



II. INTERNATIONAL YOUTH SCIENTIFIC CONFERENCE ON RECREATION AND LEISURE

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BOOKLET OF ABSTRACTS



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Contributing Editors

Miklós Bánhidi

Judit Prókai

Desing

Judit Prókai

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ABSTRACTS

SPORT FOR PEACE

Michael Akinnagbe^{1*}

¹World Leisure Youth Ambassadors, Nigeria
**michaelshalom001@gmail.com*

Abstract

The „Sport for Peace” is the first Nigerian World Leisure Youth Ambassadors program. Sport for peace is an international humanitarian program that lay emphasis on the importance of Nigeria and world peace through the organization of sport fiesta to foster unity and love among people of different background. The project will likewise engage the young people to be more productive in showcasing their inbuilt talent through the organization of basketball sporting activities. The project is targeted towards randomly selected high school students’ of Nyanyan to Karshi of federal capital territory, Abuja to promote peace and teach life skills, specifically peace awareness and conflict resolution/management; in the same vein, bring people to the awareness of the presence of World Leisure Organization and her activities.

Keywords: *Sport, Peace, Talent Management*

RECREATIONAL TRENDS DURING THE PANDEMIC PERIOD: A STUDY ON ACADEMICS

Nazlı Deniz ÖZ¹, Mustafa ARICI^{2*}, Serkan REVAN¹, Mustafa BALLI³, Fatih TOPTAŞ³

¹ Department of Recreation , Selcuk University, Faculty of Sport Science, Konya, Turkey

² Department of Recreation, Hitit University, Faculty of Sports Science, Çorum, Turkey,

³ Institution of Health Science, Selcuk University, Konya, Turkey

**mstfa.arici@gmail.com*

Abstract

The aim of this study is to determine the level of participation and activity preferences of individuals in recreational activities and to determine the elements that motivate individuals to the recreational process during the pandemic period. With the Covid-19 pandemic, many changes have had to be made in almost every area of daily life. These changes are undoubtedly reflected in the tendencies towards recreational activities and have affected human life in every aspect. Based on this, it is thought that taking the opinions of academics on issues such as how recreational trends have led to changes in the pandemic process will shed light on this process.

In this study, the “case study” method, one of the qualitative research methods, was used as the basis. The study was conducted with one-on-one in-depth interview techniques in qualitative research. “Semi-structured interview questions” were used as a data collection tool in the study. 14 Academic staff from different departments working in higher educational institutions providing sports education participated in the study on a voluntary basis. In the analysis of the data recorded with voice recorders, the Maxqda (2020) qualitative data analysis program was used. As a result of the analysis of the data obtained from one-on-one in-depth interviews, 23 codes were revealed. It has been determined that the codes obtained from the interviews are grouped under 5 themes: influence, participation, motivation, obstacles and coping.

In this context, it has been observed that sports scientists overcome their effects from the pandemic process relatively easily with rapid adaptation, but they experience some physical, social and psychological problems. Considering that the pandemic process is ongoing, it can be said that awareness levels are high and field experiences provide an advantage. It is thought that the evaluation of the 5 dimensions obtained will be important in the integration after the pandemic.

Keywords: *academic personal, pandemic, sport science*

¹ Department of Recreation , Selcuk University, Faculty of Sport Science, Konya, Turkey

² Department of Recreation, Hitit University, Faculty of Sport Science, Çorum, Turkey

³ Institution of Health Science, Selcuk University, Konya, Turkey

THE IMPACT OF ADOLESCENTS' LEISURE ACTIVITY TYPES ON PSYCHOLOGICAL WELL-BEING, ACADEMIC SELF-EFFICACY, SELF-ESTEEM, AND PERCEIVED STRESS

Dong-Yub Baek ^{1*}

¹Korea, University of Northern Iowa, USA

**dongyub-back@uiowa.edu*

Abstract

Korean teenager deviance, school violence, and school dropout caused by academic stress are serious social issues within the country. High levels of student stress are likely to bring about depression and suicide resulting in a significant effect on their psychological well-being and life satisfaction. It is of particular concern for middle school students experiencing rapid physical and psychological developmental changes without proper support. Forty-five percent of Korean students indicated stress in their life and 27% have experienced depression (Statistics Korea, 2019). Also, Korean middle school students (27.3%) have suicide impulses (Korea Bang Jeong-hwan Foundation, 2018). These youth development issues are considered social problems not only in Korean society among other countries around the world (Adams, Overholser, & Spirito, 1994; Nrugham, Holen & Sund, 2015)

Leisure may play a more significant role and influence on adolescents' well-being and quality of life than currently valued in Korean society. Specific activities, such as organized leisure-time activities may be providing balance and restoration that improves an adolescent's overall cognitive function, academic achievement, and school engagement both in short and long-term outcomes (Badura, et al. 2016).

