THE STATE OF SPORTS AND RECREATION ACTIVITIES IN THE TERRITORY OF THE REPUBLIC OF SRPSKA

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Original scientific paper

Abstract
It is often the case, both in our country and worldwide, that a great number of people stop being physically active upon finishing elementary and high-school. This research was conducted for the purpose of determining to what extent the people of the Republic of Srpska do sports and recreational exercises, to determine motives and interests in doing physical activities. The sample of examinees was comprised of 426 adults of both gender, from 20 to 55 years of age. Results have shown that the examinees do not engage in sports and recreational activities at all (32,2%) or engage rarely (23,2%), while 13,8% of them do it daily. It is important to notice that men are far more active in sports recreation than women. Data analysis showed that health is the strongest motive by far that drives people into engaging in sports, and then comes desire to socialize, relax, and have fun.

Key-words: *recreational exercises, motives, interests*

Introduction

It is often the case, both in our country and worldwide, that a great number of people stop being physically active upon finishing elementary and high-school. An example of a research conducted among high-school children in Omis, showed a trend of an intense feeling of loss of energy and fatigue, both present among most of the examinees, 40.1 % of them, 34,4% of the examinees have concentration difficulties and problems with making important decisions, 31,6% claim that they have troubles with the feeling of anxiety (*Đivić, 2008).* Prior to the war in Bosnia and Herzegovina, all universities had Physical Education as obligatory subject. Unfortunately, that subject is considered irrelevant and unnecessary according to the new curriculum in almost all universities, so that the students are on their own when it comes to organizing certain sports activities. The Bouillet (2008) research, which Pesarovic (2009) mentions in his work, has confirmed the fact that even the young, potential intellectuals (a sample of 325 students from Zagreb) see their free time idyllically spent being completely passive. In the work of Andrijašević and associates (2005), a research conducted on the student population of the University of Split, has shown that the young people spend their free time in cafes, browsing the Internet, watching TV, and physical activity is conducted mostly among the male population that has kept the habit of being physically fit from high-school. More and more increased problems are related to the locomotor system, metabolic disorder, the endangerment of cardio-vascular and respiratory system functions. The negative effects of the modern way of life point out to a linear increase of disturbances and cardio-vascular and respiratory diseases, increase of those infected by a malicious disease and in number of those with mental disorders (*Statistički ljetopis, 2008. WHO).*

Numerous researches done worldwide and in our country had pointed out to the importance of exercising regularly for the improvement and betterment of health. The relation between the built environment and the physical activity among seniors has been the subject of a limited number of studies. The choice of theoretical model drives the selection of concepts and variables considered. Safety, microscale urban design elements, aesthetics, and convenience of facilities are consistently studied across models. Few validated instruments have been developed and tested to measure neighborhood built environment (Cunningham, 2004). It has been scientifically proven that physical activity, besides its correctively compensatory part, affects human abilities and body features to change positively (Dragosavljević, 2006). The awareness of the need and value of sports and recreational exercise is the first condition for creating permanent active interests for the field of sports recreation. How and in what manner should be organized and systematically approached to the solution of the problems, related to inclusion of population into regular physical exercise should become a concern of every national policy and a long-term commitment diverted to the health improvement of population (According to the definition of World Healthcare Organization /WHO/, being healthy is not being merely disease free, but general physical and mental welfare of the whole person.). In a research conducted in Croatia, with employed men and women, it was determined that the employees spend their work hours in the following positions: sitting, walking, standing, sitting while being mentally strained and stressed, transferring the weight, after which, according to the dominant exertion and interests of the employees, sports and recreational programs were suggested (Jurakić et al., 2010).

This research was conducted for the purpose of determining to what extent the people of the Republic of Srpska do sports and recreational exercises, to determine motives and interests in doing physical activities, and do the living and working environment have an impact on all of the above stated.

