mentally and in a social way, too. Modernity of outdoor gyms give chances for sporting, recreating and playing. It helps to work up a preventive lifestyle.

**Keywords:** outdoor gym, leisure, health, lifestyle
The effect of recreational sports on patients with IBD

Mr. Barnabás Boros and László Lippai, PhD.

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This study concentrates on IBD patients, their quality of life and their attitude towards sports. The special inflammatory conditions of the colon and small intestine have been studied only for 20-30 years. The exact causes are not clearly understood and thus the treatment is very difficult (or impossible).

The main questions were whether the psychological conditions of IBD patients or healthy people are better. Does the quality of life of IBD patients depend on their sociodemographic variables and can it be improved by recreational sports?

To prove my hypotheses I gathered information from 40 IBD patients and 37 non-IBD persons using the same questionnaire. My study proved that the quality of life and the psychological conditions of patients with IBD are worse than those of non-IBD persons. Sociodemographic variables show differences only in case of patients with different educational level. Recreational sports are less popular among IBD patients, they do sports less than healthy people. Further profound studies of the subject are important, as regular sport activities are also previously proved to be beneficial.

Keywords: IBD, recreational sports, socio-demographic variables
**Poster Section**

**Family leisure time in the textbooks**

**Mrs. Judit Pálmai**

*University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary*

The main purpose of the textbooks is to interpret the expectations of the society to the children during the process of learning. Textbooks are resources and media of socialization in education, so children can pick up culture, social norms, values and habits through them, too. The aim of my research was to gather information on how textbooks represent the family leisure activities. What kind of activities appear in them? Are these activities made together by the family members or alone?

**Method:** My research method was document analysis. The analytical units were words and pictures of the textbooks of primary education, printed after 1990. According to my hypothesis, textbooks may often represent the members and the family together on their pages, and game play, excursion and housework may be the most often appearing activities performed together.

**Results:** My hypothesis was verified only partially. In textbooks, family members turn up rarely together. Children come up most frequently in the chapters of the textbooks, mostly the boys amongst them; then the parents (the mother is more times represented than the father).

Leisure activities are often located at home. The most common leisure activities are game play, craftworks, celebration, excursion and housework. From the examined activities, textbooks more often show kinetic actions, and a significant part of these activities take place outdoors, not in a closed space.

Based on this research, we can state, that these textbooks mostly represent the children’s leisure activities. The most common activities of a family are meals, celebration, excursion and housework. As a positive aspect, I would like to highlight, that children are often shown with groups of contemporaries during their leisure activities, and mostly outdoors, but it would be more beneficial to give more place for family representation even their common leisure activities.

**Keywords:** family, leisure time, textbooks
Reading and Leisure - Some 'fractal property' in novel world of Imre Kertész and Géza Ottlik

Dr. Edit Nagy

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Holidays? Vacations? Almost everyone is looking for waterfront, beach recreation, forest and mountain hikes, walks designs, such as: recreation aries looking for natural spaces up. Nature has 'fractal propety', and we feel well in our fractal medium. One of the possibilities of spending free time is reading. Why do we read in our free time? And in general: Why do writers write? What is the role of reading today, when everyone uses the internet and watching videos? Literary works have fractal specifics. I would like to exam some of these, and I'll show some examples of such fractal properties from known novels.

In response to this question I will present some variations of writing fiction, and I try to answer this question: What do the writers say about the role of novel?

Good novels make us better, because they make us think. Why? Reading a good novel gives the possibility to look into different worlds and into different people’s way of thinking. These events lead to stop and reflect. Readers are willing to accept the possibility of a wide range of life and thinking, as well as develop their own attitudes to these varieties.

Keywords: reading in leisure, reflexion, ‘fraktál-property’ in novels

Dance Therapy for Parkinson's Disease Patients

Ms. Mária Kucsera and Edit Paulik MD, PhD.