This research investigated Korean adolescents' self-reported free time usage and their leisure activities tendencies by analyzing the relationship between Korean middle school students' leisure activity types and their Psychological Well-being, Academic Self-efficacy, Self-esteem, and Perceived Stress. This research tried to classify the leisure activities of students with 10 types of activity: organized team sports, organized individual sports, unorganized physical sports, organized social activity, unorganized social activity, organized group creative activity, organized individual creative activity, unorganized creative activity, individual passive activity, and volunteer. The survey was conducted by 635 students of two middle schools in the rural and urban areas of South Korea. This research used Ryff and Keyes's 18 items, 5-point Likert scale version to survey Psychological Well-being. Academic Self-efficacy survey was conducted with the questionnaire (8 items and 7-point Likert scale) developed by Brain & Motivation Research Institute of Korea University. Perceived Stress (Cohen, 1988) questionnaire include 10 items and has a 5-point Likert scale, Rosenberg Self Esteem Scale's online version has 10 questions and a 4-point Likert scale. Statistical Package for the Social Sciences (SPSS) 26.0 statistical software package for Windows used to analyze data with statistical tools such as Cronbach's Alpha, Factor analysis, Descriptive Statistics, T-test, One-way ANOVA, Pearson Correlation Analysis, Linear simple and Multiple Regression analysis.

Keywords: *Korea, school, mental health*

LIFE SATISFACTION LEVEL OF RESIDENTS IN HUNGARIAN VILLAGES

Dorottya Barta ^{1*}, Barnabás Heizer ¹

¹Széchenyi University, Győr Hungary

**barta.dorttya1998@gmail.com*

Abstract

Our study deals with the recreation development in Hungarian villages and the opinions of their inhabitants. In the research previous literature were analysed related to community developments, information were collected on recreational supplies and demands.

The main goals of the research were:

- to analyze the recreational offers in the communities, which can serve the local citizens life expectations,
- to analyze the advantages and disadvantages of living environment,
- and to overview the local strategic plans affecting the quality of life of the residents.

The other study question was, how the local citizens consider their village as a safe living place.

In the study an online questionnaire was developed and shared via social media among the residents.

The answers were analyzed by Excell statistic programs.

The results show that the greatest strengths of small settlements the natural resources the historical and traditional values. The respondents feel a continuous developmental effort from the municipal governments, especially building infrastructure, but they miss its proper management. The trials judge their living environment as safe place, partly liveable, which can be improved by better leadership.

Among trials, there are also some people who are not satisfied with the amount of their free time, lack of qualitative recreation programs, especially in the rich natural environment.

Keywords: *community development, recreation*

INVESTIGATING THE STRESS SITUATION RELATED TO SPORTS AMONG UNIVERSITY STUDENTS

Petra Biczó ^{1*}, Anett Schmeizl¹, Evelyn Schmidt ¹, Balázs Szabó ¹, Judit Prókai¹

¹University of Pécs, Institute of Sport Science, Hungary

**biczo.petra97@gmail.com*

Abstract

There is a declining trend towards living a physically active lifestyle internationally and among Hungarian university students. One reason for this that sports activities have a number of negative aspects as opposed to positive effects, such as physical and mental disorders causing a loss of motivation.

In the study, we sought to answer the question of the prevalence of this problem among Hungarian university students. For a research tool, we designed an online-based questionnaire that we shared via social media platforms. The questions were focusing on, what motivates college students to play sports, how they think about own skill, what their fears are, and whether they have experienced any stressful situations.

The answers reflect that:

- most students are motivated to practice sports by health awareness, motor skills development and well-being,
- they are partly concerned about the negative feelings that come with sports,
- most of respondents have experienced stressful situations related to sports, however, 50% of them stated that they could handle such situations.

The results of the study allow us to conclude that different forms of sports are popular among university students, however, the negative factors arising from sports can have a deterrent effect, for which sports professionals have a responsible task to deal with.

Keywords: *motivation, sport, effects*

ONLINE SPORTS AND E-GAMING AS MEANS TO PROMOTE LEISURE ACTIVITY AMIDST COVID-19 PANDEMIC

Makhaya Malema^{1*}

¹University of Western Cape, South Africa

*malema.makhaya@gmail.com

Abstract

The current pandemic has been overwhelming, causing panic and anxiety, which affect leisure behaviours and patterns of every citizen. People are confined to their homes, cut off from their typical leisure and recreational activities with limited movement around their house, which inevitably results in boredom. Therefore, the current paper reports on the observed changes in leisure behaviour caused by COVID-19 since 27 March, 2020 and most specifically, on online sports and e-gaming. Using the Mood Management Theory as a framework, the current paper adopts the notion of online sports and gaming, as an alternative leisure activity. South African celebrities engaged in e-gaming during hard-lock down where fans supported the platforms, allowing them to interact with their role models. Social media platforms were used to share and promote online sports and e-gaming, where a game of FIFA was commonly played. Subsequently, a famous hashtag #CassperStayAtHomeGames went viral across Twitter, Facebook and Instagram in South Africa which allowed people (challengers) to play FIFA an online game as a leisure activity. This initiative was created and aimed at encouraging people to stay safe home, while having an opportunity to interact with the local celebrities. This current global pandemic has changed our daily living, and lifestyle with our leisure behaviours and patterns being disturbed greatly. The mood and atmosphere created by COVID-19 is essentially negative and the outlet many use to negate negative moods, their leisure pursuits are regulated and restricted. It is concluded by this paper that leisure activities are a remedy and means to mitigate boredom during hard-lock down for people across the world.

