



REVISTA INCLUSIONES

HOMENAJE A JAQUELINE VASSALLO

Revista de Humanidades y Ciencias Sociales

Volumen 7 . Número Especial

Julio / Septiembre

2020

ISSN 0719-4706

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**THE PROBLEM OF SPARE TIME OF TEENAGERS IN MOUNTAIN REGIONS
OF POLAND AND UKRAINE**

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Fecha de Recepción: 23 de abril de 2020 – **Fecha Revisión:** 21 de mayo de 2020
Fecha de Aceptación: 12 de junio de 2020 – **Fecha de Publicación:** 01 de julio de 2020

Abstract

The article highlights the problem of spare time and leisure of pupils in conditions of globalization changes and a new socio-cultural reality. The structure and content of spare time of young people aged 12-15 years living in the Ukrainian and Polish Carpathians have been defined. The study involved 138 Polish (71 girls and 67 boys) and 131 Ukrainian (64 girls and 67 boys) school students. The sociocultural context of leisure activities has been substantiated and general tendencies in the field of spare time of Ukrainian and Polish students have been revealed. The problem of spare time of young people will be presented on the basis of own research conducted among pupils from Myślenice district (Poland) and Ivano-Frankivsk region (Ukraine). Results: in the article the authors presented the results of their research on the evaluation of the lifestyle lead by young people from two countries, including physical activity, personal care and life safety. As a result of the research, the interest of adolescents in passive activities has been revealed: listening to music (one or more times a week): 84.73% of Ukrainian and 89.86% of Polish respondents; watching TV shows – respectively 38.9% and 62.3%; spending spare time in front of a computer screen, in particular in social networks – 72.46% of Polish and 67.2% of Ukrainian teenagers. It has been proved that the organization of meaningful leisure in schoolchildren of both countries is characterized by the dominance of the emotional aspect over the informative. The article stresses the main concepts in terms of protecting and strengthening physical, social, spiritual and psychical health of pupils.

Keywords

Spare time – Physical activity – Leisure culture – Mountain region
Ukrainian and Polish Carpathians

Para Citar este Artículo:

Budnyk, Olena; Mazur, Piotr; Kondur, Oksana; Smoliuk, Svitlana y Palahniuk, Mykhailo. The problem of spare time of teenagers in mountain regions of Poland and Ukraine. Revista Inclusiones Vol: 7 num Especial (2020): 493-507.

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Introduction

In the conditions of a rapid civilization development, spare time is an important value in life. A meaningful organization of leisure can serve as a significant stimulus for harmonious forming (in particular, morphological and functional, psychological and social) a young generation¹. Individual forms of physical, social or intellectual activity effectively influence an educational process. At the same time, dynamic changes in the modern world determine both positive and negative phenomena in the lives of children and young people. Purposeless and irresponsible spending of time brings forth phenomena of anti-culture, alcohol abuse, hooliganism, drug addiction, gambling, deviant behavior, etc. A right balance of basic elements of a student's life, his/her education and rest is of primary importance.

The great majority of the adolescents do not meet the minimum recommendations for daily practice of physical activity. The findings of study² provide evidence regarding the high prevalence of sedentary behaviours and the low level of physical activity, especially among females. According to the documents of the World Health Organization, more than 1/3 of the world's population does not reach the required level of physical activity³.

In the schools located in the Polish and Ukrainian Carpathians⁴, we have a specific landscape and geographic and ethno-cultural environment that influences students' choice of leisure time. At the same time, these regions are often depressed, "especially characterized by a number of socio-economic (unemployment, poverty, instability, and environmental problems (floods, deforestation, etc.)"⁵. Accordingly, the educational environment of the mountain area is significantly different from those conditions in which students of the metropolitan area study. The content of free time for adolescents in urban school and mountain school has a certain specificity. Obviously, national mentality influences interests of young people from different countries. *The aim of the article* is to make a comparative analysis of spending spare time by modern teenage students in the mountain school of the Ukrainian and Polish Carpathians, basing on own experimental study.

The essence of the concept "spare time"

Modern scholars⁶ define spare time as a set of specific activities aimed at restoring physical balance, development of the individual's abilities; a free and goal-in-itself activity.

¹ O. Budnyk, "Educational Model of a Modern Student: European Scope", Journal of Vasyl Stefanyk Precarpathian National University, Vol: 3 num 2-3 (2016): 9-14. DOI:10.15330/jpnu.3.2-3.9-14.

² G. Botelho; A. Ferrão & M. Aguiar, "Gender and age differences in physical activity and sedentary behaviour among Portuguese adolescents", Journal of Physical Education and Sport, Vol: 13 num 2 (2013), Art 31: 192.

³ World Health Organization. Regional Office for Europe. Physical activity strategy for the WHO European Region 2016-2025 (2016). World Health Organization. Regional Office for Europe. <https://apps.who.int/iris/handle/10665/329407> (13-11-19).

⁴ O. Budnyk, "Teahers' Training for Social and Educational Activity in Conditions of Mountain Area Primary School", Journal of Vasyl Stefanyk Precarpathian National University, Vol: 1 num 2-3 (2014): 22-28. DOI:10.15330/jpnu.1.2,3.23-32.

⁵ O. Budnyk & P. Mazur, "The Hierarchy of Values Among Young People from Schools in the Mountainous Regions (Comparative study on the example of Poland and Ukraine)", The New Educational Review, Vol: 47 num 1 (2017): 55. DOI: 10.15804/tner.2017.47.1.04.

