

# Active forms of tourism among lower and higher secondary students in Cracow

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**Abstract:** The purpose of this paper is to determine organizational forms (formal, non-formal) and the level of tourism activity among young people of secondary schools in Cracow depending on gender, the type of school and the education of the parents. The study included 1472 students of schools in Cracow. Physically active forms of tourism are undertaken mostly by girls – 63% rather than by boys – 52%. With increasing levels of education of the parents, the number of young people practicing active forms of tourism also increases. The undertaking of active forms of tourism varies, depending of the type of school attended. Young people in secondary (63,9%) and primary (65,7%) schools most often chose to go for tourism. In primary (50,1%) and secondary (39,4%) vocational schools they go least often. Active forms of tourism usually take the form of informal practice among friends and acquaintances (mostly hiking – 47%).

**Key words:** young people, active forms of tourism

## Introduction

Recreational physical education is “the providence with the skills, needs and habits of self-conscious filling of leisure time by various forms of physical activity” (Nałęcka, Klawender, Thiel, 1988, p. 147). According to their origin, factor determining behavior in leisure time are divided into: biological (including health or physical fitness of the organism), socio-demographical (including gender and age structure, education, profession), economical (including the level of prosperity or amount of leisure time) as well as psychological ones. The last group is represented by the factors related to the habits and personality (Nałęcka, Klawender, Thiel, 1988). Among general trends of social changes, a return towards a healthy lifestyle can be observed. Together with the growing level of social prosperity, an active lifestyle and taking care of physical development and fitness become increasingly important. The leisure time will be filled by different interest and hobbies (Alejziak, 1999).

In physical education, the tourism plays a very important role. Moreover, it seems, that its role will grow. Among the many forms of tourism almost every participant can choose something for himself or herself. The distinguishing feature of active tourism against other forms of tourism is participation in all forms of physical recreation (Różycki, 2006; Dąbrowski P. – notes from “Active Tourism” lecture). Active forms of tourism combine the possibilities of physical and intellectual development with obtaining the knowledge about the country visited.

At the same time, it should be noted that tourism, particularly its active form, can have a great impact on health through a variety of dealings with the local climate of dif-

ferent regions (Łobożewicz, Zahajkiewicz, 1988). There are many types of active tourism. The most common is referred as hiking (lowland and mountain), canoeing, skiing, cycling, sailing, riding, climbing, trekking, paragliding, and many other new forms, such as hydrospeed, canyoning, windsurfing (Różycki, 2006). Although there are well-known theories according to which man is active by nature and is rational, practice shows that despite the awareness of the advantages offered by the movement, the society usually chooses passive, not active recreation (Winiarski, 1989).

Physical activity education is taught mainly in schools and families, and supported by social and commercial entities. At this point, the role of the media must be mentioned, which has an increasing impact on our lifestyle (Winiarski, 1989).

The concept of “Hard & Soft Tourism” defined by Krippendorf (in Alejziak, 1999), depicts the trends in tourist demands. Among the many trends, substituting convenience and passivity by activity combined with physical effort is most common. Leisure is becoming increasingly popular. The dominant model in tourism – 3S (sun, sea, sand) is replaced by 3E (entertainment, excitement, education). In addition to increasing interest in active forms of recreation, attention is also paid to individual travelling or desire to experience new sensations and experiences (Alejziak, 1999).

Research on participation in tourism and its determinants have been carried out for many years. The areas of interest is undoubtedly include tourism of children and youth. However, researchers indicate that tourism occupies an important place in free time management (Alejziak, 1999) and statements of young people, at the level of 38,3% support this conclusion (Jurczak 2000). Factors affecting participation in tourism are: gender (18% boys and 32% girls (Różycki, 2000) and the type of school attended (Wartecka-Ważyńska, 2007; Różycki, 2001; Jurczak 2000).

Physical recreation is an important aspect of people’s life. Its realization may take place within a physically active forms of tourism. According to the assumption of this work, the active forms of tourism are all those forms, which are characterized by participation in any form of physical recreation.

