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The countermeasures for the dangers to the modern family through popularizing a pro-health lifestyle

Przeciwdziałanie zagrożeniom współczesnej rodziny poprzez propagowanie prozdrowotnego stylu życia

Słowa kluczowe: styl życia, rodzina, zagrożenia

Key words: lifestyle, family, dangers

The modern family is vulnerable to many dangers which are determined by diverse causes - mainly the economical ones. The so called civilization changes lead to the breakup of family relationships, which have many negative consequences. Recently, it is magnified by sociological manipulations, which interfere with the traditional model of a family. One of the factors integrating a modern family is a shared physical activity and tourism [3]. The problems connected to the disintegration of the family are most common in the very poor families, where pathologies caused by economical reasons are very often, however, the disintegration happens in the families of a high life standard as well- such a standard is often caused by the infraction of family relationship [1]. Thanks to the physical recreation there is a way for the use of gained financial resources and for the whole family to spend free time together.

THE AIM OF RESEARCH, MATERIAL, METHODS

The aim of this paper is the evaluation of physical activity in chosen families living in Jelenia Góra, and the influence of said activity on the integration process of the modern family. The physical activity evaluation of "age-varied" families aims to investigate the determinations within this scope, which change with time.

Families (112) living in Jelenia Góra have been interviewed. The average age of the spouses was from 25 to 45 years old. The choice of the families interviewed was random - the only criterion was the parents age accordance (aberration +- 4 years). The research included full families (mother and father) abiding (at the moment of the research), families which have at least one child. There were two age groups for the families: 1st the younger one - up to 30 years old, 2nd aged 31-45.

With the socioeconomic status evaluation of the families, an index set on the basis of the families' material goods (numbers and values) was used. Factors taken into consideration included: owning a car, audio-video hardware, computer, summer house, doing sports deemed elite. With the socioeconomic status evaluation, parameters including the environments supportive of health [4], were: 1. Place of permanent residence; 2. Parents education; 3. Parents employment; 4. Parents lifestyle including physical activity, the right nutrition, the use of stimulants and creating proper human relationships within the society; 5. The interviewees ancestors survival; 6. The number of family members, including the full family; 7. The hygienic character of interviewees behavior.

Statistical analysis of survey questionnaire was performed in the responders group with usage of chi-square test.

ANALYSIS OF MATERIAL

Table I. Status of the analyzed family relationship, its duration and the number of children in the family

Type of family	"Younger" family (N=58)	"Older" family (N=64)
Relationship status (χ^2 = 4,9; DF = 2, p = 0,10 - χ^2 = 6,0)		
Engagement	6 (10,3)	2 (3,1)
Partnership	10 (17,2)	6 (9,4)
Marriage	42(72,4)	56 (87,5)
The relationship's duration (χ^2 = 40,4; DF = 1, p = 0,01 - χ^2 = 6,6)		
Up to 5 years	42 (72,4)	10 (15,6)
Over 5 years	16 (27,6)	54 (84,4)
Number of children in the family (χ^2 = 12,8; DF = 2, p = 0,01 - χ^2 = 9,2)		
1 child	40 (69,0)	25 (23,4)
2 children	15 (25,9)	25 (23,4)
Three and more children	3 (5,2)	14 (21,9)

The analyzed families, according to expectancies, vary in terms of relationship status, duration and the number of children (tab. I). The interesting information is the fact of the older parents having three and more children.

Table II. The average age of children in the family

Type of family / Children's age	"Younger" family (N=58)	"Older" family (N=64)
Up to 3 years old	41 (70,7)	4 (6,3)
4-6 years old	13 (22,4)	12 (18,8)
7-18 years old	4 (6,9)	34 (53,1)
Over 18 years old	0 (0,0)	14 (21,9)
(χ^2 = 67,6; DF = 2, p = 0,01 - χ^2 = 9,2)		

According to the expectancies, the average age of the children in the family depends on its duration (tab. II). The children's age in the family largely influences the possibilities of shared physical recreation. Having younger children fosters walks and recreational field trips throughout the whole year. Children at school-age limit field trip connected activity, because of the mandatory classes. Major children choose the physical activity on their own, depending on their own interests and the interests of their peers (with whom they prefer to spend their free time).

