Gábor Fintor

Investigation of Sporting Habits to Physical Education during the COVID-19 Pandemic

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Introduction

- Several domestic and international studies confirm the benefits of regular sport activities regarding healthy attitudes (Földesiné, 2008; Földesi, 2014; Shephard et al., 2013).
- However, our native researchers find negative indicators regarding the sporting habits of the domestic population going back decades into the past (Gál, 2008).
- According to the report issued by Hungarian Youth (2020), the frequency of sports activities further decreased since 2016; however, this decrease is due to the pandemic, and not due to the lack of willingness or motivation among young people.

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Methodology of the Research

- The analysis is based on a national representative survey conducted via telephone consultation by Tárki Social Research Institute, between 20th July and 8th August 2021
- The sample is valid for Hungarians 18 years old and older. 1015 people were analysed in this sample.
- The sample consists of 41% male and 59% female participants. Regarding the division of age groups, 51.4% were above 50 years, 30% between 35 and 49 years, and 18.5% belong to the age group between 18 and 34 years.

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Research Questions

- *One of the main objectives of our research* is to assess the sporting habits of Hungarian people. Within this assessment,we are eager to uncover their most popular sports. We also examine the impacts of the Coronavirus pandemic on participants' sporting habits. On the other hand, we investigate the frequency of sports activities according to gender, age group, education level, and habitation type.
- *Another objective of our research* is to determine the peoples' views regarding physical education in schools, and to assess infrastructural conditions among the participants.

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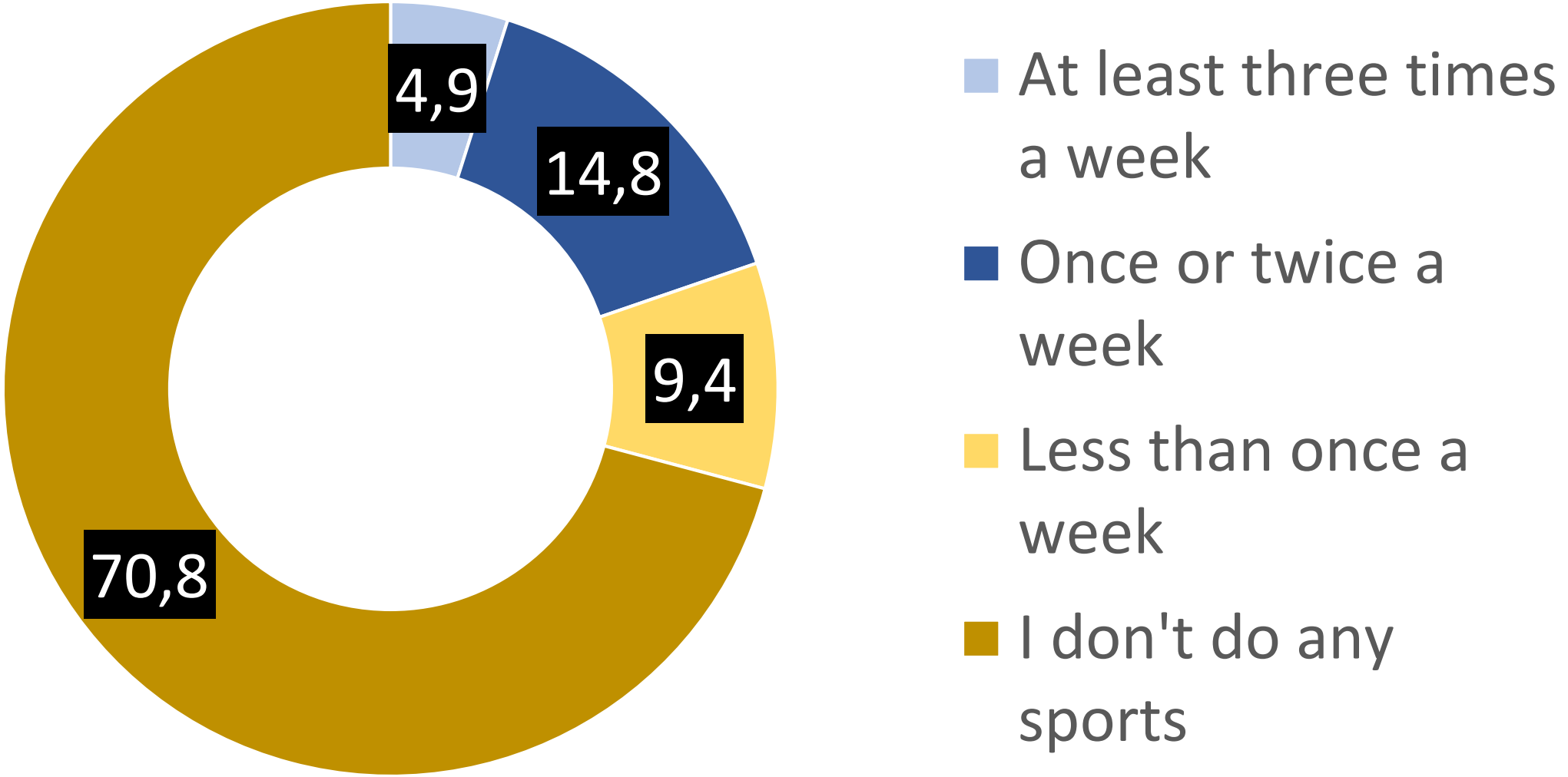