## Purpose

The purpose of this paper is to determine organizational forms (formal, non-formal) and the level of tourism activity among young people in secondary schools in Cracow depending on gender, type of school attended and the education of the parents.

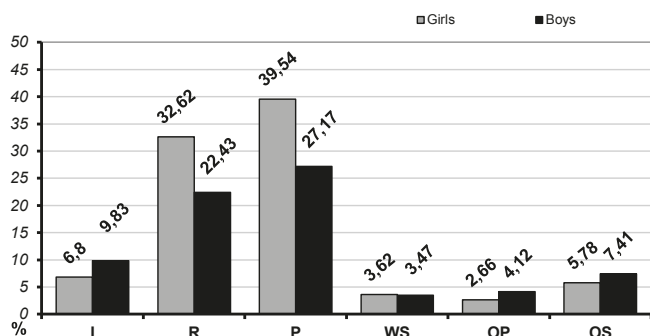


Fig. 1. Forms of participation in tourist activity by girls and boys from lower and upper secondary schools (in total; own research)  
 SYMBOLS – forms of participation in tourist activity: informal: I – individually ( $p < 0,05$ ), R – with family ( $p < 0,001$ ), P – with friends ( $p < 0,001$ ); formal: WS – school trips, OP – trips with out-of-school organizations, OS – trips with school organizations

## Material and methods

In the analysis of the results, two groups of variables are defined. The dependent variables include physically active forms of tourism in particular its level expressed by the participation frequency of four categories: high (1 time per week), medium (1–2 times a month), low (1–2 times a year) and lack of tourist activity; the type based on different forms of tourism: the form, which is indicated as non-formal (individual, family, group tourism) and formal (school or non-school organizations, organized excursions) and the method of realization.

Independent variables do not indicate the cause of the studied phenomenon and cannot answer the question why their nature is merely structural; they include gender, type of school and educational level of the parents of the young people. The educational level of parents is an indicator estimated on the bases of the opinion of the young people, concerning the educational background of the father and mother. Teenagers indicated the educational level of the parents as following: 1 – basic, 2 – professional, 3 – average, 4 – higher.

During the categorization, the responses were combined in pairs according to father's and mother's education. The result is a global indicator of the level of education of the parents (father and mother together). On this basis, three categories of parents' educational levels were established: low (1 + 1, 1 + 2, 1 + 3, 1 + 4, 2 + 3, 2 + 2, and respondents who have not marked one or both of parents), medium (3 + 3, 3 + 4, 4 + 2), and high (4 + 4). The type of school – an indicator concerning four types of schools: primary schools, vocational and secondary schools and technical schools.

The study used the methods of diagnostic surveys (Łobocki, 2000). The surveys were carried out during school lessons and were anonymous. The nature of the sample selection was random. The draw was the nature of the group, a two-stage. The study included 1472 students of schools in Cracow (boys – 865, girls – 616). Within the sample collected, there were: primary school pupils (boys – 330, girls – 295), secondary school pupils (boys – 136, girls – 162), vocational school pupils (boys – 164, girls – 54) and technical schools pupils (boys – 235, girls – 105). The level of education included: 411 fami-

lies of low level, 715 families of medium level, and 211 of high level of education. In the remaining 89, families did not provide data about educational attainment of the parents.

In Cracow, in the school year 2008/2009, in the year in which the test was performed, in primary and secondary high school in total 264 475 pupils, of which in the gymnasia – 124 014, in secondary schools – 63 068, in vocational schools – 23793 and techniques – 53 600 pupils studied (Rocznik statystyczny województwa małopolskiego, 2010).

The selection of young people from the area of Cracow was made in accordance with the assumption, that this city represents a typical metropolitan environment. Social phenomena and processes comparable with other large Polish cities appear here. Generalizations and conclusions of the studies may be, therefore, extended to other similar metropolitan populations in the country.

The results of the research will be developed on the base of percentages values with the accuracy of two decimal places. The second measure will test the interdependence of two variables, chi-square for multi-way tables. Statistically significant correlations will be only those with high  $p$ -values are  $< 0,05$  or less.