Research methods

This research was conducted in 34 municipalities in B&H entity the Republic of Srpska: Sekovići, East Mostar, Milići, Trnovo, Berkovići, Pelagičevo, Sokolac, Gacko, Višegrad, Kneževo, Kotor Varoš, Modriča, Ćelinac, Kozarska Dubica, Kostajnica, Teslić, Vlasenica, Ribnik, Čajniče, Donji Žabar, East Stari Grad, Trebinje, Rogatica, Zvornik, Srebrenica, Doboj, East Ilidža, Pale, East Novo Sarajevo, Foča, Laktaši, Gradiška, Prijedor, Banja Luka. The research was conducted in the period from January to March 2008, and it encompassed both regions of the Republic of Srpska-east and west. Research data were gathered by a questionnaire, i.e., by application of specifically constructed questionnaire which comprised a series of questions and tasks which would reveal information about lifestyles and needs of citizens, and the frequency of involvement in sports and recreational programs. The questionnaires were conducted by PE professors, who were involved in the research project of recreation. The sample of examinees was comprised of 426 adults of both gender (198 men, and 228 women), from 20 to 55 years of age. The examiners tried their best to represent the sample from all residential areas (villages, towns, and cities) and of all levels of education. This pilot research has given a chance to perceive the diversity of programs as an essential motive that drives people to exercise. A specially designed questionnaire, comprised of two parts, was made for the needs of this research. First part relates to the demographic features of the examinees (date of birth, place of residence, occupation, etc.). In second part, the examinees had 7 questions related to sports and recreational activities to answer to. The answers were evaluated on different scales of measurement. In first, second, and forth question, a four level Likert scale was used, while in third, fifth and sixth question assessment was used. In the last question, all they had to do is choose a number of recreational contents. For the data analysis, a statistical program SPSS 17.0 for Windows was used. For the purpose of approving or dismissing the hypothesis, the data were analyzed by a proper mathematically-statistical procedure. What was used in this research were: an χ^2-test and an analysis of variance for statistical testing of significance that the differences between the groups of examinees have, based on their demographic status, when it comes to results gained from the offered questions. Besides that, a percentage account for a display of frequency in some answers and an average assessment of quality of sports and recreational contents and motives for doing exercises was used. The results from the last question were expressed in an average number of programs realized with regard to a place of residence (village, town, city).

Results and discussion

Given results have shown that even 2/3 of the examinees do not engage in sports and recreational activities at all (32,2%) or engage rarely (also 23,2%), while only 13,8% of them do it regularly, i.e. daily (Table 1). However, it is realistic to presume that(based on the research done so far) among the 21,8% that occasionally exercise (2-3 times a week) are many of those who do not do it through entire year, so that they can be classified as those who engage in exercise rarely. This presumption is substantiated by the answers shown in the last line of Table 4, where half of the examinees admit not to exercise during the entire year, 18, 1% only a few months, 14, 8% only after gaining weight. It is important to notice that men are far more active in sports recreation than women, both on weekly (Table 1) and annual level (table 4).

Table 1.The distribution of the examinees' answers of both genders related to the frequency of regular exercise

Gender	Never	Rarely	2-3 times a week	Almost daily
Male	24.7%	32.3%	25.3%	17.7%
Female	38.6%	32.0%	18.9%	10.5%
Total sample	32.2%	32.2%	21.8%	13.8%

$\chi^2 = 12.219^*$; p = .007

Table 2.The distribution of the examinees' answers of different employment and level of education related to the frequency of regular exercise

Work and education	Never	Rarely	2-3 times a week	Almost daily
Primary	50.0%	0	0	50.0%
Secondary	41.3%	30.2%	18.6%	9.9%
Higher	10.0%	40.0%	30.0%	20.0%
High	39.1%	30.4%	23.9%	6.5%
Students	17.2%	36.6%	24.8%	21.4%
Pensioners	100.0%	0	0	0

$\chi^2 = 43.982^*$; p = .000

Table 3.The distribution of the examinees' answers of different residential status related to the frequency of regular exercise

Residential status	Never	Rarely	2-3 times a week	Almost daily
Village	34.7%	31.7%	22.8%	10.9%
Town	23.1%	42.3%	30.8%	3.8%
City	32.1%	31.4%	20.7%	15.7%

$\chi^2 = 6.179$; p = .403

Table 4.The distribution of the examinees' answers of both gender related to applying recreational exercise throughout the year

Gender	Never	Exercises only after gaining weight	A few months	Through the entire year
Male	42.4%	11.1%	16.2%	30.3%
Female	46.5%	18.0%	19.7%	15.8%
The entire sample	44.6%	14.8%	18.1%	22.5%

$\chi^2 = 14.431^*$; p = .002

Table 5.The distribution of the examinees' answers of different employment and level of education related to applying recreational exercise throughout the year

Work and education	Never	Exercises only after gaining weight	A few months	Throughout the year
Primary	83.3%	0	0	16.7%
Secondary	53.5%	15.7%	11.6%	19.2%
Higher	50.0%	20.0%	10.0%	20.0%
High	45.7%	10.9%	27.2%	16.3%
Students	31.0%	16.6%	21.4%	31.0%
Pensioners	100.0%	0	0	0

χ^2 = 9.864; p = .130

Table 6.The distribution of the examinees' answers of different residential status related to applying recreational exercise throughout the year

Residential status	Never	Exercises only after gaining weight	A few months	Throughout the year
Village	49.5%	5.9%	20.8%	23.8%
Town	38.5%	23.1%	11.5%	26.9%
City	43.5%	17.1%	17.7%	21.7%

χ^2 = 32.505*; p = .005

The statistically significant differences have also been established between the number of regular, occasional and irregular amateurs as opposed to the level of education and employment (Tables 2 and 5). The most active, by far, are the elementary school pupils only during several months, while going up the age level this number is in decline, so that in pensioners there was not a single one that occasionally exercises. The number of regularly active ones in the employed (regardless the education level) was below 1/3. The elementary school pupils are polarized to those who regularly exercise and those who never do it. Based on the numeric values shown, it is concluded that the Republic of Srpska residence do not engage in sports recreation often enough.

