

SPORT I TURYSTYKA
ŚRODKOWOEUROPEJSKIE CZASOPISMO NAUKOWE

T. 8

NR 2

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SPORT I TURYSTYKA

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Częstochowa 2025

p-ISSN 2545-3211
e-ISSN 2657-4322

Wydawnictwo Naukowe Uniwersytetu Jana Długosza w Częstochowie
42-200 Częstochowa, al. Armii Krajowej 36A
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WSTĘP

W 2025 r. periodyk „Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe” ukazuje się ósmy rok. Jest kontynuacją tytułu „Prace Naukowe Akademii im. Jana Długosza w Częstochowie. Kultura Fizyczna”. W drugim numerze zostały zaprezentowane prace Autorów z różnych ośrodków naukowych w Polsce i na świecie.

W części I – *Dzieje kultury fizycznej i turystyki w Polsce i na świecie* przedstawiono artykuły dotyczące następującej problematyki:

- „Konczakówka” w Brennej. Konteksty historyczno-edukacyjne;
- stan badań na dziejami piłki nożnej w województwie kieleckim w latach 1919–1939.

W części II, zatytułowanej *Teoria i metodyka wychowania fizycznego i sportu*, przedstawiono trzy artykuły dotyczące zagadnień:

- merytorycznej trafności monitorującego programu treningu sportowego opartego na Androidzie dla tenisistów;
- wpływu wieloaspektowego sytuacyjnego zainteresowania na zaangażowanie studentów w zajęcia kultury fizycznej w środowisku akademickim na Filipinach;
- strategii radzenia sobie z trudnościami finansowymi rzutującymi na sukcesy sportowe irańskich klubów piłki nożnej w Lidze Mistrzów AFC Elite.

W części III – *Uwarunkowania zdrowia, postawy prozdrowotne, jakość życia* – zamieszczono artykuł odnoszący się do problematyki wpływu przerwy noworocznej w aktywności fizycznej na skład ciała u aktywnie żyjących starszych kobiet (pilotażowe badanie retrospektywne).

Część IV czasopisma dotyczy problematyki turystyki i rekreacji. W tej części przedstawiono dwa artykuły odnoszące się do następującej problematyki:

- wychowawca zorganizowanego wypoczynku dzieci i młodzieży – pomiędzy oczekiwaniami a rzeczywistością;
- wpływ jakości usług gastronomicznych na satysfakcję gości w hotelach pięciogwiazdkowych: badanie eksploracyjne.

W części *Biogramy, dyskusje, polemiki, recenzje, przegląd wydawnictw, sprawozdania* Jakub Pęczkowicz i Krzysztof Pierściński przedstawili sprawozdanie z konferencji naukowej „Sportowcy w źródle archiwalnym”, która odbyła się w Kielcach w dniu 29 maja 2024 r.

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CZĘŚĆ I

DZIEJE KULTURY FIZYCZNEJ I TURYSTYKI W POLSCE I NA ŚWIECIE



Received: 9.10.2024

<http://dx.doi.org/10.16926/sit.2025.02.01>

Accepted: 7.02.2025

Marzena BOGUS-SPYRA*

EDUCATIONAL AND HISTORICAL CONTEXTS OF VILLA KONCZAKÓWKA IN BRENNA

How to cite [jak cytować]: Bogus-Spyra M., *Educational and Historical Contexts of Villa Konczakówka in Brenna*, "Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe" 2025, vol. 8, no. 2, pp. 11–28.

Konczakówka w Brennej. Konteksty historyczno-edukacyjne

Streszczenie

Konczakówka – willa zwana też dworkiem myśliwskim znajdująca się w Brennej, to miejsce atrakcyjne turystycznie, posiadające również potencjał edukacyjny. Powstało niemal 100 lat temu dzięki cieszyńskiemu kolekcjonerowi i kupcowi handlującemu żelazem – Brunonowi Konczakowskiemu, który dzieląc rodzinną pasję związaną z łowiectwem, od 1927 roku nabywał grunty, w tym gajówkę na stoku Czupel w Głębcu. Sama willa w stylu tyrolskim zbudowana została z drewna modrzewiowego i limbowego bez użycia gwoździ. Budowę rozpoczęto wiosną, a ukończono w grudniu 1929 roku. Dworek stał się miejscem spotkań towarzyskich, nie tylko tych, którzy byli powiązani z odbywającymi się tu polowaniami. Wnętrza dworku urządzone według pomysłu właściciela, ściśle współgrają z jego zainteresowaniami: zarówno kolekcjonowaniem dzieł sztuki, jak i trofeów myśliwskich. Choć pomieszczenia zostały mocno ograbione z eksponatów, to ciągle można dojrzeć tu czasy świetności miejsca. Limbowe meble, wiszące obrazy i niezliczone trofea myśliwskie teraz służą celom poznawczym, np. zobaczeniu, jak wygląda głuszec, skrajnie nieliczny ptak lęgowy, w Polsce narażony na wyginięcie. Przybywających do Konczakówki turystów niezmiennie wita pierwszy gospodarz tego miejsca, którego postać uwieczniono w drewnianej rzeźbie zawieszanej u powały. Oddzielnym obiektem należącym do nieruchomości jest neogotycka kaplica św. Huberta wzniesiona z piaskowca godulskiego.

