

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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