Table III. Place of residence (the distance from Jelenia Góra's city center) of the interviewed families

Type of family / place of residence	"Younger" family (N=58)	"Older" family (N=64)
Center	15 (25,9)	16 (25,0)
Up to 5 km from the center	22 (37,9)	24 (37,5)
From 5 to 10km from the center	12 (20,7)	14 (21,9)
Over 10km from the center	9 (15,5)	10 (15,6)
(χ^2 = 0,0; DF = 3, p = 0,99 - χ^2 = 0,1)		

The arrangement of the place of residence to the city center was similar in both of the age groups (tab. III). Thus, similar possibilities of realizing one's physical activity interests arise. Distances over 5km from the city center suggest that advantageous physical activity conditions may be located there - it concerns over one-third of the interviewed families.

Table IV. The professional status of parents in the interviewed families

Type of family / Type of profession	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
The unemployed	4 (6,9)	9 (15,5)	8 (12,5)	9 (14,1)
Raising of children	14 (24,1)	1 (1,7)	4 (6,3)	0 (0,0)
Intellectual work (sitting)	12 (20,7)	14 (24,1)	16 (25,0)	17 (26,6)
Intellectual work (standing)	4 (6,9)	7 (12,1)	6 (9,4)	6 (9,4)
Physical work (sitting)	13 (22,4)	9 (15,5)	17 (26.6)	11 (17,2)

Type of family / Type of profession	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Physical work (standing)	11 (19,0)	18 (31,0)	13 (20,3)	21 (32,8)
(χ^2 = 2,4; DF = 4, p = 0,70 - χ^2 = 2,2)				

From the distribution of parents work character, one may conclude that it is very different in reference to physical activity while working. (tab. IV). The parents profession (character of work) determines motivation for physical activity. A numerous group of the unemployed parents suggests that their additional physical activity is not realized - mainly because of economical reasons. Similarly, younger mothers raising children are not interested in extra physical activity. Numerous parents who are physical and intellectual workers, who do their job "astir", are not interested in more physical activity directly after work.

Table V. Subjective evaluation of interviewed families material status

Type of family / Material status	"Younger" family (N=58)	"Older" family (N=64)
Very good	2 (3,5)	6 (9,4)
Good	26 (44,8)	31 (48,4)
Satisfactory	22 (37,9)	24 (37,5)
Insufficient	8 (13,8)	3 (4,7)
(χ^2 = 58,3; DF = 6, p = 0,01 - χ^2 = 16,8)		

A subjective evaluation of the interviewed families material status shapes similarly in the "older" and "younger" group. The interviewed families distinguished mainly a good and satisfactory status (tab. V). The possibilities connected with enabling the members of a family the conditions to participating in extra physical activities and tourism do not arise from the said evaluation.

Table VI. The most common ways of parents commuting

Type of family / Conveyances	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Own car	15 (25,9)	20 (34,5)	14(21,9)	26 (40,6)
Public transport	12 (20,7)	11 (11,9)	13 (20,3)	12 (18,8)
Bicycle	4 (6,9)	4 (6,9)	5 (7,8)	6 (9,4)
On foot	13 (22,4)	11 (11,9)	16 (25,0)	9 (14,1)
Various	14 (24,1)	10 (17,2)	16 (25,0)	11 (17,2)
(χ^2 = 0,7; DF = 4, p = 0,95 - χ^2 = 0,7)				

Definitely in both groups of families, using an own car is the most common (mostly by men) (tab. VI). Women probably use the same mean of commuting, in passing. The question concerned the main conveyance, which is why, a small percentage of parents using a bike does not attest to its additional use in a recreational form.

Table VII. The preferred lifestyle, concerning physical activity among parents of interviewed families

Type of family / Distinguished categories of lifestyle	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Very active	13 (22,4)	15 (25,9)	16 (25,0)	15 (23,4)
Active	18 (31,0)	20 (34,5)	22 (34.4)	23 (35,9)
Varied	22 (37,9)	19 (32,8)	23 (35,9)	20 (31,3)
Almost idle	5 (8,6)	4 (6,9)	3 (4,7)	6 (9,4)
(χ^2 = 0,2; DF = 3, p = 0,975 - χ^2 = 0,2)				

Active and very active lifestyle predominates among interviewees (tab. VII). The place of residence of analyzed families (the foot of the mountain), probably favors physical activity and tourism. The choice of place of residence is often connected with the willingness of frequent physical recreation and tourism.