Keywords: *Covid-19, e-gaming, leisure, online sports, social distancing*

ASSESSING THE QUALITY OF PUBLIC PHYSICAL ACTIVITY RESOURCES AND ITS ASSOCIATION WITH THE FREQUENCY OF THEIR USE: A CROSS-SECTIONAL STUDY IN PARRAMATTA, SYDNEY

Manisha Katnoria^{1*}

¹University of Western-Sydney, Australia

**dr.manisha1623@gmail.com*

Abstract

Background: Previous research has reported a positive relationship between the built environment and physical activity (PA) participation at the community level. However, this association has not been investigated thoroughly outside a very North American-centric context. The aims of the study were to assess the quality of open public spaces (OPSs) within Parramatta Council, Sydney to investigate the usage of these spaces for performing leisure-time physical activity and to examine the association between the quality of OPSs and their use by visitors.

Method: This cross-sectional study assessed the quality of 38 OPSs with the Physical Activity Resource Assessment (PARA) instrument, and the level of physical activity was measured with the System for Observing Play and Recreation in Communities (SOPARC) instrument. The frequency of use was collected for six weeks, including three weekdays (Wednesday, Thursday, Friday), and two weekend days (Saturday and Sunday). For weekdays, spaces were visited twice (i.e. morning and late afternoon), and for weekends the PARs were visited thrice (i.e. morning, early afternoon and late afternoon). Total duration for each scan was about 10-15 minutes. Descriptive analysis was conducted with quality and frequency data to compute the mean, median and standard deviation for all variables, including quality of OPSs, observed age of the visitors, sex, physical activity level, shifts and day class. Simple Pearson's correlation coefficients were used to estimate the association between each domain of quality and the average frequency in each OPS.

Results: The results indicated that the average assessment of OPSs was 22.03 ± 10.57 , which suggest that the quality of OPSs was moderate to high. Regarding frequency of use, more males (55.61%) were observed than females. In age-groups, highest number of adults (66.38%) were seen in the OPSs. Over 48.64% of visitors were found engaged in moderate-to-vigorous physical activity. Mostly, visitors were observed in late afternoon (42.96%) and on weekends (71.26%). The amenities domain was the most strongly associated with the frequency of use ($r= 0.76$, $p < 0.001$), followed by features ($r= 0.45$, $p=0.004$), while incivilities were not associated with the frequency of use ($r= -0.05$, $p= 0.744$). Hence, the findings of the study conclude a significant relationship between the quality of OPSs and the frequency of usage.

Conclusion: The study outcomes could provide important insights to urban planners and local councils to make significant improvements in these OPSs for encouraging PA during leisure time.

Keywords: *built environment; leisure-time physical activity; open public spaces; urban parks; physical activity resources*

EFFECTS OF COVID 19 ON TOURISM INDUSTRY IN CAMBODIA

Leny Keo^{1*}

¹Cambodia, University of Physical Education, Budapest, Hungary

**leny.keo@gmail.com*

Abstract

Tourism became the second strongest industrial sector in Cambodia in the last decade, hosting 6 million tourists in 2019. But when the pandemic situation broke out the government decided to close the borders for tourism flow. The main tourism destinations had to close tourism attraction, such as museums, restaurants, sport club, travel agencies didn't offer organized tours. The urban and ecotourism destination have been suffering because the lack of tourists. The unemployment rate has grown dramatically.

The study has been focused on analyzing data on the effects of the pandemic situation on tourism services. The analysis was based on changes of tourism elements, such as accessibility, international and national travels, and touristic activities.

According to Asia Foundation's report in 2020, the tourism sector experienced an 80% drop in its international visitors and a loss of an estimated USD 5 billion in revenues (AF, 2021).

The tourism flow was broken through travel restrictions the most, as 20th May 2020, the Royal Government of Cambodia has mandated a 14-day quarantine for all passengers, both Cambodian and foreign nationals, for entry into Cambodia. The tourism services were still open for visitors, but guest were allowed to book accommodation only after the quarantine. Even after that the lockdown situation forced the gastronomy sector to stay closed and not any events were organized for locals and visitors. So the situation caused crisis for the appr. 997 enterprises located at tourism destinations.

Although the government introduced several projects to save this sector, but still today no one know, when the number of tourist can be attracted again like before 2020.

