

FREE TIME AS AN IMPORTANT ELEMENT OF THE SENSE OF WELLNESS IN CONTEMPORARY POLAND

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ABSTRACT

The issue of quality of life is a significant element in conducting social analyzes, on various levels. This issue is extremely important; it can be attested even by economic sciences, which, in addition, –have started to perceive the problem from the point of view of social sciences. As research shows, an integral part of the dispute over the quality of life is reflection on the quality of free time. Wellness experienced by the modern man depends largely on its quantity and the culture of spending free time. Meanwhile, knowledge on this subject is insufficient and the lack of holistic educational activities compels researchers to have a broader reflection and postulate systemic actions. Conclusions resulting from the Study points to the need of undertaking activities supporting and shaping a broad society, while paying attention to the pedagogical aspect; preparing subsequent generations for optimal use of the resources of their powers and skills, while ensuring an adequate level of quality of life.

KEYWORDS: *Free Time, Quality of Life, Free Time Use, Social Prevention, Social Policy*

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INTRODUCTION

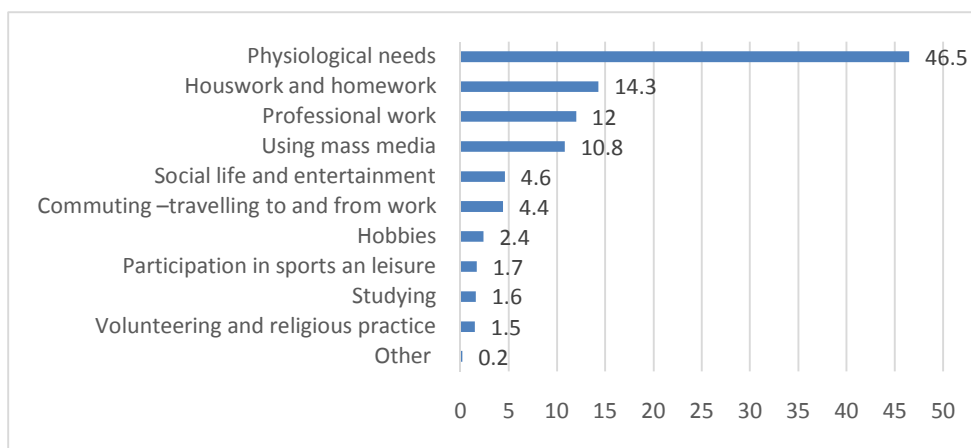
Free time is an ambiguous and multithreaded concept, and the number of its definitions reaches many hundreds and even thousands (see, for example, G.J, Walker, L. Fenton 2011, pp. 475-490). There are also many classifications for organizing it (see M. Orłowska 2007). . The motive of perceiving free time as a life experience is prevalent in many definitions (see, for example, J.Kelly1996 or J. Neulinger 1981) referring largely to the quality of life. This position is increasingly presented by representatives of social statistics. A good example is W.Radermacher (2015) Director-General, Eurostat Chief Statistician of the European Union. In the introduction to *Quality of life. Facts and Views* (2015) Radermacher writes about the need for this kind of research. He states that “economic indicators, such as the Gross Domestic Product (GDP), while important, do not tell us completely how well we are doing. Following a growing consensus that societies need data to complement the information provided by GDP, the European Commission initiated the action ‘GDP and beyond in 2009 Measuring progress in a changing world, which proposes priority topics to further develop environmental and social indicators and to report more accurately on distribution and inequalities. The indicators on quality of life, aiming to measure progress in society, should reflect its multidimensionality and cover the individuals’ conditions that contribute to life satisfaction, such as job, health status, social relationships, free time, educational level, environmental quality, security

and governance. Measuring quality of life requires looking at all of these elements at the same time calculating economic and non-economic, subjective and objective, as well as averages and disparities across population groups”.

Reflections on the quality of life become particularly important in the era of precariat - the social time humans are experiencing today. G. Standing (2014) draws attention to the ever dwindling resources of free time and the change of its character. It is important to have free time of adequate quality that will allow participation in the so-called high and committed culture. However, it requires reliance not only on the rest function, but also on the self-development functions. Meanwhile, there is pressure to limit free time to façade participation in social life. Such actions consequently lead to profound inequalities in time control, including time off. Limitations or even deprivation of control, planning and disposing of one’s own time (as a consequence of life and its quality) are an immanent feature of this system - the precariat is to be in the mode of constant vigilance and uncertainty (ibid, pp. 251 et seq.) And leaving this sphere of life - free time, out of control is contrary to the idea (which was noticed, among others, by Rojek 2010).