Table VIII. Evaluation of family members' lifestyle, made by the parents

Type of family / Distinguished categories of lifestyle	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Very active	9 (15,5)	10 (17,2)	11 (17,2)	11 (17,2)
Active	24 (41,4)	20 (34,5)	25 (39,1)	26 (40,6)
Varied	19 (32,8)	23 (39,7)	24 (37,5)	25 (39,1)
Almost idle	6 (10,4)	5 (8,6)	4 (6,3)	2 (3,1)
(χ^2 = 2,0; DF = 3, p = 0,50 - χ^2 = 2,4)				

The evaluation of family members lifestyle by both of the parents is similar (tab. VIII). The evaluation corresponds with the evaluation of parents physical activity. It indicates to the similarities in preferences of physical activities of all the family members.

Table IX. The preferred way of spending the free time by the parents of interviewed families

Type of family / Distinguished categories	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Domestic activities	15 (25,9)	16 (27,6)	19 (29,7)	20 (31,3)
Sports	12 (20,7)	13 (22,4)	7 (10,9)	8 (12,5)
Watching television, computer	11 (11,9)	10 (17,2)	13 (20,3)	14 (21,9)
Socially	9 (15,5)	8 (13,8)	8 (12,5)	8 (12,5)
Reading	7 (12,1)	8 (13,8)	10 (15,6)	7 (10,9)
Gardening	3 (5,2)	2 (3,5)	5 (7,8)	6 (9,4)

Type of family / Distinguished categories	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Other	1 (1,7)	1 (1,7)	2 (3,1)	1 (1,6)
(χ^2 = 5,3; DF = 4, p = 0,20 - χ^2 = 6,0)				

There are no significant differences between the preferred type of spending free time and the actual realization of those behaviors by the parents of interviewed families (tab. IX). The preferences of spending free time change with age - preferring domestic activities, watching television and gardening by the older persons. The interviewed residents of Jelenia Góra, most willingly take care of the house, then of physical condition, and lastly of their intellectual development.

Table X. The actual way of spending free time by the parents of interviewed families (multiple choice)

Type of family / Distinguished categories	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Domestic activities	41 (70,7)	36 (62,1)	45 (70,3)	42 (65,6)
Sports	31 (53,5)	33 (56,9)	25 (39,1)	27 (42,2)
Watching television, computer	27 (46,6)	30 (51,7)	30 (46,9)	33 (51,6)
Socially	25 (43,1)	25 (43,1)	28 (43,8)	27 (42,2)
Reading	22 (7,9)	20 (34,5)	24 (37,5)	20 (31,3)
Gardening	8 (13,8)	7 (12,1)	9 (14,1)	13 (20,3)
Other	4 (6,9)	3 (5,2)	4 (6,3)	2 (3,1)
(χ^2 = 3,2; DF = 4, p = 0,50 - χ^2 = 3,2)				

With the multiple choice of spending free time by the parents of interviewed families (tab. X), one may conclude that the ways of spending free time coincide with the preferred ones. The results evidence of a big differentiation of the free time activities.

Table XI. Preferred way of spending free time by the members of the closest family, in the parents view

Type of family / Distinguished categories	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Fun	13 (22,4)	12 (20,7)	14 (21,9)	15 (23,4)
Sports	12 (20,7)	13 (22,4)	13 (20,3)	11 (17,2)
Watching television, computer	14 (24,1)	15 (25,9)	13 (20,3)	15 (23,4)
Socially	9 (15,5)	9 (15,5)	11 (17,2)	14 (21,9)
Reading	5 (8,6)	4 (6,9)	5 (7,8)	3 (4,7)
Domestic activities	4 (6,9)	4 (6,9)	6 (9,4)	4 (6,3)
Other	1 (1,7)	1 (1,7)	2 (3,1)	2 (3,1)
(χ^2 = 3,2; DF = 4, p = 0,50 - χ^2 = 3,2)				

The parents perception of the way of spending free time by the remaining members of the family is similar in both age groups (tab. XI). Children of the interviewed families most often choose watching television, using the computer and other forms of entertainment.

Table XII. The actual way of spending free time by the members of the family (multiple choice)

Type of family / Distinguished categories	"Younger" family (N=58)	"Older" family (N=64)
Fun	31 (53,5)	35 (54,7)
Sports	30 (51,7)	33 (51,6)
Watching television, computer	37 (63,8)	41 (64,1)
Socially	21 (36,2)	23 (35,9)
Reading	11 (19,0)	12 (18,8)
Domestic activities	2 (3,5)	2 (3,1)
Other	1 (1,7)	1 (1,6)
(χ^2 = 0,0; DF = 4, p = 0,99 - χ^2 = 0,3)		

The obtained results on spending free time by the children in the view of parents are similar with the actual way of spending free time by the members of interviewed families, regardless the "age" of the families (tab. XII). This evidences of the understanding the children's needs by the parents and of a good flow of information in the families.