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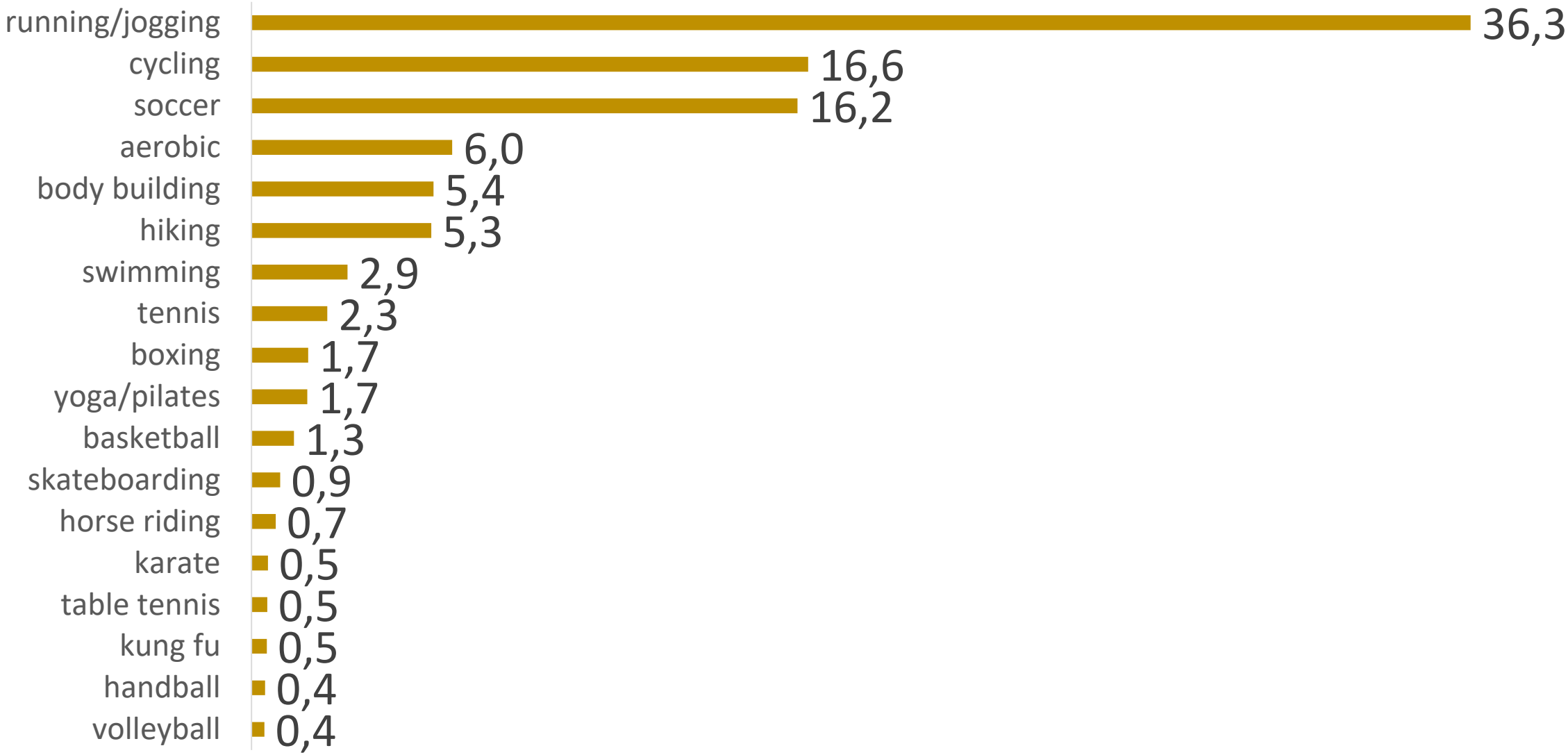
Investigation of Sporting Habits
How regularly are you involved in sports activities?



