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Urban-rural differences of free activities in children of age 11-14

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Abstract

Objectives: The **problem** of the research is to investigate the situation of free activities of primary school students in urban and rural areas in Kosovo. The **subject** of the research is male and female third level elementary school students (grades 6, 7, 8, 9) in urban and rural areas. In accordance with the object and the problem defined in this research, the main purpose of the research is also defined. The main **purpose** of this research is to determine what children do during their free time, as well as to look at the differences between children in urban and rural areas.
Methods: The research was conducted in a sample consisting of 413 boys and girls (11 – 14) attending elementary school. The total sample includes 413 respondents, 202 boys and 211 girls. The sample is divided into the following sub-samples: 115 eleven year old male and female students, 144 twelve year old male and female students, 97 thirteen year old male and female students, 57 fourteen year old male and female students. The research material was collected in 2017. To assess what the students do more in their spare time a questionnaire called "My Lifestyle" was used.
Results: Research results show that the most frequent forms of leisure time spending are: listening to music, meeting friends, playing with friends, reading books and watching videos/TV. The obvious reason for this may be the lack of access to sports equipment and facilities.
Conclusion: This research shows that the level of wealthier (not very high both in households and in the whole country) can have an impact on the choice of activities undertaken by young people. Undoubtedly, social and cultural as well as traditional factors also have a great influence in the way of spending free time as can be seen in the case of this study.

Key words: leisure activities, leisure time, free time, lifestyle, social and cultural factors.

1. Introduction

Physical activity is a powerful marker of health status during childhood and adolescence. Physical activity is considered to be a key factor in the healthy physical and mental development of children; the rise and spread of obesity in children puts children at high risk of developing some chronic illnesses in later life.

In recent years, several international organizations such as the American College of Sports Medicine (ACSM) have recommended that children should participate in physical activity > 60 min daily in an organized manner, both at home and outside school. Children have the right to play and rest even in their free time. A meaningful time can be a support in the development of the child. Most children love to be with their friends during their free time. It is common to surf on the internet, watch TV and listen to music. Many engage in more organized activities (The child's leisure time) . Young people at this age often cause problems, are difficult to communicate with, and the phenomenon of "youth rebellion" can occur. During this time one can see that free physical activity depends, to a large extent, on a number of activities that go beyond the problems covered by the school curriculum but deal with the educational environment in which every student grows up. From the perspective of health needs, the most important part of this activity should be based on physical activity. It is known that such activities have a very positive impact on the development of biological characteristics (stimulate growth, strengthen the body, develop speed, endurance, concentration, improve reflexes) (Umiastowska, 1999) , and in psycho-social problems (self-esteem, ability to self-control, ability to work with other people).
For the sake of clarity, we need first to clarify the term leisure. It was first defined during an international conference in 1956. As defined by the French sociologist (Dumazedier J, 1956) , leisure means all activities undertaken by an individual for entertainment or self-development, voluntary participation in social life, and family responsibilities. This definition only considers adults. On the other hand, according to (Dąbrowski, 1966) , youth leisure is the time that remains available to them after fulfilling their body's needs and performing homework and school assignments in which they can perform their activities according to their preferences, related to leisure, entertainment and pursuing their interests. According to the authors (Glapa, Bronikowski, Górka, & Morina, 2013) the level of wealth (not so much of the family, but of the whole country) can influence the choice of activities undertaken by young people. Certainly the socio-cultural factors and the tradition of social life, which impose certain ways of spending leisure time.
To get a fuller picture of young people's behavior in the critical social, psychological and physical growth period, the research study will be conducted in two groups that include (rural and urban) locations in two Kosovo municipalities. Comparative studies are conducted in pedagogy to identify potential trends and development paths. So the first step in this case is to identify the current state of children's leisure activities at this age.