Table 7.The average scale values the examinees assessed the conditions quality for sports recreation in their residence

Residential status	Average assessment	Standard error
Village	2.38	.111
Town	2.23	.160
City	2.73	.072
On the level of total sample	2.62	.058

F = 4.713*; p = .009

Table 8. The average number of different recreational programs realized in certain places, which were known to the examinees

Residential status	Average number of programs	Standard error
Village	3.44	.207
Town	4.38	.558
City	6.14	.238
On the level of total sample	5.39	.186

F = 21.488*; p = .000

Table 9.The scale values the examinees assessed the most important motives for sports recreation and the most important reasons not to exercise.

Motives for recreation	Average assessment	Reasons not to exercise	Average assessment
Health	5,10	A little time	4,40
Association	3,89	I have no place	3,59
Relaksation	3,88	I have no knowledge	3,44
Entertainment	3,24	I have no company	3,26
Lifestyle	2,76	Health problems	3,18
Beauty	2,63	I do not need	2,63

Table 10.The examinees' attitudes toward certain claims from the questionnaire shown in percentage representation of chosen alternatives

Claims (approval shown in %)	NO	Mostly NO	Mostly YES	YES
It seems I do not have enough time	14.8	23.9	43.9	17.4
I often experience insomnia	58.5	28.4	9.2	4.0
If I were not scared, I would beat up some people	55.4	20.2	15.0	9.4
I plan to go to the doctor, but I have no time	48.1	23.2	16.2	12.4
I think I am constantly under a lot of pressure	28.2	31.0	30.0	10.8
I enjoy the exertion during physical activity	16.4	16.9	38.5	28.2
I spend most of my free time in front of TV	36.4	33.8	22.1	7.7
I miss being outside	8.5	15.5	38.5	37.6
I think my diet is irregular and of poor quality	25.1	36.2	24.2	14.6
Between a café and training-I always choose training	32.2	35.9	19.7	12.2

There was a research conducted in Croatia that had a goal of getting insight of sports and sports recreation programs the citizens of the Republic of Croatia were engaged in, and based on the examinees' replies there were 93 different sports and recreation programs ,the examinees once did or still do, registered (Trkulja and assoc., 2004). Sports recreation, as a counter balance to the negative impact of industry and technology, has its developmental expansion in Eastern Europe countries, especially in Scandinavian Peninsula. Using the comparative analysis of sports recreation in the past and the activities engaged in today, unfortunately, defeating results were derived.

There has not been an Alliance of sports and recreation officially formed yet, so there are difficulties in systematically financing this organization. Certain branches of the Alliance occasionally organize smaller competitions, e.g. in orienteering, at this moment there are no systematically planned activities for the whole year. The reasons for this can be seen in the aftermaths of war, but also in the insufficient engagement of the communities for this area that is not as appealing to the media as top sports are. (Dragosavljević, 2008). The changes have had an impact on individual when it comes to acknowledging the changes as the new values in new life conditions, as a permanent process of one society's transformation and the whole social values (Dragosavljević, 2006).

The state of sports and recreational activities in the Republic of Srpska is mirrored through the results of this research which show that gender and occupation of the examinees was a significant factor of how regularly they exercise, and at that point residential status did not seem significant (Tables 3 and 6). However, regardless of the place of residence, how regular the examinees from villages, towns, and cities engage in exercising seemed to have no significant statistical difference. Unlike the questions related to participation in recreational activities, the items related to the evaluation mark of material and program conditions for exercising in their place of residence, the impacts the gender, occupation, and residential status have were completely opposite. The examinees of different gender and occupation assessed their material and program conditions for exercising in their place of residence equably, while the assessments of the examinees from villages, town, and cities, with the same indicators, were statistically different (Table 7 and 8). Based on these results, it was undoubtedly concluded that the exercise conditions are different throughout the entity. The quality of exercising, seen in the number and diversity of sports programs, is significantly lower in smaller environments (villages and towns) than in cities. Regardless of the higher value of the average mark, which valued the conditions in cities, it, nevertheless, was below a three which cannot be accepted as a satisfying condition. If the sports professionals are exempt, while working, sports comes along merely as a recreational component of the working conditions. The presence of sports in working people is conditioned with the presence of it outside the working environment, in situations where an individual has a freedom of choice and where he/she alone molds the conditions of exercise. ".Data analysis gathered from the field shows that health is the strongest motive by far that drives people into engaging in sports, and then comes desire to socialize, relax, and have fun (Table 9). Among the reasons not to exercise comes the lack of time caused by peoples' struggle for existence.