Słowa kluczowe: Brenna, dworek myśliwski, Brunon Konczakowski, historia regionu, turystyka, edukacja artystyczna.

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Abstract

Villa Konczakówka, also known as a hunters' manor, is situated in the town of Brenna. It is regarded as a tourist attraction also because it is a listed heritage building with educational potential. The place was built nearly 100 years ago through the efforts of Brunon Konczakowski, a Cieszyn-based collector and iron merchant, who kept his family's passion for game hunting and, in 1927, began to buy land properties, which included a forester's lodge on the slope of Mount Czupel in Głębiec (Brenna). The Tyrolean-style villa was built of larch and Swiss pine wood without using a single nail. Its construction began in the spring of 1929 and was completed in the same year's December. The place became a venue for social meetings, not only for people involved in the game hunting activities taking place there. The interior of the building, decorated according to the owner's ideas, closely matches the owner's interests, namely collecting works of art and hunting trophies. Although the rooms have been heavily stripped of exhibits, the glory days of the place can still be experienced there through Swiss pine furniture, wall-mounted paintings and countless hunting trophies, which can now be used for educational purposes. For example, one can see what the capercaillie, an extremely rare breeding bird, at risk of extinction in Poland, looks like. Visitors to Villa Konczakówka are invariably greeted by the original host of this place, whose silhouette is immortalised in a wooden sculpture hanging from the ceiling. A separate building belonging to the property is the neo-Gothic chapel of Saint Hubertus, built of locally quarried sandstone.

Keywords: Brenna, hunters' manor, Brunon Konczakowski, regional history, tourism, art education.

Introduction

Brenna is a village in Teschen Silesia (Polish: Śląsk Cieszyński). Its history dates back to late the 15th and early 16th centuries¹. It is an attractive places for sports enthusiasts and visitors to the region.

The sporting nature of the place is accentuated by venues and facilities such as a horse stud farm, ski lifts (Centrum and Węgierski), a canoeing and kayaking marina (a lake on the Leśnica brook) and a sports hall, and its natural scenery makes it the starting point of many trails leading to mountains such as Równica, Błatna, Horzelica, Grabowa, Kotlarz, Stary Groń, Trzy Kopce Wiślańskie, and Orłowa. Moreover, some buildings in the village listed on the Register of Immovable Heritage Sites. In addition to St John the Baptist Church from the 18th century, a 1789 presbytery vicarage from 1789 and a 17th-century cottage, the village has a hunters' villa, known as Villa Konczakówka², with its St Hubert's chapel³. Although brochures for visitors to the village contain information about

¹ W. Grajewski, *Brenna. Dzieje góralskiej wsi Śląska Cieszyńskiego*, Volume 1., *Od czasów najdawniejszych do roku 1848*, Stowarzyszenie Rozwoju "Integracja", Brenna 2014.

² PL.1.9.ZIPOZ.NID_N_24_BK.443040, Register of Immovable Heritage Sites [Polish: Rejestr zabytków nieruchomych], as at 1 July 2024; <https://dane.gov.pl/pl/dataset/1130/> [accessed on 04.10.2024].

³ PL.1.9.ZIPOZ.NID_N_24_MA.11885; as above.

the villa, it is incomplete or even incorrect. Both the attention given to the site and research into the life of its original owner have produced a collection of comprehensive materials about the place. Filling the information gap with a reliable description of the historical contexts and educational value of Villa Konczakówka, which will soon celebrate its 100th anniversary, is the main aim of this paper.

Research methods and research problems

The detailed analysis of the data collected on the basis of archival research (both of state and private archival records) and court records is made complete by including information from local newspapers and magazines. It follows that the analysis is based not only on the traditional, historical research method, but also methods typically used in media studies. Moreover, the ethnographic research method was used to some extent.