Methods of Research

The authors were interested in whether and how much free time is significant for contemporary Poles. Is it a value for them? What is the place of free time in their hierarchy and what variables have an impact on it? This detailed analysis cannot be conducted without a preliminary description of its boundary values: its quantity and ways of spending, generally, if free time affects the quality of life. It is therefore a research sample that allows interpretation of the results as essential for the whole society, and the research methodology is extremely credible, because it is based not only on the office's long-term research experience, but also on the Eurostat methodology and verified by long-term cooperation with it. The day of the contemporary Pole - the actual state and dynamics of changes over the years.

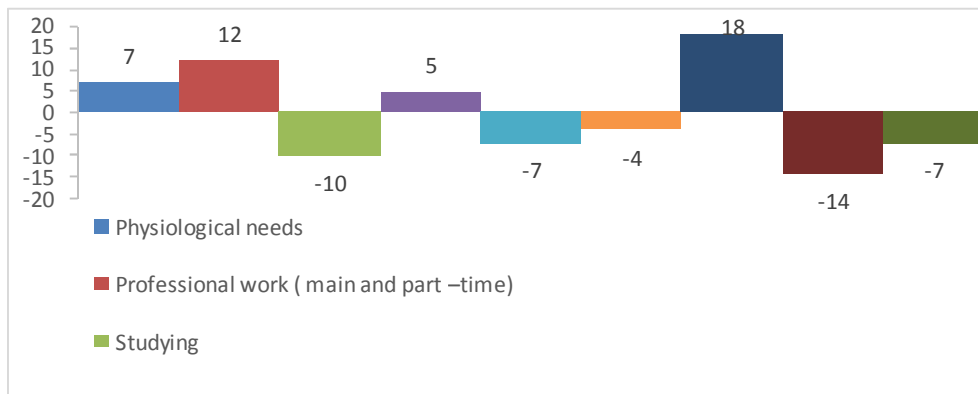


Source: Own Study of: Study of the Population Budget in 2013. GUS, Warsaw 2014, P.2

Figure 1: The Structure of the Day of Adult Poles in 2013 (In %).

Following can be seen from graph No. 1 - that almost half of the day is spent on physiological needs (e.g. sleep, food, hygiene, doctor's visits, etc.). About a quarter of a day is spent on housework and paid work (this is 12% of the day), including travel and study. The remaining time of about 1/5 of the day can be considered as free time in the broad sense of the word, as the time being fully available to the respondents.

Significant for the description of the phenomenon is to trace the dynamics of changes in the day structure of contemporary Poles over the last 10 years. This was possible due to the cyclical nature of research conducted by the Polish Statistical Office.



Source: Own study of: Study of the population budget in 2013. GUS, Warsaw 2014, p.9

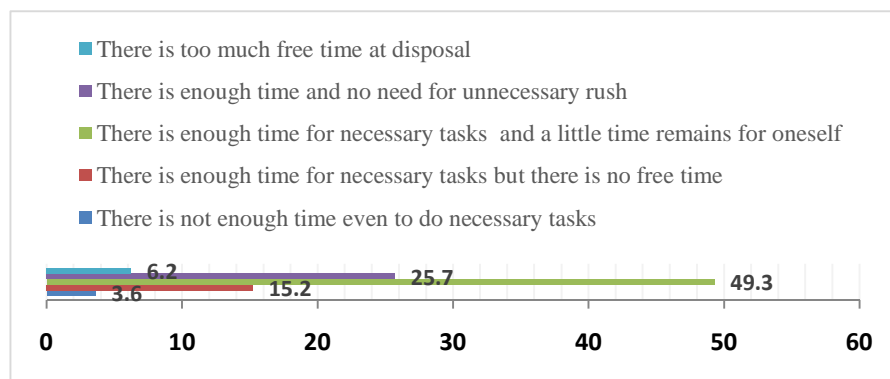
Figure 2: Dynamics of Changes in the Structure of the Day (Duration of Activities) of Contemporary Poles Over the Period 2003/4 - 2013 (in Minutes).

