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*The comparison of ways of planning and using the free time  
among students of the Faculty of Pharmacy and the Faculty  
of Nursing and Health Sciences*

The life of present day people is very fast and concentrates mostly on the concerns about the improvement of material conditions. Progress and accelerating changes taking place in every area of life promote tiredness and stress at work, school, home etc. (3). Simultaneously, cultural needs, social activity, the need of expanding skills and going deeper into the knowledge increase as a personal concern. It is every person's interest to manage time properly trying to follow aspirations as close as possible, moreover, with real needs, that can often be strangled by the routine and problems of modern life. Time managing – also the managing of the free time - is nothing more but using it properly so as to gain some upper values, improving oneself and creating one's life according to plans, needs and aspirations.

Free (leisure) time is the part of time that is left after work or learning as for instance having a rest, entertainment, developing personality, improving job qualifications and social activity (4). Creating and determining free time most of all depends on outer factors, like type, quantity and psychosociological atmosphere of the given society, interpersonal relations within the individuals creating a given society, material factors and other features helping to use the leisure time in a rational way. The forms of spending free time can be of a different type. Their character can be educational, regenerative or social (1). This kind of division does not exclude the existence of correlation between the particular forms.

We can classify cultural entertainment, reading and hobbies as the first group. Going to the cinema, theatre, opera, seeing a show or an exhibition gives us artistic impressions, helps with detaching from everyday life and coping with stress (2). Through books and current affairs, one can also deepen the knowledge and get familiar with the issues not necessarily connected with one's profession. Also, hobbies represent a creative form of spending leisure time, though taking into consideration their peculiarity they usually need appropriate timing (8).

The second category includes physical entertainments (sport and tourism), resting and developing awareness for all the life functions (5). However, passive forms of resting are mostly chosen, which is connected with the commonly available access to the new technical achievements. More and more people, after spending long hours at work and at school, spend the rest of the day staring at a TV or a computer screen, especially since such device can be found in most houses, cafes or students' dormitories (7).

The third category consists of types of entertainment that help to make new relationships or consolidate the existing friendships. Relationships with other people and chatting with friends are a great way of fighting stress and dealing with work and everyday problems (6).

Ways of managing and using free time by students and its influence on the level of practical preparation to future work is a matter of concern of many specialists like sociologists, methodologists and doctors. However, there is little data that can be found on this subject in the literature.

## MATERIAL AND METHODS

The research was done according to legislation concerning protection of personal data (9) among the 3<sup>rd</sup> year students of two faculties of Medical University in Lublin – the Faculty of Pharmacy and the Faculty of Nursing and Health Sciences. The method used was based on auditory survey including mostly closed questions and the so-called certificate concerning basic personal data (age, gender, marital status, place of living) that could influence the way of managing and using spare time. The results were put into statistics on the basis of the independence test  $\chi^2$ .

## RESULTS

The first group included 114 students of the Faculty of Pharmacy: 32 men (28%) and 82 women (72%) most at the age of 21–23 (86%). Marital status: 97.5% not married and 2.5% married. The second group, from the Faculty of Nursing and Health Sciences, included 106 people: 55 daily students and 51 of extramural studies. In this group 4.72% (5 persons) were men (only daily students), which meant a female bias. There were no age varieties in the group of daily students – 80% were between 22 and 25 (the rest were younger than 30). However, only 33% of the extramural students were at this age, and 65% were under 40. 93% of daily students of the Faculty of Nursing and Health Sciences were not married, 7% of people were married (similar to the pharmacy students), and among extramural students there was a balance between married (49%) and non-married women (51%).

Most of the examined people (77.6% of the pharmacy students, 67% of the daily students and 76% of the extramural students of the Faculty of Nursing and Health Sciences) lived in town.