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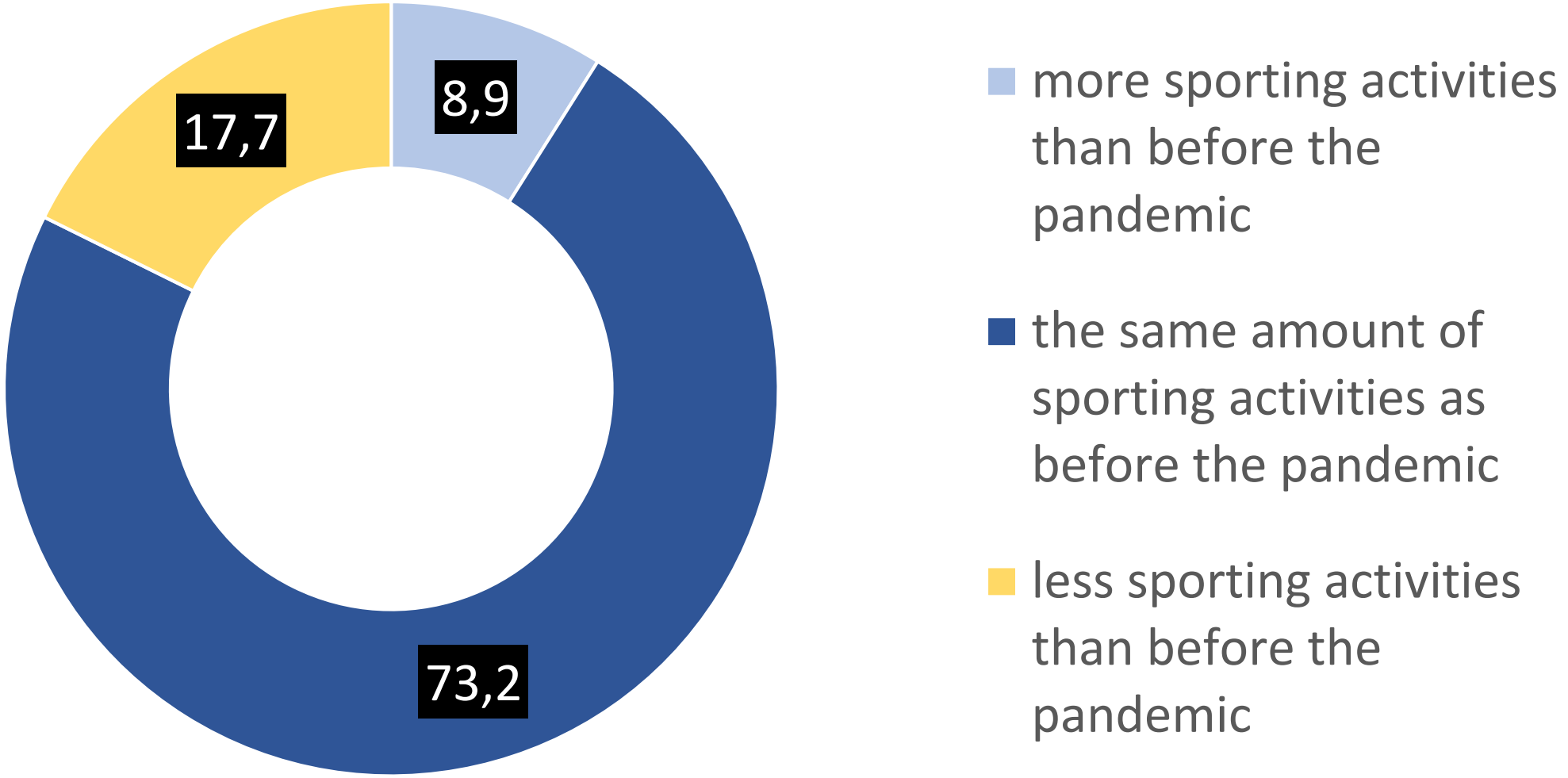
What kind of sports activity do you practice most frequently? (%)