⁶ H. E. Bruyn & A. Cillessen, "Leisure Activity Preferences and Perceived Popularity in Early Adolescence", Journal of Leisure Research, Vol: 40 num 3 (2008): 442-457.

All *free time*, usually, is divided into leisure time and activity time. Leisure is a set of actions aimed at restoring physical and mental health of a person (activities of individual, collective-spectacular or public-speculative character related to recreation or entertainment, communication, walks). Specific features of leisure include the freedom to choose leisure activities, freedom from duties; voluntary participation in leisure activities; desire to get satisfaction and pleasure; compensation of leisure. The principles of voluntariness, moral and psychological comfort, person centered education, humanistic orientation, freedom to choose the content of leisure are considered to be priorities in the UK, Netherlands, USA, Belgium, Italy, Spain, Canada, Poland, France and other countries. J. Shivers divides leisure activities into the following groups: leisure as a recreation; leisure as a pleasure; leisure as a recovery of spiritual or physical strength; leisure as a state of being for self-realization; leisure as a time for self-development; leisure as social stratification; leisure as spare time⁷.

Z. Dąbrowski, studying problems of organization of spare time, distinguishes *three groups of children*:

A) Group One constitute children who prefer entertainment, and their parents try to prolong their carefree childhood (in future they can become helpless and selfish);

B) Group Two consists of children whose parents occasionally involve them in performing certain duties and chores, but do not aim at forming stable skills in them (the result of such influence is often the absence of perseverance, purposefulness and responsibility in them);

C) Group Three is children whose spare time is well-managed; their parents, choosing activities for them, are guided by educational purposes (they often become inventive and independent, are able to manage their free time and effectively use it)⁸. Simultaneously, researchers highlight the important role of gender in the selection of leisure time activities⁹.

Modern educational transformations lead to increasing resources for meaningful use of free time. Therefore, it is extremely important today that a young person values, on the one hand, a contact with the natural environment for his/her psychophysical development, on the other hand, cultural models of behavior in spare time. Actually, well-managed spare time enables satisfaction of students' cognitive interests, participation in social, art, sport, recreational activities, etc.

Material & methods

General Background of Research

The research had a comparative character. It summarizes data from two mountain regions – Myślenice district (Poland) and Nadvirna district (Ivano-Frankivsk region, Ukraine). The aim of the research was to study and analyze specifics of leisure time of modern school students in both countries, to determine an impact of the mountain environment on their physical, social and mental activity.

⁷ J. S. Shivers, *Leisure and recreation concept: A critical analysis* (Boston: Allyn & Bacon, 1981).

⁸ Z. Dąbrowski, *Pedagogika opiekuńcza w zarysie. Part 2* (Olsztyn. Poland: wyd. Uniwersytetu Warmińskiego-Mazurskiego, 2000), 68.

⁹ M. Videnovic; J. Pešić & D. Plut, "Young People's Leisure Time: Gender Differences". *Psihologija*, Vol: 43 num 2 (2010): 211. DOI:10.2298/PSI1002199V.

Instrument and Procedures

The research used the author's survey. The questionnaires were prepared for junior high school students. The participation in the survey was anonymous. The survey was conducted in May and June 2019 in randomly selected schools in Poland and Ukraine. Selection of the research sample was random. The study involved 138 Polish (71 girls and 67 boys) and 131 Ukrainian (64 girls and 67 boys) school students aging from 12 to 15. An analysis of the structure of respondents shows that the number of boys and girls was practically the same (134 boys and 135 girls). The respondents answered the question of how they spent their free time in the last 3 months. The questionnaire lists 12 ways of spending free time and four options for a possible answer. The statistical analyzes were based on data obtained from surveys.

Results of Research

According to the survey, students in mountain regions ranked *music listening* (one or more times a week) among their leisure activities: 84.73% of Ukrainian respondents (87.5% girls and 82.09% boys) (Table 1, Figure 1) and practically the same number – 89.86% of Polish students, of which: 92.96% – girls and 86.57% – boys (Table 2, Figure 1). Accordingly, 6.87% of respondents in Ukraine and 5.07% in Poland listen to music one or more times a month. Only two students in Ukraine and one in Poland pointed out that they did not listen to music during the last three months (Table 1, 2).

The fact that 72.46% of Polish and 67.18% of Ukrainian teenagers *spend their spare time in front of a computer monitor* (Table 1, Table 2, Figure 1), including social networks one or more times a week, shows their preferences of passive recreation. Moreover, there is a tendency in both countries – boys are more into computer entertainment (80.69% in Poland and 85.07% in Ukraine) than girls (64.79% and 48.44% respectively) (Table 1, 2).