### COMPARISON OF THE QUANTITY OF FREE TIME USED ON AVERAGE FOR DIFFERENT ACTIVITIES DURING THE DAY BY STUDENTS THROUGHOUT THE ACADEMIC YEAR

The comparison of the average amount of free time devoted to particular activities showed that only some of them were done by all students (Tab. 1), e.g. hygienic and cosmetic preparation (about 1.2 hour a day). Daily students from both faculties listened to the radio for about 3 hours a day, which was very different from the extramural students of Faculty of Nursing and Health Sciences, who devoted only 2.4 hour ( $p < 0.05$ ) to this activity. Visible differences were also seen in the comparison of the amount of time devoted to daily duties, during which extramural students spent 3.25 hours a day, while daily students of the Faculty of Nursing and Health Sciences far less – only 2.1 hour, and the Faculty of Pharmacy – 1.2 hour. Daily nursing students spent more time than others examined on reading books and papers ( $p < 0.001$ ), walking, hobbies and sport (statistically significant differences). Pharmacy students devoted much less time to watching TV than their colleagues from the Faculty of Nursing and Health Sciences ( $p < 0.001$ ).

Table 1. The hours devoted by students to particular activities during the day

	1	2	3	a	b	c
Watching TV	1.2	1.6	1.5	***	***	-
Listening to the radio	2.9	3.4	2.4	-	*	*
Reading books and magazines	0.6	2.4	1.3	***	**	***
Preparation activities (cosmetics, etc.)	1.1	1.3	1.1	-	-	-
Domestic duties	1.1	2.1	3.25	***	***	*
Walking	0.6	1.0	0.5	***	-	*
Hobbies	0.7	1.0	0.6	**	-	*
Sport	0.8	1.4	0.36	***	-	***

1 – Fac. of Pharmacy, Fac. of Nursing and Health Sciences 2 – daily, 3 – extramural; a – difference between group 1 and 2, b – difference between group 1 and 3, c – difference between group 2 and 3, \*  $p < 0.05$ , \*\*  $p < 0.01$ , \*\*\*  $p < 0.001$

#### CULTURAL LIFE OF STUDENTS

In all of the examined students of the Medical University in Lublin a visible difference was noticeable between the number of students who went to the cinema and to the theatre, opera, museum, concerts or exhibitions. Daily students of both departments went to the cinema with a comparable frequency – about 70% at least once a month (Tab. 2), while extramural students did it very seldom (correlation statistically significant). A great number of extramural students did not go to the cinema at all or went there only once a year. 94.5% of the daily students of the Faculty of Nursing and Health Sciences went to the theatre, opera, museum, concerts or exhibitions (Tab. 3), whilst over 30% of students of the same faculty and 40% of the pharmacy students did not do it at all (difference statistically important,  $p < 0.001$ ).

Table 2. The number of students (in percentage) who went to the cinema

	1	2	3	a	b	c
At least once a week	12	22.0	-	-	*	***
At least once a month	61.2	47.0	27.0	-	***	*
Once every 3 months	12.1	-	-	**	**	-
Once half a year	-	27.0	33.0	***	***	-
Once a year	3.5	4.0	24.0	-	***	**
None	6.1	-	16.0	*	*	**

1 – Fac. of Pharmacy, Fac. of Nursing and Health Sciences 2 – daily, 3 – extramural; a – difference between group 1 and 2, b – difference between group 1 and 3, c – difference between group 2 and 3, \*  $p < 0.05$ , \*\*  $p < 0.01$ , \*\*\*  $p < 0.001$

Table 3. The number of students (in percentage) who went to the theatre, opera, museum, concerts and exhibitions

	1	2	3	a	b	c
At least once a year	57.9	94.5	68.6	***	-	***
Never	43.0	5.5	31.4	***	-	***

1 – Fac. of Pharmacy, Fac. of Nursing and Health Sciences 2 – daily, 3 – extramural;  
a – difference between group 1 and 2, b – difference between group 1 and 3, c – difference between group 2 and 3, \*  $p < 0.05$ , \*\*  $p < 0.01$ , \*\*\*  $p < 0.001$

Social meetings were a very popular form of spending free time among all examined students of both faculties (Tab. 4). The group from the Faculty of Pharmacy did this the most often (100% at least once a month). Students of the Faculty of Nursing and Health Sciences spent leisure time that way, at least once a month, more rarely – only 92.2% daily and 80% extramural students did so. An interesting fact was that every 4<sup>th</sup> extramural student took part in social meetings only once a year and every 7<sup>th</sup> (much more than daily students) did not have any interpersonal relations (difference statistically significant).