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Parkinson's disease (PD) is the second of incidence at neurodegenerative illnesses in the world. PD is due to the selective loss of nigrostrial dopaminergic neurons. These neurons are responsible for voluntary and involuntary motor function, so in their absence, the classic symptoms of PD such as tremor, muscular rigidity, bradykinesia, and postural imbalance are manifested. Today, more than 20,000 patients are suffering from this disease in Hungary. Traditionally, PD as a motor disorder is treated by dopaminergic medications and movement rehabilitation. Today there is growing evidence showing that physical activity and special programs for PD people can improve strength, quality of life, balance, mobility, and makes everyday life more liveable. Several new studies are dealing with the effects of dance therapy on PD. The results show that dance therapy carried out by qualified dance teachers and therapists had a positive effect on PD patients. The therapy indicated improvement in balance and stability, rigidity, hand movements, finger taps, and facial expression. The dance movement therapy significantly improved the patient's self-confidence, emotional stability, social contact, and quality of life. The studies consistently revealed the immediate effect of dance therapy. The „short-term” effect was achieved after the first time, the stiffness of the
limbs decreased, fine motor skills were improved, and face expressive skills started to be improved. The weekly dance therapy was a very efficient activity to improve mobility and well-being of PD patients.

References

Keywords: Parkinson’s disease, dance therapy, rehabilitation, neurodegenerative disease

Water aerobics as a leisure and lifestyle
Dr. Natalia Malygina and Ms. Catherine Brekhova
Ural Federal University, Ekaterinburg, Russia

Water aerobics - is the performance of various water exercises to the music with elements of swimming, gymnastics, stretching and strengthening exercises. Now "water" aerobics is very popular in our country and in the world - is a funny emotional workout suited even for those who do not know how to swim. It is particularly useful for moms and people with overweight problems vessels, joints and spine. Period and object - During the past 1.5 years of work in the pool "University" more than 400 people attended aqua aerobics in their leisure time. About 60 people of the total number became regular customers who don’t miss trainings. Age group ranges from 16 to 60 years, the majority of women attend classes. Results and discussion - The main motivation of our visitors is: weight loss, hardening, strengthening muscles and reduce the emotional stress. Visitors of pool “University” attend water aerobics because the water is more effective than exercise in gym, water resistance makes it difficult to perform the exercises, it helps to increase physical activity. Moreover water relieves stress, and has a relaxing effect. Physical education provides knowledge about healthy lifestyles, knowledge about the human body and its facilities, anatomy and physiology. Aqua aerobics develops a sense of tact and hearing, as the classes are held to the accompaniment of music. According to the research physical education is a great leisure activity and has a positive effect on the body. After class, you will feel light, but pleasantly tired, physical strengthening, as well as emotional discharge. Swimming is a rare sport where lessons are pleasing, and you have got a great healing effect.

Keywords: aerobics, weight, stress, activity
Health status and lifestyle among the staff of Juhász Gyula Faculty of Education, University of Szeged

Ms. Veronika Mátó

University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary

Health is one of the most important values in human life. It is well known that the majority of the population does not live a healthy life; among them obesity, smoking, increased alcohol consumption, sedentary lifestyle and lack of struggling with stress situations are quite frequent.

From day by day, the staff of Juhász Gyula Faculty of Education at the University of Szeged is working with young students to help these persons acquire the relevant knowledge and skills during their education, and at the same time teachers try to form their health behavior. Thus examination of health status and lifestyle of the educational staff is essential, because in certain cases they set an example for their students.

Our survey was performed among the staff of Juhász Gyula Faculty of Education, University of Szeged. We collected data by using an online questionnaire. Questions were focusing on socio-demographic characteristics of participants, their health behaviour, lifestyle and the unique features of their work-site activities. Answers to these questions offered possibility to reveal health promoting relationships. Research results can be the basis of working out a work-site health promotion plan, the importance of which is not yet well-known in Hungary.
Leisure and rehabilitation – The effects of health status on leisure

If the individual experiences smaller or larger health problems that might exercise a considerable effect on his/her leisure habits. The consequences of a chronic physical or psychological illness can become more serious if the habitual leisure activities are restricted. At the same time, if the individual considers the barriers of his/her chronic illness when choosing the method and extent of a leisure activity, it can become the promoter of medical and social rehabilitation.
Influence of regular physical activity on adolescents’ body weight control.