Table XIII. The frequency of actively spending free time by the parents of the interviewed families

Type of family / Distinguished categories	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Sporadically	5 (8,6)	4 (6,9)	7 (10,9)	8 (12,5)
Occasionally	14 (24,1)	13 (22,4)	8 (12,5)	9 (14,1)
Regularly 1-2 times per week	21 (36,2)	22 (37,9)	24 (37,5)	26 (40,6)
Regularly 3 times per week	18 (31,0)	19 (32,8)	26 (40,6)	21 (32,8)
(χ^2 =1,3; DF = 2, p = 0,50 - χ^2 = 1,4)				

No significant differences in the frequency of spending free time were stated with both of the parents, regardless the age of the interviewed families (tab. XIII). The obtained results evidence of the parents' good choice within the scope of spending their free time.

Table XIV. The frequency of free time spent actively by the members of the interviewed families

Type of family / Distinguished categories	"Younger" family (N=58)	"Older" family (N=64)
Sporadically	6 (10,4)	7 (10,9)
Occasionally	17 (29,3)	21 (32,8)
Regularly 1-2 times per week	19 (32,8)	19 (29,7)
Regularly 3 times per week	15 (25,9)	16 (25,0)
No answer	1 (1,7)	1 (1,6)
(χ^2 = 0,4; DF = 2, p = 0,80 - χ^2 = 0,5)		

The distribution of frequency of spending free time by the children of the interviewed families is similar in both age groups (tab. XIV). The physical activity of children and their parents is significantly different within the scope of its regularity - it is more beneficial among parents. The less regularity of physical activity, in the "younger" group, is caused by frequent indispositions, and in the "older" group, by more responsibilities put on the schoolchildren.

Table XV. The declared motivation to taking up the physical activity

Type of family / Distinguished categories	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Declared motivation (χ^2 = 7,8; DF = 4, p = 0,10 - χ^2 = 7,8)				
Fitness improvement	11 (19,0)	9 (15,5)	10 (15,6)	10 (15,6)
Weight loss	6 (10,4)	5 (8,6)	9 (14,1)	9 (14,1)
Doctor's orders	1 (1,7)	1 (1,7)	3 (4,7)	3 (4,7)
Appearance improvement	6 (10,4)	5 (8,6)	8 (12,5)	10 (15,6)
Better mood	15 (25,9)	15 (25,9)	16 (25,0)	16 (25,0)
Relaxation	12 (20,7)	12 (20,7)	10 (15,6)	9 (14,1)
The need to move	7 (12,1)	10 (17,2)	5 (7,8)	4 (6,3)
Lack of physical activity	1 (1,7)	1 (1,7)	3 (4,7)	3 (4,7)
Benefits gained from physical activity (χ^2 = 24,9; DF = 2, p = 0,01 - χ^2 = 9,2)				
Better health	20 (34,5)	22 (37,9)	28 (43,8)	26 (40,6)
Better mood	19 (32,8)	20 (34,5)	20 (31,3)	21 (32,8)
Keeping a fit figure	19 (32,8)	56 (96,6)	12 (18,8)	16 (25,0)
Does not matter	0 (0,0)	0 (0,0)	4 (6,3)	1 (1,6)

The motivation for physical activity is diverse, however, similar for both of the parents, regardless their age. The preferred motivation for physical activity among the parents is mainly connected to mood and fitness improvement (tab. XV). Parents point health- benefits as a result of physical activity.