## Analysis of the results

Self-organized tourist activities, or those organized by school and non-school organizations among the pupils from primary and secondary schools in Cracow include about 56,6% of pupils. Nearly 63% of girls engage in tourism-related physical activity. Activity of the boys is lower and amounts to little more than 52%. Thus, gender is a differentiating factor of participation in active forms of tourism ( $p < 0,001$ ).

Trying to answer the question how school and extracurricular institutions involve the pupils in the organization of active forms of tourism and indirectly determine their condition, it was found, that these institutions involve only 6,5% of respondents. In this case, there was no statistically significant dependence between the activity of girls and boys 7,5% – 5,8%.

The most popular form of tourism are trips with friends – 32,3%. Family tourism was also often referred to – 26,6%. The individual tourism is much less popular – 8,3%. Young people rarely mentioned the activity within the class trips (3,5%), trips organized by the school (6,5%). Non-school organizations offer opportunities of tourist activity for only 3% of young people. It seems that school activities should set a good example of physical education through tourism. Unfortunately this role is not carried out in an appropriate way.

Forms of tourism activity are different for girls and boys ( $p < 0,05$ – $0,001$ ). Among the forms mentioned in Figure 1, the only formal ways of tourist activity did not show differences between the genders. However, the girls take part much more often than boys ( $p < 0,001$ ) in the trips organized by friends (P) and family (R). On the other hand boys are more individualistic than girls ( $p < 0,05$ ).

Popularity of particular forms of practiced tourism is fairly typical. Hiking dominates (47,2%). Cycling has much smaller range of participation (11,5%), but occupies a prominent place on the background of other types of tourism.

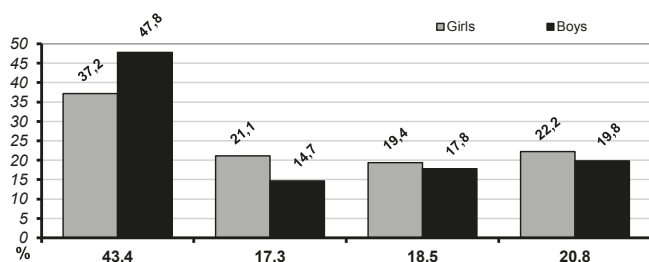


Fig. 2. Undertaking a tourist activity at different levels by young people from lower and upper secondary school in Cracow (in total). SYMBOLS: The level of tourist activity: 43,4 – lack; 17,3 – low; 18,5 – average; 20,8 – high

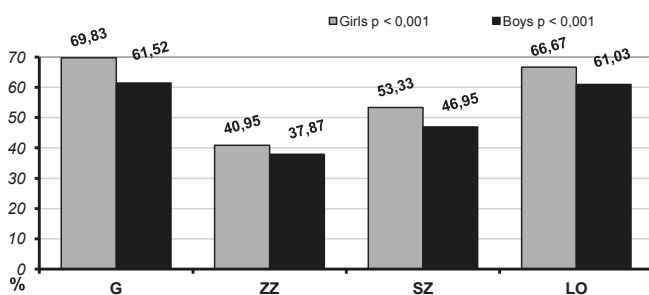


Fig. 3. Undertaking a tourist activity by boys and girls from lower secondary school and three other types of upper secondary schools in Cracow. SYMBOLS: The types of schools: G – lower secondary schools; ZZ – basic vocational schools; SZ – average vocational schools; LO – upper secondary schools

Other forms of tourism include, among others, hiking, canoeing, sailing or riding in total amounted to 5,1% of the sample. Significantly more girls (55%) than boys (42%) hike –  $p < 0,001$ . In the case of cycling, the gender does not differentiate the results (boys – 11,5%, girls – 11,5%). If we take into account other forms of tourism they are also realized at a similar level, taking gender into account.

