

**Anexă - Questionnaire regarding the attitudes towards the ways of spending and capitalizing on free time**

**Select a single score for the answers related to the items in the questionnaire !!!**

**Factor 1 / Leisure budget**

1. Your leisure budget - remaining after paying for school, professional, family tasks - is:

|           |            |         |           |                         |
|-----------|------------|---------|-----------|-------------------------|
| 5 (6.11%) | 4 (26.11%) | 3 (55%) | 2 (9.44%) | 1 (3.33%)               |
| Very much | Much       | Average | Little    | Too little / Not at all |

2. Select the option in which you fit in, regarding your leisure budget on working days:

|                      |                 |                 |               |                                |
|----------------------|-----------------|-----------------|---------------|--------------------------------|
| 5 (5.55%)            | 4 (27.22%)      | 3 (54.44%)      | 2 (9.44%)     | 1 (3.33%)                      |
| Over 5-6 hours / day | 4-5 hours / day | 2-3 hours / day | 1 hours / day | Less than 1 hour / nonexistent |

3. Free time is for you:

|                |            |                   |                |                    |
|----------------|------------|-------------------|----------------|--------------------|
| 5 (26.66%)     | 4 (54.44%) | 3 (17.22%)        | 2 (1.66%)      | 1 (0%)             |
| Very important | Important  | Medium importance | Less important | Lacking importance |

4. How much time - in hours - do you spend daily on your favorite leisure activities?

|                      |                 |                 |               |                                |
|----------------------|-----------------|-----------------|---------------|--------------------------------|
| 5 (2.77%)            | 4 (8.33%)       | 3 (62.22%)      | 2 (18.33%)    | 1 (8.33%)                      |
| Over 5-6 hours / day | 4-5 hours / day | 2-3 hours / day | 1 hours / day | Less than 1 hour / nonexistent |

5. How much of your free time do you spend daily watching TV, computer games, and / or socializing on the Internet?

|              |                     |                  |                  |           |
|--------------|---------------------|------------------|------------------|-----------|
| 5 (0%)       | 4 (15%)             | 3 (53.33%)       | 2 (28.88%)       | 1 (2.77%) |
| All the time | Almost all the time | Half of the time | Very little time | Scarcely  |

6. Do you frequently spend weekends outside your place of residence?

|           |                |              |            |           |
|-----------|----------------|--------------|------------|-----------|
| 5 (4.44%) | 4 (12.77%)     | 3 (47.22%)   | 2 (31.66%) | 1 (3.88%) |
| Constant  | Often/frequent | Occasionally | Rarely     | Never     |

7. Are you happy with the way you manage / organize your free time?

|                |                  |                  |                       |                      |
|----------------|------------------|------------------|-----------------------|----------------------|
| 5 (6.11%)      | 4 (36.11%)       | 3 (46.11%)       | 2 (10%)               | 1 (1.66%)            |
| Very satisfied | Fairly satisfied | Medium satisfied | Slightly dissatisfied | Totally dissatisfied |

**Factor 2 / Leisure limiting factors**

1. Select only one option for each factor that wastes your time:

|                        |           |            |            |            |                         |
|------------------------|-----------|------------|------------|------------|-------------------------|
|                        | Very much | A lot      | Medium     | A little   | Too little / not at all |
| A working overtime     | 5 (3.33%) | 4 (10.55%) | 3 (11.11%) | 2 (28.33%) | 1 (53.12%)              |
| B difficult homework   | 5 (1.66%) | 4 (9.44%)  | 3 (55.55%) | 2 (27.22%) | 1 (6.11%)               |
| C household activities | 5 (7.22%) | 4 (10%)    | 3 (36.66%) | 2 (25.55%) | 1 (20.55%)              |
| D commute              | 5 (3.88%) | 4 (7.22%)  | 3 (17.22%) | 2 (25%)    | 1 (46.66%)              |
| E help given to others | 5 (3.33%) | 4 (5%)     | 3 (21.11%) | 2 (50.55%) | 1 (20%)                 |