| Activities | 1 or more times a week | | | | 1 or more times a month | | | | 1-2 times during 3 months | | | | Never during 3 months | | | |
|-------------------------------|------------------------|-------|------|-------|-------------------------|-------|------|-------|---------------------------|-------|------|-------|-----------------------|-------|------|-------|
| | Girls | | Boys | | Girls | | Boys | | Girls | | Boys | | Girls | | Boys | |
| | N | % | N | % | N | % | N | % | N | % | N | % | N | % | N | % |
| Went to a disco | 21 | 32.81 | 3 | 4.48 | 23 | 35.94 | 5 | 7.46 | 7 | 10.94 | 11 | 16.42 | 13 | 20.31 | 48 | 71.64 |
| Went to movies | 6 | 9.38 | 0 | - | 14 | 21.88 | 7 | 10.45 | 30 | 46.88 | 21 | 31.34 | 14 | 21.88 | 39 | 58.21 |
| Went to a concert | 4 | 6.25 | 0 | - | 11 | 17.19 | 5 | 7.46 | 22 | 34.38 | 19 | 28.36 | 27 | 42.19 | 43 | 64.18 |
| Read books | 27 | 42.19 | 23 | 34.33 | 19 | 29.69 | 12 | 17.91 | 10 | 15.63 | 22 | 32.84 | 8 | 12.50 | 10 | 14.93 |
| Attended a football match | 8 | 12.50 | 20 | 29.85 | 9 | 14.06 | 9 | 13.43 | 13 | 20.31 | 20 | 29.85 | 34 | 53.13 | 18 | 26.87 |
| Listened to music | 56 | 87.50 | 55 | 82.09 | 3 | 4.69 | 6 | 8.96 | 4 | 6.25 | 5 | 7.46 | 1 | 1.56 | 1 | 1.49 |
| Went in for sports | 37 | 57.81 | 35 | 52.24 | 15 | 23.44 | 12 | 17.91 | 11 | 17.19 | 11 | 16.42 | 1 | 1.56 | 9 | 13.43 |
| In front of a computer screen | 31 | 48.44 | 57 | 85.07 | 18 | 28.13 | 2 | 2.99 | 10 | 15.63 | 8 | 11.94 | 5 | 7.81 | 0 | - |
| Watched TV | 30 | 46.88 | 21 | 31.34 | 17 | 26.56 | 24 | 35.82 | 8 | 12.50 | 20 | 29.85 | 9 | 14.06 | 2 | 2.99 |

| | | | | | | | | | | | | | | | | |
|--|----|-------|----|-------|----|-------|----|-------|----|-------|---|-------|----|-------|----|-------|
| Visited a museum | 0 | - | 0 | - | 2 | 3.13 | 0 | - | 17 | 26.56 | 5 | 7.46 | 45 | 70.31 | 62 | 92.54 |
| Went shopping with a family | 29 | 45.31 | 25 | 37.31 | 12 | 18.75 | 22 | 32.84 | 17 | 26.56 | 7 | 10.45 | 6 | 9.38 | 13 | 19.40 |
| Participated in outdoors activities with friends | 44 | 68.75 | 51 | 76.12 | 11 | 17.19 | 10 | 14.93 | 4 | 6.25 | 4 | 5.97 | 5 | 7.81 | 2 | 2.99 |

Table 1
Spare time activities for teenagers in mountain schools of the Ukrainian Carpathians (Girls, N = 64; Boys, N=67)

| Activities | 1 or more times a week | | | | 1 or more times a month | | | | 1-2 times during 3 months | | | | Never during 3 months | | | |
|--|------------------------|-------|------|-------|-------------------------|-------|------|-------|---------------------------|-------|------|-------|-----------------------|-------|------|-------|
| | Girls | | Boys | | Girls | | Boys | | Girls | | Boys | | Girls | | Boys | |
| | N | % | N | % | N | % | N | % | N | % | N | % | N | % | N | % |
| Went to a disco | 2 | 2.82 | 4 | 5.97 | 12 | 16.90 | 8 | 11.94 | 27 | 38.03 | 22 | 32.84 | 30 | 42.25 | 33 | 49.25 |
| Went to movies | 2 | 2.82 | 1 | 1.49 | 15 | 21.13 | 9 | 13.43 | 29 | 40.85 | 25 | 37.31 | 25 | 35.21 | 32 | 47.76 |
| Went to a concert | 3 | 4.23 | 4 | 5.97 | 9 | 12.68 | 6 | 8.96 | 14 | 19.72 | 10 | 14.93 | 45 | 63.38 | 47 | 70.15 |
| Read books | 27 | 38.03 | 7 | 10.45 | 19 | 26.76 | 15 | 22.39 | 9 | 12.68 | 16 | 23.88 | 16 | 22.54 | 29 | 43.28 |
| Attended a football match | 18 | 25.35 | 22 | 32.84 | 15 | 21.13 | 17 | 25.37 | 16 | 22.54 | 9 | 13.43 | 22 | 30.99 | 19 | 28.36 |
| Listened to music | 66 | 92.96 | 58 | 86.57 | 4 | 5.63 | 3 | 4.48 | 1 | 1.41 | 5 | 7.46 | 0 | - | 1 | 1.49 |
| Went in for sports | 28 | 39.44 | 42 | 62.69 | 20 | 28.17 | 11 | 16.42 | 5 | 7.04 | 9 | 13.43 | 18 | 25.35 | 5 | 7.46 |
| In front of a computer screen | 46 | 64.79 | 54 | 80.60 | 8 | 11.27 | 7 | 10.45 | 9 | 12.68 | 2 | 2.99 | 7 | 9.86 | 4 | 5.97 |
| Watched TV | 46 | 64.79 | 40 | 59.70 | 13 | 18.31 | 16 | 23.88 | 8 | 11.27 | 6 | 8.96 | 4 | 5.63 | 5 | 7.46 |
| Visited a museum | 0 | - | 2 | 2.99 | 8 | 11.27 | 5 | 7.46 | 14 | 19.72 | 11 | 16.42 | 49 | 69.01 | 49 | 73.13 |
| Went shopping with a family | 36 | 50.70 | 29 | 43.28 | 29 | 40.85 | 24 | 35.82 | 2 | 2.82 | 8 | 11.94 | 4 | 5.63 | 6 | 8.96 |
| Participated in outdoors activities with friends | 50 | 70.42 | 45 | 67.16 | 12 | 16.90 | 10 | 14.93 | 6 | 8.45 | 8 | 11.94 | 3 | 4.23 | 4 | 5.97 |

