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An Application of the Core and Balance Model of Family Leisure Functioning to Study Leisure Activities Practised by Families from Wielkopolska

Abstract. The purpose of this study was to examine family leisure involvement in 60 Polish families from Wielkopolska from the perspective of parents and their children. The Core and Balance Model of Family Leisure Functioning (CBM) was used to examine the relationship between core and balance activities and the level of satisfaction with family leisure involvement. Two questionnaires were used: the Family Leisure Activity Profile (FLAP) and the Family Leisure Satisfaction Scale (FLSS). The families in the sample were found to take part in core activities more frequently. While the level of involvement in family leisure was average, the level of satisfaction derived from it was relatively high. The findings indicate that the Polish version of the FLAP can be a useful tool in the study of leisure behaviour of Polish families.

Keywords: family leisure, core and balance model, Polish families

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1. Introduction

Family leisure participation is an essential part of family life in Polish families (e.g., Magda-Adamowicz, 2020; Kraus et al., 2020) and has been the subject of much research in Poland. Over the past several decades, leisure scholars have learned much about how leisure affects families, while the effect of daily activities and free time on families has been studied from the perspective of other disciplines.

“Family leisure has been defined as the time that parents and children spend together in free time or recreational activities” (Shaw, 1997, p. 98). Leisure is an important source of family cohesion and the family is the first and most important

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educational environment for parents and children. The family is still considered to be the fundamental unit of society and is perhaps the oldest and most important of all human institutions. Historically, researchers have evaluated family functioning in terms of the effectiveness of family functions; however, family functions can change over time. While families nowadays tend to focus on developmental and emotional needs of their members, family functions in the past also included economic, educational, recreational and protective functions. (e.g. Aslan, 2009; Williamson et al., 2019).

There are different types of family structures, each of which is equally viable as a supportive, caring unit. Examinations of family leisure have consistently demonstrated a positive relationship between family recreation and aspects of family functioning, such as satisfaction and bonding (e.g. Zabriskie & McCormick, 2001). It has been suggested that in modern society leisure is the single most important force that fosters the development of cohesive, healthy relationships between husband and wife and between parents and their children. Nonetheless, the nature of family leisure involvement remains poorly understood. Moreover, the majority of the literature on family leisure is based on inferences from studies of married couples, with the implicit assumption that the effects of participation in family leisure are the same for other family systems (Townsend et al., 2017).

One of the most common approaches to monitoring and analysing family leisure behaviour, which has been widely described in the literature was developed in the United States but has rarely been used in Poland is the Core and Balance Model of Family Leisure Functioning (CBM). As Townsend et al. (2017) explain, the CBM is grounded in Family Systems Theory (described by Broderick, 1993) and includes elements of the Circumplex Model of Marital and Family Systems (Olson, 2000). As Zabriskie & McCormick (2001) explain, “CBM model suggests that family leisure is positively associated with family health and function by providing leisure experiences that meet the family’s needs to simultaneously have stability and change”. The model distinguishes between two types of family leisure — core and balance — which families engage in to meet their needs of stability and change.

Before 1990, limited research was dedicated to understanding leisure in families, and only a small percentage of that research was published in leisure journals” (Townsend et al., 2017; Warchoła, 2019). Current perspectives on family leisure, however, are likely to largely depend on family structures, functions, and social contexts. Therefore, leisure scholars need to occasionally assess extant research to ensure they are asking research questions and using methods and analyses that address broader social issues of evolving family structures and functions, as well as shifting contexts.

The purpose of this study was therefore to examine participation of families from Wielkopolska in family leisure from the perspective of parents and their children. The study sought to answer the following research questions:

1. What type of family leisure activities dominate in the surveyed group?
2. Is there a link between the level of involvement in family leisure and the level of satisfaction derived from it in the families surveyed?

2. Literature Review

2.1. Models of Polish Family Life

Like elsewhere, the family in Poland is a fundamental element of people's lives and the social structure. Extended relatives also play a very important role. There are about 10 million families in Poland, with nearly $\frac{1}{5}$ consisting of single mothers or single fathers with children (CBOS, 2019, 2020). The cultural context is an important factor in explaining family practices, including family leisure; it is therefore reasonable to start this overview from a look at societal values.