The theoretical and practical⁴ research problems in this study are related to several questions. One of the questions is about when, in which year, the villa was constructed. Not less important is the question about the motivation behind the original owner's decision to invest their capital to build the place. Another question looks at how the property was used in the course of last century. This paper also attempts to answer the question about what guests visited Brunon Konczakowski's villa. Who visited the place and who has never been there? Also of great importance is the answer to the question about what use is made of the physical and spiritual legacy of the original owner of the hunters' manor.

Findings and discussion

Brunon (Bruno) Konczakowski (1881–1959), the original owner of the building that this deals with is a legendary man. It can be claimed that most people living in the region have heard stories about this unremarkable iron merchant and his great passion for investing money in what is known as *emotional assets*. He collected mainly military items, which later found their way into the collections of the Museum of the Polish Army, the State Art Collections of the Wawel Royal Castle, or the Museum of Teschen Silesia in Cieszyn. He is also known as the founder of a private museum in the capital of the region⁵, as well as a keen

⁴ B. Klepacki, *Wybrane zagadnienia związane z metodologią badań naukowych*, "Roczniki Nauk Rolniczych" 2009, Issue 96(2), pp. 38–46; S. Palka, *Metodologia, badania, praktyka pedagogiczna*, Gdańskie Wydawnictwo Psychologiczne, Gdańsk 2006, pp. 11–36.

⁵ J. Spyra, *Kolekcja Bruno Konczakowskiego – przykład prywatnego muzeum dzieł sztuki i rękodzieła artystycznego*, "Materiały Muzeum Wnętrz Zabytkowych w Pszczynie" 1990, Volume 6, pp. 109–128.

hunter and an extremely sociable person This encouraged him to take steps to invest his capital in another property⁶.

This was made possible by a commercially successful first decade of the inter-war period. Konczakowski could afford to pursue an idea that suited his aforementioned interest in hunting. In the autumn of 1927, or more precisely on 26 September 1927, Brunon and his wife, Elly, or Elisa Maria, née Vogt (1887–1933), acquired a forester's lodge and a plot of land in the village of Brenna⁷ (on the southern slope of Mount Czupeł in Głębiec (Brenna)), from the heirs to the builder Ludwig Kametz, who had died four years earlier. The forester's lodge was an old cottage, so it was no secret that the luxury-loving Brunon would try to build another place at the site of the lodge. As the *Gwiazdka Cieszyńska* weekly wrote, he intended to build a villa there and acquire his own hunting rights⁸. The construction of the villa, or rather a hunters' manor, today commonly known as Villa Konczakówka, began in the early spring of 1928⁹, but the building work was not completed before that year's December¹⁰. Bruno even brought in mountaineers from Zakopane (as well as carpenters from Górki Wielkie and Brenna) to work alongside local peasants at the building site¹¹. The wood that was needed (Swiss pine wood and larch trunks) was brought not only from the Sub-Tatra region (Podhale), but also from the Italian and Austrian Alps. It is worth noting that the villa, built in the Tyrolean style¹², which was the predominant architectural style in Central European tourist and spa destinations of the late 19th and early 20th centuries, was constructed without using a single nail, as the logs

⁶ Konczakowski was already the owner of a tenement house at number 19 in Cieszyn's market square, which he had inherited from his father, Józef.

⁷ Regional Court in Cieszyn, Land & Mortgage Registration Division, Title register for Brenna, LWH, No. 263.

⁸ "Gwiazdka Cieszyńska" 1927, Issue 76, p. 3.

⁹ The information on Brenna's official website that he bought the property in 1924 is incorrect <https://turysta.brenna.org.pl/pl/dworek-mysliwski-konczakowka> [accessed on 06.10.2024].

¹⁰ For an account of the work at the building site and for information about the site workers, see: J. Mendrek, *Opowiadania*, typed pages, Skoczów 1977, pp. 54–58, (item 9596 in the collection of the Museum of Teschen Silesia in Cieszyn).

¹¹ According to Mendrek, the highlanders expected 20 zloty a day for *mossing* (moss was used to seal spaces between logs of wood), so Konczakowski bargained with the girls working at the site, who did the job at a competitive price of 6 zloty a day. Cf. J. Mendrek, *Opowiadania...* pp. 55–56.