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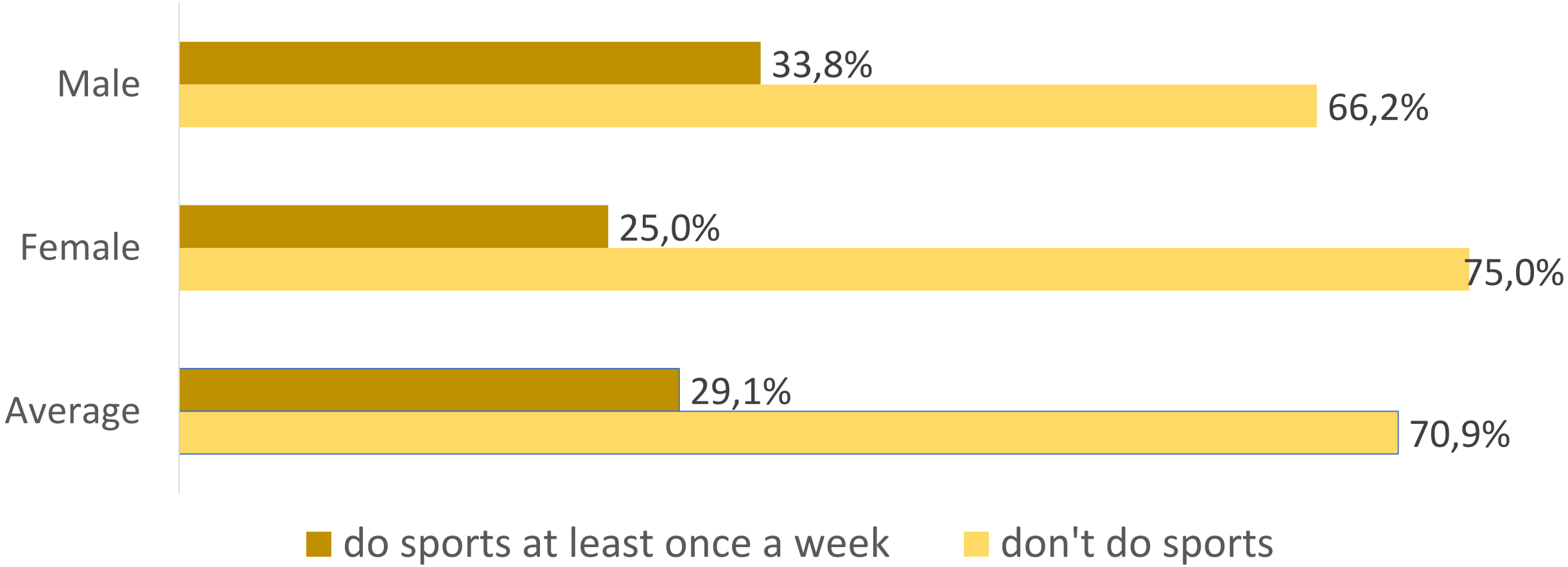
Sports activities at present, in comparison with sporting habits before the Coronavirus pandemic (March 2020) (%)



