

Questions about the Influence of the Way of Spending Leisure Time on Human Health¹

Abstract

In the paper we deal with problems of the relation of leisure time and health. Based on the research, done with the use of the method of standardized leading dialogue, data were evaluated and interpreted with regard to solving problems. The main problem to pursue was a question about the mutual influence and cooperation of categories of leisure time and health, which was asked of respondents aged fifteen and older.

Key words: health, leisure activities, leisure time, risk behaviour.

1. Introduction

Leisure time is a matter of interest in many psychological, pedagogical and social professions. Problems of leisure time use and its relation to the quality of life, healthy behaviour, personality determinants and overall mental health are being dealt with by a range of home and foreign authors (e.g. Pávková et al. 2002, Vážanský, Smékal 2001, Argyle 1992).

On the one hand, it presents an opportunity for personality and social development and, on the other hand, it hides some risks inside. The term leisure time involves rest, relaxation, entertainment, interest and voluntary activities. Leisure

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