Chart 2 shows the relocation of the amount of time devoted to particular activities of the day over the decade. Poles have spent more time dedicating time to their work and household duties, caring for their own biological needs - sleep, health, food and hobbies. A detailed analysis of hobby activities reveals that the cause of a sharp increase in the time devoted to the hobby is by devoting time in the Internet. With the emergence of this medium and its widespread availability, interest in Internet spending has rapidly increased.

However, the remaining activities of the day were significantly shortened (see chart No. 2). From the educational point of view, two aspects are worrying: limitation of study time and unpaid work for others (charity, voluntary work and religious practices). Unfortunately, the statistical material does not reveal the reasons for changes in limiting the time schedule or the conditions of its structure. It is possible that, it is a derivative of social processes, especially precarization. However, it requires a deeper qualitative analysis.

The Quantity and Quality of Free Time of Contemporary Poles

In addition to objective measurement, complacency is important. It turns out that the level of satisfaction from the amount of time available was quite diverse - chart 3. However, only less than 1/5 of respondents felt its deficit. The dominating group - almost half of the respondents recognized that it was at a satisfactory level, and 1/3 of Poles had time for everything.

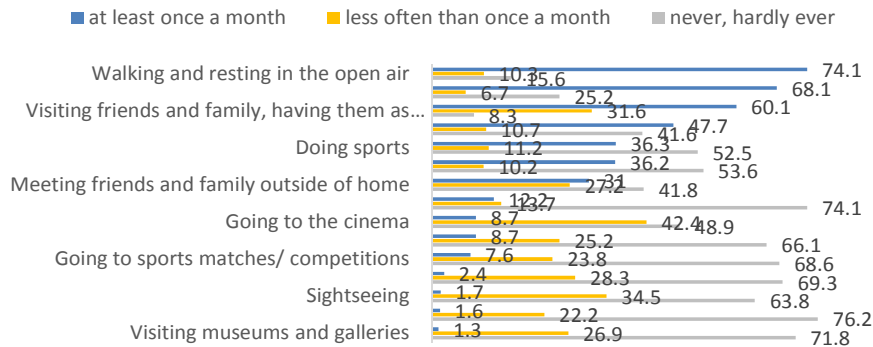


Source: own study of: Quality of life in Poland in 2015. Results of social cohesion research. (2017) Warsaw: Central Statistical Office, p. 68.

Figure 3: Amount of Free Time Available to Adult Poles (in %).

It is found that Time was used in various ways as per Chart 4. If the frequency of choosing behaviors at the level of "choosing activities at least once a month" is taken as an assessment criterion, walking and resting in the open air was the most popular. Not only was it very popular, but it also had a small percentage of rejection. Similarly, you can evaluate two consecutive choices of listening to music and more frequent behaviors: listening to music and social & family life.

Health and culturally oriented activities (walking and listening to music) as well as family & social life were the notable among Socializing activities.



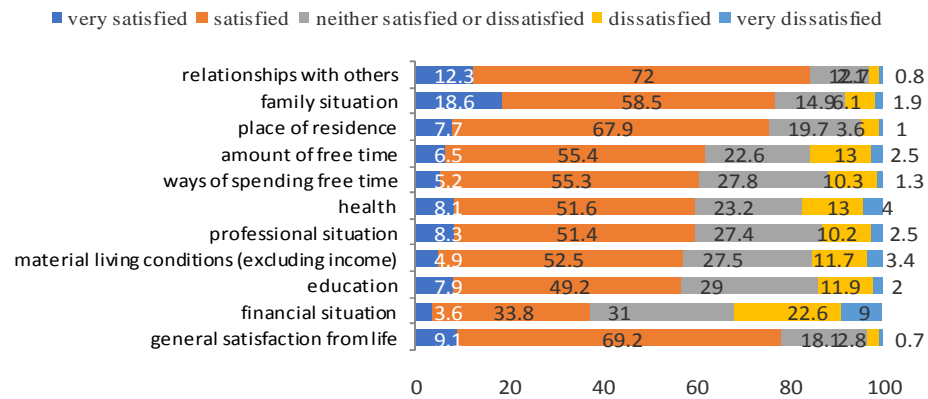
Source: own study of: Quality of life in Poland in 2015. Results of social cohesion research. (2017) Warsaw: Central Statistical Office, p. 75.