2. Identify the potential stressor and discomfort you have experienced in the following leisure options:

|                                | Extreme stress | Strong stress | Medium stress | Low stress | Lack of stress |
|--------------------------------|----------------|---------------|---------------|------------|----------------|
| A going out with friends       | 5 (0.55%)      | 4 (0.55%)     | 3 (5%)        | 2 (16.11%) | 1 (77.77%)     |
| B reading                      | 5 (2.77%)      | 4 (6.66%)     | 3 (25%)       | 2 (25.55%) | 1 (40%)        |
| C listening to music           | 5 (0%)         | 4 (1.66%)     | 3 (8.88%)     | 2 (15.55%) | 1 (73.88%)     |
| D cinema, theatre              | 5 (0.55%)      | 4 (1.66%)     | 3 (6.66%)     | 2 (15.55%) | 1 (75.55%)     |
| E various sports activities    | 5 (0%)         | 4 (2.22%)     | 3 (6.11%)     | 2 (21.11%) | 1 (70.55%)     |
| F walks in the park            | 5 (0%)         | 4 (0%)        | 3 (3.33%)     | 2 (13.88%) | 1 (82.77%)     |
| G visits to relatives, friends | 5 (2.77%)      | 4 (6.11%)     | 3 (16.66%)    | 2 (32.22%) | 1 (42.22%)     |
| H socializing on the internet  | 5 (0.55%)      | 4 (2.22%)     | 3 (15%)       | 2 (30.55%) | 1 (51.66%)     |
| I TV, computer games           | 5 (3.88%)      | 4 (5%)        | 3 (16.66%)    | 2 (24.44%) | 1 (50%)        |
| J excursions, hiking           | 5 (0%)         | 4 (0.55%)     | 3 (8.33%)     | 2 (15%)    | 1 (76.11%)     |
| K shopping                     | 5 (1.66%)      | 4 (6.66%)     | 3 (28.33%)    | 2 (25%)    | 1 (38.33%)     |

3. To what extent do you feel that your financial resources limit your access to certain leisure activities in which you would like to be involved?

| 5 (3.33%)                                  | 4 (19.44%)        | 3 (54.44%)       | 2 (19.44%)        | 1 (3.33%)               |
|--|-------------------|------------------|-------------------|-------------------------|
| They are decisive / to a very large extent | To a large extent | Moderate measure | To a small extent | Not at all / irrelevant |

4. Identify the degree of inaccessibility of the following leisure activities, depending on the limitations imposed by the budget:

|                                | Inaccessible | Hardly accessible | Medium accessible | Easily accessible | Extremely easy |
|--------------------------------|--------------|-------------------|-------------------|-------------------|----------------|
| A going out with friends       | 5 (0%)       | 4 (5.55%)         | 3 (54.44%)        | 2 (33.33%)        | 1 (6.66%)      |
| B reading                      | 5 (0.55%)    | 4 (2.22%)         | 3 (10%)           | 2 (45.55%)        | 1 (42.22%)     |
| C listening to music           | 5 (0.55%)    | 4 (2.77%)         | 3 (5.55%)         | 2 (32.77%)        | 1 (58.33%)     |
| D cinema, theatre              | 5 (2.11%)    | 4 (6.11%)         | 3 (47.77%)        | 2 (40%)           | 1 (5%)         |
| E various sports activities    | 5 (0%)       | 4 (6.66%)         | 3 (20%)           | 2 (55%)           | 1 (18.33%)     |
| F walks in the park            | 5 (0%)       | 4 (0.55%)         | 3 (0%)            | 2 (15%)           | 1 (84.44%)     |
| G visits to relatives, friends | 5 (0%)       | 4 (0%)            | 3 (11.11%)        | 2 (30%)           | 1 (58.88%)     |
| H socializing on the internet  | 5 (0.55%)    | 4 (0.55%)         | 3 (2.22%)         | 2 (31.66%)        | 1 (65%)        |
| I TV, computer games           | 5 (0%)       | 4 (0.55%)         | 3 (2.22%)         | 2 (18.88%)        | 1 (78.33%)     |
| J excursions, hiking           | 5 (3.88%)    | 4 (30.55%)        | 3 (51.66%)        | 2 (11.66%)        | 1 (2.22%)      |
| K shopping                     | 5 (0.55%)    | 4 (17.22%)        | 3 (57.22%)        | 2 (21.66%)        | 1 (3.33%)      |

### Factor 3 / Favorite free time activities

1. Who do you usually spend your free time with? Select a single score for each exposed variant.

|                            | Constant   | Often/frequent | Occasionally | Rarely     | Never      |
|----------------------------|------------|----------------|--------------|------------|------------|
| A family members           | 5 (18.33%) | 4 (30%)        | 3 (35.55%)   | 2 (15%)    | 1 (1.11%)  |
| B schoolmates or entourage | 5 (6.11%)  | 4 (38.33%)     | 3 (37.22%)   | 2 (16.66%) | 1 (1.66%)  |
| C life partner             | 5 (27.22%) | 4 (30%)        | 3 (13.33%)   | 2 (7.77%)  | 1 (21.66%) |
| D pet                      | 5 (6.66%)  | 4 (8.88%)      | 3 (17.22%)   | 2 (15%)    | 1 (52.22%) |
| E alone                    | 5 (4.44%)  | 4 (6.66%)      | 3 (20%)      | 2 (45%)    | 1 (23.88%) |