¹² The Tyrolean style, also known as Alpine or Swiss style, has its roots in folk architecture. German architect Karl Friedrich Schinkel designed villas in this style as long ago as in the 1830s. The interest in this style was heightened by a competition for artwork and designs on Swiss national architecture, which was announced in Switzerland in 1852. Several entries in the competition were based on folk architectural motifs. The fashion for buildings in this style became very popular in Europe after the 1873 Vienna World's Fair; E. Wijas-Grocholska, *Dachy w szwajcarskim stylu*, from <https://dachy.info.pl/branza/dachy-w-szwajcarskim-stylu/> [accessed on 06.10.2024].

were laid with notched connections. The villa is a rectangular plan structure on a solid stone foundation, which made it possible to control the sloping land¹³ at 640 m above sea level. In addition, recesses and arcade panels were used in the villa's stone underpinning to compensate for the difference in height, with basement windows placed in them.



Photograph 1. A commemorative photo taken after completing the first stage of the Villa Konczakówka project, April/May 1928

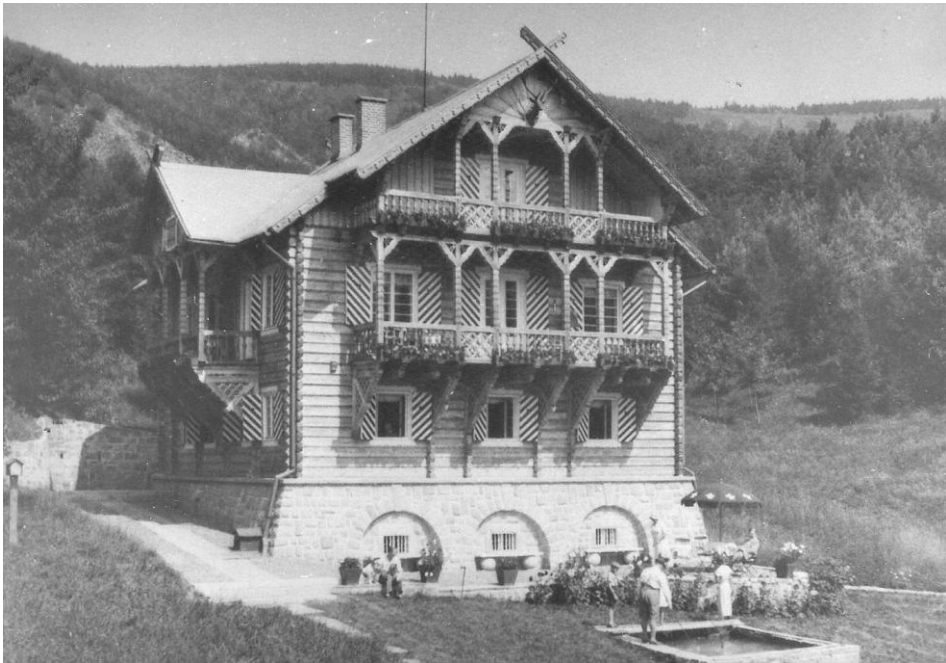
Source: Private collections kept by Marzena Bogus-Spyra and Janusz Spyra (materials concerning Bruno Konczakowski).

The building itself, with a so-called high ground floor, a ground floor and an attic, was originally covered with a material resembling asphalt shingles¹⁴ rather than, according to the style guidelines, regular shingles or *dranica*, which is planks obtained by splitting logs manually (the roof is covered with sheet metal now). The roof was laid on rafters with moulded ends for decoration and simi-

¹³ Alpine/Tyrolean style houses were built on a high, ground-levelling stone foundation, with timber-framed storeys covered by a low pitched roof.

¹⁴ As architectural styles changed and the industrial revolution emerged, the need arose for a low-cost waterproofing material that allowed easy roofing and was a cheap material to replace expensive copper sheets. Asphalt shingles were first used in construction in the late 19th and early 20th centuries, but they were not in common use before the 1920s. Brunon Konczakowski, who had a building materials store and traded in roofing paper.

larly decorated purlin ends. The chimneys lacked the upper covering common in the Tyrolean style (decorative gabled roofs). The gables of the building were partially boarded, creating an additional decorative motif. The triangular gables to the south and the west were decorated with deer antlers. Balconies extended under the eaves, on the front wall and on the side wall (facing a meadow). Outside, a spacious terrace with three stone benches was also an eye-catching feature of the building. It was directly connected to the garden, allowing dwellers to enjoy the almost unlimited space. A simple stone fountain was also placed on the grass right in front of the terrace. The villa's facade and, in particular, the balustrades of the balconies were decorated with cut-out geometrically-shaped features. Wood was also the material of the villa's openwork balustrades. The decorative shutters with two-coloured slanted strips also attracted attention.



Photograph 2. Villa Konczakówka in the 1930s.