Keywords: *Cambodia, tourism, Covid-19*

EXAMINING THE CAREER- RELATED MOTIVATIONS OF RECREATION AND HEALTH PROMOTION MANAGERS

Katalin Kos^{1*}

¹Eszterházy Károly Catholic University, Eger, Hungary

**kos.katalin@uni-eszterhazy.hu*

Abstract

In Hungary, job opportunities for recreation and health promotion manager are limited. This is due to their lack of positioning in the labour market and their very low level of financial appreciation and social status. By examining the career motivation of students and graduates, the research sheds light on the perceived problems from the employee's perspective. Convenience sampling was carried out by voluntarily interviewing recreation and health promotion manager students (n=72) of Eszterházy Károly Catholic University. To investigate motivational factors related to career path behind studying at university, the FIT-Choice Scale adapted for recreationists was used. The results showed that the students tended to agree with the statements related to dimensions of morale, satisfaction with choice, high demand, expert career, working with children and adolescents and shaping their future, increasing social contribution and enhancing equity, time for family and ability. In contrast, most respondents do not consider recreation organisation to be an easy job - easy assignment. Furthermore, they also responded that good salary, social influences, status and dissuasion are also not typical of recreation management work. Approximately 50% of the students consider the job transferability and approximately 50% of the students consider the intrinsic career value to be more important. The majority did not consider the statements on the fall back career dimension to be relevant at all. A second sample (n=10) was used to interview graduated recreation and health promotion managers. The interview, consisting of 20 questions, was based on the FIT-Choice Scale questionnaire, which assesses 20 dimensions, and was adapted for recreation and health promotion managers, all of whom had worked in a professional field. In their opinion, in Hungary, the chances of having a secure job, high demand, career choice, the prestige of profession and social status are very low and strongly related to the geographical location within the country, the familiarity of the profession and the socio-economic situation. They clearly see shaping children's and adolescents' attitudes as one of the aims of this profession and emphasise the responsibility of the professionals, especially the continuous self-training. Although this profession is sometimes seen as emotionally demanding and not the career they originally intended to choose, the majority are satisfied with their career choice and hope for a positive future in this field. However, in case of job transferability, the interviewees chose either the foreign job opportunity or the international recognition of the profession.

Keywords: *motivation, recreation, health promotion students*

EXPLORING THE INFLUENCE OF COVID-19 LOCKDOWN MEASURES ON PHYSICAL ACTIVITY LEVELS, SCREEN TIME USAGE AND SEDENTARY BEHAVIOUR AMONGST RUGBY PLAYERS AT A UNIVERSITY IN THE WESTERN CAPE

Zinzan Magerman^{1*}, Donna-Leigh Reid¹, Tatum-Leigh Petersen¹

¹University of Western Cape, South Africa

*3874723@myuwc.ac.za

Abstract

Introduction-The COVID-19 pandemic has brought on many challenges to everyday life with the worldwide shutdown. According to the lockdown level rules, athletes who are used to consistent training have been met with disruptions in particular with the closure of certain facilities. The closure of sports facilities and the lack of access to equipment specific to rugby players' needs severely limit training practices. The main concerns were the influence of the lockdown on physical activity levels, especially since the closure of all sports facilities. Universities also turned to online learning requiring student-athletes to spend more time on screen time, leading to sedentary behaviour. The above could negatively impact the players' overall performance and wellbeing.

Methods- An exploratory qualitative approach was followed by conducting interviews with ten rugby players (5 male and 5 female) in the comfort of their homes. A semi-structured interview schedule was used as a guide for the interviews. Data collected were transcribed verbatim, and Atlas Ti was used to conduct thematic analysis.

Findings-The findings were that most players had challenges with remaining physically active during the lockdown, coaches not really showing players support, players adopting sedentary lifestyles, and also having an increase in their screen time usage.

Conclusion-The results shows that the lockdown that the lockdown that was implemented caused a significant decrease in a player's level of engagement in physical activity leading to an increase in sedentary behaviour. Coaches should understand how important their support is, as many students felt that the support was lacking during the lockdown which resulted in them becoming less motivated and not training as frequently. In the future, coaches should check up on players to see what they have any concerns or if they need equipment. It was found that students who stayed off-campus did not have access to gym equipment and therefore leading to them becoming physically inactive. In terms of socio-demographics, students who stayed in a lower socioeconomic class were more likely to not be able to train as opposed to those who stayed in a middle socioeconomic class.

Keywords: rugby, COVID-19, physical activity

PERCEIVED BENEFITS OF PARTICIPATING IN COMMUNITY GARDEN PROJECT IN PECS, HUNGARY

Mariam Maqsood^{1*}

¹Pakistan, University of Pécs, Faculty of Sciences

**devindarkie@gmail.com*

Abstract

Due to increased urbanization in the past few years and increased migration of people from villages to cities, has led to unavailability of green spaces in cities. There is a scarce availability of green patch areas for people who are interested in gardening and producing their own greens in this situation. Taking this into sight, a number of countries have initiated the programs of community gardens which have become quite successful and involves a multitude of citizens and governmental support working in these community projects. A number of projects were also started in Hungary. One of these projects is in the heart of city of Pécs, called the “Zöld Folt Közösségi Kert” which has been inviting several people for working in the community program. As a part of this project; there was great enthusiasm and diligence among the participants. It is important to understand how community gardens can change people’ attitude in perceiving the benefits of working as a group, and how can it impact the future in terms of sustained community. For this analysis we used the modified Quality of Life Questionnaire designed by Waliczekz, Mattson, Zajicek (1996) which was shared among the participants in an online format via social media. The questionnaire consisted of three main foci including; expectations, feelings and future thoughts. Data were stored and analyzed using IBM-SPSS version 23.0, mean and standard deviation were reported for quantitative variables like age and percentages were reported for age group. Pearson chi square test was used to see the association of variables like reason of participation and level of interest with probable impact of community gardens in the future. P-values less than 0.05 were considered significant, bar chart were also use to give graphical presentation of the results.