2. Materials and Methods

2.1. Study design and subjects

Data were collected through a questionnaire. A research tool used to assess students' lifestyles, a questionnaire called "My Lifestyle", designed by a team of European researchers [Telama R., Naul R., Nupponen H., Rychtecky A., Vuolle P., 2002]. The questionnaire was translated and adapted by a team of professional translators in collaboration with the Faculty of Physical Education and Sport, Prishtina. The research was conducted in the group of 413 children aged 11-14 years, out of which 208 students from urban areas and 205 students from rural areas. The research material was collected in 2017.
To assess the status of what students do best in their spare time we used a questionnaire called "My Lifestyle" which include following questions:

1. How do you spend your free time? (You can choose from three answers)
2. How many times during the last three months have you done physical activity in your spare time (for at least 30 minutes).
3. What forms of physical activity do you do during your free time?
4. I participate in various physical activities because ... (list three reasons at most)
5. I do physical activity leisure time with ...
6. I think I am .....
7. I evaluate my motor fitness as ...
8. Do your parents engage in any form of sports in their spare time (Mother-Father)?

2.3. Statistical analysis

Basic statistical parameters (descriptive analysis) were calculated for all the research results so that we could present the state of realization of the subject of leisure time of this research.
data processing will use the "Chi Square Test" which lets us know if two groups have very different opinions, which makes it a very useful statistic for survey research.

3. Results

3.1. Results of basic statistical parameters

1. Results of the question "How do you spend your leisure time?"

Table 1. Results of the question How do you spend your leisure time?

	Missing		Valid N
	N	Percent	
I don't do anything	410	99.3%	3
Play cards	408	98.8%	5
Play music on instruments, sing in chorus	401	97.1%	12
I go to the cinema, theater, concert	400	96.9%	13
Hobby activities	399	96.6%	14
I go to races as a spectator	397	96.1%	16
I practice club sports in a sports section	358	86.7%	55
Family visits	355	86.0%	58
Play computer games	347	84.0%	66
I practice sports with friends on the sports field	332	80.4%	81
I meet friends	301	72.9%	112
Play with friends	297	71.9%	116
I read books, newspapers	290	70.2%	123
Watch TV, Video	224	54.2%	189
I listen to music	123	29.8%	290

In this question, students were entitled to answer three alternatives on how they spend their free time. According to the table, the results show that only 3 students interviewed do nothing during their leisure time, 5 others play cards, 12 others stated that during their free time they play music on instruments or sing in chorus. 13 others stated that they go to cinema, theater, concert, 14 others stated that they do hobby activities, 16 others stated that they go to spectator competitions, 55 stated that during their leisure time they practice sports in a club, in a section of sports, 58 make family visits, 66 others said they play computer games, 81 respondents said they practice sports with friends in the sport, 112 stated they spend time with friends, 112 said they play with friends, 123 stated that they read books during their leisure time, 189 stated that they watched TV or video during their leisure time, while another 290 stated that they were listening to music during their leisure time.

2. Question Results "How many times in the past three months have you been doing physical activity in your spare time (at least 30 minutes)?"

Table 2. Question Results - How many times in the past three months have you been doing physical activity in your spare time (at least 30 minutes)? "

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	4	1.0	1.0	1.0
	Less than once a week	11	2.7	2.7	3.6
	Once a week	28	6.8	6.8	10.4
	Twice a week	100	24.2	24.2	34.6
	Three times a week	120	29.1	29.1	63.7
	Five times a week	56	13.6	13.6	77.2
	Every day	94	22.8	22.8	100.0
	Total	413	100.0	100.0	

Four respondents (1%) stated that during the past three months, they had never undertaken any physical activity in their spare time. 11 others (2.7%) stated that they have taken up physical activity less than once a week, 28 others (6.8%) once a week, 100 (24.2%) of respondents stated that twice weeks of physical activity, 120 of the respondents (29.1%) stated that they had taken physical activity three times a week, 56 (13.6%) five times a week, 94 (22.8%) of the respondents stated that they had taken daily activity physical.

3. Question Results: What forms of physical activity do you do during your free time?

Table 3. *Question Results - What forms of physical activity do you take up during your free time?*

		Frequency	Percent	Valid Percent	Cumulative Percent
1.	**Running**				
Valid	Sometimes	201	48.7	48.7	48.7
	Never	1	.2	.2	48.9
	Often	211	51.1	51.1	100.0
2.	**Swimming**				
Valid	Sometimes	260	63.0	63.0	63.0
	Never	141	34.1	34.1	97.1
	Often	12	2.9	2.9	100.0
3.	**Biking**				
Valid	Sometimes	166	40.2	40.2	40.2
	Never	41	9.9	9.9	50.1
	Often	206	49.9	49.9	100.0
4.	**Basketball**				
Valid	Sometimes	230	55.7	55.7	55.7
	Never	107	25.9	25.9	81.6
	Often	76	18.4	18.4	100.0