Table 2
Spare time activities for teenagers in mountain schools of the Polish Carpathians (Girls, N=71; Boys, N=67)

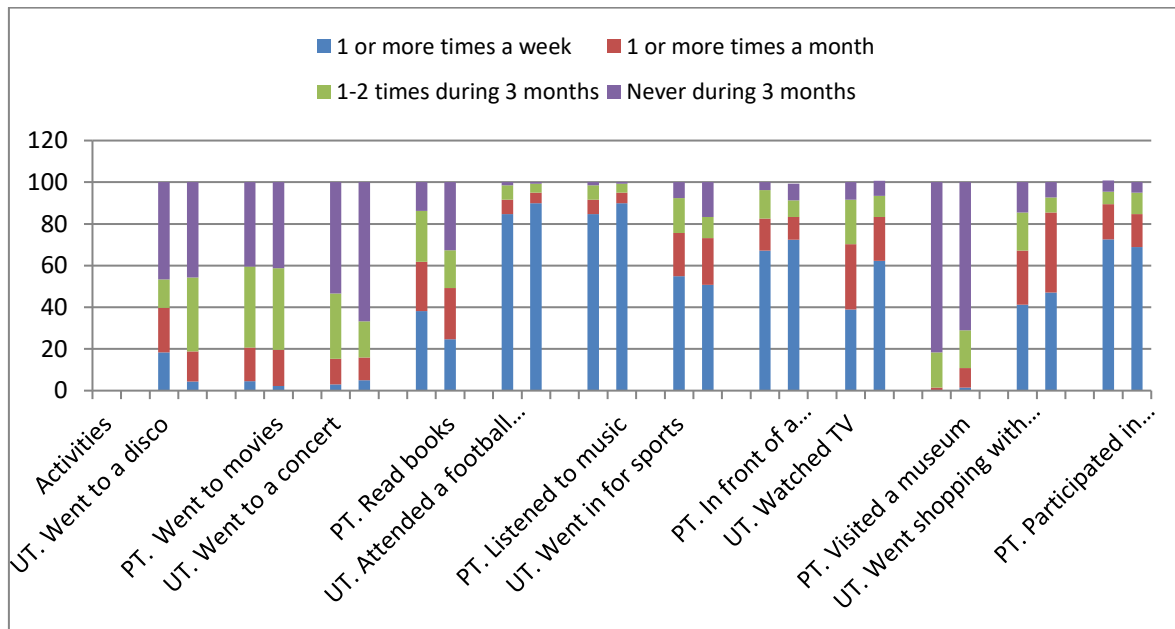


Figure 1

Diagram of frequency distribution of preferences of Ukrainian and Polish teenagers in their free time (%)

Excessive computer and internet usage by teenagers can lead to addiction and in the end, even to diseases¹⁰. T. Huk emphasizes that spare time spent by 10-12 year-olds is often uncontrolled. Teenagers are attracted to social networks, as it is their natural need to establish social contacts, interact with peers, find necessary information about them, etc.¹¹. The research results of T. Huk (2016) presented are the benchmark for educational activities that should be undertaken in order to regulate the use of Facebook by children under the age of 13. At the same time, it can be dangerous for students (for example, the appearance of games in the so-called “death groups” in the post-Soviet countries: “Blue Whale”, “Quiet House”, “Fairy Winx”, “Disappearing in 24 hours”, etc.). Thanks to Internet resources, teenagers in mountain regions are well-informed about youth subcultures, contemporary hobbies of peers from different countries. However, given the specificity of the mountain region, a significant proportion of children help their parents in the household, take interest in folk crafts. Ukrainian teenagers in the mountain region indicated that one or more times a week they prefer active out-of-doors recreation with friends – 72.52% of respondents (76.12% boys and 68.75% girls) (in Poland, the figure is actually identical – respectively 67.16% and 70.42%); at the same time, 7 of Ukrainian teenagers and 7 of Polish teenagers admitted not performing such recreation during the last three months. Well-detected gender differences in leisure activities are evidenced by scientific studies conducted among Serbian adolescents: “girls spend more time at home, grooming and going out to shop, while boys are oriented towards the outside world, sports, technology and earning money”¹².

¹⁰ R. P. Luciana, “One minute more: Adolescent addiction for virtual world”, *Procedia Social and Behavioral Sciences*, num 2 (2010): 3710. <https://doi.org/10.1016/j.sbspro.2010.03.576>.

¹¹ T. Huk, “Use of Facebook by Children Aged 10–12. Presence in Social Media despite the Prohibition”, *The New Educational Review*, num 46 (2016): 26. DOI: 10.15804/tner.2016.46.4.01.

¹² M. Videnovic; J. Pešić & D. Plut, “Young People’s Leisure Time: Gender Differences”, *Psihologija*, Vol: 43 num 2 (2010): 211. DOI:10.2298/PSI1002199V.

The students asked about how often they participate in various forms of physical activity, they confirmed their high assessment of the physical activity level. The large majority of Polish students are willing to perform physical exercises at home (54.3 %), participate in physical education classes (88.3 %), sports activities after school (58.7 %) and take part in some active forms of recreation in the open air (91.3 %). More than 3/4 of students surveyed declared that they do physical exercises at least three times a week.

Among Portuguese adolescents mean weekly time spent in sedentary activity (TV viewing, playing video games, and computer use), was distributed as such: 36.5% of adolescents had screen time during half an hour, 21.7% during one hour and 9.7% during two hours, per day¹³.