The extended family is often regarded as close family, which also includes children's long-term boyfriends or girlfriends. The elderly are usually very involved in their grandchildren's lives. While most households are nuclear, relatives try to get together as often as possible. However, this is becoming increasingly difficult with the ever faster pace of life. Poles are spending less time at home and are working more hours. Contact time with children is decreasing as parents in many households need to work to secure their children's future (CBOS, 2019, 2020).

In a CBOS survey (CBOS, 2020), more than half of respondents (58%) favoured a relationship based on the partnership model, where both parents work and share household chores and childcare equally. Another fifth of respondents (20%) preferred an arrangement in which both spouses (partners) work but the woman is also responsible for housework, raising children, etc. 14% of respondents believed in the traditional model, in which only the husband works and the wife takes care of the home and children. Other family models were considerably less popular. Compared to a similar survey carried out in 2013, support for the partnership model had increased by 12 percentage points. Between 2004 and 2013 the percentage of those who were in favour of this arrangement ranged from 41% to 48%. At the same time, fewer people than a few years earlier chose the model in which the woman's share of responsibilities was bigger. Compared to 2013, the percentage

of those who supported the traditional model had decreased from 23% to 14%, and even more spectacularly in comparison with 42% observed in 2000. Respondents' preferences regarding the ideal way of dividing home and work duties are usually different from reality. Only 37% of people in stable relationships said they had actually managed to put the partnership model into practice. The model in which the woman's share of duties was bigger was practised by 21% of respondents, while another 17% lived in families based on the traditional model. 4% of respondents said that in their families the man had a greater share of duties while 1% reported living families where the woman was economically active while the man looked after the home. In 12% of cases, neither the man nor the woman worked, and 7% of respondents said their family arrangement was none of the ones mentioned above. Compared to 2013, the percentage of respondents who had adopted the partnership model had increased by 10 percentage points.

2.2. Core and Balance Model of Family Leisure Functioning

The CBM was developed to explore the relationship between family leisure and different aspects of family functioning. The model provides a better understanding of the relationship between types of family leisure and family life and explains how family leisure interacts with other areas of family functioning (Freeman and Zabriskie, 2003).

When analysing leisure preferences of family members, researchers have identified two seemingly contradictory needs regarding leisure activities: the need for stability and the need for change. According to Iso-Ahola (1984) and Kelly (1999), leisure activities provide an opportunity to satisfy individual needs for the permanence of intra-family relationships and the novelty that occurs within them, thus satisfying the need for stability and the need for change. The CBM serves as the theoretical framework that links these two goals of family leisure and defines their impact on selected aspects of family life. The model depicts two types of family leisure patterns, core and balance, which families use to meet their needs of stability and change when engaging in their leisure activities. According to Freeman and Zabriskie (2003), core leisure activities are daily, inexpensive, relatively easily accessible activities, often undertaken at home and enjoyed by family members together. Such activities provide a safe and comfortable environment, which fosters family closeness.

In contrast, balance leisure activities are defined as those that offer opportunities for novel experiences; as a result, they are less frequent than core leisure activities (Zabriskie, 2001). They tend to take place outside the home and require more time, effort and other resources.

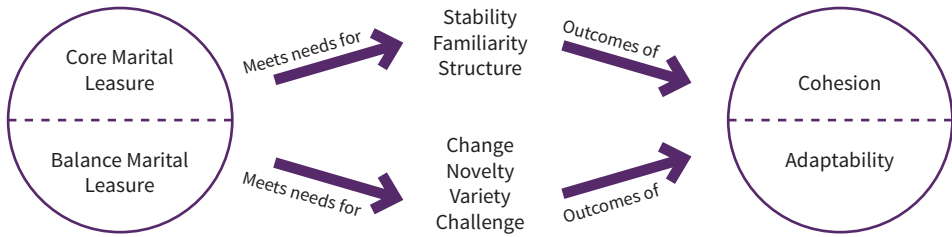


Figure 1. Core and Balance Model
Source: Freeman and Zabriskie (2003)

The core and balance model of family leisure functioning suggests that core leisure activities meet the family's need for stability and predictability of activities and increase closeness and cohesion among family members. The need for change is satisfied by balance leisure activities, which challenge families to adapt to new conditions resulting from new experiences. Freeman and Zabriskie also pointed out that families who participated in both core and balance activities tended to function better than families who participated in only one category of family leisure (Figure 1).