5. **Volleyball**					
Valid	Sometimes	229	55.4	55.4	55.4
	Never	107	25.9	25.9	81.4
	Often	77	18.6	18.6	100.0
6. **Football**					
Valid	Sometimes	122	29.5	29.5	29.5
	Never	97	23.5	23.5	53.0
	Often	194	47.0	47.0	100.0
7. **Handball**					
Valid	Sometimes	179	43.3	43.3	43.3
	Never	181	43.8	43.8	87.2
	Often	53	12.8	12.8	100.0
8. **Aerobic**					
Valid	Sometimes	55	13.3	13.3	13.3
	Never	347	84.0	84.0	97.3
	Often	11	2.7	2.7	100.0
9. **Weight lifting**					
Valid	Sometimes	113	27.4	27.4	27.4
	Never	285	69.0	69.0	96.4
	Often	15	3.6	3.6	100.0

In the running activity, the results show that 48.7% of the respondents declared that they sometimes run during their leisure time, 0.2% declared that they never run during their leisure time, while 51.1% declared that they often run during their leisure time. jogging, as a physical activity.

Regarding swimming, as a physical activity, the results show that 63% of the respondents declared that they sometimes do swimming during their leisure time, 34.1% declared that they never do swimming during their leisure time, while 2.9% stated that they often do during leisure time they are engaged in swimming, as a physical activity.

The results show that 40.2% of the respondents occasionally ride a bike during their leisure time, 9.9% stated that they never ride a bicycle during their leisure time, while 49.9% stated that they often ride a bike during their leisure time.

Regarding the game of basketball as a physical activity, the results show that 55.7% of the respondents declared that they sometimes play basketball during their leisure time, 25.9% stated that they never play basketball during their leisure time, while 18.4% stated that they are often playing basketball during their free time.

Regarding volleyball as a physical activity, the results show that 55.4% of respondents stated that they sometimes play volleyball, 25.9% said they never play volleyball, while 18.6% stated that they play volleyball often during their free time.

Regarding the game of football as a physical activity, the results show that 29.5% of the respondents stated that they sometimes play football during their leisure time, 23.5% stated that they never play football during their leisure time, while 47% declared that they play often football during their free time.

Regarding handball as a physical activity, the results show that 43.3% of the respondents stated that they sometimes play handball, 43.8% stated that they never play handball, while 12.8% stated that they often they play handball during their free time.

Research results show that 13.3% of respondents sometimes use aerobic leisure, 84% never engage in aerobic leisure, while 2.7% stated that they often do aerobic leisure.

Nearly 27.4% of the respondents stated that during leisure time they sometimes engage in weight gain as a physical activity, 69% stated that they never engage in this activity while 3.6% stated that they often do weight gain.

4. The results of the question "I participate in various physical activities because ...?"

Table 4. *Question Results - "I participate in various physical activities because ...?"*

	Missing		Valid N
	N	Percent	
For financial gain	409	99.0%	4
The family encourages me	407	98.5%	6
I can fulfill my sporting ambitions	389	94.2%	24
Meet new people	383	92.7%	30
To meet friends	381	92.3%	32
For better grade in PE	372	90.1%	41
To look good / beautiful	360	87.2%	53
For a sports career	308	74.6%	105
For relaxation	271	65.6%	142
I like competitions	268	64.9%	145
For fun	235	56.9%	178
For good physical condition	204	49.4%	209
For health	152	36.8%	261

Respondents to this question were entitled to answer with 3 different alternatives. According to the tabular data, it turns out that, 4 respondents stated that they are engaged in various physical activities for financial gain, 6 others stated that they are engaged in different activities because the family is what encourages them, 24 others stated that they engage in physical activity. different physical because they can fulfill their sporting ambitions, 30 stated that the reason is to meet young people, 32 deal to meet friends, 41 stated that they engage in physical activity for a better grade in EF, 53 others stated that they deal with AF for good / beautiful looks, 105 said they care for sports careers, 142 others for relaxation, 145 because they like racing, 178 respondents stated they enjoy AF for fun, 209 others for good physical fitness courses, 261 respondents stated that they deal with AF for health reasons.