Table 4. The number of students who took part in social meetings

	1	2	3	a	b	c
At least once a month	100	92.2	80.0	-	**	**
Once half a year	-	-	6.0	-	**	**
Once a year	4.3	-	-	-	-	-
Never	3.5	-	14.0	-	*	**

1 – Fac. of Pharmacy, Fac. of Nursing and Health Sciences 2 – daily, 3 – extramural;  
a – difference between group 1 and 2, b – difference between group 1 and 3, c – difference between group 2 and 3, \*  $p < 0.05$ , \*\*  $p < 0.01$ , \*\*\*  $p < 0.001$

A few students (less than 10% in every examined group) showed some interest in additional jobs during the academic year (Tab. 5), although during the holidays their number increased many times ( $p < 0.001$ ), mainly among daily students, especially in the Faculty of Nursing and Health Education.

Table 5. The number of students (in percentage) who worked additionally during the period of academic year and holidays

	1	2	3	a	b	c
Academic year	6.9	9.1	7.8	-	-	-
Holidays	45.6	61.8	29.4	*	*	***

1 – Fac. of Pharmacy, Fac. of Nursing and Health Sciences 2 – daily, 3 – extramural;  
a – difference between group 1 and 2, b – difference between group 1 and 3, c – difference between group 2 and 3, \*  $p < 0.05$ , \*\*  $p < 0.01$ , \*\*\*  $p < 0.001$

## DISCUSSION

3<sup>rd</sup> year students of the Faculty of Pharmacy and the Faculty of Nursing and Health Sciences of the Medical University in Lublin differed in the ways of managing and using free time. Extramural students devoted more time to daily duties than their colleagues studying in the daily system. That was probably the consequence of the family situation of the examined people (almost half of the examined extramural students were married; many of them had children), as well as belonging to a particular gender, the number of men – who by nature were less willing to do monotonous house work – was bigger in the group of the pharmacy students than among the nursing students.

Daily students of the Faculty of Nursing and Health Sciences spent more time on sport, walks, hobbies, reading books and magazines. They also went more often to the theatre, opera, museums, concerts and exhibitions, not only in comparison with extramural students, but also with pharmacy students. However, in the case of extramural students, the above differences can be explained by overwork, physical work and family duties; the lack of popularity in reading, hobbies and sport among pharmacy students seems to be difficult to understand (only 57% of them were keen on sport, more often men), especially that during the time of conducting the survey a library and a gym (with lots of different sport sections) were available within the area of the Medical University in Lublin.

In both departments, daily students spend more time on listening to the radio, going to the cinema or going out than extramural students. The popularity and attraction of the cinema among the examined students was probably the result of a few aspects, namely: easy access (7 cinemas in the city), interesting and constantly changing cinema repertoires, and the attractiveness of ticket prices in comparison to the average prices of tickets to other institutions providing entertainment such as theatre, opera, museums, concerts or exhibitions.

Although social meetings were a very popular form of spending leisure time by the students of the Medical University in Lublin extramural students took part in it less or did not have any interpersonal relations. Extramural students, also, in comparison to those who studied in the daily system went to the cinema less or not at all, which could be due to their family duties and lack of time.

Students of both departments worked additionally very rarely during the academic year; however, interest in jobs rose during the period of holidays. Most often daily students of the Faculty of Nursing and Health Sciences worked during the holidays, which could be a result of less tiredness (in comparison to extramural students after the academic year) and professional preparation even before they started their studies (this differentiated them from their colleagues of the Pharmacy Faculty).

On the basis of this research, the way of managing and spending leisure time among the 3<sup>rd</sup> year students of the Faculty of Pharmacy and the Faculty of Nursing and Health Sciences of the Medical University in Lublin seems influenced by the direction of studies, family situation and sex.

## CONCLUSIONS

1. 3<sup>rd</sup> year students of the Faculty of Pharmacy and the Faculty of Nursing and Health Education of Medical Academy in Lublin differed on the level of ways of managing and using free time. The determining factors were connected both with the direction of the studies and family situation as well as belonging to a particular gender within the examined group of students.

