

Physical Activities of Kosovo Youths

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ABSTRACT: The research includes a total number of 400 male respondents aged 19 to 23 from four Kosovo districts such as Prizren, Ferizaj, Peja and Prishtina. As a research tool, it is used a questionnaire that was applied earlier in many research works at the Faculty of Physical Culture, translated and constructed for this research. In the questionnaire are included 29 questions in total. Method of processing the results is mainly applied in harmony with the purpose of the research, in this case statistical comparative methods have been used. The results of the survey for these young people in Kosovo shows that the physical activities which are most enjoyable and realized throughout the year are: maintenance of car or home furniture's, walking for pleasure, football, fitness, volleyball and basketball. Pristina and Peja are the cities with highest number of physical activities declared. While the city of Prizren and Peja are the cities with highest number of activities from "2-3 times a month" and "once a week". Also the survey has found that Prishtina and Ferizaj are the cities with highest number of activities from "2-3 times a week".

KEY WORDS Physical Activity, District, Kosovo, Youths

INTRODUCTION

Human as a social and biological being in the course of his historical development has always aspired to find suitable conditions for the best of life and work. So when we live today in a modern era, levels of physical inactivity are on the rise in many countries with great implications for overall worldwide health. Physical activity practiced on a regular basis is associated with a great amount of physical, psychological and physiological benefits Boule, N. G. (1993) and plays an exceptional role in preventing a variety of illness.

The World Health Organization (2007) believes that increasing physical activity in children and adults can significantly reduce the current epidemic of obesity and other diseases related to inactivity. Physical activities are factors that have a positive impact in the quality of life, health, mental stability, motivation, self-esteem for

all ages and genders [5]. Being healthy is the state of full physical, mental and social well-being and not just the absence of diseases or absence of physical strength of the organism Andrijašević, et al., (2005), Goodwin, R.D (2006), in his research has described that young people as much as they are engaged in physical activities are less likely to feel depressed.

Researchers have documented the benefits of regular physical activity for a healthy life. For example, Allender, Hutchinson and Foster (2008), opined that regular physical activity reduces the risk of hypertension, heart disease, diabetes, and some cancers. In addition, physical activity appears very useful means to improve some aspects of mental functioning (e.g., short-term memory, making decision), in reduction of dementia and Alzheimer disease Lawlor & Hopker, (2001), EUFIC, (2006), and well-being Fox, (1999).

Many studies which were completed in some countries evaluated perceived benefits and barriers to physical activity among young people Brown, (2005), Cheng et al., (2003), Grubbs and Carter, (2002), Gyurcsik et al., (2004), Kenneth et al., (1999, 2005), Winters et al., (2003). Many studies took in consideration the worldwide decline of physical activities and the increase of obesity and other disease risks [28].

Physical activity decline was evident during young adults' transition into early adulthood with the steepest decline occurring at the time of entering a university [16,9]. Students are the youths of the population and they prepare for an important role in social life. Those with their knowledge and experience will affect future generations, children's and young people. The research includes a total number of 400 male respondents aged 19 to 23 from four Kosovo cities such as Prizren, Ferizaj, Peja and Prishtina.

The purpose of this research was to show which of the physical activities in everyday life are the most favored by those that are tested and who were involved in these physical activities in order to acquire new knowledge of lifestyle and to verify that how is the level of awareness of the population for physical activities.

METHODS

As a research tool is used a questionnaire that was applied earlier in many research works at the Faculty of Physical Culture, translated and constructed for this research.

In the questionnaire are included 29 questions in total. The questionnaire is constructed in that way to show the average of how many times they were doing the activity within the last 12 months: Less than once in a month, once in a month, 2-3 times in a month, once in a week, 2-3 times in a week, 4-5 times in a week, 6 or more times in a week.

Method of processing the results is mainly applied in harmony with the purpose of the research, in this case statistical comparative methods have been used.

RESULTS

Differences and comparison of respondents of the four cities of Kosovo for the most realized physical activities

Table 1 below represents comparison and differences of the respondents from the four cities of Kosovo for the most enjoyable and realized physical activities.

The results of the survey for four cities in Kosovo revealed that physical activities that are mostly realized by all these cities are the following:

Amateur football is the one with highest number of responses with 9.55% as average of the four cities. Walking for pleasure with 9.50% utilization as average of the four cities. Car and house maintenance with 9.32% utilization as average of the four cities.