The study of formal methods of making the tourism activity shows that the most respondents take part in tourist activity once a week – almost 20 % of total number of respondents. If we add to this number the respondents with a frequency of tourist activity of 2 times (5%) and of once a month frequency (about 14%), then we receive a total amount of about 40% of respondents, who are active once a month. The remainder of the youth take part in sporadic tourist activity.

The examined persons participate in tourism 2 times (about 13%) and 1 time (approx. 5%) in a year. When categorizing the frequency the appropriate levels of tourist activity were established. Four categories of the activity level defined: high (1 time per week), average (1–2 times a month), and low (1–2 times a year). The last category was the “lack” of tourist activity. In assessing the level of tourist activity defined in such a way, it can be noted that the largest group are non-active persons. They were placed in the category “lack” (43,4%). The other 3 categories are distributed rather evenly: low (17%), average (18,5%), high (20,8%).

The level of tourist activity depends on the gender of the young people ( $p < 0,001$ ) – Fig. 2. Boys are characterized by a higher percentage of the absence of tourist activity (47,8%

to 37,2%). Low level in turn is more typical for girls (21,1% to 14,7%). In the other two categories of tourist activity, the level of the differences between the genders is small (about 2%). Differences in the level of tourist activity expressed by the declarative character of responses are not too large. Partly, this is a result of error in measurement and partly – well known and described in the literature, of the tendency for the best creation of self image.

The arising conclusions are the following: the level of tourist activity for girls and boys is fairly balanced, the boys would rather not undertake the tourist activity than take it at a low level, but they prefer – together with the girls – the activity of medium and high level. It seems that the desire to create a better image is therefore more typical for girls than boys.

Asking the young people from four different types of schools if they participate in the tourist activity, it was found that the answer to the question in the category of “yes/no” depends on the type of school ( $p < 0,001$ ). It appears that tourist activity of primary and secondary school students is very similar (ca. 65%). It cannot be assumed in this case, that the change in the education stage in the direction “primary-secondary school” reduces participation in active forms of tourism. Unfortunately, such a reduction is seen on the line “primary school – secondary vocational school” – 48,3%. On the other hand, a larger reduction is observed on the line “primary school – primary vocational school” – 38,8%.

Undertaking tourist activity among the boys depends on the type of school attended ( $p < 0,001$ ) – Fig. 3. A similar relationship was found for girls ( $p < 0,001$ ). Among the respondents of both genders, the most number of respondents attend primary and secondary schools, and the least – to the secondary vocational schools. In all types of schools the activity of girls dominated over boys’ activity. The differences are constant, almost even and placed within 3–8%.

The level of tourist activity estimated on the basis of frequencies of its undertaking also depends on the type of school –  $p < 0,001$  (Fig. 3). In primary schools, zero level is observed in 34,6%, but as the youth gets older and goes to the next stage of education, the level rises to 51,2% in secondary schools and to 61,8% in vocational schools. The tourist activity at almost the same level is maintained only in secondary schools. Comparing the youth of primary and secondary schools, a reduction of high level activity and undertaking the activity of average and low levels continues.

Similar conclusions cannot be established in the case of vocational schools. In this case – apart from 25,8% of high activity level which is difficult to explain – one can observe a clear trend of reduction in tourist activity of low, medium and high levels. The reduction in tourist activity on 3 levels results in the increase of non-active persons. It is worth asking about reasons for this. Unfortunately, the results collected do not answer this question. One can only guess that they are: a lack of time, changing of interests, different impact of people of the same age, weaker influence of the school environment. These are only speculations and suppositions. To obtain true reasons one has to conduct further research.

The level of tourist activity depends on the type of school both in the case of girls –  $p < 0,001$  as well as boys –  $p < 0,001$  (Fig. 4). In each of the analyzed types of schools, a lack (0) of tourist activity is greater among boys than among girls. However, as the pupils of both genders become older and go to the next stage of education, the level increases. This applies only to male and female students of vocational schools. Similar level of tourist activity is maintained only in secondary schools.