3. Materials and Methods

3.1. Procedures

The study is based on data collected during a questionnaire survey. The Polish version of the Family Leisure Activity Profile (FLAP) was used to measure family members' involvement in family leisure activities. The level of satisfaction with family leisure was measured by means of the Family Leisure Satisfaction Scale (FLSS), which is part of the FLAP (Zabriskie & McCormick, 2001).

The FLAP questionnaire is based on the Core and Balance Model of Family Leisure Functioning and measures both core and balance leisure activities. The questionnaire contains 8 questions which measure core leisure activities and 8 others designed to measure balance leisure activities. For each item concerning a given category of leisure activities, the respondent is supposed to indicate 1) whether or not they participate in these activities, 2) how often they do so, 3) the average duration of this involvement, and 4) their level of satisfaction with these activities.

The following response options for the frequency of participation in a given activity were given: at least once a day, at least once a week, at least once a month

and at least once a year. Depending on the question, the following options to indicate activity duration could be selected: hours, days, weeks, e.g. up to one hour, 2–3 hours, 5–6 hours, up to 10 hours, up to 3 days, up to 5 days, up to 1 week, up to 3 weeks and more.

The level of satisfaction with their involvement or lack of involvement in family leisure activities was indicated on a 5-point Likert scale, where 1 denoted ‘very dissatisfied’ and 5 — ‘very satisfied’. The questions came from the FLSS questionnaire.

FLAP index (scores) were calculated by multiplying the ordinal indicators of frequency and duration and summing up the corresponding item scores for core and balance activities to obtain the overall indicator for each type of family leisure. Total family leisure involvement was calculated by summing up the involvement of the child and the parent (guardian) in core and balance activities.

The original FLAP was found to have acceptable psychometric properties, including evidence of construct validity (using Spearman’s Rank Correlation Coefficient r) and content validity (using Cronbach’s alpha) for core activities ($r = 0.74$), balance activities ($r = 0.78$), and total involvement in family leisure ($r = 0.78$) (Zabriskie & McCormick, 2003). Similarly, the FLSS questionnaire was demonstrated to have acceptable psychometric properties, with $\alpha = 0.90$.

The original versions of the FLAP and FLSS questionnaires were translated and adapted to the Polish cultural context according to published guidelines (Brzeziński, 2004). Two independent English language experts translated the questionnaires into Polish. Another expert translated them back into English. The translation, carried out with the permission of the original authors, is always the first stage of cultural adaptation. The questionnaires were piloted by being administered to 10 families, who assessed their linguistic correctness and relevance. All family members (parents and children) in the pilot said they would be willing to complete the questionnaire in an actual survey.

3.2. Participants

Sixty urban middle income families (120 respondents) from Wielkopolska¹ completed the questionnaires between January and March 2022. Each family, represented by one parent and one child aged 11–16, submitted two questionnaires: one from the parent and another one from the child. In schools (participating in the study), during meetings with parents, information about the ongoing study and an invitation to participate were given by academic teachers. All respondents were informed about the aim of the survey and that its results would be anonymous and

¹ One of 16 provinces that Poland is administratively divided into, with Poznań as its capital city.

only used for scientific purposes. The survey was administered using an online questionnaire that could be accessed by a link sent via the school e-register and by trained individuals who distributed paper questionnaires in schools. Participation in this survey was voluntary².