Figure 4: Dominant Forms of Spending Free Time by Adult Poles (in %).

Choices of such behaviors collide with rejection or low attendance or non-participation in high culture or even active sport (Chart 3). The low level of readership is the most worrying. Unfortunately, this is a phenomenon that has been present for a long time. Such behaviors may be symptoms of cultural exclusion and limiting the chances of building social capital.

Free Time and Life Satisfaction

In the ranking of satisfying behaviors, free time was very high as seen in graph 5. It only gave way to personal and interpersonal behaviors that build personal relationships and are associated to place of residence. Free time stands ahead of choices such as health, work and income. They are important values for existence. Over 60% of adult Poles were satisfied (and very satisfied) with the ways of spending free time and its quantity.



Source: own study of: Quality of life in Poland in 2015. Results of social cohesion research. (2017) Warsaw: Central Statistical Office, p. 196

Figure 5: Level of Satisfaction with Various Aspects of Life among Poles Aged 16 and More (in %).

It should be noted that the so-called partial assessment of satisfaction with particular elements of life did not translate into general satisfaction. It was much higher than any of the partial findings. Therefore, it was not a simple sum of the results of individual assessments. In this situation, the question arises on which of the components of life was the one that was most responsible for its quality. The analysis of the logistic regression model revealed that those from the spheres of life that are most responsible for its quality.

Table 1: Satisfaction with Particular Aspects of Life and Satisfaction with Life in General.

The Factor of Satisfaction with Particular Living Conditions	Number of Degrees of Freedom	Waladstatistics	Borderline of Significanc
Contemporary Professional situation	2	26,9	<0,0001***
School, studies	2	4,6	0,1001 n.s.
Education	2	34,8	<0,0001***
Family situation	2	689,5	<0,0001***
Relationship with others friends and acquaintances	2	89,6	<0,0001***
Financial situation	2	87,9	<0,0001***
Material living condition (excluding income)	2	125,6	<0,0001***
Amount of freetime	2	4,0	0,1373 n.s.
Ways of spending free time	2	135,8	<0,0001***
Health	2	314,7	<0,0001***
Type of place of residence	2	402,3	<0,0001***
Significance of statistical significance of model parameters and factors: *** significant at the level of 0.1%; ** significant at 1%; * significant at 5%; n.s. - unimportant 5%			
Source: own study of: Quality of life in Poland in 2015. Results of social cohesion research. (2017) Warsaw: Central Statistical Office, p. 198.			

Statistical analysis of the sourced material makes it possible to conclude with a large degree of probability (see Table 1) that partial satisfaction with family situation, place of residence and state of health [according to the order of assigned importance] had the greatest significance for shaping the overall level of satisfaction. The way in which free time was spent was also important for the assessment of overall satisfaction. Satisfaction with the way of spending free time turned out to be the fourth most important feature. It had a greater impact on the level of satisfaction with life than

satisfaction assessments related to such aspects as: living conditions, relationships with friends and acquaintances, or financial situation. On the other hand, the influence of the level of satisfaction with the amount of free time that a given person possessed was irrelevant (*Quality of life in Poland ...*, 2017, p. 198).

The level of satisfaction with leisure activities was subjected to detailed statistical analysis –see Table 2

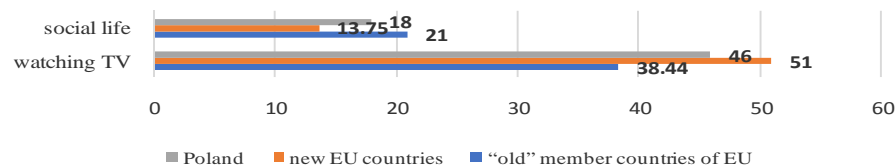
Table 2: Pleasure Derived from the Performance of Selected Leisure Activities by Adult Poles