2. Select the extent to which the following activities fit into your favorite ways to spend your free time **during the weekdays**:

|                          | Constant   | Often/frequent | Occasionally | Rarely     | Never      |
|--------------------------|------------|----------------|--------------|------------|------------|
| A going out with friends | 5 (3.88%)  | 4 (21.66%)     | 3 (48.88%)   | 2 (20.55%) | 1 (5%)     |
| B reading                | 5 (2.77%)  | 4 (6.11%)      | 3 (25.55%)   | 2 (47.22%) | 1 (18.33%) |
| C listening to music     | 5 (12.77%) | 4 (16.11%)     | 3 (31.66%)   | 2 (27.22%) | 1 (12.22%) |

|                                |            |            |            |            |            |
|--------------------------------|------------|------------|------------|------------|------------|
| D cinema, theatre              | 5 (0.55%)  | 4 (1.66%)  | 3 (18.33%) | 2 (53.33%) | 1 (26.11%) |
| E various sports activities    | 5 (17.77%) | 4 (40%)    | 3 (27.22%) | 2 (12.22%) | 1 (2.77%)  |
| F walks in the park            | 5 (1.66%)  | 4 (11.66%) | 3 (40%)    | 2 (37.77%) | 1 (8.89%)  |
| G visits to relatives, friends | 5 (1.11%)  | 4 (6.66%)  | 3 (25%)    | 2 (51.66%) | 1 (15.55%) |
| H socializing on the internet  | 5 (17.22%) | 4 (41.11%) | 3 (26.11%) | 2 (15%)    | 1 (0.55%)  |
| I TV, computer games           | 5 (5.55%)  | 4 (15.55%) | 3 (32.78%) | 2 (35.55%) | 1 (10.55%) |
| J excursions, hiking           | 5 (0%)     | 4 (0.55%)  | 3 (5%)     | 2 (46.66%) | 1 (47.78%) |
| K shopping                     | 5 (1.66%)  | 4 (16.11%) | 3 (43.33%) | 2 (29.44%) | 1 (9.44%)  |

3. Select the extent to which the following activities fit into your favorite ways to spend your free time on the **weekend days**:

|                                | Constant   | Often/frequent | Occasionally | Rarely     | Never      |
|--------------------------------|------------|----------------|--------------|------------|------------|
| A going out with friends       | 5 (10%)    | 4 (44.44%)     | 3 (32.78%)   | 2 (11.66%) | 1 (1.11%)  |
| B reading                      | 5 (2.77%)  | 4 (5%)         | 3 (25.55%)   | 2 (45.55%) | 1 (21.11%) |
| C listening to music           | 5 (12.22%) | 4 (23.33%)     | 3 (28.33%)   | 2 (22.78%) | 1 (13.33%) |
| D cinema, theatre              | 5 (0%)     | 4 (11.67%)     | 3 (35%)      | 2 (41.11%) | 1 (12.22%) |
| E various sports activities    | 5 (11.67%) | 4 (33.33%)     | 3 (36.67%)   | 2 (15.55%) | 1 (2.78%)  |
| F walks in the park            | 5 (2.78%)  | 4 (21.67%)     | 3 (43.89%)   | 2 (28.89%) | 1 (2.78%)  |
| G visits to relatives, friends | 5 (3.33%)  | 4 (17.78%)     | 3 (33.89%)   | 2 (34.44%) | 1 (10.55%) |
| H socializing on the internet  | 5 (20%)    | 4 (38.89%)     | 3 (25%)      | 2 (15.55%) | 1 (0.55%)  |
| I TV, computer games           | 5 (5.55%)  | 4 (19.44%)     | 3 (36.11%)   | 2 (32.78%) | 1 (6.11%)  |
| J excursions, hiking           | 5 (0.55%)  | 4 (8.33%)      | 3 (38.33%)   | 2 (41.67%) | 1 (11.11%) |
| K shopping                     | 5 (6.67%)  | 4 (29.44%)     | 3 (33.33%)   | 2 (25.55%) | 1 (5%)     |

4. Evaluate on a scale of 5 to 1 the following ways to spend the holidays:

|   | Constant   | Often/frequent | Occasionally | Rarely     | Never      |
|---|------------|----------------|--------------|------------|------------|
| A Domestic holidays at sea                        | 5 (16.67%) | 4 (25.55%)     | 3 (30%)      | 2 (20.55%) | 1 (7.22%)  |
| B Domestic holidays in the mountains              | 5 (14.44%) | 4 (22.22%)     | 3 (36.11%)   | 2 (22.22%) | 1 (5%)     |
| C Holidays countryside / grandparents / relatives | 5 (11.11%) | 4 (21.67%)     | 3 (22.22%)   | 2 (25.55%) | 1 (19.44%) |
| D Holidays abroad                                 | 5 (6.11%)  | 4 (5%)         | 3 (18.33%)   | 2 (33.89%) | 1 (36.67%) |
| E Spending holidays at home                       | 5 (7.22%)  | 4 (37.22%)     | 3 (27.22%)   | 2 (25%)    | 1 (3.33%)  |