Table 1. Characteristics of the parents/guardians and children — quantitative variables

statistics	women (n = 49)		men (n = 11)		girls (n = 36)		boys (n = 24)	
	age	number of children	age	number of children	age	another child in the family	age	another child in the family
mean	41.3	2.2	47	2.5	14.2	1	13.1	1
median	41.8	2	46	2.5	14	1	13	1
standard dev	7.0	0.7	4.1	0.6	1.3	0	1.1	0
range	33	4	10	1	5	0	3	0
minimum	22	1	41	2	11	1	12	1
maximum	55	5	51	3	16	1	15	1

Source: Author's own research

Table 2. Characteristics of the parents /guardians and children: categorical variables

Variable level	variable																	
	income status					level of education				marital status						family structure		
	1	2	3	4	5	1	2	3	4	1	2	3	4	5	6	1	2	3
women (n=49)	0	9	16	17	7	0	6	31	12	2	33	1	9	1	3	46	3	0
men (n=11)	0	0	4	5	2	0	3	8	0	0	11	0	0	0	0	11	0	0
girls (n=36)	0	3	8	15	10													
boys (n=24)	0	2	5	8	9													

Legend: family's income status: 1 — very poor, 2 — poor, 3 — fair, 4 — good, 5 — very good
 level of education: 1 — primary and lower secondary, 2 — basic vocational, 3 — secondary, 4 — higher
 marital status: 1 — single, 2 — married, 3 — widowed, 4 — divorced, 5 — cohabiting, 6 — separated
 family structure: 1 — biological family, 2 — foster family, 3 — adoptive family

Source: Author's own research

² The study was conducted in compliance with the Declaration of Helsinki and was approved by the local ethics committee. The bioethics committee determined that this type of research did not require formal consent. Confidentiality was maintained by using pseudonyms and changing identifying information.

4. Results

The FLAP scores were obtained and evaluated separately for children, parents, and overall family leisure involvement (Table 3).

Table 3. FLAP results: involvement in family activities (frequency × duration) from the perspective of children, parents and the whole family

categories of activity		children (n = 60)		parents/ guardians (n = 60)		family (n = 60)	
		M	SD	M	SD	M	SD
core	shared meals	5.83	2.62	7.2	4.09	6.52	3.36
	shared household activities	7.03	4.48	8.37	4.69	7.70	4.59
	shared household games	4.23	3.29	5.37	3.62	4.80	3.46
	shared household hobbies	4.40	4.84	3.17	2.94	3.79	3.89
	common household outdoor activities	6.80	3.81	7.63	5.3	7.22	4.56
	common household sports games	5.87	3.33	5.07	3.62	5.47	3.48
	joint cheering for family members	4.43	8.30	2.87	2.59	3.65	5.45
joint attendance at religious ceremonies	3.80	1.72	3.6	2.03	3.70	1.88	
balance	joint participation in social activities	8.27	4.70	6.77	3.79	7.52	4.25
	attending events together as spectators or supporters	3.30	2.82	3.23	4.48	3.27	3.65
	joint participation in sporting activities at the place of residence	2.97	3.03	1.63	2.95	2.30	2.99
	joint participation in other activities at the place of residence	6.63	7.38	5.3	6.24	5.97	6.81
	joint participation in outdoor activities	12.57	11.49	8.33	5.56	10.45	8.53
	joint participation in water activities	5.47	9.38	1.43	3.95	3.45	6.67
	joint participation in extreme sports	1.87	7.69	0.3	1.62	1.09	4.66
	joint participation in tourism activities	19.33	7.44	18.8	5.03	19.07	6.24

Legend: M — mean; SD — standard deviation

Source: Author's own research

As can be seen in Table 1, the most popular category of core activities for children ($M = 7.03 \pm 4.48$) were common household activities e.g. watching tv/movies, listening to music, reading books, singing. The least popular category ($M = 3.80 \pm 1.72$), namely participation in religious celebrations, includes going to church, attending religious services, reading the Bible, oasis retreats, ecumenical groups, pilgrimages.