Activities	Altogether	Sex		Age			
		Men	Women	15-24	25-34	55-64	65and Older
Pleasure Index Value							
Participation in sport and leisure	0,939	0,933	0,945	0,050	0,947	0,930	0,928
Social life and entertainment	0,927	0,923	0,931	0,942	0,940	0,917	0,919
Using mass media	0,916	0,910	0,922	0,934	0,930	0,907	0,900
Hobbies	0,902	0,900	0,904	0,940	0,878	0,891	0,921

Note: The methodology for developing the results was as follows: the following values were given to the answers: pleasant (+1); neither pleasant nor unpleasant (0); unpleasant (-1). It was necessary to finish the sentence: The time devoted to the activity was predominantly

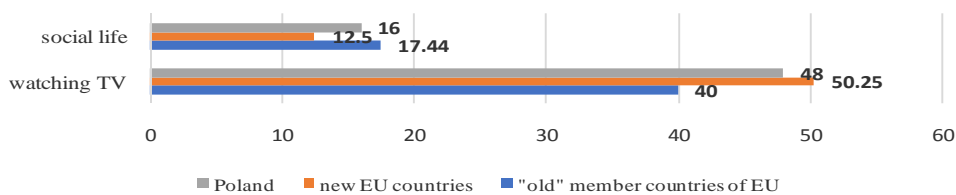
Source: Own study of: Study of the population time budget in 2013. GUS, Warsaw 2014, p.2

In the area of leisure time, the hierarchy of behaviors was very important, sport and recreation were the most liked, social life and entertainment using mass media and devoting time to personal passions were placed after each other. In a sense, this picture destroys the stereotype of a passive and domestic way of spending free time by contemporary Poles. Even 10 years ago, Poles significantly differed from the inhabitants of the so-called old EU. Residents of the countries of the former people's democracy preferred passive rest in front of the TV contrary to the inhabitants of the so-called old part of the Union. The author explained this with a different structure of the day and work fatigue (graphs no. 6 and 7). Reflection on the cause of this state of affairs and the observed changes should require a wider field of research, especially at the level of international comparisons concerning active rest and focused on socialization - social life (Orłowska 2007).



Source: own study after: Orłowska (2007) p. 81

Figure 7: Daily Time Spent Watching TV and Devoted to Social Life - Men in the So-Called New and Old EU Countries in 2004 (in %).



Source: own study after: Orłowska (2007) p. 81

Figure 8. Daily Time Spent Watching TV and Devoted to Social Life - Men in the So-Called New and Old EU Countries in 2004 (in %).

In addition to the general ranking of behaviors, it turned out that the choices made by respondents were significantly conditioned by their fundamental social characteristics - age and gender. The results of the study in some way confirmed the common stereotypes that young people value entertainment more, and older people priorities were learning and work. Similar behaviors are characteristic of people undertaking voluntary work for others and religious practices. Interestingly, however, preferences related to gender are presented. Women slightly more often derive satisfaction from what they do. This applies especially to work, study or voluntary help for others and religious practices "(Orłowska, Błęszyński 2008, p. 72 et al.).

Table 3: Time Spent on Selected Activities According to the Assessment of Satisfaction with Free Time, which a Given Person has (N - 74 499)

Activities	Altogether	Satisfaction With Free Time Activities	
		Dissatisfied	Satisfied
Pleasure Index			
Participation in sport and leisure	0.24	0.19	0.27
Social life and Entertainment	1.06	0.54	1.13
Using Mass Media	2.36	2.00	2.55
Hobbies	0.34	0.32	0.36

Source: Own study of: Study of the population time budget in 2013. GUS, Warsaw part. 2. Warsaw: Central Statistical Office, p. 249

The confrontation of this assessment with general satisfaction with life was interesting for the assessment of free time as an essential element of human life.

The collected research material (Table No. 3) confirms colloquial knowledge and healthy-sense thinking that more time is spent on activities that are liked than on those that are not preferred. The differences were significant. Respondents spent 5 hours and 11 minutes during the day doing preferred activities, and only 3 hours and 45 minutes on the disliked tasks. The difference was almost one and a half hour a day (1 hour, 26 minutes). Quite large differences could be noticed especially in two categories: social life and the use of Mass Media, as well as at the level of specific pastimes: passive rest, reading books and watching television. The subjective assessment of the respondent's own situation for the researcher is significant. Especially, when it comes to such social phenomena as free time, where the criteria for assigning behaviors to this category are based largely on subjective evaluation. According to the definition, the same activity may be a behavior classified into the sphere of free time or to the sphere of duties or satisfying biological needs. The subjective context based on the principles of voluntariness, hedonism and lack of commercialism decides about belonging to specific social time (Orłowska, Błęszyński 2018, p. 76 et al.).