Fitness with 7.03% utilization as average of the four cities. Volleyball or basketball with 6.89% utilization as average of the four cities. The results of the survey show that respondents during a calendar year very rarely utilize swimming pools, rivers, lakes or seas, as well as rarely are engaged on sports such as gymnastics, cycling, martial arts, riding, sailing, tennis and dancing, while running is also with low responses (4.06% utilization as average of the four cities)

Regarding the tennis game, it is worth to mention that the infrastructure for this game is very poor in these cities, the highest result on this aspect is on Pristina which has few tennis fields and clubs.

For the mountain climbing, the city of Peja has higher number of responses and this is reasonable due to the mountains of Rugova near the city which provide very good relief for such activity.

	Questions	Prizren	Ferizaj	Pristina	Peja	Percentage
1	Competitive swimming	1.92%	0	3.55%	0.61%	<u>1.52%</u>
2	Swimming for pleasure	3.69%	1.03%	4.01%	2.35%	<u>2.77%</u>
3	Walking with bag, mountain climbing	4.01%	3.82%	3.92%	6.76%	<u>4.63%</u>
4	Walking for pleasure	13.62%	8.68%	7.94%	7.78%	<u>9.50%</u>
5	Competitive cycling	1.76%	0.00%	0.47%	1.13%	<u>0.84%</u>
6	Cycling for pleasure	5.45%	5.44%	7.10%	1.74%	<u>4.93%</u>
7	Cutting of grass during season	8.81%	6.03%	0.56%	6.65%	<u>5.51%</u>
8	Watering of grass and garden	8.49%	10.00%	2.43%	4.81%	<u>6.43%</u>
9	Woodcutting	3.04%	2.06%	0.00%	2.76%	<u>1.97%</u>
10	Shearing of trees	0.96%	0.00%	0.00%	1.33%	<u>0.57%</u>
11	Car maintenance or home furniture's	5.77%	10.29%	9.15%	12.08%	<u>9.32%</u>
12	Fitness	0.48%	0.00%	1.31%	1.74%	<u>0.88%</u>
13	Ushtrime me pesha	7.69%	5.88%	8.40%	6.14%	<u>7.03%</u>
14	Shape exercises, Bicycle or treadmill	0.32%	0.44%	1.49%	1.74%	<u>1.00%</u>
15	Workout on the floor or yoga	1.92%	2.94%	2.61%	1.33%	<u>2.20%</u>
16	Dancing	1.92%	0.00%	1.12%	0.51%	<u>0.89%</u>
17	Competitive running	2.08%	0.00%	0.28%	2.35%	<u>1.18%</u>
18	Running for pleasure	2.24%	4.85%	4.11%	5.02%	<u>4.06%</u>
19	Bowling	1.76%	2.65%	7.56%	5.63%	<u>4.40%</u>
20	Tennis	0.00%	0.00%	2.80%	1.13%	<u>0.98%</u>
21	Table tennis	3.69%	3.53%	4.01%	1.33%	<u>3.14%</u>
22	Football	5.93%	9.12%	12.61%	10.54%	<u>9.55%</u>
23	Volleyball or basketball	5.13%	9.56%	6.72%	6.14%	<u>6.89%</u>
24	Fishing	3.21%	2.06%	1.77%	1.54%	<u>2.14%</u>
25	Riding	0.00%	0.00%	0.00%	0.00%	<u>0.00%</u>
26	Snooker	3.37%	7.35%	4.48%	3.68%	<u>4.72%</u>
27	Musical instruments	0.48%	1.03%	0.65%	0.00%	<u>0.54%</u>
28	Sailing	0.64%	0.00%	0.00%	0.00%	<u>0.16%</u>
29	Martial arts	1.60%	3.24%	0.93%	3.17%	<u>2.24%</u>
		100.00%	100.00%	100.00%	100.00%	<u>100.00%</u>

Table 1 Comparison of results of respondents from four districts for mostly enjoyable and realized activity during the year

For the mountain climbing, the city of Peja has higher number of responses and this is reasonable due to the mountains of Rugova

near the city which provide very good relief for such activity. While the city of Pristina and Peja are the ones with highest number of

physical activities declared. Differences and comparison of respondents of the four cities of Kosovo for the average of how many times they were doing physical activity

The results of the survey with four cities in Kosovo revealed that the number of physical activities that are mostly done by all these respondents are the following: Physical activities “2-3 times a month” is the one with highest number of responses with 24.23% as average of the four cities.