#### Factor 4 / Leisure sports activities

1. Consider that you have a lifestyle:

|                    |                                     |   |                            |           |
|--------------------|-------------------------------------|---|----------------------------|-----------|
| 5 (15.55%)         | 4 (42.22%)                          | 3 (42.22%)                              | 2 (0%)                     | 1 (0%)    |
| Extremely athletic | Frequently based on physical effort | Moderate involvement in physical effort | Occasional physical effort | Sedentary |

2. Get involved in outdoor and / or indoor sports activities:

|  |                         |                          |            |        |
|--|-------------------------|--------------------------|------------|--------|
| 5 (18.33%)                             | 4 (38.89%)              | 3 (27.22%)               | 2 (15.55%) | 1 (0%) |
| Constant, regardless of season / daily | Often / 4-5 days a week | Moderate 2-3 days a week | Rarely     | Never  |

3. Sports activities are for your lifestyle:

|                |            |                   |                |                    |
|----------------|------------|-------------------|----------------|--------------------|
| 5 (28.33%)     | 4 (32.22%) | 3 (30.55%)        | 2 (8.33%)      | 1 (0.55%)          |
| Very important | Important  | Medium importance | Less important | Lacking importance |

4 In general, the physical effort you generate generates:

|                     |            |                  |                              |                     |
|---------------------|------------|------------------|------------------------------|---------------------|
| 5 (20%)             | 4 (57.78%) | 3 (17.22%)       | 2 (5%)                       | 1 (0%)              |
| Strong satisfaction | Well-being | Moderate comfort | Low comfort and satisfaction | Pain and discomfort |

5. Identify for the listed branches / events, the level and interest with which you practice:

|  | Constant   | Often/frequent | Occasionally | Rarely     | Never      |
|--|------------|----------------|--------------|------------|------------|
| A Sports games                               | 5 (18.33%) | 4 (18.33%)     | 3 (34.44%)   | 2 (19.44%) | 1 (9.44%)  |
| B Jogging                                    | 5 (5.55%)  | 4 (13.33%)     | 3 (46.67%)   | 2 (23.33%) | 1 (11.11%) |
| C Fitness-bodybuilding                       | 5 (9.44%)  | 4 (21.11%)     | 3 (25%)      | 2 (25.56%) | 1 (18.89%) |
| D Tennis or table tennis                     | 5 (1.67%)  | 4 (8.33%)      | 3 (22.78%)   | 2 (31.11%) | 1 (36.11%) |
| E Swimming                                   | 5 (1.11%)  | 4 (3.33%)      | 3 (21.11%)   | 2 (30%)    | 1 (44.44%) |
| F contact sports: boxing, karate, wrestling. | 5 (4.44%)  | 4 (2.22%)      | 3 (5.56%)    | 2 (13.33%) | 1 (74.44%) |
| G cycling, rollerblading                     | 5 (2.22%)  | 4 (9.44%)      | 3 (45.56%)   | 2 (23.89%) | 1 (18.89%) |

6. Select your score for the disciplines listed in terms of their beneficial influence on body health and harmony:

|  | Very strong influence | Strong influence | Medium influence | Weak influence | Lack of influence |
|--|-----------------------|------------------|------------------|----------------|-------------------|
| A Sports games                               | 5 (15%)               | 4 (46.67%)       | 3 (32.22%)       | 2 (5.55%)      | 1 (0.55%)         |
| B Jogging                                    | 5 (15.56%)            | 4 (34.44%)       | 3 (43.33%)       | 2 (5.55%)      | 1 (1.11%)         |
| C Fitness-bodybuilding                       | 5 (25%)               | 4 (39.44%)       | 3 (28.89%)       | 2 (5%)         | 1 (1.67%)         |
| D Tennis or table tennis                     | 5 (0.55%)             | 4 (5.55%)        | 3 (48.33%)       | 2 (40.55%)     | 1 (5%)            |
| E Swimming                                   | 5 (31.67%)            | 4 (52.22%)       | 3 (12.22%)       | 2 (3.33%)      | 1 (0.55%)         |
| F contact sports: boxing, karate, wrestling. | 5 (8.33%)             | 4 (19.44%)       | 3 (41.11%)       | 2 (22.22%)     | 1 (8.89%)         |
| G cycling, rollerblading                     | 5 (0.55%)             | 4 (20.55%)       | 3 (51.67%)       | 2 (20%)        | 1 (7.22%)         |