Dr. Rita Mikulán and Dr. Bettina Pikó

University of Szeged, Juhász Gyula Faculty of Education, Institute of Physical Education and Sports Sciences, Hungary

The increase of overweight children in the European Union is 1.3 million per year, among whom approximately 300,000 would become obese. 12-19-year-old American adolescents may be viewed as overweight. Due to dissatisfaction with body weight, efforts to lose weight are frequent which may even lead to pathological dietary behaviors. In an English study, among the participants of 2789 adolescents, 42% of the girls and 26% of the boys were actually on a diet. The regular, heavy physical activity may play a role in the optimalisation of body weight not only because of the elevated energy use but also due to a greater health consciousness and a more active monitoring tendency that are characteristic of the dietary habits of young athletes. Based on previous facts, a question may arise: how heavy physical activity, and competitive sports, may have an influence on adolescents’ body weight control? Study was going on in 2007, with altogether 347 participants, among whom 91 were athletes and 259 belonged to the control group. In both cases, self-administered questionnaire was used as a method of data collection. After investigating the adolescents’ body weight control, we may detect that dissatisfaction with body weight, dieting frequencies, and their diet control attitude regarding eating a healthy food are more common among the adolescent girls as compared to boys. This strong gender difference could be changed by the presence of sport only in cases of diet control directed toward healthy food: male athletes and their friends are significantly more aware of the healthfulness of their food intake than their nonathlete counterparts. Therefore, their attitude became similar to ones of female athletes and nonathletes who did not really differ.

Keywords: adolescence, physical activity, nutrition, body weight control

Park and Public Health A Case Study of Xuanwu Park in Beijing

Dr. Ma Huidi

Center for Leisure Studies, Chinese National Academy of Arts, Beijing, China

Park, containing both artificial and natural attractions, not only beautifies the city, but also is closely connected with the people's physical and mental health. Park, as a part of the government's public service is playing an irreplaceable role for the public health today. This investigation is based on the citizens participating in the activities in Beijing Xuanwu Park and aims to reveal the positive correlation between park and public health.

Xuanwu Park is one of the 167 registered public parks in Beijing. It covers an area of 8.37 hectares, including seven functional areas opening to all the citizens with free of charge, which provides recreational places for more than 200 thousands of residents from the
neighboring communities. According to the survey, every day, there are 10000 visits on the average to this park where different functional areas bear different leisure activities. Statistics also show that there are about 3000 people coming to this park each day, 20000 people coming here 2-3 times a week, and 50000 people once a week. According to the statistics on the frequent visitors, most people or people in the illness regard the park as their best “friend” in their life especially in playing important roles in relieving their pains or their sense of loneliness and correcting the unhealthy lifestyle.

This survey also uses a professional questionnaire which is designed to find the impact of the park activities on the physiological and psychological aspects of the human bodies as well as the inter-dependence between park and science popularization.

**Keywords:** park, leisure, Public Health, science popularization

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**Health, Well-being and Issues of Leisure among Slum-dwellers of Mumbai (India)**

**Professor Prem Sagar Vivek**

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Mumbai being the commercial capital of India has developed into an international mega-city over the years. The original inhabitants of the cluster islands located on the western coast of India being fisher folks, better known as Kolis, were replaced by the migrant workers coming from the hinterland of the adjoining regions during the nineteenth century.

As the island city developed during the British rule after the fall of Maratha Empire in 1818, there was exodus of migrants labour and the traders as a direct impact of the growth of its natural harbour. Textile industries also came up with the improvement of transport and communication facilities in the nineteenth century. Due to the space crunch in the island city, the proliferation of slums was inevitable.

During the course of the existence of the slum colonies in Mumbai since its inception the plight of the slum-dwellers is better said than desired. Unhygienic and ill ventilated colonies mushroomed at every available open space, including low lying areas having hardly any basic amenities and adequate living condition.

In the first quarter of the 21st century the city of Mumbai houses of 56 per cent of its population (over 14 million) in the slum colonies. It is estimated that 80 percent of the slum-dwellers in Mumbai are suffering from dreaded disease like tuberculosis. This paper attempts to discuss the problem of health and well-being among the labouring population living in slum colonies of Mumbai. It also proposes to highlight some of the issues concerning leisure among the slum-dwellers of Mumbai (India).