It turned out that contemporary Poles value free time. From among various spheres of social time, behaviors associated with it were in the first places in the hierarchy. The most valued behaviors related to sport and recreation and social life. Next were Mass Media and hobby. The least pleasure of contemporary Poles was activities related to work and study. Though, there was a change in attitudes and preferences as with Social maturity (mainly in age). This situation shouldn't come as a surprise. Poland belongs to the EU group of countries with the highest rates of time devoted to the main and additional professional work (see Orłowska 2007, Aliaga 2006). In addition, Polish people are burdened with numerous and time-consuming household chores. To a large extent, this is due to low incomes, which were largely devoted to biological existence - providing food and shelter (*Jakośćżycia ... 2017; Sytuacjagospodarstw... 2017; Warunkiżycia...2014*). Individual preferences of behavior in the sphere of leisure time changed with age and change in the type of activity. Over time,

respondents more often wanted to devote their time to socializing and playing sports. This statement destroys the stereotype of inactivity among older people. Over the years, the model of taking advantage of free time from domo-centric and passive pastimes to active pastimes has changed slowly (Orłowska, Bleszyński 2018, p. 76 et al.).

Table 4: Assessment of the Impact of the Way of Spending Free Time - the Sense of Satisfaction with the Way of Spending Free Time and Satisfaction with Life in General Evaluated using Logistic Regression Models

Aspects of Lifestyle	Satisfaction with Spending Free Time		Satisfaction with Life	
	Figure	Wald Statistics	Figure	Wald Statistics
walks and rest in the open air at least once a week	0,259	45,8 ***	0,192	19,6 ***
doing sports at least once a week	0,309	33,2 ***	0,157	6,0 *
meeting friends, family and acquaintances at home at least once a month	0,168	18,0 ***	0,290	43,1 ***
meeting friends, family and acquaintances in cafes, pubs at least once a month	0,335	48,9 ***	0,204	13,0 ***
going to the cinema at least once every 2-3 months	0,128	5,1 *	0,339	21,9 ***
reading newspapers every day or almost every day (in paper or electronic version)	0,183	17,6 ***	0,262	26,1 ***
regular reading of magazines (in paper or electronic version)	0,169	12,1 ***	0,257	19,4 ***
Reading books	0,056	2,0 n.s.	0,136	9,1 **
Private trips	0,247	37,5 ***	0,573	146,7 ***
Watching TV over 4 hours a day	0,039	0,8 n.s.	-0,301	40,8 ***
Lack of free time on week days	-0,996	402,3 ***	-0,009 n.s.	0,0 n.s.
Significance of statistical significance of model parameters and factors: *** significant at the level of 0.1%; ** significant at 1%; * significant at 5%; n.s. - unimportant (even at the level of 5%).				
Source: Quality of life in Poland in 2015. Results of social cohesion research. (2017) Warsaw: Central Statistical Office, p. 88				

The statistical material presented in Table 4 in some way clarifies the problem. It answers the question about the co-existence of satisfaction with life and free time and how both assessments converge, and how much they differ. From the present study, statistical material revealed (Table No. 4) that the most negative factor affecting satisfaction with the way of spending free time was lack of free time on week days. However, at the other end of the spectrum, there was also spending time with friends and family outside the home. At a similar level of satisfaction with free time, there were sports (regular at least once a week) and recreational activity (e.g. walk) or private trips outside the place of residence (*Quality of life .. 2017*, p. 87). A much smaller driving force and influence on the satisfaction of leisure activities despite the stereotype has family and social life at home, and such popular activities as reading press and going to the cinema. What's more: watching TV daily (minimum 4 hours a day), reading books, haven't made any significant impact statistically on the assessment of satisfaction with spending free time.

Leisure time behaviors were placed first as giving most satisfaction from all social pastimes. Wald statistic - a logistic regression test reveals that among the ten free-time behaviors adopted for analysis, the most satisfying, with clearly visible positive meaning for shaping the level of overall life satisfaction were private trips outside their place of residence.