The Ukrainian teenagers indicated that the main form of physical activity are the lessons of physical education (67.2 % of students); 54.96 % of respondents (57.81 % girls and 52.24 % boys) go in for sports one or more times a week (among the Polish students sport is more admired by boys (62.69 %) than girls (39.44 %) (Table 1, Table 2). Gender differences in the amount of time that girls and boys give to sports are highlighted in numerous studies¹⁴. Scientists show that girls in the teenage years are less engaged in sports than boys¹⁵. Reducing physical activity among adolescents also shows studies conducted in Central America: “just 13 % of Salvadoran students aged 13 to 15 do at least one hour of physical activity every day of the week”¹⁶.

At the same time, it is worrying that only one-third of students in Ukraine (38.17 %) and one-fourth in Poland (24.64 %) *read books* one or more times per week (Table 1, Table 2, Figure 1). Among girls this number is approximately equal: Ukraine – 42.19 %, Poland – 38.03 %; among boys, this indicator is somewhat higher in Ukrainian school – respectively 34.33% and 10.45% (Table 1, Table 2).

Even fewer respondents prefer arts based entertainment: over a three months' period Ukrainian students did not visit a cinema (40.46 %), a concert (53.44 %), a museum (81.68%). If in the past young people in rural areas were fond of folk dances, attended evening parties (*vechernytsi*). In the modern mountain environment only 18.32% of the students stated that they visit a disco one or more times a week, 21.37 % – one or more times per month, 13.74 % – one or two times during 3 months, never during this time – 46.56% of the interviewed. A similar situation was found in the educational environment of the Polish Carpathians: during three months 41.3 % were not in a cinema, 66.67 % at a concert, 71.01 % in a museum (Table 1, 2; Figure 1).

Thus, the dominant occupations for Ukrainian teenagers are listening to music (84.73 %), active rest with friends outside the home (72.52 %), sitting by computer

¹³ G. Botelho; A. Ferrão & M. Aguiar, “Gender and age differences in physical activity and sedentary behaviour among Portuguese adolescents”, *Journal of Physical Education and Sport*, Vol: 13 num 2 (2013), Art 31: 189.

¹⁴ H. E. Bruyn & A. Cillessen, “Leisure Activity Preferences and Perceived Popularity in Early Adolescence”, *Journal of Leisure Research*, Vol: 40 num 3 (2008): 442-457.

¹⁵ G. M. Barnes; J. H. Hoffman; J. W. Welte; M. P. Farrell & B. A. Dintcheff, “Adolescents' time use: effects on substance use, delinquency and sexual activity”, *Journal of Youth Adolescence*, num 36 (2007): 697-710.

¹⁶ “The right to free time in childhood and adolescence”, *Challenges*, Santiago, Chile, num 19, August, 2016, 12. https://repositorio.cepal.org/bitstream/handle/11362/40760/1/S1601046_en.pdf (13-07-19).

(67.18 %). Dominant lessons for Polish teenagers are also listening to music (89.86 %), computer time (72.46 %), and outdoor activities with friends outside the home (68.84 %). Rarely go to a museum or a concert. Polish students are more likely to watch television (20 %) than Ukrainians, and less often read books and go to discos. In general, the distribution of the preferences of schoolchildren of both countries in the Carpathian region is the same (Table 1, 2; Figure 1).

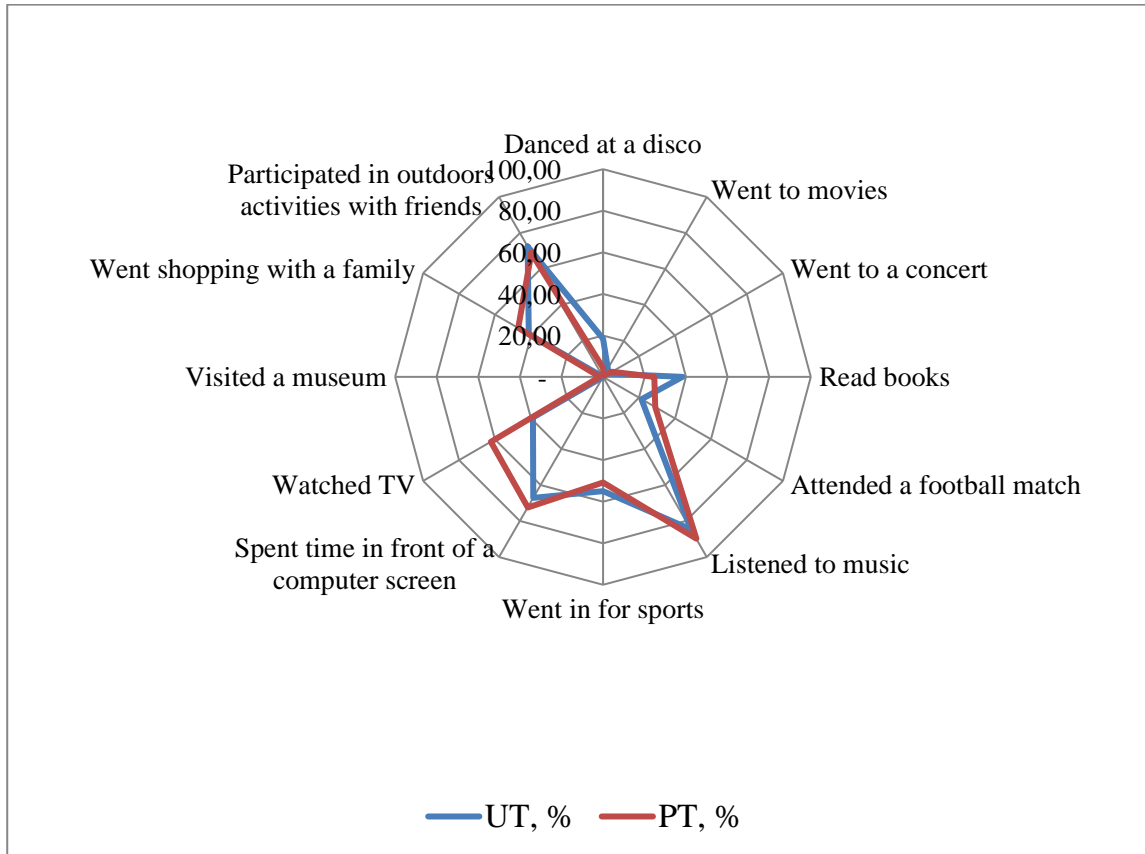


Figure 2a
Activities 1 or more times a week. The correlation coefficient $R1=0.948$