As regards the balance activities from the perspective of children, joint tourist trips were the most popular activity ($M = 19.33 \pm 7.44$), while participation in extreme sports, such rock climbing, rafting, car rallies, scuba diving, was the least popular ($M = 1.87 \pm 7.69$).

The distribution of responses in the groups of parents/guardian was similar. The most popular type of core activities were also those undertaken together at home ($M = 8.37 \pm 4.69$), while the least popular ones were those connected with showing or giving support, either passively e.g. by attending sports events or musical performances/concerts in which children take part, or actively by helping to organize and participating in recreational tourism events ($M = 2.87 \pm 2.59$).

As regards balance activities, joint tourist trips were the most frequent type of activity ($M = 18.80 \pm 5.03$), while participation in extreme sports, as in the case of children, was the least frequent ($M = 0.30 \pm 1.62$).

Table 4. Summary of average FLAP scores from the perspective of children and parents/guardians

		core involvement	core satisfaction	balance involvement	balance satisfaction	total involvement	total satisfaction
child	M	60.40	4.05	42.40	3.93	51.40	3.99
	SD	32.40	1.00	53.93	1.00	43.16	1.00
parent/guardian	M	45.27	3.20	43.53	3.76	44.40	3.96
	SD	28.89	0.99	33.63	1.02	31.26	1.00

Legend: M — mean; SD — standard deviation

Source: Author's own research

It is noteworthy that there is much variation in the answers given by both groups (children and parents/guardians) regarding balance activities, as evidenced by high values of standard deviation, which are close to the mean values. This may indicate that certain types of balance activities are not very popular with the respondents and are therefore rarely undertaken, which is probably related to the place of residence (rural areas and small towns).

As can be seen in Table 4, the group of children showed a greater involvement to participating in core activities. Similarly, their level of satisfaction was found to be slightly higher for core type activities. A similar pattern of correlations can be observed in the case of parents/guardians. Regardless of the group, the level of satisfaction with family leisure activities was quite high.

Table 5. Average FLAP scores from the perspective of children by sex

		core involvement	core satisfaction	balance involvement	balance satisfaction	total involvement	total satisfaction
girls	M	82.73	3.99	43.36	3.98	63.01	3.98
	SD	19.86	0.90	36.74	0.98	28.30	0.94
boys	M	53.75	4.19	38.38	3.78	46.01	3.99
	SD	16.59	0.87	7.36	0.47	11.98	0.67

Legend: M — mean; SD — standard deviation. Source: Author's own research

Turning now to average FLAP scores in Table 5, it is clear that girls' involvement in core and balance activities was higher than that of boys, while their level of satisfaction was the same regardless of activity type. Interestingly, boys reported a higher level of satisfaction with core activities than girls.

Table 6. Average FLAP scores from the perspective of parents/guardians by sex

		core involvement	core satisfaction	balance involvement	balance satisfaction	total involvement	total satisfaction
women	M	52.58	4.26	44.15	3.81	48.37	4.04
	SD	18.34	0.92	19.32	1.00	18.83	0.96
men	M	45.75	3.47	34.34	3.44	40.01	3.46
	SD	20.39	0.98	9.92	0.99	15.16	0.99

Legend: M — mean; SD — standard deviation
Source: Author's own research

FLAP scores for parents/guardians in Table 6 indicate that women's involvement in both types of leisure activities was higher than men's. They were also more satisfied with their involvement than men.

Spearman's rank correlations (Tables 7–10) were used to examine the relationship between FLAP scores (involvement) and FLSS scores (satisfaction) of children and parents/guardians.

Table 7. Children's involvement (frequency × duration) in core family leisure (FLAP) and their satisfaction with family leisure (FLSS)

core activities	FLSS 1	FLSS 2	FLSS 3	FLSS 4	FLSS 5	FLSS 6	FLSS 7	FLSS 8
shared meals	0.16							
shared household activities		0.05						
shared household games			0.47*					
shared household hobbies				0.75*				
common household outdoor activities					0.31			
common household sports games						0.23		
joint cheering for family members							0.37*	
joint attendance at religious ceremonies								0.32

* $p < 0.05$.