Second most realized physical activity is “once a month” with 20.87% as average of the four cities. Third most realized physical

activities is “once a week” with 24.44% as average of the four cities. These three most realized physical activities are close to each other in average for all four cities.

The city of Prizren and Peja are the cities with highest number of activities from “2-3 times a month” and “once a week”, while the survey has found that Prishtina and Ferizaj the cities with highest number of activities from “2-3 times a week”. It is important to mention that physical activity “2-3 times a week”, which is the recommendation of World Health Organization – [26] has found non satisfactory results from this survey where only 14.78% as average of the four cities have realized this number of activities.

Cities of Kosovo	Less than once a month	Once a month	2-3 times a month	Once a week	2-3 times a week	4-5 times a week	6 or more times a week
Prizren	13.94%	20.67%	26.44%	23.24%	13.30%	2.08%	0.32%
Ferizaj	17.79%	27.21%	20.74%	16.18%	17.65%	0.44%	0.00%
Prishtina	23.62%	18.21%	22.50%	20.35%	14.85%	0.47%	0.00%
Peja	18.01%	17.40%	27.23%	22.01%	13.31%	1.64%	0.41%
Percentage	<u>18.34%</u>	<u>20.87%</u>	<u>24.23%</u>	<u>20.44%</u>	<u>14.78%</u>	<u>1.16%</u>	<u>0.18%</u>

Table 2 below represents comparison and differences of the respondents of the four cities of Kosovo for the average of how many times they were doing physical activity.

DISCUSSION

From the birth to death, physical activities are beneficial to the human body if they fit in a right way to his health condition. But according to the age, physical activities as well needs to adapt to possibilities and requirements, because training should be understood as a necessity or biological motivation. The World Health Organization, in all its acts, emphasizes the importance of physical activity in maintaining the health, particularly in the procedures for prevention and treatment of chronic diseases WHO, (2004). In addition to its physical and physiological benefits, exercise is known to reduce stress, to provide psychological

wellbeing to increase life satisfaction and to be among the treatment methods of psychiatric rehabilitation programs Soyer et al., (2017).

Similar studies have reported that regular exercise protects young people from major illnesses such as cardiac diseases, blood pressure, obesity and type 2 diabetes, and that lower depression levels among young people and adults Dehghan et al., (2005), Penedo & Dahn (2005), Paluska & Schwenk (2000), Prasad et al., (2009), Tyson et al., (2010).

The purpose of this research was to show which of the physical activities in everyday life are the most realized ones by those that are tested in order to acquire new knowledge of lifestyle and to verify that how is the level of awareness of the population for physical activities.

The results of the survey for these young people in Kosovo show that the physical activities which are most enjoyable and realized throughout the year are: maintenance of car or home furniture's, walking for pleasure, football, fitness, volleyball and basketball. Pristina and Peja are the cities with highest number of physical activities declared. While the city of Prizren and Peja are the cities with highest number of activities from "2-3 times a month" and "once a week". Also the survey has found that Prishtina and Ferizaj are the cities with highest number of activities from "2-3 times a week". Researches in this field help us to obtain results on the lifestyle of these young people in Kosovo, how much they frequent sport halls, what are the sports they enjoy the most and how much time they spend on these activities.

In one of the European report is mention that participation in leisure sport and physical activity has remained relatively low in Romania, Eurostat, (2011). According to Physical Activity Among Adults:

United States, 2000 one in five adults engage in high levels of activity, but one in four are largely inactive (United States Department of Health and Human Services, [USDHHS], 2003).

In Portugal most of the students at the end of secondary school are not aware of the minimum physical activity recommended level they have to practice to promote health, Twisk. (2001).

The proportion of Chinese adolescents who are physically inactive is higher than that in many other countries in the world Hallal, (2009). Knowing that around the world are organized different campaigns for participation in physical activities for all ages, it remains for us in Kosovo that we have adequate programs to influence the people of Kosovo to increase their physical activities which according to this survey is not in satisfactory level. The promotion of physical activity requires effect from government and nongovernment organizations and multisectorial policy (Health, Sport, Education and Culture, Media, Urban Planning, and Transport) WHO, (2003) Yancey et al., (2007).

Therefore, a population strategy to promote increased physical activity should be implemented using diverse approaches, including community-based informational, behavioral, social, political, and environmental approach.

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