

RELIABILITY OF THE SELF-REPORT QUESTIONNAIRE FOR THE ASSESSMENT OF THE LEVEL OF LEISURE-TIME PHYSICAL ACTIVITY IN PRIMARY SCHOOL PUPILS

Abstract

Questionnaire for the assessment of the level of physical activity and leisure-time activities of pupils of the final four years of primary school. Methods: The survey was carried out on a sample of 847 grade 5 – 8 primary school pupils (413 girls and 434 boys) aged 11 – 15. The questionnaire collecting information on how pupils spent their free time in the previous 7 days was administered to pupils during the homeroom period. The pupils were instructed on how to fill out the questionnaire upon which they filled the questionnaire. In order to determine the reliability of the questionnaire, the test-retest method was used on 69 randomly selected subjects (32 boys and 37 girls). The test was conducted by administering the questionnaire to the selected subjects twice within a 15-day period. Results: The results obtained using the test-retest method showed a stable reliability of the questionnaire, ranging from $r = 0.71$ to $r = 0.81$ of the Spearman's rank correlation coefficient. The Cronbach's alpha values were relatively satisfactory for this type of questionnaire at $\alpha = 0.70$, while the 95% confidence interval ranged from 0.67 to 0.73. The interclass correlation coefficient was also relatively high at 0.7. Spearman's rank correlation coefficient was used to determine the criterion-related reliability between the weekly frequency of the activities and the estimated time spent on particular activities over the seven-day period. In the first measurement the correlation for kinesiological activities was $r = 0.82$, and for non-kinesiological activities the measured correlation was $r = 0.75$. The correlation was slightly lower in the second measurement, but it was still statistically significant. For kinesiological activities it was $r = 0.71$ and the correlation coefficient for non-kinesiological activities was $r = 0.63$. Conclusion: Reliability of the designed questionnaire is very high and it can be used to collect reliable information on how pupils in the final four years of primary school spend their leisure time. This type of questionnaire should be further developed before it can be used in epidemiological studies aimed at obtaining relevant leisure-time indicators for school children.

Key words: children, reliability, questionnaire, physical activity, free time