Source: Author's own research

Analysis of the data showed that among children there were only three cases where there was a significant and positive correlation between involvement in and satisfaction with family leisure activities: playing household games together ($r = 0.47$, $p < 0.05$), playing household hobbies together ($r = 0.75$, $p < 0.05$) and cheering on family members together ($r = 0.37$, $p < 0.05$).

Table 8. Children's involvement (frequency * duration) in **balance** family leisure (FLAP) and their satisfaction with family leisure (FLSS)

balance activities	FLSS 9	FLSS 10	FLSS 11	FLSS 12	FLSS 13	FLSS 14	FLSS 15	FLSS 16
joint social activities	0.05							
attending events together as spectators or supporters		0.45*						
joint participation in sporting activities at the place of residence			0.83*					
joint participation in other activities at the place of residence				0.62*				
joint participation in outdoor activities					0.22			
joint participation in water activities						0.75*		
joint participation in extreme sports							0.39*	
joint participation in tourism activities								0.02

* $p < 0.05$

Source: Author's own research

In the case of balance activities (see Tab. 8), five positive and significant correlations can be identified between involvement in and satisfaction with family leisure activities. No significant correlation with satisfaction was found in the case of joint participation in social activities, outdoor activities and tourist activities.

Table 9. Parents'/guardians' involvement (frequency * duration) in **core** family leisure (FLAP) and their satisfaction with family leisure (FLSS)

core activities	FLSS 1	FLSS 2	FLSS 3	FLSS 4	FLSS 5	FLSS 6	FLSS 7	FLSS 8
shared meals	0.12							
shared household activities		0.25						
shared household games			0.65*					
shared household hobbies				0.72*				
common household outdoor activities					0.31			
common household sports games						0.55*		
joint cheering for family members							0.72*	
joint attendance at religious ceremonies								0.60*

* $p < 0.05$

Source: Author's own research

In the group of parents/guardians, there were five cases of significant and positive correlations between involvement and satisfaction with core activities (see Tab. 9): sharing home games ($r = 0.65$, $p < 0.05$). sharing home hobbies ($r = 0.72$, $p < 0.05$). sharing home sports games ($r = 0.55$, $p < 0.05$). sharing cheering for family members ($r = 0.37$, $p < 0.05$) and sharing religious celebrations ($r = 0.60$, $p < 0.05$). It worth noting that the level of satisfaction with family involvement in core leisure activities was higher in the group of parents/guardians.

In the case of balance activities (see Tab. 10), no significant correlations was found between involvement and satisfaction with joint social activities, joint participation in outdoor activities, extreme sports and hiking activities.

Table 10. Parents'/guardians' involvement (frequency * duration) in **balance** family leisure (FLAP) and their satisfaction with family leisure (FLSS)

balance activities	FLSS 9	FLSS 10	FLSS 11	FLSS 12	FLSS 13	FLSS 14	FLSS 15	FLSS 16
joint participation in social activities	0.30							
attending events together as spectators or supporters		0.86*						
joint participation in sporting activities at the place of residence			0.76*					
joint participation in other activities at the place of residence				0.59*				
joint participation in outdoor activities					0.38			
joint participation in water activities						0.58*		
joint participation in extreme sports							0.33	
joint participation in tourism activities								0.39

*p < 0.05

Source: Author's own research

It is noteworthy joint participation in tourist and social activities did not bring much satisfaction to either children or parents/guardians. However, it should be noted that both groups were more satisfied with their involvement in balance activities.

5. Discussion

The main aim of this article is to justify the need for a better understanding of family leisure, mainly in the Polish context. The main contribution of this study consists in the application of the Core and Balance Model of Family Leisure. Parents and children were analysed as separate groups, as has been the case in other studies (Zabriskie & McCormick, 2003; Poff et al., 2010a). Although the majority of studies on family leisure examine the problem from the perspective of parents only, the author decided to analyse relationships from the perspectives of parents and children in the hope of providing a better insight into family leisure participation.