Comparing the youth of primary and secondary schools, it can be observed a tendency in the reduction of the high level of activity for the benefit of the average level, more typically for girls, and less typically for boys. Similar conclusions cannot be established in the case of vocational schools. In those schools, a clear trend can be observed in the reduction in tourist activity at low and average levels in the same rate for girls and boys. A strong resemblance of this interval of tourist activity level was observed in secondary and vocational schools.

Comparing high level of girls' tourist activity from primary and vocational secondary schools it can be observed an unprecedented trend of increasing activity level from 25,1% to 33,3%. Among the boys, the maintenance of unchanged activity levels is reported – 24%.

Most non-active young people attend vocational schools – more often primary than secondary ones. In each of the analyzed types of schools rather boys than girls are affected

by this issue. High level of tourist activity in each of the analyzed types of schools donot show major differences between the genders. However, if such differences exist, then high level of tourist activity is more typical for girls than boys. In particular, this dependence is evident in the case of secondary vocational schools. An interesting relationship is evident among the boys from primary schools. It can be suggested, that they will undertake the activity at average or high level or will not undertake it at all.

The highest percentage of participation in active forms of tourism represent the children of high educated parents (70%). Less active are children of parents with secondary education (57%), while the least are the children of parents with low levels of education (47%), therefore higher the educational level of the parents, the higher the percentage of young people undertaking tourism. Analysis of the dependence of participation in active forms of tourism in dependence on the level of education of parents (Fig. 5) indicates a strong variation ( $p < 0,001$ ).

The gender of respondents affects the participation in active forms of tourism among children of the parents representing various levels of education. It can be concluded that gender determines the undertaking of most active forms of tourism in the group of young people, whose parents have a low level of education (girls – 54%, boys – 42%). At the most similar level, are boys (67,5%) and girls (74%) from