**Keywords:** inhabitants, migrant workers, Unhygienic, disease
Leisure and mental health

The culture of leisure is strongly connected to mental health. If the leisure time is well scheduled, monitored and utilized in a versatile way, that is it satisfies social, cultural and physical needs as well, then it contributes to the subsistence of the inner psychological balance of the personality. Mental problems, illnesses can alter certain qualitative and quantitative components of leisure, that is, leisure style and mental status are related.

The arts are important means of preserving and promoting our health, of curing and rehabilitation. Highlighted topics among the arts are as follows: bibliotherapy resting on the guided processing of selected readings. Its developmental branch focuses on healthy people, while its clinical branch serves health restoration and rehabilitation. Listening to, enjoying and experiencing music is a method for preserving mental integrity, while music therapy is the means of curing and rehabilitation. Visual culture helps in establishing contacts and understanding the arts, in health preservation and promotion, and beside its joyous side it also has a therapeutic dimension.
Role of Leisure Acts and Mental Health

Dr. Anju Beniwal
Govt. Meera Girls College, Udaipur, India

Mental or emotional health refers to overall psychological well-being. It includes the way we feel about ourselves, the quality of our relationships, and our ability to manage our feelings and deal with difficulties. Good mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental and emotional health refers to the presence of positive characteristics. Similarly, not feeling bad is not the same as feeling good. While some people may not have negative feelings, they still need to do things that make them feel positive in order to achieve mental and emotional health.

The positive characteristics of mental and emotional health allow us to participate in life to the fullest extent possible through productive, meaningful activities and strong relationships. Taking care of our body is a powerful first step towards mental and emotional health. The mind and the body are linked. When we improve our physical health, we’ll automatically experience greater mental and emotional well-being. For example, exercise not only strengthens our heart and lungs, but also releases endorphins, powerful chemicals that energize us and lift our mood. The activities we engage in and the daily choices we make affect the way we feel physically and emotionally. If we maintain a balance between our daily responsibilities and the things we enjoy. If we take care of ourselves, we’ll be better prepared to deal with challenges and feel good.

The purpose of this article is to examine the empirical evidence and describe theoretical perspectives that address under what conditions and why leisure acts can be therapeutic and contribute to mental health.

Keywords: leisure acts, mental health, productive, emotional

Leisure activities in care homes – how do they relate to the well being of the elderly?

Dr. Dietmar Goelitz, Christine Trenkamp and Professor Dr. Peter Paulus
Leuphana University Lueneburg, Center of Applied Sciences for Health, Germany

We will present a study on the well being of elderly people living in care homes in Germany. This is an important area of research for medicine, gerontology and developmental psychology but is not very often studied (Bradford, Playford and Riazi, 2012). We developed a specific questionnaire for this population to study their well being related to the theory of daily activities and existential experiences (Juchli, 1997; Krohwinkel, 1993). We asked N = 160 elderly people as well as their relatives and their nurses on their well being and their
leisure activities. We will present the psychometric properties of the newly developed questionnaire (reliability, factor structure, external validity) and correlations between well being and activity. The results indicate that leisure activities like taking part in memory training or social activities predict the well being of the care home residents with small effects. We will discuss discrepancies between the three informant groups and consequences from our research for monitoring the well being in residential care homes.

**Keywords:** elderly citizens, well being, measurement, care homes

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**Mental health and leisure activities among university students**

*Dr. Regina Molnár, Dr. Zoltán Sági, Dr. Edmond Girasek and Edit Paulik, PhD. MD.*

*University of Szeged, Faculty of Medicine, Department of Public Health, Hungary*

The adverse mortality and morbidity data among doctors are known phenomenon at all over the world. Several studies analysed that this negative trend starts during their university years. Our earlier studies showed many aspects of professional medical socialisation: career choice motivation, circumstances of their decision process, their career plans, their satisfaction with medical education, their preparation process for their future family and professional roles. Our results indicated that the origin of the risky health behaviour (for example the family-professional role conflict) is established during their students’ years. These earlier results motivated of this presentation. This study was carried out with a self-administered questionnaire with 463 students. We analysed leisure activities and mental health status among medical students, law students and students of economic. This analysis can help to understand this phenomenon: why just the helping professional have more adverse health behaviour than the other professionals. This study analyses the special characteristics of participants of the medical training and compare them with other students. Based on our results there were no significant differences between the three student groups according to their leisure activities and mental health, although some negative tendencies have been detected in the field of leisure activities and mental health among medical students. Our findings can help the better understanding of this phenomenon and prepare better professional socialisation, medical education and prevention programs.