5. Question results: "I do leisure time physical activity with ..?"

Table 5. *Question results - "I do leisure activities with ..?"*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	With my parents	14	3.4	3.4	3.4
	With my siblings	73	17.7	17.7	21.1
	With friends	292	70.7	70.7	91.8
	Alone	32	7.7	7.7	99.5
	With others	2	.5	.5	100.0
	Total	413	100.0	100.0	

Approximately 3.4% of respondents stated that they engage in leisure time with parents, 17.7% with siblings, 70.7% with friends, 7.7% with courses themselves, 0.5% with others.

6. Question results: "I think I'm ..?"

Table 6. *Question results: "I think I'm ..?"*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very healthy	123	29.8	29.8	29.8
	Healthy	244	59.1	59.1	88.9
	Unhealthy	2	.5	.5	89.3
	I can't assess my health	44	10.7	10.7	100.0
	Total	413	100.0	100.0	

When asked how respondents think about themselves about health, 29.8% stated that they are very healthy, 59.1% thought they were healthy, 0.5% thought they were ill, 10.7% stated that they could not assess their health on their own.

7. Question results: "I assess my motor fitness as ..."?

Table 7. *Question results: "I assess my motor fitness as ..."?*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Extraordinary	31	7.5	7.5	7.5
	Very good	227	55.0	55.0	62.5
	Good	114	27.6	27.6	90.1
	Acceptable	40	9.7	9.7	99.8
	Bad	1	.2	.2	100.0
	Total	413	100.0	100.0	

Nearly 7.5% of the respondents stated that they rate their motor fitness as exceptional, 55% as very good, 27.6% rated their motor fitness as good, 9.7% as satisfactory while 0.2% rated it as bad for their fitness. motor.

8. Result of the question: "Your parents, do they play any form of sport in their spare time?" (Mom - Dad)

Table 8. *Result of the question: "Your parents, do they play any form of sport in their spare time?" (Mom - Dad)*

	Frequency	Percent	Valid Percent	Cumulative Percent
	Mom - Dad	**Mom - Dad**	**Mom - Dad**	**Mom - Dad**
They don't	159 - 59	38.5 – 14.3	38.5 – 14.3	38.5 – 14.3
Sometimes	199 - 221	48.2 - 53.5	48.2 - 53.5	86.7 - 68.0
Regularly	39 - 113	9.4 – 27.4	9.4 – 27.4	96.1 – 95.4
I don't know	16 - 19	3.9 – 4.6	3.9 – 4.6	100 - 100
Total	413 - 412	100 - 100	100 - 100	

Nearly 38.5% of respondents stated that their mother never engaged in sports, 48.2% stated that she sometimes does, 9.4% stated that she regularly does, 3.9% stated that they did not know if their mother was engaged in physical activity or not.

On the other hand, 14.3% of the respondents stated that their father never engaged in sports, 53.6% stated that he sometimes does, 27.4% stated that he regularly does, 4.6% stated that they do not know whether their father is engaged in physical activity or not.

3.2. Hypothesis testing results

I used the Chi-Square Test to test the hypotheses. Based on the subject matter, the research problem and the purpose of the research, but also on the experience of previous research, the following hypotheses were tested during the research:

H: There is no statistically significant difference between children's leisure activities in urban and rural areas.

H1: There is a statistically significant difference between children's leisure activities in urban and rural areas.

To validate the hypothesis of whether there is or is no statistically significant difference between children's free activities in urban and rural areas, I analyzed the hypothesis through the Chi-Square Test. This test included the place of residence of the respondents as well as the forms of physical activity undertaken by the respondents in both areas.

This testing was done for each individual activity that the respondents dealt with, and included 413 respondents (Table 9).