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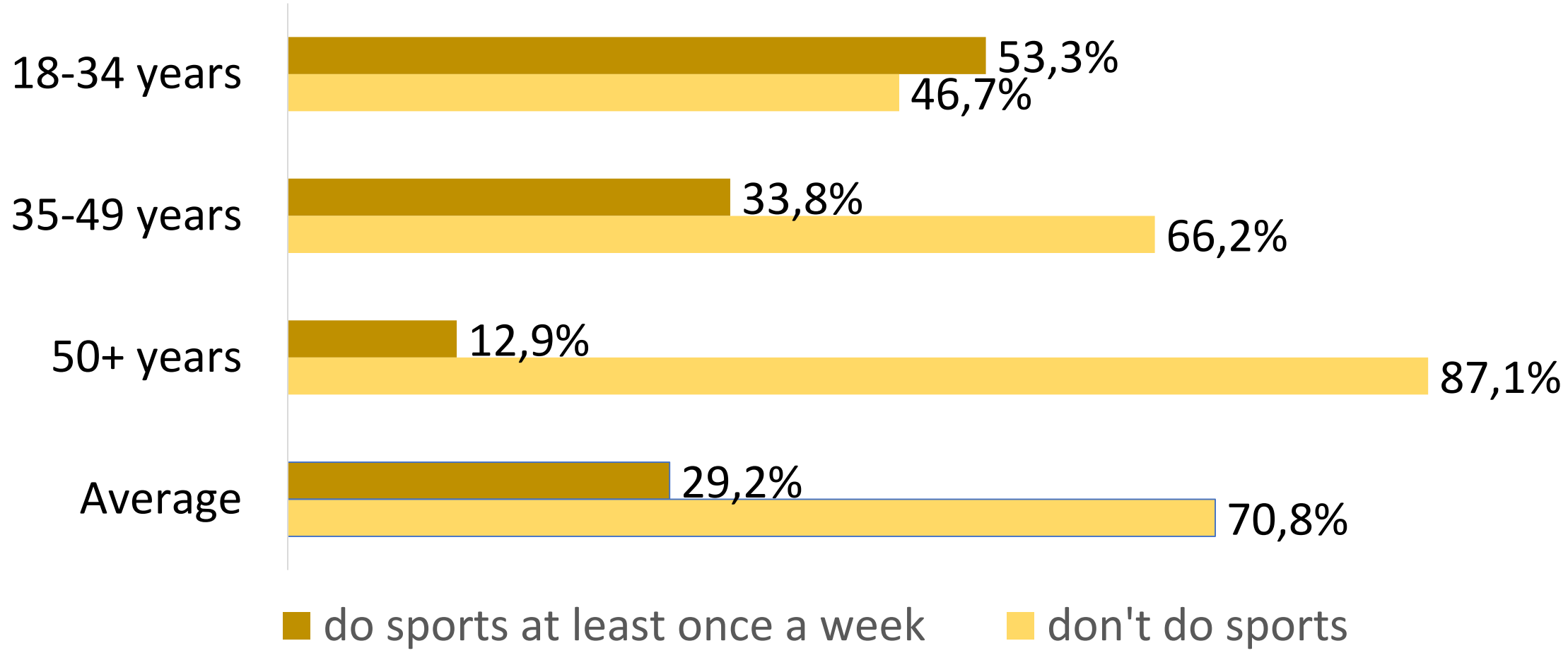
Frequency of sports activities according to the respondents' gender