**References**


**Keywords:** students, mental health, prevention, leisure activities

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Creative and cultural leisure

The positive health effects of leisure performed with joy are inevitable; it is beneficial to coping with stress, it sharpens the mind, increases creativity and concentration. Creative leisure contains hobbies, arts (e.g. playing music, making ceramic, embroidery, acting), technical activities (DIY, modelling), physical activities (e.g. gardening, farming, folk dance, ballroom dance) or the games among others. The aim of hobbies is to have fun, to realize oneself, to gratify one’s desires, to fulfil personal objectives. If someone works not for money, but for the fun the activity delivers that person works for hobby, as well as our paid work can also be our hobby. As a result of our hobbies we can be acknowledged by art or academic communities too.

Leisure activities can also contain the outgoing cultural activities (theatre, cinema, concert, exhibition), that can connect to different festivals, events, traditions, folk customs, prominent holidays. Not only our hobbies can affect our health, but the promotion, preservation of health can also become our hobby.
The sea, the sea . . . Historical and sociological perspectives on the shaping of sea-side leisure in rural Wales

Prof. Gaye Heathcote

Professor Emeritus of Health and Social Care. Manchester Metropolitan University, United Kingdom

The paper illustrates the interplay of economic, social, cultural and technological development on a short stretch of mid-Wales coast and its hinterland, from the mid-19th century to the present day. Following the establishment of a rail-link (1862) between the crowded industrial Midlands and a remote Welsh village (Borth), precariously positioned on a shingle spit, wedged between ocean, salt flats and marshland – and a larger town (Aberystwyth) on similarly swampy ground, these two rural coastal communities were slowly transformed. Dependence on seasonal fishing and, later, small-scale ship-building was gradually replaced by a now burgeoning tourist industry. The impact of this new technology (the steam railway) was, however, socially, ecologically and culturally differentiated, giving rise to a spectrum of new occupations, and changed relationships with the environment, new ideas about work, non-work and the use of time, the development of outdoor entertainment and activities and increased preoccupation with health and life-style. The paper comments on the emergence and evolution of mass tourism, consumerism and the socio-cultural construction of leisure.

Keywords: Rural Wales, mass tourism, consumerism, leisure

Cultural programmes based on tradition – Leisure and recreation in a historic town in the 21st century

Mr. Gábor Tarkó

State Stud Farm of Mezőhegyes Ltd., Hungary

The Military Stud Farm of Mezőhegyes was established in 1784, ordered by Emperor Joseph the 2nd. Its tasks were to breed and keep the horse stock of the Habsburg Empire, to train horses for military purposes, to cure horses that were hurt, became emaciated or ill during times of warfare. It is the cradle of three word famous breeds: the Nonius, the Gidran and the half-breeds of Mezőhegyes which were excellent for agricultural purposes as well. The stud farm became a European level intensive large-scale farming under the Austro-Hungarian Empire, thanks to the works of director Gyula Gluzek. His coeval, Ferenc Kozma, the reorganiser of Hungarian horse breeding, has made our country the third most important horse breeding country in the World after England and France.