Results indicated that majority of the participants were female (60 %) as compared to male (40) and were students. Mean age of the participants was 22 years. Most of them (60 %) lived in the apartments and 40% lived in garden houses. More than half of the participants had experience of working in a garden prior to the community projects. In terms of knowledge regarding building a garden all of them had sufficient knowledge regarding use of garden tools. However they had very limited knowledge regarding harvesting and almost all of them had no knowledge regarding marketing strategies used for promotion of garden produce. The most important factor for participation in community garden project was building and strengthening community building and supporting the eco-friendly environment. Members were most satisfied with the social activities during the program and the main idea behind the program. The members stated that these projects could contribute to local education and reduce the carbon foot-print of food in the future. Considering the benefits perceived by the community garden members these projects can contribute to building and fostering relationships between communities and can be seen as a small step in supporting eco-friendly environment during the climatic crises.

Keywords: *community gardens, sustainability, recreation*

HIIT VS CARDIO - IS THERE A DIFFERENCE?

Adnan Mehmedovic^{1*}, Bijen Filiz¹, Yüce Ocak¹

¹Kocatepe University, Turkey

**adobirsey@gmail.com*

Abstract

With the progress of technology and ever-growing sports science, we found some very useful tools to spare time and evaluate it as much as possible, what people often do in their free time is some kind of physical activity although this is a very broad topic and it requires a lot of research I will focus just on one small part of physical activity, that is cardio, losing weight often entails lots of time doing a specific type of exercise cardio, sure you can lose weight just fine through dieting but cardio is most commonly suggested if food itself doesn't get the job done and cardio is chosen for good reason. simple to do and burn relatively solid amount of calories, but as many of us can attest to cardio it does get boring that's why in the past decade or so cardio lost popularity and alternative has sprouted with great success like high intensity interval training or hits for short.

The main reason by far is that hiit supposedly elicits greater weight and fat loss while using only a fraction of the time in today's world where most certainly time is of the essence this and in short does seem to hold some weight particularly when looking at a metric like fat burned per minute of training a meta-analysis in 2019 measures just finding that steady state cardio achieved roughly a 0.0026% fat loss per minute compared to hit 0.005% so anyway it does have a time advantage speaking of advantages.

Though it doesn't stop there it has also shown to be better than regular cardio and improving many measures of cardio respiratory fitness overall time to exhaustion time trials in specific clinical conditions such as individuals with diabetes or hypertension it was better able to improve factors like glycaemic control and diastolic blood pressure so in an overall health and athletic fitness standpoints it seems to carry quite some edge over standard cardio but if we take a closer look at fat and weight loss the benefits aren't as clear-cut as we might think.

Sure when looking at fat loss per minute of exercise hiit takes the lead. But we have to acknowledge that we can more easily perform steady state cardio for much longer periods which over time can quickly make up the difference in fat loss in calories burned.

Keywords: *physical activity, technology, cardio training*

IDENTIFYING HEALTH MEASURES USED IN NATURE-BASED LEISURE INTERVENTIONS FOR HEALTH AND WELLBEING

Jessica Mellinson^{1*}

¹University of Western Sydney, Australia

**mellinson.jessica@gmail.com*

Abstract

Background: Nature-based leisure activities and health interventions have long been understood anecdotally as beneficial for human and environmental health. However, limited research exists that identifies valid and reliable tools to measure the effectiveness of nature-based leisure interventions on health outcomes.

Objective: The aim of the review was to identify, map and classify validated and quantitative tools used to measure the effectiveness of nature-based leisure interventions on health outcomes.

Method: A rapid review was conducted across three databases: CINAHL Plus, Embase Classic, and OVID Emcare. The initial search identified 14,385 articles; 5,379 duplicates were removed, and 8,652 articles were excluded upon review of title and abstract. Of the 362 full text articles reviewed, 189 articles met the inclusion criteria and were included in the

final review. Articles were categorised according to the type of nature setting in which interventions took place. Categories included wild nature, greenspace, bluespace, gardens, equine and camp/residential settings. This paper presents results from wild nature and bluespace settings.

Results: 45 unique tools were identified across 17 wild nature interventions and 32 unique tools were identified across 12 bluespace interventions. Psychological instruments were the dominate measures used across both nature settings. Additionally, the majority of the tools were self-report, Likert type scales. Finally, five tools were identified which had specifically been developed for nature-based interventions or outdoor programs.

Conclusion: This rapid review provides a preliminary mapping of the types and number of tools used to measure the effectiveness of nature-based leisure interventions. This information may contribute to evidence-based practice within the field as well as provide practitioners with valid and reliable tools to enhance the effectiveness and reproducibility of their interventions, therefore, supporting the use of nature-based leisure activities across healthcare settings.

Keywords: *nature, health, wellbeing*

LEISURE BENEFITS THROUGH ART

Donah Ntbankundiye^{1*}

¹Makere University, Uganda

**donn2africa@gmail.com*

Abstract

I am 24years old visual artist from UGANDA, agenda degree holder in tourism which I got from Makerere University. I am self-taught artist who is blessed with ability of using paint and pencils to create and I am so Passionate about it. My greatness in art was as a result of daily practice even when I was still a kid. I used to draw on walls at home, at school and all over my Dad's car.