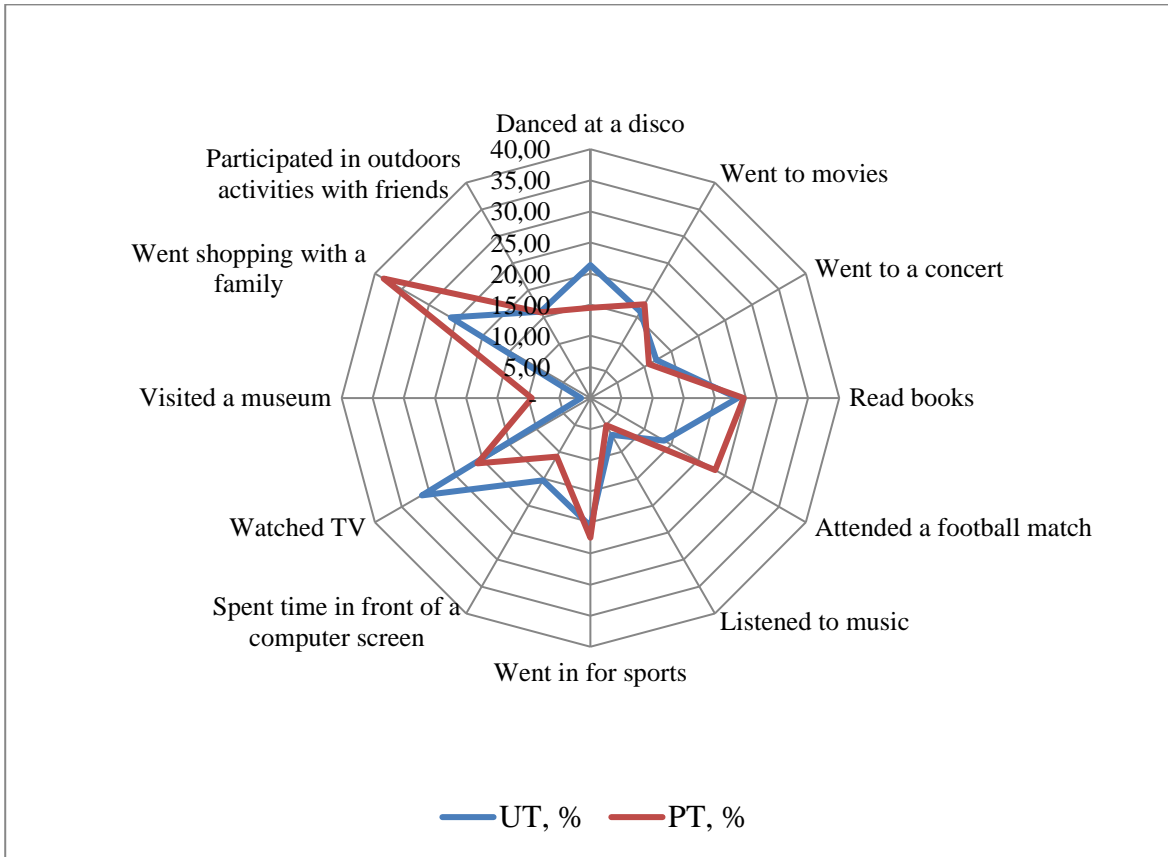


Figure 2b
Activities 1 or more times a month. The correlation coefficient $R2=0.703$

Note that the priority activities of Polish and Ukrainian teenagers strongly correlated ($R1 = 0.948$, Figure 2a). Similarly strongly correlate forms of entertainment that are occasionally involved in the free time of students of both countries ($R4 = 0.936$, Figure 2d). Preferences of classes with a frequency of 1 or more times per month and 1-2 times in 3 months are less distributed already in different ways ($R2 = 0.703$, Figure 2b and $R3 = 0.575$, Figure 2c, respectively).