2. Nursing students devoted more time to reading books and press, house works and watching TV than their colleagues from the Faculty of Pharmacy.

3. In both departments, daily students spent more time on listening to the radio, going to the cinema or outgoing than extramural students.

4. Daily students of the Faculty of Nursery and Health Education spent more time on sport, walks, reading books and press and hobby. They also more often went to the theatre, opera, museums, concerts and exhibitions, not only in the comparison with extramural students but also with pharmacy students.

5. Few students showed some interest in additional jobs during the academic year, although their number increased during the period of holidays, mainly among daily students especially in the Faculty of Nursery and Health Education.

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#### SUMMARY

The work presents a research of the group of third year students from two faculties of the Medical University in Lublin. The aim of the research was find out the correlation and differences in the ways of managing and using the so-called 'leisure time'; in relation to stable factors, as well as the system and the direction of studies and environmental factors, dependent on the influences of the psychosociological surrounding. 114 students of the Faculty of Pharmacy and also 55 daily and 51 extramural students of the Faculty of Nursing and Health Education were examined. It has been stated that students of the Faculty of Nursing and Health Education devoted most of their time to house work, reading books and magazines and watching TV, which differentiated them from pharmacy students. Daily students of both faculties in comparison with extramural students spent more time on listening to the radio, going to the cinema or taking part in social meetings. Daily students of the Faculty of Nursing and Health Education devoted more time to sport, walking, reading books and magazines, hobbies and going to the theatre, opera, museum, concerts and exhibitions, not only in comparison with the extramural students, but also with the pharmacy students. A few students showed interest in part-time work during the academic year, although their number rose during

the period of holidays, especially among daily students of the Faculty of Nursing and Health Sciences. On the basis of the research it was stated that the way of managing and actual spending of leisure time was influenced by the direction of studies, family situation and sex of the examined students.

#### Porównanie sposobów zarządzania i wykorzystania czasu wolnego przez studentów Wydziału Farmacji oraz Wydziału Pielęgniarstwa i Nauk o Zdrowiu

Celem pracy była ocena sposobów zarządzania i wykorzystania czasu wolnego przez studentów III roku Wydziału Farmacji oraz Wydziału Pielęgniarstwa i Nauk o Zdrowiu Akademii Medycznej w Lublinie. W pracy przeanalizowano najczęstsze formy spędzania czasu wolnego przez 114 studentów Wydziału Farmacji oraz 55 studentów dziennych i 51 zaocznych Wydziału Pielęgniarstwa i Nauk o Zdrowiu. Stwierdzono, że studenci Wydziału Pielęgniarstwa i Nauk o Zdrowiu najczęściej czasu przeznaczali na obowiązki domowe, czytanie książek i prasy oraz oglądanie telewizji, różniąc się istotnie od studentów farmacji. Studiujący w systemie dziennym obu wydziałów w porównaniu ze studentami zaocznymi poświęcali więcej czasu na słuchanie radia, częściej uczęszczali do kina i uczestniczyli w spotkaniach towarzyskich. Studenci dzienni Wydziału Pielęgniarstwa i Nauk o Zdrowiu przeznaczali więcej czasu na sport, spacer, czytanie książek i prasy oraz hobby, w większym odsetku chodzili też do teatru, opery, operetki, muzeum, na koncerty i wystawy, nie tylko w stosunku do studiujących zaocznie, ale również i do studentów farmacji. Nieliczni studenci wykazywali zainteresowanie dodatkową pracą zarobkową podczas roku akademickiego, natomiast w czasie wakacji znacznie wzrastała ich liczba wśród studiujących systemem dziennym, zwłaszcza na Wydziale Pielęgniarstwa i Nauk o Zdrowiu. Na podstawie przeprowadzonych badań stwierdzono, iż sposób zarządzania i wykorzystania czasu wolnego w dużym stopniu uwarunkowany był kierunkiem studiów, sytuacją rodzinną oraz przynależnością do określonej płci badanych studentów.