As significant reasons not to engage in sports, the examinees stated poor material conditions (lack of objects and recreational areas), as well as insufficient knowledge (Table 9) which is a confirmation of the previous conclusions on the necessity of investments into building of facilities, education, promotional activities and commercials. The lowest number of population considers recreation unnecessary which proves that the majority of people appreciate the value of physical activities. Especially significant for this study were the attitudes of the examinees shown in relation to claims from Table 10, which are related to the style and the quality of the population of Srpska. Based on a complex analysis, the key information noticed point out to the examinees' lack of free time, increased stress, desire for spending time outdoors, and that most experience physical strain as soothing. The aforementioned is the conformation of earlier conclusions related to the poor quality of life of the most RS population, as well as the insufficient engagement in exercises during their daily routines. This, unfavorable, image does not provide a firm base for forming a healthy nation, or for recruiting of future top athletes. That is why one of the basic strategic commitments of the RS, besides investing in the school sports as a priority, should be the increasing of sports quality for all.

Conclusion

The WHO states that insufficient exercise, evident in daily life, specially endangers: preschool children, adolescents, persons exposed to stress, women, the elderly, and persons suffering from chronic noninfectious disease (obesity, hypertension, diabetes mellitus, osteoporosis…) insufficient physical activity or hypo-kinesis, is diagnosed as independent risk factors of life of the above stated categories (Vuori, 2005). A research has shown that the RS Strategy for sports development has to create conditions for sports recreation development, and care for creating of preventive, correctional, and compensatory exercise for staying healthy, should be left not only to the individual but to the whole community. Furthermore, local administration should create optimal conditions of exercise by building recreational facilities and giving financial support for organizations and associations that realize different exercise programs. It is necessary to keep all the institutions connected, both on the level of the RS entity and the whole Bosnia and Herzegovina. It is desirable to apply all the positive experience of the surrounding countries, to connect as an organization, exchange experiences, work on the inclusion in the world associations that are involved in recreational exercise-exercising to stay healthy, and to inform citizens of the negative impact the hypo-kinetic way of life brings and to offer various exercise programs. Education and specialization of individuals for creating a staff for animation of certain programs and engaging interns, volunteers as instructors for exercising programs is yet another item for creating a recreationally active population. Schools must go through a great deal of changes in the concept of PE classes, so the students would be better educated about the importance that physical exercise has, concerning our health, and be enabled to exercise, plan, and dose the intensity of exercising. On universities, PE should be included as an elective course so the students could exercise. It is also necessary to analyze the conditions of recreational facilities and sports courts, thus engage in building new ones, enable citizens to engage in daily physical exercise, and create conditions for mutual cooperation of medical institutions, organizations, and associations involved in recreational exercise, for better realization of projects for education of population. Special attention should be diverted to creating conditions for organizing sports recreation for disable persons, and children with special needs.

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STANJE SPORTSKIH I REKREACIJSKIH AKTIVNOSTI NA TERITORIJU REPUBLIKE SRPSKE

Sažetak

Često je slučaj, kako u našoj zemlji tako i svijetu, da veliki broj ljudi prestaje biti fizički aktivan nakon završetka osnovne i srednje škole. Ovo istraživanje provedeno je u svrhu utvrđivanja u kojoj se mjeri ljudi u Republici Srpskoj bave sportsko-rekreacijskim vježbanjem, te utvrđivanja motiva i interesa za tjelesnu aktivnost. Istraživanje je provedeno na 426 odraslih osoba oba spola, od 20 do 55 godina starosti. Rezultati su pokazali da ispitanici ne sudjeluju u sportskim i rekreacijskim aktivnostima (32,2%) ili ih koriste rijetko (23,2%), dok 13,8% njih to čini svaki dan. Važno je primijetiti da su muškarci daleko više aktivni u sportskoj rekreaciji u odnosu na žene. Analiza podataka pokazuje da je zdravlje najjači motiv za bavljenje sportom, pa zatim želja za druženjem, opuštanjem i zabavom.

Ključne riječi: *rekreacijsko vježbanja, motivi, interesi*

Received: March 14, 2014
Accepted: May 10, 2014
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