At first it was for fun not until I reached university. Here is when I realized that I could be someone in the art field. I then became more serious about discovering my strength since art is a wide avenue, all this was done without an external tutor. Then I started to visit galleries and exhibitions for motivation and definitely copy ideas. I practiced almost every day despite of the low self-esteem.

I started commercially in 2020 and in this shortest period of time it's so far GOOD. It's now my full time job and that's already positive. I've made a lot of friends and met various people from all over the world, managed to improve on the welfare of my Mom and Dad plus myself. Live appearances on local medias and been given a chance to Explain my work, participated in many local art contests plus two international contests which I emerged Victorious in both and finally I've been able to travel within Uganda and one country so far in East Africa because of art.

Keywords: *Uganda, leisure, painting*

THE ROLE OF YOUTH IN COMMUNITY DEVELOPMENT

Joseph Ssesimba^{1*}

¹Makerere University, Simba Foundation, Uganda

**ssesimbajoseph123@gmail.com*

Abstract

Youth participation in community development has been as long as man's existence, it is also viewed as one of the most effective methods in promoting young people's active engagement in community management and decision making.

The aim of the study is to determine the level of youth participation in community development in the areas of Lwengo District and Katanga Slums. Therefore the main objectives of this study were to determine the extent to which youth can still meaningfully contribute to the development of modern day societies.

With a focus on Lwengo District and Katanga Slums, a qualitative perspective was chosen to determine the extent at which youth directly engage in community development. Experiences of two youth groups in these two different settings i.e.; (urban and rural) were recorded through in depth interviews, focus group discussions, and participant observations.

The data from 100 respondents was analyzed and further explained in the different chapters of this thesis.

Keywords: *community development, youth, Uganda*

THE ROLE OF COLOURS IN PEOPLE'S LIFESTYLE

Fanni Szedlák^{1*}

¹Széchenyi University, Győr, Hungary

*szedlakfanni1218@gmail.com

Abstract

The topic of the study is to examine the role of colours in the lifestyle of adult population. People are always trying to manage their life the best way, which can be achieved by stimulating their senses while influencing various external and internal stimuli. According to some researchers, colours determine people's personality, which can change the meaning of objects and situations, as well as our consumption habits.

Among the human's sensory organs, the role of colours were examined which influence visual perception. The goal of the study, was to monitor adults' opinion about the values of the colour.

For the study an online questionnaire was developed and shared through social media. The questions were focused on the perception of colours and their roles in lifestyle. 164 people responded, of which 81.7% were women and 18.3% were men. Based on the results can be stated that the respondents (90.8%), almost without exception, consider the colours in their environment as important or very important. It can be traced back to their formal art education as well, which was a favourite school subject among the trials (69.99%).

While ranking their preferred colours by different subjects they liked the most the dark clothes, such as the royal blue, and dark green, which reflect elegance. In connection with lifestyle, the respondents prefer green and blue colour as relaxation, which is not a coincidence, because according to the opinion of the therapists, these colours have a positive effect on becoming calm and a promising the sense of safety.

The main conclusion of the research is that the recreation professionals should be responsible to use colours to stimulate senses, and achieving positive benefits for a better quality of life.

Keywords: *colour, lifestyle, effects*

MOTIVATION OF "RUNNING AMMAN" EVENT SERIES' PARTICIPANTS

Lina Takruri^{1*}

¹Jordan, University of Pécs, Hungary

**leen96tak@yahoo.com*

Abstract

Running Amman (RA) project was founded by a group of youth athletes to encourage citizens to do outdoor physical activity in the capital city of Jordan. Because the lack of outdoor sport opportunities, a series of running events can help people practicing in a safe and well organized environment. The RA events exist already for 3 years 3 times per week organized voluntarily by local professional runners. The interest to participate in the event has shown a growing tendency, although the maximum number of one event is only 40.

The main goals of the research was:

- to analyze the motivation of the participants taking part in the events,
- to get a feedback about the benefits of they experience,
- to see, if there are obstacles to participate more,
- to get opinions about the influencing factors in the capital.

In the research an online questionnaire was used sending to the former participants (n=19) via social media.

According to the results of the respondents most of the participants preferred to practice sports in the public places and in the extreme environment, their favorite activities are walking and running. For them the main purposes of practicing are to keep fit and stay healthy, they wish to do more activities but they are complaining about lack of time, and good facilities, which are in many cases far from their home environment. They feel Running Amman program is important because there is a good opportunity to find new friends and get healthier. Almost all of them agreed on that an event like this is useful for the city because it is a good opportunity to get socialized, have fun or live healthy.