As noted by Townsend et al. (2017) and Hodge et al. (2018), participation in family leisure has a positive impact on family functioning. Furthermore, Zabriskie and McCormick (2003) argue that since a person's participation in family leisure plays such an important role in their life satisfaction, it is reasonable to assume that family leisure also contributes to the satisfaction of the whole family.

As can be seen in Table 4, the families in the study (children and parents) were more likely to participate in core activities, most of which take place at home, do not require many resources and are relatively easily accessible. The safe and comfortable environment of the home fosters family closeness. Similar results have been found in other studies, such as Poff et al. (2010a, 2010b) or Zabriskie et al. (2018). Additionally, some studies have demonstrated that compared to balance family leisure, core family leisure is the only or the stronger predictor of all aspects of family functioning (Freeman & Zabriskie, 2003; Hornberger et al., 2010; Smith et al., 2009; Townsend, Zabriskie & McCormick, 2010; Zabriskie & McCormick, 2001).

The most popular core activity for parents and children in the study was sharing household activities; the most popular balance activity was joint participation in tourism (see Table 3). Women and children, regardless of sex, were more likely than men to participate and be satisfied with core activities. While, men tended to participate more in balance activities and their satisfaction with participation in both kinds of activities was similar (see Tables 5–6). Men were more willing to engage in activities that required more time and effort, as well as different types of resources and abilities.

As can be seen in Tables 8 and 10, there was a statistically significant positive correlation between involvement in and satisfaction with family leisure for 5 out of 8 balance activities. Interestingly, in both groups the level of satisfaction with family leisure activities was quite high, but the level of involvement was rather moderate.

The results of this study have important implications for practice and policy. For one thing, the realisation that shared family leisure contributes to the family's quality of life should serve as the guiding principle for those planning family activities and education. The study has demonstrated the usefulness of both measurement instruments (FLAP and FLSS).

6. Conclusions

The above analysis of the relationship between frequency and duration of and satisfaction with family leisure provides a better understanding of how parents and children view their involvement in indoor and outdoor leisure activities.

The application of the FLAP and FLSS questionnaires could also inspire other Polish researchers to investigate the field of family leisure.

There is a need for scientific research on family leisure. As the literature on family leisure and its impact on family functioning grows, attention needs to be paid to the quality of research in this area. Since the study is based on a convenience sample of

families, its results cannot be generalised. Future work should consider the leisure involvement of families in a variety of life stages beyond the adolescent years, such as grandparent's leisure with their grandchildren, adult sibling leisure and parent leisure with adult children who have returned to the nest (boomerang children).

Declaration of interest

The author declare that no conflicts of interest exist.

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Wykorzystanie modelu Core and Balance (CBM) do badania zaangażowania rodzin z Wielkopolski we wspólne spędzanie czasu wolnego

Streszczenie. Celem badania było określenie poziomu zaangażowania grupy dzieci i rodziców w rodzinne spędzanie wolnego czasu. W tym celu przeprowadzono badanie ankietowe z udziałem 60 wielkopolskich rodzin, w którym zebrano odpowiedzi rodziców oraz dzieci. Do zbadania związku między podstawowymi dwoma rodzajami zajęć rekreacyjnych (core i balance) a zadowoleniem ze wspólnego spędzania czasu wolnego wykorzystano model CBM. Zastosowano dwa kwestionariusze badawcze: Profil aktywności rodzinnej w czasie wolnym (FLAP) oraz Skalę satysfakcji z rodzinnego spędzania czasu wolnego (FLSS). Uzyskane wyniki wskazują na większe zaangażowanie członków badanych rodzin w aktywności typu core niż w aktywność typu balance. Podczas gdy poziom zaangażowania w rodzinne spędzanie czasu wolnego był przeciętny, poziom satysfakcji z tym związanej okazał się stosunkowo wysoki. Wyniki wskazują, że polska wersja kwestionariusza FLAP może być użytecznym narzędziem w badaniach zachowań wolnoczasowych polskich rodzin.

Słowa kluczowe: czas wolny w rodzinie, core and balance model, polskie rodziny



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