Table XVI. The actual reasons of taking up physical activity (multiple choice)

Type of family / Distinguished categories	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Actual reasons (χ^2 = 2,9; DF = 4, p = 0,50 - χ^2 = 3,4)				
Fitness improvement	31 (53,5)	27 (46,6)	35 (54,7)	30 (46,9)
Weight loss	20 (34,5)	15 (25,9)	22 (34,4)	18 (28,1)
Doctor's orders	1 (1,7)	1 (1,7)	3 (4,7)	3 (4,7)
Appearance improvement	20 (34,5)	13 (22,4)	22 (34,4)	18 (28,1)
Better mood	40 (69,0)	42 (72,4)	41 (64,1)	39 (60,9)
Relaxation	37 (63,8)	42 (72,4)	40 (62,5)	39 (60,9)
The need to move	15 (25,9)	14 (24,1)	16 (25,0)	14 (21,9)
Lack of physical activity	1 (1,7)	1 (1,7)	3 (4,7)	3 (4,7)
Benefits gained from physical activity (χ^2 = 0,0; DF = 3, p = 0,99 - χ^2 = 0,1)				
Better health	57 (98,3)	57 (98,3)	63 (98,4)	60 (93,8)
Better mood	56 (96,6)	55 (94,8)	61 (95,3)	60 (93,8)
Keeping a fit figure	55 (94,8)	50 (86,2)	61 (95,3)	59 (92,2)
Does not matter	1 (1,7)	2 (3,5)	1 (1,6)	3 (4,7)

The actual reasons for physical activity denote their large diversity and differentiation (tab. XVI). The obtained results denote the parents awareness of physical activity's health benefits.

Table XVII. Reasons for not taking up physical activity

Type of family / Distinguished categories	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Laziness	8 (13,8)	12 (20,7)	14 (21,9)	16 (25,0)
Condition	3 (5,2)	2 (3,5)	11 (17,2)	10 (15,6)
Lack of time	14 (24,1)	16 (27,6)	12 (18,8)	11 (17,2)
Lack of companionship	2 (3,5)	4 (6,9)	3 (4,7)	3 (4,7)
Excess of domestic chores	10 (17,2)	8 (13,8)	8 (12,5)	7 (10,9)
Childcare	10 (17,2)	8 (13,8)	2 (3,1)	1 (1,6)
The fear of being laughed at	1 (1,7)	1 (1,7)	6 (9,4)	5 (7,8)
No access to sports facilities and equipment	1 (1,7)	1 (1,7)	3 (4,7)	3 (4,7)
Financial	2 (3,5)	1 (1,7)	2 (3,1)	4 (6,3)
There are no such reasons	7 (12,1)	5 (8,6)	3 (4,7)	4 (6,3)
(χ^2 = 22,0; DF = 5, p = 0,01 - χ^2 = 15,1)				

Parents often do not take up physical activity. The cause is very diverse (tab. XVII). Among those causes is exhaustion, identified with laziness, and the lack of free time. Some of the causes differ among "older" and "younger" parents. It concerns mainly the condition (worse at "older" parents) and childcare (more often at "younger" parents).

Table XVIII. The parents approach towards physical activity (multiple choice)

Type of family / Distinguished categories	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Enthusiastic	31 (53,5)	30 (51,7)	29 (45,3)	31 (48,4)
Moderate	26 (44,8)	28 (48,3)	32 (50,0)	30 (46,9)
Indifferent	1 (1,7)	0 (0,0)	3 (4,7)	3 (4,7)
(χ^2 = 0,8; DF = 1, p = 0,70 - χ^2 = 0,2)				

Parents declare a definitely positive approach towards physical activity (tab. XVIII) - regardless the age. It denotes a gradual raise of awareness of various benefits of physical activity.

Table XIX. The parents' knowledge about the consequences of the physical activity deficiency

Type of family / Distinguished categories	"Younger" family (N=58)		"Older" family (N=64)	
	mother	father	mother	father
Obesity	19 (32,8)	16 (27,6)	21 (32,8)	20 (31,3)
Muscle weakness	10 (17,2)	12 (20,7)	11 (17,2)	11 (17,2)
Dilution of physical condition	9 (15,5)	10 (17,2)	10 (15,6)	10 (15,6)
Circulatory system impairment	7 (12,1)	5 (8,6)	8 (12,5)	6 (9,4)
Eating disorder	3 (5,2)	3 (5,2)	3 (4,7)	3 (4,7)
Immunity decline	3 (5,2)	4 (6,9)	4 (6,3)	4 (6,3)
Civilization diseases	7 (12,1)	8 (13,8)	7 (10,9)	10 (15,60
(χ^2 = 0,1; DF = 4, p = 0,99- χ^2 = 0,3)				

Numerous consequences of the physical activity deficiency are observed by the parents of the interviewed families (tab. XIX) regardless the "age" of the interviewees. Parents point the so called civilization diseases, which are a result of an abnormal lifestyle - type of nutrition and physical activity deficiency.