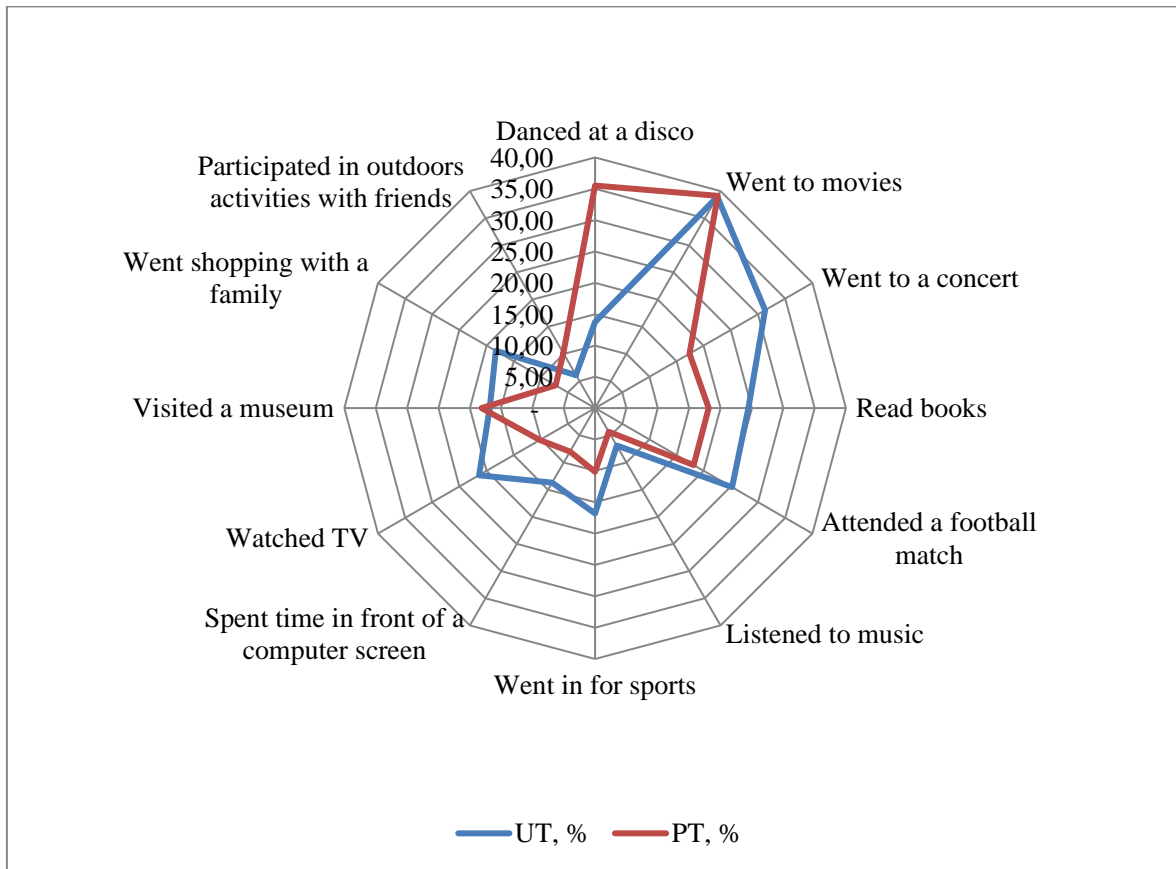


Figure 2c
 Activities 1-2 times during 3 months. The correlation coefficient $R_3=0.575$