Table.9. **Case Processing Summary**

Cases	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
1. Running	413	100.0%	0	0.0%	413	0.0%
2. Swimming	413	100.0%	0	0.0%	413	0.0%
3. Biking	413	100.0%	0	0.0%	413	0.0%
4. Basketball	413	100.0%	0	0.0%	413	0.0%
5. Volleyball	413	100.0%	0	0.0%	413	0.0%
6. Football	413	100.0%	0	0.0%	413	0.0%
7. Handball	413	100.0%	0	0.0%	413	0.0%
8. Aerobic	413	100.0%	0	0.0%	413	0.0%
9. Weight lifting	413	100.0%	0	0.0%	413	0.0%

Table.10. Residence * **Running Crosstabulation**

			Running			Total
			Sometimes	Never	Often	
Residence	Urban	Count	116	0	92	208
		Expected Count	101.2	.5	106.3	208.0
	Rural	Count	85	1	119	205
		Expected Count	99.8	.5	104.7	205.0
Total		Count	201	1	211	413
		Expected Count	201.0	1.0	211.0	413.0

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	9.215[a]	2	.010
Likelihood Ratio	9.629	2	.008
Linear-by-Linear Association	8.171	1	.004
N of Valid Cases	413		

a. 2 cells (33.3%) have expected count less than 5. The minimum expected count is .50.

Based on the results of the analysis, where the Chi-Square Test was used, we can see that the 2-sided significance column reported in the last column and the corresponding Pearson Chi-Square row, is smaller by 5% in significance level than the value p - 0.05, and in this case we reject the 0 hypothesis and accept the alternative. So, we conclude that there is a statistically significant difference of this activity of children in urban and rural areas.

Table.11. Residence * **Swimming Crosstabulation**

			Swimming			Total
			Sometimes	Never	Often	
Residence	Urban	Count	126	71	11	208
		Expected Count	130.9	71.0	6.0	208.0
	Rural	Count	134	70	1	205
		Expected Count	129.1	70.0	6.0	205.0
Total		Count	260	141	12	413
		Expected Count	260.0	141.0	12.0	413.0

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	8.565[a]	2	.014
Likelihood Ratio	9.983	2	.007
Linear-by-Linear Association	3.178	1	.075
N of Valid Cases	413		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 5.96.

Comparison between residence and swimming as a leisure-time physical activity, in the table above, shows that based on the 2-sided significance column reported in the last column and the corresponding row at Pearson Chi-Square, significance level is 5% less than p - 0.05, in which case we reject the 0 hypothesis and accept the alternative. Thus, we find that there is a statistically significant difference in this activity of children in urban and rural areas.

Table.12. Residence * **Biking Crosstabulation**

			Biking			Total
			Sometimes	Never	Often	
Residence	Urban	Count	104	27	77	208
		Expected Count	83.6	20.6	103.7	208.0
	Rural	Count	62	14	129	205
		Expected Count	82.4	20.4	102.3	205.0
Total		Count	166	41	206	413
		Expected Count	166.0	41.0	206.0	413.0

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	27.854[a]	2	.000
Likelihood Ratio	28.184	2	.000
Linear-by-Linear Association	24.094	1	.000
N of Valid Cases	413		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 20.35.

Based on the results of the analysis, where the Chi-Square Test was used, we can see that the 2-sided significance column reported in the last column and the corresponding Pearson Chi-Square row, is smaller by 5% in significance level than the value p - 0.05, and in this case we reject the 0 hypothesis and accept the alternative. So, we conclude that there is a statistically significant difference of this activity of children in urban and rural areas.

Table.13. Residence * Basketball Crosstabulation

			Basketboll			Total
			Sometimes	Never	Often	
Residence	Urban	Count	109	57	42	208
		Expected Count	115.8	53.9	38.3	208.0
	Rural	Count	121	50	34	205
		Expected Count	114.2	53.1	37.7	205.0
Total		Count	230	107	76	413
		Expected Count	230.0	107.0	76.0	413.0

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	1.904[a]	2	.386
Likelihood Ratio	1.907	2	.385
Linear-by-Linear Association	1.790	1	.181
N of Valid Cases	413		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 37.72.

Results from the 2-sided significance column reported in the last column and the corresponding row at Pearson Chi-Square, the value for 5% in significance level is greater than the value p - 0.05, and in this case we accept the 0 hypothesis and reject the alternative. So, we conclude that there is a statistically no significant difference of basketball as activity of children in urban and rural areas.