DISCUSSION

Ensuring the physical activity to children and youth is significantly important currently, considering their unhygienic lifestyle, which is connected to malnutrition and an excessive use of electronic devices. Other dangers resulting from the lifestyle (alcoholism, smoking, drug abuse etc.) may also be prevented by asserting the right physical activity [7].

Creating adequate conditions for physical activity may be the responsibility of school and family. The latter "institution" is paramount, since the care for children's and youth's well-being, resulting from said institution, is selfless and driven by more profound emotions [11].

Family is still (fortunately) the basic educational institution in each society - shaping the fully determined values of children raised in it. Moreover, it plays a significant role in shaping their personality. Family participates in the out of genetic passing of behavior models, which ensure the right development of children and a

perspective of a healthy lifestyle in the future (physical, psychological and social) [5, 10].

The modern family, whose model is based on the two parents working, has a significant meaning in creating behavioral models connected with organizing time free of mandatory engagements. Which is why, family is a part of creating possibilities to use various forms of motor recreation and tourism. Such conditions create an atmosphere of fun, interesting shared experience, moreover, children feel save and accepted - it is a very important factor which integrates the family and creates a positive base for physical activity. The change of environmental conditions ensures various pro-health advantages (stress abreaction, gaining physical fitness, etc.) [2].

The differences within physical activity among "older" and "younger" families are compliant with expectancies, and do not result from the so called civilization changes, which are a significant danger to the modern family [6, 8, 9].

CONCLUSIONS

Based on the obtained results one can state that:

1. Parents are perfectly aware of the role physical activity plays in there, and their children's health.
2. The differences within physical activity of "older" and "younger" groups of families are compliant with expectancies and do not result from the so called civilization changes.
3. The lack of physical activity in the interviewed families is influenced by numerous factors, often connected with their "age" and the resulting consequences.
4. There is a compliance with preferred physical activity within interviewed families.

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ABSTRACT

The modern family is a subject of many dangers, which are determined by various causes - mainly the economical ones (both with the lack of financial resources and the excess). Thanks to the physical recreation, there is a possibility of utilizing the financial resources, and for the entire family to spend free time together. The aim of this paper is the evaluation of physical activity in 112 chosen families living in Jelenia Góra, and the influence of said activity on the integration process of a modern family. The average age of the spouses was between 25 to 45 years old. The choice of interviewed families was random - the sole criterion was the compatibility of parents age (aberration +- 4 years). The research included full families (father and mother) abiding (at the moment of research), and having at least one child. Two age groups have been distinguished: younger - up to 30 years old and older - aged 31-45. It has been stated that: 1. Parents are fully aware of the physical activity's role for their own health and the health of their children; 2. The differences within physical activity of "older" and "younger" groups of families are compliant with expectancies and do not result from the so called civilization changes; 3. There is a compliance with preferred physical activity within interviewed families, by all of their members.

STRESZCZENIE

Współczesna rodzina narażona jest na liczne zagrożenia, które uwarunkowane są zróżnicowanymi przyczynami - głównie ekonomicznymi (zarówno przy ich braku jak i nadmiarze). Dzięki rekreacji ruchowej istnieje możliwość zagospodarowania

gromadzonych środków finansowych, spędzania wolnego czas wspólnie przez wszystkich członków rodziny. Celem pracy jest ocena aktywności ruchowej w 112 wybranych rodzinach zamieszkujących Jelenią Górę i wpływu tej aktywności na proces integrowania współczesnej rodziny. Średni wiek małżonków wahał się od 25 do 45 lat. Wybór ankietowanych rodzin był przypadkowy - jedyne kryterium stanowiła zgodność wieku rodziców (odchylenie +- 4 lata). W badaniach uwzględniono rodziny pełne (ojciec i matka) trwałe (w chwili badania) posiadające co najmniej jedno dziecko. Wyodrębniono dwie grupy wiekowe rodzin: młodszą - do 30 lat i starszą - w wieku 31-45 lat. Stwierdzono że: 1. Rodzice posiadają wysoką świadomość na temat roli aktywności ruchowej dla swojego zdrowia i zdrowia swoich dzieci; 2. Różnice w zakresie aktywności ruchowej w grupie rodzin „starszych" i „młodszych" są zgodne z oczekiwaniem i nie wynikają z tzw. przemian cywilizacyjnych; 3. W badanych rodzinach istnieje zgodność w odniesieniu do preferowanej aktywności ruchowej przez wszystkich jej członków.

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