Following a brief introduction into the golden age of Mezőhegyes we examine how can a historic small town utilize in the field of health tourism its centuries long equestrian traditions, its built heritage untouched since the 18th century – there are about 60 protected monuments in the settlement -, as well as its beautiful natural environment.
There is a need for vocational training built on equestrian traditions (horse keeping, horse breeding, blacksmith, rider etc.), for equestrian programmes: tradition preserving performances (horse artillery show), for breeding contests, for coach driving and horse jumping contests, for touristic horse riding, tour ride and sledding possibilities, and for remedial horse riding possibilities (hippotherapy). A unique means of introducing architectural values, the particular settlement structure and the still inhabited manors is the architectural (virtual) building painting. The presentation will also give a complex overview on those additional unique touristic attractions that attract different target groups. The main target of our swimming-pool project are the pensioners, while we target the younger generations with a festival, art programmes, exhibitions and adventure park, and for the children we offer a retro-play-house and handcraft sessions. The presentation will report on grandioses future plans like exploring the tunnel system under Mezőegyes, the resoration of one of the manors as a skansen, and the restorion of a track of the small train system (First Economic Train of the Great Plains).

Keywords: leisure, nature tourism, recreation, Hippotheraphy, Cultural programme, cooperation

Leisure and Tourism Well-Being: A Case Study on Art & Architecture Implemented in the Gulbarga District – India

Mr. Suhas. Rajaguru and Dr. B. S. Gulshetty

IMMADAR MSW College Gulbarga, India

The study on leisure and tourism on art and architecture is having its own kind of position in the field of tourism. When we speak about the tourism developing countries like India, China are mainly depend on the heritage tourism and in that rich heritage the art and architecture is highlighted. This can give us clear and magnificent view with its importance in the field of tourism.

In India there were many rulers and ruled with their different policies but all the rulers have contributed much more to the art and architecture of India. One of the great kingdoms, among them was Bahmani of Gulbarga. Deccan Architecture presents strange phenomena. As long as the region was under the rule of Delhi sultans, it was naturally expected to follow the tradition of the Khaljis and Tughluqs.

The process of assimilation of indigenous traits in the south was far slower than in the north. Another important development made a profound impact on southern arts and architecture.

Almost all the Bahmani kings were great patrons of scholars, artists, poets, many of whom migrated from distant lands particularly Persia from where the founder of the Bahmani dynasty had come as an adventurer.

They had, therefore, been profoundly affected by Persian style of architecture. The influence is clearly discernible in the Jami Masjid at Gulbarga, Chand Minar at Daulatabad.
and Gawan's Madrasa at Bidar. They were not only planned by Persian architects but also built by their artisans.

The present study is made to know about the leisure and tourism about art and architecture in the Gulbarga district of Karnataka state – India. The monuments of this region are not well maintained because of this many monuments are in ruin, if it gets correct opportunity it can be explored to the world by its incredible history, art and architecture. By those social problems like unemployment, health and hazards, illiteracy can demolish and increase the inflow of tourists, national income, local tradition and society can be the well stage to perform in this region. A case study of Gulbarga District in Karnataka State, India.

Keywords: India, Gulbarga District, leisure, tourism, architecture

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**A healthy lifestyle and recreational forms of Kodály's oeuvre**

*Dr. Józsefné Dombi Dr. Erzsébet Kemény*

*University of Szeged Juhász Gyula Faculty of Education Department of Music, Hungary*

A healthy lifestyle and a variety of leisure activities are examined through Zoltán Kodály's oeuvre. Our presentation covers Kodály's childhood musical experiences that were connected to his free time. Doing this, we will get a picture of the healthy lifestyle of a music-loving family as well.

While studying away from home (simultaneously at two universities), Kodály still had enough free time to spend in the way he wanted. Music continued to play a major role in his visits to the theatre and opera, as did sport and a healthy lifestyle.

During his teaching career he not only set an example to his students, but the walks and trips to the Buda hills and the friendly get-togethers left a long-lasting impression on them. Quite a few of his students over time acquired a love of nature. Kodály also influenced people through his choir pieces, which radiate positive energy and portray aspects of nature. Throughout his life, Kodály was fond of nature and maintained his good health and mental equilibrium by hiking and swimming. He also regularly rested in the Matra hills. Kodály’s choral works such as Pictures of Matra, An Evensong and Vejnemøjnen depict different images of nature.

Our presentation also examines the effect of Kodály's example on our lives today. Many people like to spend their free time in choral singing. They form a community, where besides singing, they can find respite from the hustle and bustle of life and even loneliness. When singing one is expected to learn proper breath control, proper voice training and posture. Tempo differences help us to observe small details and draw attention to our bodily rhythm, the changes brought on by exhaustion and by pressure. Singing performances also require preparation and organisation, which can both be satisfying.