Keywords: *running event, Amman, effects*

RESEARCH ON THE STRATEGY OF CONVENIENT CARRIAGE SYSTEM OF SPORTS EQUIPMENT : BASED ON INTERNATIONAL COMPARISON

Yinghui Yang^{1*}, Yuyan Zhou², Lijun Zhou²

¹The Chinese University of Hong Kong, China, ²Zhejiang University, Hangzhou, China
*zyyzsjzyy@163.com

Abstract

With the integrative development of Chinese national fitness and national health program, sports tourism and amateur sports events have developed rapidly. The sports enthusiasts tends to use specialized sports equipment. However, the problem of sports equipment inconvenient carriage caused by the insufficient storage space and strict size restrictions hinders sports enthusiasts' cross-regional sports tourism and event participation. In order to explore the strategy of convenient carriage system of sports equipment, based on the software-hardware co-design theory, this paper summarizes the international experience by comparing and analysing the railway, aviation, highway and water transportation cases of sports equipment in 36 countries. On this basis, based on the reality of China's development, the research analyses and obtains the measures such as selecting the pilot route for the convenient transportation of sports equipment, creating standardized hardware facilities, providing convenient software services and formulating transportation management system by classification. Various measures cooperate to form a convenient system strategy for sports equipment transportation. The research provides a systematic theoretical perspective for promoting the convenient transportation of sports equipment, and has a certain practical reference value.

Keywords: *sport strategy, equipment, transportation*

THE ROLE OF SEGMENTING ACTIVE SPORT TOURISTS BY THEIR SPORT AND TOURISM MOTIVATION

Kinga Nagy^{1*}, Kata Tóth¹, László Tóth¹, Miklós Bánhidi¹

¹Doctoral School, University of Physical Education, Budapest, Hungary

**nagykingatf@gmail.com*

Abstract

The field of sport tourism is very diverse and the motivations of participants are manifold. This also applies to the researches of active sport tourism, where the motives of participations are a neglected area. Aiming to analyze motivations and to reach target groups more adequately, market segmentation is necessary.

The purpose of this study was to detect unique active sport tourist segments according to their sport and traveling motives. A convenient sampling approach was used to collect data from 297 Hungarian water sport participants. A quantitative research method was chosen. Two indices, one for sport motivation and one for travel motivation were constructed. Data were analyzed through *k*-means clustering and a multivariate general linear model using SPSS software.

The cluster analysis unfolded four clusters based on sport and tourism motivations, namely: Social-oriented, Sport-oriented, Leisure-oriented, Leisure-ignoring groups. The Social-oriented group is a new segment compared to related studies, besides being the largest group in our study. The motivation profile of the Sport-oriented group in this study overlaps with the related literature. This group is the most capable of stepping out of their comfort zone aiming to skill mastery and stress relieving. The factor of Leisure was particularly important in the distinction of consumer segments. In our findings, the Leisure-oriented cluster prioritize their psychological well-being on an individual level compared to the social benefits of traveling.

Overall, the study's findings may better equip sport clubs and tourist agencies to tailor unique services and products which may enhance customer satisfaction and raise product loyalty.

Keywords: *motivation, sport motivation, leisure*

CHARACTERIZING ECO-LEISURE ACTIVITIES FROM THE PERSPECTIVE OF ECOTOURIST AND LOCAL PEOPLE - CASE STUDY OF RURAL AREA IN GUANGXI PROVINCE, CHINA

Yinghui Yang^{1*}

¹Chinese University Hong Kong, China

* *nagykingatf@gmail.com*

Abstract

Eco-leisure is outdoor activity usually taking place in nature environment, natural or man-made. Scholars have attempted to define eco-leisure from motives, outcomes, freedom-constraints and intrinsic-social dimensions. All attempts emphasized the interaction between nature and human. Participants in eco-leisure could be local people or visitors. According to scholars, rural natural areas offer more diverse eco-leisure opportunities given its low density population. Given the current state of research on eco-leisure, how can this be contextualized and understood in China? What are the characteristics of place and people in the context of eco-leisure? Given the increasing interaction of people and nature and the growing relevance of natural environment to people's activities, there is a need to conduct research in China in order to understand and conceptualize eco-leisure as well as characterize eco-leisure motivation and activity participation.

Specifically, this research is conducted in two clusters of two rural areas in Guangxi Province, China. The research investigates the various motivations of eco-leisure participation and motivation patterns of local people and visitors, characterize spatial patterns of eco-leisure activities and the experiences that people derive in such locations.

This research studies two clusters with contrasting characteristics of local people and ecotourist. The first cluster has higher percentage of local people and is visited by ecotourists staying for one to three days while the second cluster is visited by ecotourists staying between three days and less than a year.

The study assumes that tourists and locals like to participate in eco-leisure activities with intrinsic and extrinsic motivations. In conducting this research, convenient sampling is adopted to collect questionnaire responses from ecotourists and local people. Based on preliminary data analysis, the research finds that both locals and ecotourists of two clusters like to participate in the activities with high intrinsic motivations and low extrinsic motivations.

In order to further understand the nature of eco-leisure motivations from the perspectives of locals and ecotourist, this research also conducts semi-structured interviews with ecotourists and local people. Preliminary results show that some ecotourists participate in leisure activities with reflexivity of the relationship between nature and human, but lack of professional knowledge of nature conservation while most locals participate in eco-leisure activities with no reflexivity of the relationship between nature and human and no professional knowledge of nature conservation.

