

Abstract

Title: The use of free time activities for the pupils of secondary schools within the school breaks.

Intention: The aim of this research is to find out whether the observed pupils spend less time on their mobile phones when there are provided sport or other kind of activities which are carried out by school for this particular reason within the school breaks.

Methodology: This was a quantitative analysis a comparison of the time spent on a mobile phone in older school age pupils during a twenty-minute school break with time spent on a mobile phone in the event of the same break but with sport and leisure activities. By random selection, one class was selected from the 6th, 7th and 8th class. The research was attended by children of the upper school age (11-15 years). A total of 77 pupils from 6, 7, 8. classes and 40 pupils of the 9th class. This research included a vulnerable group of minors. The 9th year was used in the research to implement the activities themselves and to assist in systematic structured observation.

Results: The complete analysis shows higher percentage of mobile phone use in two classes with the emphasis on the days with activities rather than without. The approximate time that the pupils spent on their mobile phones was shorter when there were school activities carried out in the school area. The most time spent on the phone was observed in the 8th class.

Key words: older school age, school, Finland, Czech Republic, children and their mobile phones, break, research