University students enjoy going to pop concerts because it seems close to their hearts. Although the sound volume of these concerts is frequently excessive and harmful to the ears,
it is a good way of relieving inner tensions. This age group also enjoys sports activities because they know that a sound mind houses a sound body. An important criterion for leisure time is that you should enjoy what you do. This helps preserve your mental equilibrium and it also has a beneficial effect on your physical health.

**Keywords:** Kodály, music, leisure, mental health

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**Health Promotion and Handicraft**

*Mrs. Mihályné Tarkó and Klára Tarkó, PhD.*

*University of Szeged, Jihász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary*

The Ottawa Charter for Health Promotion (1986) emphasizes, that “Work and leisure should be a source of health for people” Handicraft can be a form of work and leisure as well. A Handicraftsman applies traditional techniques or ornaments, uses natural materials, designs unique objects and manually prepares them. Among the health preserving and health promoting functions of handicraft we can find community building through different leisure circles, contact building through people with same interests meeting, relaxation, mental health promotion, stress relief, pleasure, leisure, fantasy and creativity development, experience, diversity. Handicraft can be delivered in schools, clubs, community and cultural centres, playhouses, camps, holiday resorts, hospitals, homes for the elderly, prisons and team building.

The Institute of Applied Health Sciences and Health Promotion at the University of Szeged has built the possibilities lying in this important channel of health promotion into its Recreation Organisation and Health Promotion bachelor education, in the form of a workshop course for those specialised in health promotion. The course pays attention to environmental protection, as all techniques learnt and materials used are based on the recycling of waste. The course also serves the preserving of folk traditions and multiculturalism through getting acquainted with handicraft techniques of Hungary and other nations.

The presentation will introduce the audience into the philosophy behind the “Leisure and Hobby” course, the materials used and the techniques learnt, with the help of presenting actual handicraft products created by the students themselves.

**Keywords:** handicraft, hobby, leisure, health promotion, education
“For the Community, with Friendship”

Mr. Szabolcs Hajdu

Rotary Club, Hungary

Rotary is a worldwide organisation. The presentation will introduce the audience into the context of its creation, its aims and organisation. Then we will discuss Rotary in Hungary, with its headcount, organisation, relation to the International Rotary and the main project at Rotary Hungary. Finally the presentation will highlight at the Rotary affiliation in Szeged called the Szent-Györgyi Albert Rotary Club. We will give an overview on the origin of our name and Rotary, our main projects and our organization for youths.

Keywords: Rotary, Hungary, Szeged

Community-supported agriculture from the perspective of leisure and health; Vegetable box scheme in Szeged

Mrs. Bernadett Kis

University of Szeged, Juhász Gyula Faculty of Education, Institute of Applied Health Sciences and Health Promotion, Hungary

Community-supported agriculture (CSA) is a rapidly growing movement responding to global economic crisis. The concept of CSA is thought to have originated simultaneously in Japan and Europe in the 1960’s and then spread throughout the United States. In its essence a CSA involves a direct connection between a farmer and the people who share the risks and rewards of growing and distributing food. The benefits – according to widespread international research - are plentiful: economic, environmental and social. In Hungary CSA is a relatively new idea and in the last few years there have been not more than 5 or 6 so called subscription CSA’s established, one is in Szeged. The paper presents how the French variation of CSA (AMAP) was adopted in Szeged and how this vegetable box scheme works and what are some of the leisure and health impacts on the community. The paper also attempts to interpret CSA and its impacts from a holistic health and leisure perspective, connecting this idea to health promotion and to modern leisure concepts like Blackshaw’s „liquid leisure”.

Keywords: community-supported agriculture, holistic leisure, health promotion
## List of participants in an alphabetical order

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List of registered student participants of the University of Szeged, Juhász Gyula Faculty of Education sponsored by the International Visegrad Fund, Visegrad University Studies Grant (No. 61000015) - Family and Lifestyle in the Visegrad Countries II. course (http://www.jgytf.u-szeged.hu/tanszek/alkegeszseg/FamLifev4/csalad_es_eletmod.html)

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