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Healthy adolescence in the context of leisure time

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Stellingen

Healthy adolescence in the context of leisure time: The role of organized and unstructured leisure-time activities

Petr Baďura
19 September 2018

1. Promotion of participation in organized leisure-time activities might be a means to improve adolescents' health thanks to a range of favourable health- and school-related outcomes of such participation.
-this thesis-
2. Non-participation in organized leisure-time activities can be considered as a health-risk indicator in adolescence.
-this thesis-
3. Limiting adolescents' involvement in unstructured peer-oriented activities could decrease rates of engagement in risk behaviours.
-this thesis-
4. In the life period of adolescence characterised by gaining independence from parents, these parents still play a role in adolescents' leisure time use.
-this thesis-
5. Having more developmental assets may be the reason why some adolescents are involved in more types of organized activities concurrently and do better at school than other adolescents.
-this thesis-
6. The context of organized leisure-time activities is suitable for aligning individual strengths with contextual assets, thus allowing young people to thrive.
-Lerner 2005-
7. A problem-free adolescence does not mean being fully prepared for adulthood.
-adapted from Pittman 1991-
8. Politicians, researchers and parents should not direct their focus on the few children and youth who are over-scheduled, but rather on those who do not participate at all.
-adapted from Mahoney et al. 2008-
9. What we do during our working hours determines what we have; what we do in our leisure hours determines what we are.
-George Eastman 1925-
10. Research is to see what everybody else has seen and to think what nobody else has thought.
-Albert Szent-Györgyi 1978-