Under different motivations, people will participate in different activities of low, medium and high interaction between nature and human. This will allow the study to propose a framework to understand the relationship between motivation and eco-leisure activity participation in the context of China.

Keywords: *ecotourism, ecoleisure, clusters*

REDEFINING LEISURE ACTIVITIES THROUGH INVOLVEMENT IN VIRTUAL BOOK CLUB OF A FAN COMMUNITY: REFLECTIONS FROM BTS BOOK CLUB IN DISCORD

Syafiqah Abdul Ramin^{1*}

¹Malaysian Youth Council, Malaysia

**dr.syafiqahrahim@gmail.com*

Abstract

Covid-19 outbreak signified a rapid shift to online spaces for our work, social and educational lives. Whereas these shifts have rightly garnered attention, much less is given on how the virtual world interacts with the learning process in leisure activities among young people.

This paper is focused on the reflection of researcher's own experience to engage in a book club activity on digital platform called Discord. Technology and new media platform have impacted the ways young people spend their free time, make meaning of their activities, and organises their social interactions. Through various digital platform and applications such Discord, young people can connect to their peers and engage with one another with without having to disclose their personal information yet still offer a lively interaction in the platform.

Virtual book club in Discord offers different kind of activities that expand the idea of reading collectively. The BTS Book club is an initiative of a fan community that comes together to share their interest in reading and involved in a monthly book discussion based on the themes of the selected books. The kind of online engagement offered in BTS Book Club Discord opens a way to explore and redefine leisure activities of a fan community across all ages.

This paper is based on sociocultural theorising to frame the engagement of young people and the use of digital platform to mediate young people's agency to encourage consistent reading habits. Based on the researcher personal experience, the involvement in BTS Book Club provided an example on the creation of a safe and supportive space by an online community for both young people and adults. The straightforward system in the BTS Book Club Discord platform also aided the creation of a comfort zone and a manageable support system to promote good self-care.

Keywords: *leisure activity, virtuality, book club*

RESPONDERS AND NON-RESPONDERS TO 6-MONTH LONG CONCURRENT TRAINING IN HEALTHY, YOUNG AND SEDENTARY INDIVIDUALS

Kitty Garai^{1*}, Zoltán Ádám¹, Róbert Herczeg¹, Ádám Gyebrovski¹, Márta Wilhelm¹, Krisztián Kvell¹

¹University of Pécs, Hungary

**garai.kitti@pte.hu*

Abstract

Adaptive response to a training program is often described in general terms, assuming that the group average and SD represent the typical response for most individuals. However, in most cases participants show a wide range of responses rather than similar. Therefore, studies trying to predict, explain the factors affecting inter individual variability to an exercise intervention has grown rapidly. Indeed, understanding the effects of training beyond the improvement in cardiorespiratory fitness becomes crucial for prescribing an effective preventive strategy, avoiding general approach in exercise prescription. To date, it is still unknown whether individuals who show a low response in one given parameter, also show low responses to other parameters, such as blood lipids, and glucose and insulin metabolism. We aimed to investigate the cardiovascular, metabolic and immune adaptations (i.e., performance, blood pressure, fasting blood markers, and hTREC) to 6-month concurrent exercise training among healthy, young and sedentary participants who showed different levels of responsiveness. At the whole group level, the intervention was effective to improve all the examined parameters. However, at the individual level, a wide range of variability was observed in the adaptive response. Furthermore, participants classified as low responders for one parameter could be high responders in many other health-related outcomes. In addition, non-responsiveness was not apparent in any subject, as a positive response on at least one parameter was present in every participant. Our data show that regular physical activity is essential to counteract senescence in young and healthy individuals, despite individual differences in responsiveness.

Keywords: *training adaptation, sedentary*

**WORLD LEISURE
YOUTH AMBASSADOR
CONTEST**

THE WINNERS OF THE 2020/21 WORLD LEISURE YOUTH AMBASSADOR CONTEST



The WLYA contest is a platform for introducing talented young people around the world. This year several applicants sent in their photos, drawings, painting, short films and reports to the WLYA Committee, which was evaluated by voting from the Board members of World Leisure Organization and young people around the world.

The winners were acknowledged with an award and certificate by WLO.

WORLD LEISURE ORGANIZATION **WORLD LEISURE YOUTH AMBASSADORS CONTEST** **WORLD LEISURE ORGANIZATION**

BEST WLYA ARTIST 2020/21

 Mubarak Ali Pakistan 	 Vittorio Casasanta Italy 	 Donah Ntibankundiye Uganda 
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BEST WLYA PHOTOGRAPHER 2020/21

 Tassnem Abu Zaid Jordan 	 Georgina Gondöcs Hungary 	 Tian Bingbing China 
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BEST WLYA VOLUNTEER 2020/21

 Mariam Maqsood Pakistan 	 Krisztina Pohl Hungary 	 Maria Pizarro Sociedad Movimiento Chile 
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BEST WLYA SHORT FILM 2020/21

 Anna Hári Hungary 	 Samuel Olu Job Nigeria 	 Lina Takrun Jordan 
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Faculty of Sciences, University of Pécs

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