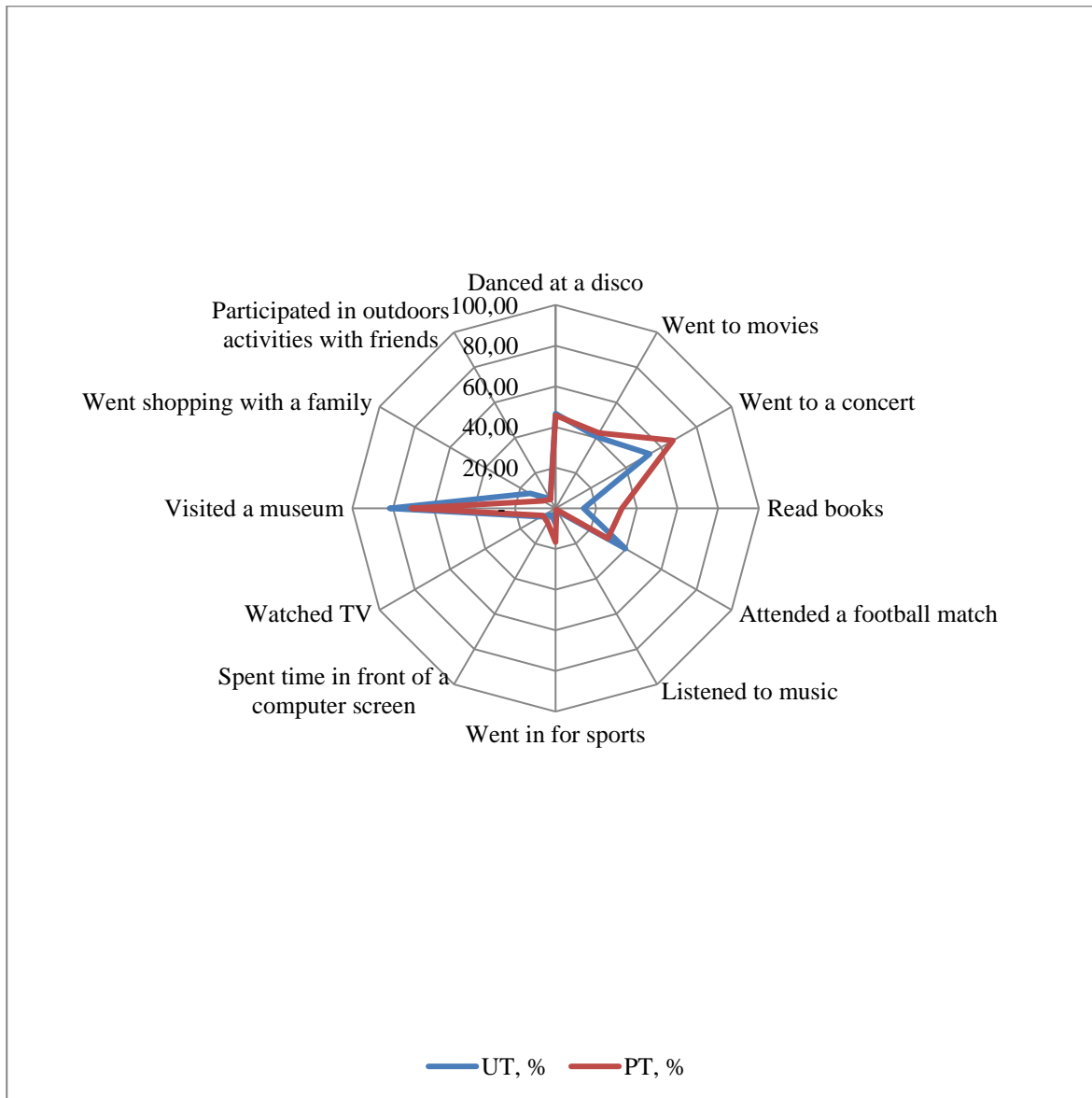


Figure 2d
Activities never during 3 months. The correlation coefficient $R=0.936$

Unfortunately, a separate group of adolescents in the rural (mountain) area has no stable interests, therefore, alcoholism and drug addiction is spreading, which in some way is a result of conflicts between an individual and society and a socialization crisis. This problem also occurs in the studied regions of the Ukrainian and Polish Carpathians. Risky behaviours occurring in the research group of young people (smoking, alcohol, drugs) are typical for their age in the countries of eastern Europe¹⁷.

¹⁷ P. Mazur; H. Mykhailyshyn; O. Budnyk & L. Serman, "Promoting a healthy lifestyle among schoolchildren (comparative study between Poland and Ukraine)", *Journal of Physical Education and Sport*, Vol. 18 num 2 (2018), Art 173: 1166. DOI: 10.7752/jpes.2018.s2173. <http://www.efsupit.ro/images/stories/iulie2018/Art%20173.pdf>.

For instance, in the research group of Polish students in the vast majority had never smoked cigarettes (66 %). Some attempts were taken by 15.3 % of junior high school students. More often, these attempts were taken by the boys (20.8 %) than girls (9.9%). Currently, 18.8% of the young people smoke with different frequency: 9.4 % do it every day, 5.1% at least once a week, 4.4% less than once a week. The percentage of smoking boys (20.8%) is greater than the girls (17 %). In the surveyed group, most of the Polish young people had never consumed alcoholic beverages (52.3 %). 17.4% of them have tried alcoholic drinks, but does not drink alcohol at the moment. The attempts to drink are more often taken by the boys (20.8%) than girls (14.2 %). Currently, 31.2 % of the young people drink alcohol with different frequency: 16 % do it every week (of which 2.2 % every day), 2.2 % every month, 13 % less than once a month. The percentage of boys who drink (20.8 %) is greater than the percentage of girls (17 %) ¹⁸.

Conclusions

Basing on the study we arrive at the conclusion that leisure activities of young people are largely determined by socio-economic processes characteristic of a present day. Urbanization, a crisis of main institutions of socialization, a gap between social and physiological maturity of adolescents affect the specifics of their spare time. Teenagers who live in a mountain region are more likely to be autonomous from their parents, spending free time in the natural environment.

1. *A tendency among school students in Ukrainian and Polish Carpathians to take up passive activities* (listening to music, watching TV shows, etc.), lack of purpose in organizing meaningful leisure has been revealed.

2. It has been explicated that *the organization of meaningful leisure time of schoolchildren is characterized by domination of an emotional aspect over informative*. Thus, the majority of Ukrainian and Polish young people prefer such kinds of recreation as: listening to music, watching television, outdoor activities with friends. Therefore, a teacher should exercise an effective educational effect on the consciousness and intellectual development of students considering their emotional sphere primarily.

3. Mastering a social experience is carried out by developing appropriate skills and abilities of students, that is, *practical knowledge is determinative*. As the results of our study has proved, the practical aspect prevails over theoretical aspects in the content of free time of school students. The majority of respondents from both countries indicated that they like to go in for sports and outdoors activities with friends, do shopping with their families.

4. Taking into account the peculiarities of favorite pastimes by the students of the surveyed regions and their influence on formation and development, it has been ascertained that *cultural, art and creative activities* (visiting cinemas, theaters, museums, concerts, sporting events, etc.) were not listed sufficiently in the hierarchy of leisure activities, that is, for the most part, they do not enjoy adolescents' interest as favorite occupations in their spare time. Obviously, to some extent this is explained by the lack of cultural and art infrastructure in the mountain environment. Instead, various types of cultural entertainment, sports and tourist activities (hiking, dancing parties, discos, adventure holidays in the mountains, sport competitions, fitness) are quite popular among modern young people of the Ukrainian and Polish Carpathians.

¹⁸ P. Mazur & M. Łętocha, "Healthy lifestyle in the opinion of junior High School students from Myślenice district (Poland)", Journal of Vasyl Stefanyk Precarpathian National University, Vol: 3 num 2-3 (2016): 66. DOI:10.15330/jpnu.3.2-3.62-67.

5. In order to diversify leisure in mountain regions, it is expedient to develop special programs for students' socialization. For this it is necessary to combine the efforts of schools, parents, students, community and local authorities for the development of joint projects on topical social themes, conducting cultural and sporting events for the development of communication, intellectual competitions, popularization of folk traditions, crafts and trades, and so on.

Prospects for further scientific research are seen in the development of the content and structure of leisure activities of children and young people, taking into account socio-cultural and natural-geographical specificity of the modern educational environment of the mountain regions.

Conflict of interest

The authors declare that there is no conflict of interest.

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