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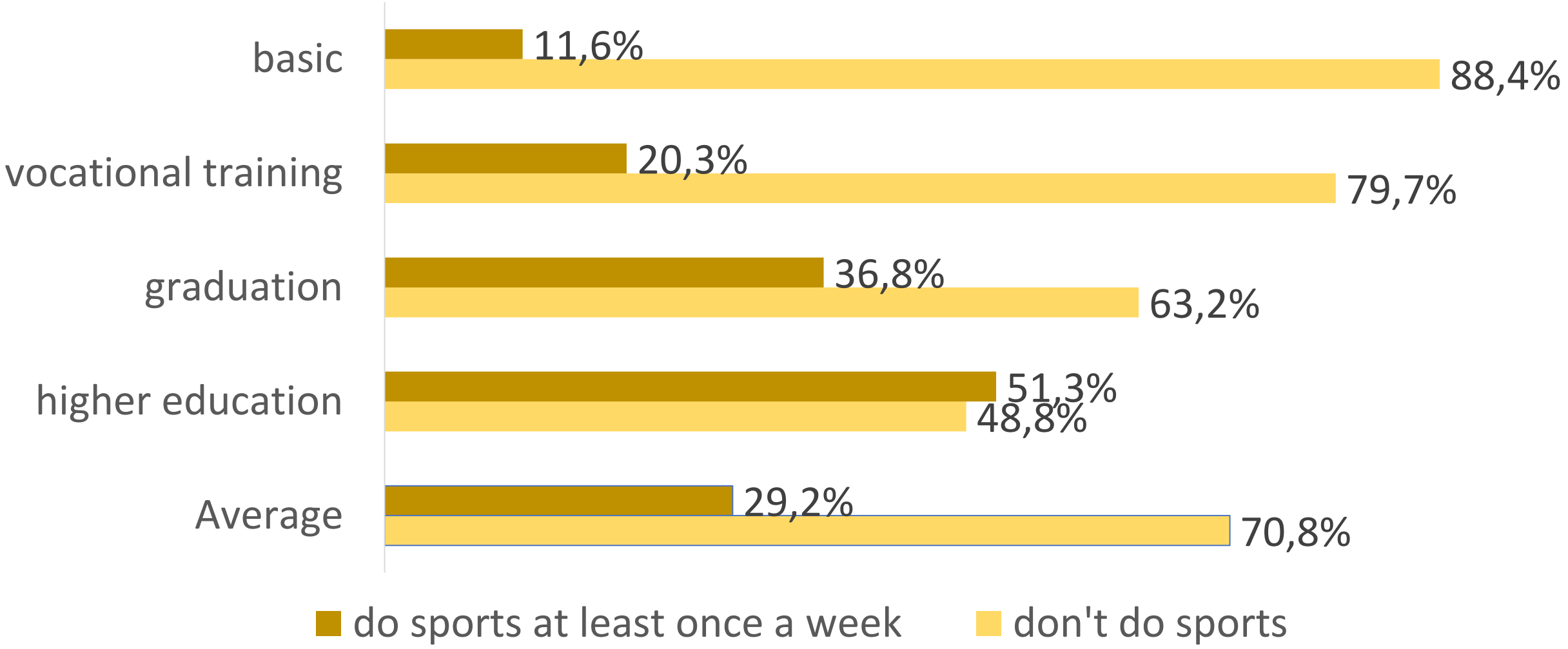
Frequency of sports activities according to the respondents' age