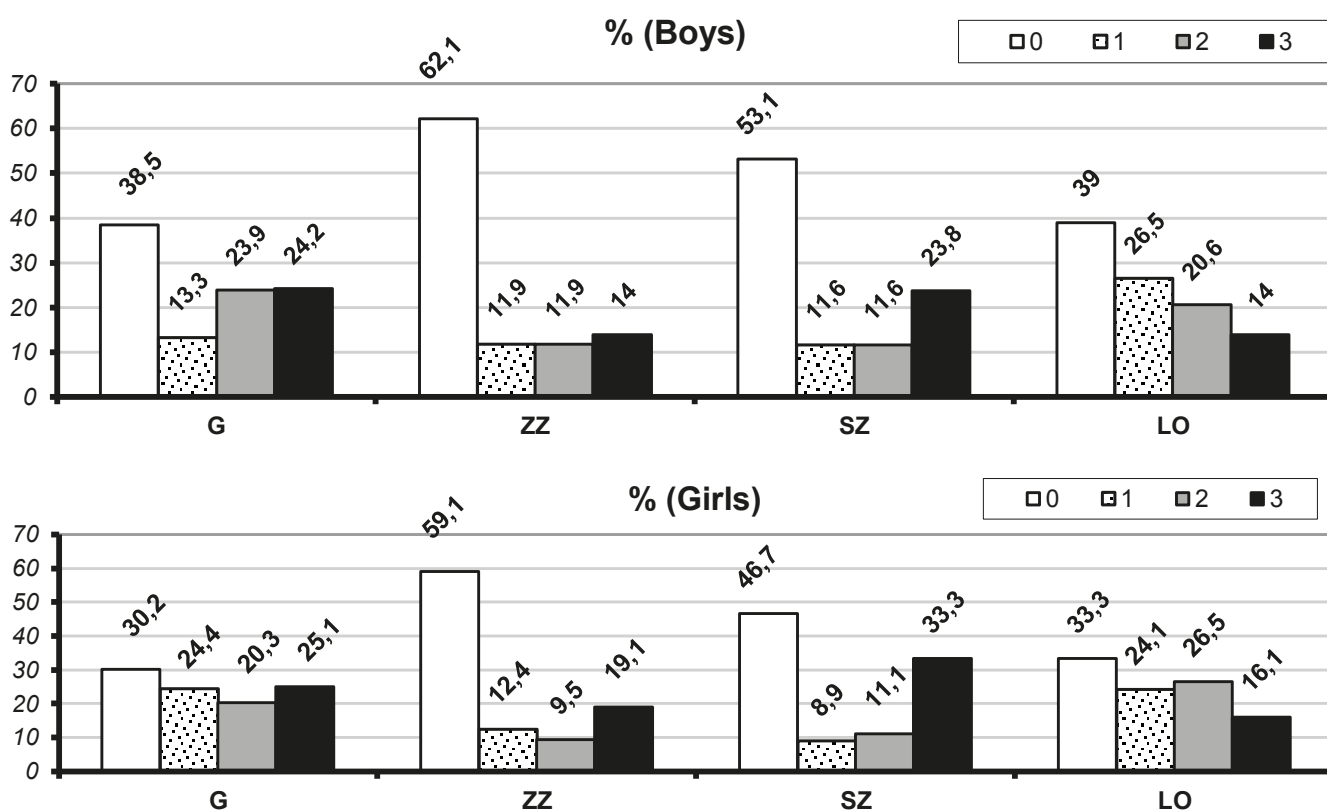


Fig. 4. Undertaking a tourist activity at different levels by boys and girls from lower secondary schools and three other types of upper secondary schools in Cracow

SYMBOLS:

The level of tourist activity : 0 – lack , 1 – low, 2 – average, 3 – high. The types of schools: G – lower secondary schools, ZS – basic vocational schools , SZ – average vocational schools, LO – upper secondary schools



the group of low educated parents. Unfortunately the obtained results of the researches do not explain such a relationship. It can be only supposed, that girls are more affected by the parent's influence than boys in every group of educational levels.

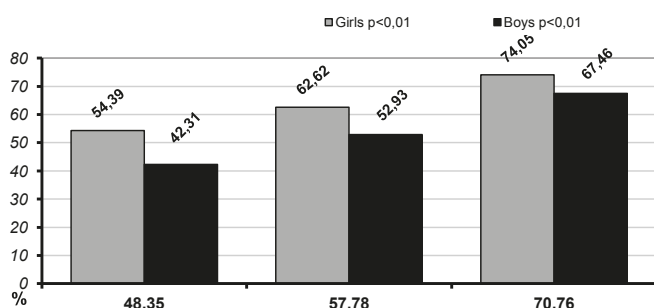


Fig. 5. Undertaking a tourist activity by boys and girls depending on the level of education of parents. SYMBOLS: The level of tourist activity: 48,35 – low; 57,78 – average; 70,76 – high

## Discussion

As the studies show, the percentage of young people in Cracow undertaking active forms of tourism is 56%. This value is higher compared to the studies of secondary schools in Krakow, which involved the broad participation in tourism (43,5%), and therefore of a broader concept (Różycki 2001). Statistics, obtained on the basis of studies, seem to indicate that the respondents most likely to identify tourist activity with all forms of movement for recreational purposes, not necessarily related to leaving of the permanent residence. While the researches of Institute of Tourism throughout the country among the people at the age of 15–19 years show a higher percentage of young people involved in tourism (in 2005 – 61%), it must be noted, that tourist trips were defined as trips with one accommodation for the night in Poland or abroad (Łaciak, 2006). It is worth to point out, the fact of that higher participation of young people in tourism was evident in 1980–1990 – about 94 and 88% correspondingly (Wartecka-Ważyńska, 2007). Active forms of tourism are undertaken mostly by girls – 63%, than by boys – 52%. It appears that other research concerning the broad issues of participation in tourism show the same trends (Łaciak, 2006; Różycki, 2001).

Education of the parents determines the participation in active forms of tourism. The largest percentage of young people are the children of parents with higher education levels (70%), the least with a low (47%) education levels. The average percentage is 57%. A similar relationship within the broad participation in tourism show the other studies, according to which a higher percentage of children of people with higher education (management personnel, engineers, liberal professions) are involved in tourism (Wartecka-Ważyńska, 2007; Jurczak 2000).