Table.14. Residence * Volleyball Cross-tabulation

			Volleyball			Total
			Sometimes	Never	Often	
Residence	Urban	Count	115	58	35	208
		Expected Count	115.3	53.9	38.8	208.0
	Rural	Count	114	49	42	205
		Expected Count	113.7	53.1	38.2	205.0
Total		Count	229	107	77	413
		Expected Count	229.0	107.0	77.0	413.0

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	1.376[a]	2	.503
Likelihood Ratio	1.378	2	.502
Linear-by-Linear Association	.190	1	.663
N of Valid Cases	413		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 38.22.

Results from the 2-sided significance column reported in the last column and the corresponding row at Pearson Chi-Square, the value for 5% in significance level is greater than the value p - 0.05, and in this case we accept the 0 hypothesis and reject the alternative. So, we conclude that there is a statistically no significant difference of Volleyball as activity of children in urban and rural areas.

Table.15. Residence * Football Crosstabulation

			Football				Total
			Sometimes	Never	Often	31.0	
Residence	Urban	Count	55	76	77	0	208
		Expected Count	61.4	48.9	97.2	.5	208.0
	Rural	Count	67	21	116	1	205
		Expected Count	60.6	48.1	95.8	.5	205.0
Total		Count	122	97	193	1	413
		Expected Count	122.0	97.0	193.0	1.0	413.0

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	41.227[a]	3	.000
Likelihood Ratio	43.600	3	.000
Linear-by-Linear Association	2.836	1	.092
N of Valid Cases	413		

a. 2 cells (25.0%) have expected count less than 5. The minimum expected count is .50.

Based on the results of the analysis, where the Chi-Square Test was used, we can see that the 2-sided significance column reported in the last column and the corresponding Pearson Chi-Square row, is smaller by 5% in significance level than the value p - 0.05, and in this case we reject the 0 hypothesis and accept the alternative. So, we conclude that there is a statistically significant difference of this activity (soccer) of children in urban and rural areas.

Table.16. Residence * Handball Crosstabulation

			Handball			Total
			Sometimes	Never	Often	
Residence	Urban	Count	61	141	6	208
		Expected Count	90.2	91.2	26.7	208.0
	Rural	Count	118	40	47	205
		Expected Count	88.8	89.8	26.3	205.0
Total		Count	179	181	53	413
		Expected Count	179.0	181.0	53.0	413.0

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	106.211[a]	2	.000
Likelihood Ratio	114.211	2	.000
Linear-by-Linear Association	1.475	1	.225
N of Valid Cases	413		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 26.31.

Results from the 2-sided significance column reported in the last column and the corresponding row at Pearson Chi-Square, the value for 5% in significance level is greater than the value p - 0.05, and in this case we reject the 0 hypothesis and accept the alternative. So, we conclude that there is a statistically a significant difference of Handball as activity of children in urban and rural areas.

Table.17. Residence * Aerobic Crosstabulation

			Aerobic			Total
			Sometimes	Never	Often	
Residence	Urban	Count	37	168	3	208
		Expected Count	27.7	174.8	5.5	208.0
	Rural	Count	18	179	8	205
		Expected Count	27.3	172.2	5.5	205.0
Total		Count	55	347	11	413
		Expected Count	55.0	347.0	11.0	413.0

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	9.164[a]	2	.010
Likelihood Ratio	9.386	2	.009
Linear-by-Linear Association	9.124	1	.003
N of Valid Cases	413		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 5.46.

In this case also, based on the results from the 2-sided significance column reported in the last column and the corresponding row at Pearson Chi- Square, for the 5% significance level, the value is less than p - 0.05, therefore in this case we reject the 0 hypothesis and accept the alternative. Thus, we conclude that there is a statistically significant difference between residence and aerobic as physical activity during leisure time in urban and rural areas.

Table.18. Residence * Weight lifting Crosstabulation

			Weight lifting			Total
			Sometimes	Never	Often	
Residence	Urban	Count	69	128	11	208
		Expected Count	56.9	143.5	7.6	208.0
	Rural	Count	44	157	4	205
		Expected Count	56.1	141.5	7.4	205.0
Total		Count	113	285	15	413
		Expected Count	113.0	285.0	15.0	413.0

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	11.727[a]	2	.003
Likelihood Ratio	11.908	2	.003
Linear-by-Linear Association	2.847	1	.092
N of Valid Cases	413		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 7.45.