The way in which free time was spent also affected the overall level of life satisfaction. From the logistic regression model, it can be seen that among the forms of leisure time included in the model, private travels outside their place of residence clearly had the greatest positive impact on shaping the level of overall life satisfaction (Orłowska, Bleszyński 2018, p. 76 et al.).

Next activities that provide life satisfaction were - going to the cinema and home meetings with family, friends and acquaintances. Meetings at home in this case were clearly more important than meetings with family and friends outside home - and therefore the reverse, than in the case of analysis, determinants of satisfaction with the way of spending free time (ibidem). Next, comes not only press, outdoor rest, but also to a lesser extent - reading books and regular sports (*Quality of life .. 2017*, p. 87 for Orłowska, Błeszyński 2018, p. 76 et al.). The general level of satisfaction with life was adversely affected by the fact of watching television for many hours every day. On the other hand, the influence of the lack of free time on weekdays proved to be irrelevant (Orłowska, Błeszyński 2018, p. 76 et al.).

Comparing the results of the Wald test with the hierarchy of needs that were the least satisfied among Poles, there comes a sad conclusion. For almost half of Polish families (47%) , there is no possibility of leaving home at least for a weekly vacation. Every third family (36.3%) cannot afford to go to the cinema, theater or restaurant at least once a month. Almost every sixth (14.3%) family cannot afford to go with friends and relatives to the restaurant once a month or there is no possibility for financial reasons to buy a book even once every three months "(Szukiełojć-Bieńkuńska 2011, p. 6).

Generalizing, it can be said that satisfaction through the ways of spending free time and satisfying life is tied to economic background.

CONCLUSIONS

Many variables affect the quality of life. However, free time and ways to spend it are important components of satisfaction and a sense of well-being.

The given research results are the effect of subsequent empirical analyzes and a broader reflection on the quality of life (Orłowska, Błeszyński 2014, OrłowskaBłeszyński 2018, Orłowska 2007), especially of those excluded. In order to undertake repair processes, the model needs to be indicated and subjected to specific persons and dysfunctional situations; hence, the references to the entire population of adult Poles.

The original project of perceiving free time not only as an instrument of change (Orłowska, Błeszyński 2016, 2018), but also especially as a participation index (Orłowska 2007; Orłowska 2010) fits into a wider search for measures to assess the overall quality of life, such as GDI, HDI etc. Based on own research and empirical reality analysis and based on advanced statistical tests carried out by the Polish Central Statistical Office, the authors may present (or better recommend) free time as a measure of quality of life, but also in particular, its inalienable element (see also, for example, Veenhoven 2003).

The essence of the given analysis is the statement not only of the state of affairs but also the indication of trends and routes necessary to take to correct this condition. As indicated in earlier studies (Błeszyński, Orłowska 2018, Orłowska, Błeszyński 2014, OrłowskaBłeszyński 2018a), quality of life is a concept not only consciously used by non-disabled people, but also disabled (eg., intellectually Błeszyński, 2017) or socially maladjusted (eg., the unemployed - Orłowska 2007, children from socially maladjusted families - Orłowska 2010, persons serving imprisonment - Orłowska, Błeszyński 2016) manifesting different degrees of communication disorders (eg., with autism spectrum disorder Orłowska, Błeszyński, 2014) or socialization processes (Orłowska 2007; 2010; Orłowska, Błeszyński 2016). These are the areas that researchers should analyze in an open and inclusive society in a special way. It seems, however, at this point, there arises a need to address the problem of not only organizing, but shaping the ability to organize free time in the education system, or more broadly - social life. It is a necessity to move away from the directive, imposed schedule of time management for the pupils (pupils, wards, charges), in search of possibilities adequate to their abilities and interests - which we have defined as

optimal forms. It is also important to take up not only dialogue but also search for forms and organizational possibilities but also that meet individuals' interests. From the educational point of view, it seems necessary to refer to the ancient patterns of perceiving free time as an indispensable element of raising a citizen (Orłowska 2016). This thinking is convergent - at the macro level - with research on the quality of life conducted by Eurostat or Guy Standing's (2014) thoughts on the social development of the precariat era.

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