The study shows that the type of school differentiates the participation in active forms of tourism. Interestingly, the pupils of primary school (65%) – the stage preceding the secondary schools, far more likely participate in active forms of tourism, than youth going to the next stage of education (not applicable to students of general secondary schools). Reduction of active par-

ticipation in tourism when coming from a lower to a higher stage of education (in this case, from primary to secondary school) also was described in other research in Poland (Jurczak 2000). Differences between secondary schools show that the highest level of participation reaches the students of secondary schools (64%), and the lowest – the students of secondary vocational school (38,8%). In terms of the broad participation in tourism among the youth from secondary schools, the students of general secondary schools dominated (Wartecka-Ważyńska, 2007; Różycki 2001). After graduating primary school and choosing the studies in vocational schools, youth definitely stop tourist activity. The group of pupils which continues tourist activity, does so at the lowest level. The level of tourist activity is also differentiated for boys and girls in dependence on the school type.

Teenagers usually go to tourist trips with friends (32,3%) and family (26,6%), as confirmed by other studies (Różycki 2001). The results of the Institute of Tourism of the long-term trips of young people aged 15–19 in 2005 also show that the family (parents – 26,7%, other persons from the families – 20,7%) and colleagues or friends (42,4%) are most often the company of choice. The percentage of young people indicating individual trips – is 26,5% (Łaciak, 2006). In our studies, the information concerning the organized participation in active forms of tourism in the frames of class trips (3,5%) or other organizations cooperating with schools (6,5%) was also obtained. It remains to be asked: if school plays its role properly? However, that physical activity in the tourism in schools is often ignored (Sobolewski, 1998). It seems that the level of participation of young people in active forms of tourism could be greater. It is possible, that closer cooperation with organizations experienced in the organization of tourist activity, such as PTTK or ZHP, as well as travel agencies specializing in interesting proposals can improve the existing situation.

The tendency to seek the company of other people in tourist practice is reflected primarily in family tourism and in the circle of friends (girls declared it more often). Almost the same participation of girls and boys in a school trips seems natural due to the fact that the classes are mixed. Interesting differences shows a summary of participation in active forms of tourism in dependence on the educational level of families – here the highest participation (40,3%) is characteristic by higher levels of education, lower – for the average educational level (28,4%) and low – for low educational levels (14,95%). Maybe it is true that “intellectual workers much more take into account the necessity of traveling” (Wartecka-Ważyńska, 2007).

Research shows that the most popular is hiking. The percentage of the value of 47% is high. Biking also received a significant result compared to other types of tourism with 11,5%. Other forms of tourism, among which dominated the following canoeing, riding and sailing were declared, by each twenty-tested. The high participation in hiking can be explained by wide accessibility of this type of tourism, primarily because of its cost.

In addition, a tourist does not need a large amount of specialized equipment and knowledge – especially if he moves in a lowland area or in the lower parts of the mountains. It is worth noting, that the surroundings of Cracow are attractive for hiking. Analysis of participation in hiking shows that this kind of activity is more popular among girls than boys.

## Conclusions

1. Physically active forms of tourism are undertaken mostly by girls – 63%, boys – 52%. At the low level of tourist activity, the girls dominate, on average and high levels the differences are negligible.

2. Together with the increase of the level of education of parents, the number of young people practicing the active forms of tourism also increases.

3. The undertaking of active forms of tourism varies depending on the type of school. Most of the young people in secondary (63,9%) and primary (65,7%) schools participate

in tourism. Least pupils participate in primary (50,1%) and secondary (39,4%) vocational schools.

4. After leaving primary school and undertaking further education in vocational schools, both primary and secondary, young people clearly stop participating in tourist activity. The part that continues, does so at a lower level.

5. Active forms of tourism usually take the form of informal practice individually among friends and acquaintances (mostly hiking – 47%). Less commonly are the organized class trips (3,5%) and other school and extracurricular activities (6,5% and 3%).

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