Results from the 2-sided signification column reported in the last column and corresponding line at Pearson Chi-Square, for 5% level of significance, the value is less than p - 0.05, and in this case we reject the 0 hypotheses and we accept the alternative. Thus, we conclude that there is a statistically significant difference between residence and weight lifting as physical activity during leisure time in urban and rural areas.

4. Discussion

Leisure can be said to be one of the biggest problems in our Kosovar society. Young people find it difficult in their free time to engage in physical activity as much as possible, because in our country today in the electronic market children can find attractive electronic equipment from different companies that create a competition in the midst of bringing in new electronics, as well as providing supportive equipment such as ultra-chairs suitable for enticing young people to sell their products as much as possible. Therefore in this case parents can play a very important role for their children by trying to get as much free sports activities as possible to be a good overview for their children, so how to spend their leisure time, as much as possible with leisure sports activities, away from various electronic devices that directly affect the health of their children as a result of not engaging in various sports activities. Lifestyle is the image of the functioning of the individual or group (Nowak-Starz G, 2008). The process of forming a particular lifestyle goes hand in hand with educational activity, but becomes more important in adolescence. An individual's lifestyle can affect the strengthening of his or her health potential, or worse. That is why we can talk about its pro - health or anti - health character. The information we have collected during this research has made it possible to determine leisure time, frequency of physical activity of the enterprise, participation in various activities and physical activity of students' parents. When comparing student outcomes with regard to reporting leisure time physical activity, we should consider them optimistic that most respondents stated that they engaged in physical activity at least twice and thrice a week. Such a response with twice a week training given (24.2%) of students, (29.1%) of students responded that they train three times a week. As for the first answer that children never train per week we have only 1.0%, this shows that young people in our country generally undertake free physical activities in their spare time. The results show that mostly Cohen kids spend their free time: listening to music, watching TV, reading books, playing with friends, meeting friends, it is interesting that in some questions we have (0) answers given as : play instruments, sing in the choir, go to concerts, and we also only have (3) answers that: they do nothing in their spare time. These answers may have been influenced by living conditions, unsatisfactory level of financial status in the family, cultures, etc. From a study conducted by (Pawelec & Kurzak , 2013) among high school students in Warsaw, shows that high school students in Warsaw prefer a sedentary lifestyle every day as well as on weekends. This may be due to their stated interest in movies, serials and various computer games. The way you spend your leisure time in the weekend reflects the lifestyle of modern families. The most common leisure time weekend favorites are related to friends and family meetings. The leisure-time habits associated with physical activity are characteristic of only high school fourth-year students in Warsaw. The results of the research correspond