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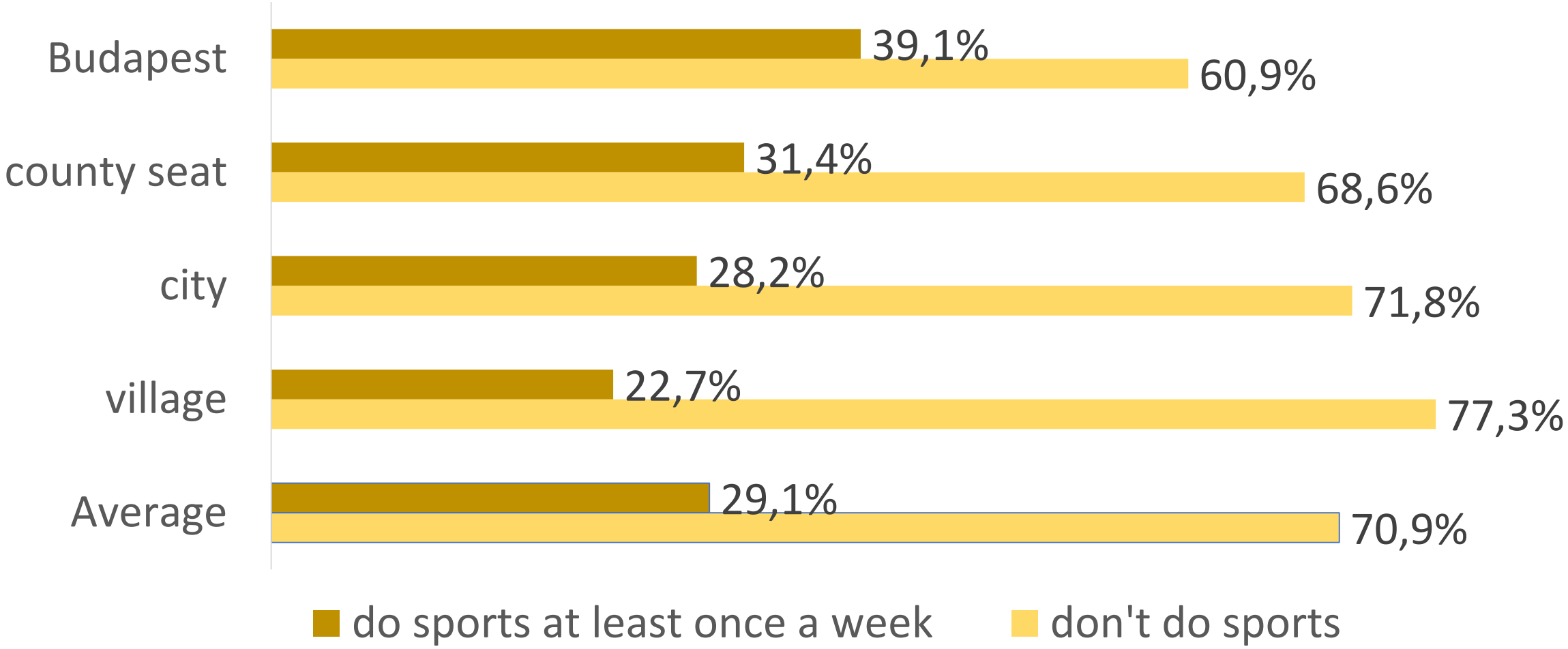
Frequency of sports activities according to the respondents' level of education



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Frequency of sports activities according to the respondents' type of habitation

Free-time activities

- Regarding weekdays, we examine how people spend their free time surfing the internet, watching TV, listening to the radio and reading.
- The rankings concerning the spending of free time on weekends only deviates from this in its intensity.
- Altogether we can conclude that sport, as a free-time activity is practiced by even less people and with less frequency than reading, since the rate of those, who do not read at all is about 46-48 percent both on weekdays and weekends, while the rate of those not active in sports is 71 percent.

Summary and Conclusions

- Our research can be considered a novelty; as it presents a representative image of the sporting habits of the adult population of Hungary during the challenging times of the Coronavirus pandemic.
- According to our outcomes, we can assert that only 5 percent of Hungarians are involved in sporting activities at least three times a week, and the vast majority of the respondents are not involved in any kind of sports whatsoever.
- All sports considered, the most popular sports are running/jogging, cycling and soccer.
- The popularity of media use as a free-time activity stands out in our research, since almost a half (46%) of the Hungarian population watches TV for more than 3 hours (!) daily.

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Thank you for your attention!