to the results of studies conducted among young people by (Skawiński, Zaworska, Sikora, Horecka, & Szpringer, 2011) who noted that young people spend most of their free time in front of a computer or TV. Similar conclusions were also drawn (Oblecińska & Woynarowska , 2006) in large population studies. Also, according to a study conducted by (Bajurna & Jakubek , 2008) in Poland activities for upper secondary students are mainly different forms of physical activity, but also thematic activities. In these tests, young people's motor activity was rated as moderate. Research results show that the most common forms of leisure time are that students mostly listen to music, meet friends, play with friends, read books, and watch TV, videos. The obvious reason for this may be the lack of access to different equipment to deal with different sports activities. It can be assumed that further economic development will result in an increase in the proportion of young people choosing different forms of leisure time. Among the forms of activities not taken by lower secondary school students from Kosovo are: skate-rolling, aerobics, skateboarding and skating, those forms can be classified as "expensive"; these devices are not available at all clubs, sports halls etc. On the other hand, a higher percentage of respondents compared to other activities was that (123) students in their spare time read books, (112) students meet friends, (116) students indicated that they spend free time playing with friends, (189) students watching TV or videos, while (290) students responding that they spend their free time listening to music. It is interesting in contrast to their peers in some countries in the European Union that 58 students in their spare time do family visits, compared to children from some European Union countries who have a much lower percentage of family visits (Glapa, Bronikowski, Górka, & Morina, 2013). The effectiveness of (and not only) health education requires a reconciliation between the health education delivered in schools and the student experience in the family. Family has an important impact on the development of lifestyle and health behavior. It has been shown that this support is useful in terms of building good health habits. (Wojciechowska, Mojs , & Stanisławska , 2008) . In the research, students were asked about their parents if they received any activities (especially mothers and fathers). In the case of mothers, responses were split between not doing at all and doing sometimes, it is worth noting that (38.5%) of the respondents responded that their mothers never do any form of physical activity, whereas (48.2%) of the respondents answered that sometimes they do physical activities. On the other hand, in the case of fathers, physical activity was better assessed. A large number of respondents (27.4%) responded that fathers regularly engage in physical activity, while (53.5%) responded that their parents sometimes engage in physical activity. This situation can be caused by different division of family duties and generally different perception of the traditional role of a man, the head of the family in our country, different socio-cultural and religious conditions. The need for action on youth health is highlighted in important international documents that reiterate many common recommendations on the need to improve the health care system, promote healthy lifestyles, improve life skills as a modern strategy for preventing many disorders. An important idea is to enable young people to prioritize and create programs for the benefit of their health (West & Sweeting, 2004) . It seems that in our country this is difficult to achieve at the present stage of the development of education systems and often highly authoritarian educational traditions. Hopefully, success will increase by introducing into the nuclear curriculum the need to define some solutions and educational plans together with students. Creating social inequality can contribute to the overall improvement of public health and to selected age groups. The relationship between social factors and adolescent health is complex. Making conclusions about differences depends on the accepted health and social factors. It is believed that during adolescence health differences do not show as strongly as in early childhood and adulthood (Sińczuch, 2009). The reason for this is the smaller impact of factors related to family life, and greater than those related to a common group. This research shows that the level of wealth (not very high both in family and in the whole country) can have an impact on the choice of activities undertaken by young people. Undoubtedly, socio-cultural factors and the tradition of social life also have a great influence and influence the way of spending free time (as can be seen especially in the case of the tested ones in our country).

5. Conclusion

In line with the individual research objectives and hypotheses, the results show that: In some cases, the presented hypotheses have been validated, and in some cases they have been rejected. As for **Running** in this case we reject the 0 hypothesis and accept the alternative. Thus, we find that there is a statistically significant difference in this activity of children in urban and rural areas. **Swimming** also rejects the 0 hypothesis and accepts the alternative. Thus, we find that there is a statistically significant difference in this activity of children in urban and rural areas. In the case of **Biking** we reject the 0 hypothesis and accept the alternative. So, we find that there is a statistically significant difference in cycling during children's leisure time in urban and rural areas. In the case of **Basketball** we accept the 0 hypothesis and reject the alternative. Thus, we conclude that there is no statistically significant difference between residence and playing basketball as a leisure time activity of children in urban and rural areas. In

the case of **Volleyball** we accept the null hypothesis and reject the alternative. Thus, we conclude that there is no statistically significant difference between residence and playing volleyball as physical activity during leisure time in urban and rural areas. In this case of **Soccer**, we reject the 0 hypothesis and accept the alternative. Thus, we find that there is a statistically significant difference in this activity of children in urban and rural areas. In the case of **Handball** we reject the 0 hypothesis and accept the alternative. Thus, we find that there is a statistically significant difference between residence and playing handball as physical activity during leisure time in urban and rural areas. In the case of **Aerobic** we reject the 0 hypothesis and accept the alternative. Thus, we conclude that there is a statistically significant difference between residence and aerobics as physical activity during leisure time in urban and rural areas. In the case of **Weight-lifting** we reject the 0 hypothesis and accept the alternative. Thus, we conclude that there is a statistically significant difference between residence and weight-lifting as a physical activity during leisure time in urban and rural areas.

Overcoming social inequality can contribute to the overall improvement of the health of students of selected age groups. The relationship between social factors and adolescent health is complex. It is believed that during adolescence health differences do not show as strongly as in early childhood and adulthood (Sińczuch, 2009). The reason for this is the smaller impact of factors related to family life, and greater than those related to a common group. Research shows that the level of wealth (not very satisfying for the family, but for the whole country) can have an impact on the choice of activities undertaken by young people. Admittedly, socio-cultural factors and the tradition of social life also have a great impact and set certain ways of spending time (as can be seen in our research). The above observations, the future taking into account local conditions, should be a starting point for those planning changes in physical education systems in our country.

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