Source: Private collections kept by Marzena Bogus-Spyra and Janusz Spyra (materials concerning Bruno Konczakowski).

The stunning villa, with its five bedrooms, a dining room and utility rooms, has an equally interesting interior design (said to have been designed by Bruno himself). In keeping with the purpose of this property, it had a style that suited the owner himself and the guests who visited the area for a hunting experience. The ubiquitous wooden panelling (even the ceiling between the ceiling joists was lined with herringbone planks), supplemented with small masonry features

(such as chimneys), created the impression of uniformity but also a unity of style. The interiors were filled with heavy Swiss pine wood furniture¹⁵. A tiled cooker in bottle green (this colour was also used for the panes of furniture and the clock standing in the dining room) added a bit of colour to the interior.



Photograph 3. The dining room in Villa Konczakówka in circa 1934

Source: Collections of the Museum of Teschen Silesia in Cieszyn, reference: MC/F/06907.

The whole area is decorated with countless antlers hanging on the walls (unique wig roe bucks, and bucks with non-typical antlers)¹⁶, a bear skull, stuffed animals (a medallion of a wild boar, foxes, crafted birds including capercaillie, which nowadays are extremely rare breeding birds, at risk of extinction in Poland), skins from wild boars and roe deer.

The interior decoration was made complete by paintings related mainly to hunting. It is said that a painting by Joris Hoefnagel could once be found there.

¹⁵ Swiss pine wood walls and furniture items show health-promoting properties. According to recent studies, Swiss pine wood (or stone pine wood), has a calming effect on the autonomic nervous system so it allows you to sleep deeply and soundly thanks to the resins and essential oils it releases, especially pinosylvin. Staying in rooms lined with Swiss pine wood helps to slow down the heart rate.

¹⁶ Not all of the antlers were Konczakowski's trophies. Some of them, especially the exotic ones, were simply bought by him. Most of them date back to 1930–1935.

Pictures (including lithographs), drawings and oil, tempera and watercolour paintings hang on the building's walls. These works were created by artists such as Otto Vollrath, Alfred Weczerzick, Josef Schmitzberger, Janina Gessner, Alfred Mailick, Václav Lev (Leo) Anderle, Georg Wolters, Carl Zimmermann, August Endlicher, and three paintings with amusing images (showing anthropomorphised animals) by Karl Wagner. A copy of a 1620 Rubens painting depicting St Hubert can be found there too. The pastel drawing captioned "Rud. Schuster Kunstverlag Berlin" differs from the original not only in size and painting technique, but in the presence of an additional dog behind the deer. What visitors to the villa will not find there today is a number engravings that originally hung in the dining room: a portrait of a highlander and a 'procession' of hunters. They will no longer see a bronze sculpture of St Hubert with a deer standing next to it, either.

In this description of the interior design of the building, it is also worth mentioning a truly unique wooden figure hanging on chains from the ceiling, which is still described by local news writers as "a sculpture of the god of wine hanging overhead". Indeed, one had to be familiar with Konczakowski's habits to see the owner himself in this hybrid, this being a male torso emerging from the two horns of a male Alpine Capricorn. The distinctive hat on his head was his favourite fez, or tarboosh, which he often wore when greeting his guests. The polychrome sculpture is a fairly faithful presentation of Bruno's facial features, and it reflects his character and hospitality as well. When and from whom he commissioned this chandelier, known as the *Lüstermännchen*, which was popular from the end of the 18th century (and popular particularly in Bavarian and Tyrolean areas), could not be established. However, a thorough examination of the item shows that it was made in 1930 by a person who signed it their initials "J.W.J.". This, however, has not yet been deciphered, although various dictionaries of artists have been consulted. It is likely that the person was one of many skilled craftsmen who, in response to high demand, produced this type of chandelier in two versions: one with a female and one with a male silhouette.

Above the large table in the dining room, there was also a huge chandelier. The base of the chandelier was a wagon wheel with metal fittings and eight arms complemented by a lower lampshade that was made of parchment (probably from sheep or goat skin). The lampshade had eight fields featuring hunting scenes (a young deer, a grouse, a fox, a deer with a huge antler, a bear, a marten, a wild boar, two pheasants). The author of these works was Rudolf Lamich from Cieszyn, who painted the lampshade walls in 1934.

There was also a collection of hunting weapons, including an antique cutlass, bear-hunting javelins, crossbows, double-barrelled shotguns and other rifles. The ambience created by the owner of the villa was complemented by commemorative photos. To this day, a photograph of Konczakowski's beloved

dachshund, Droll, from a kennel in Gartenstadt Gartenstadt¹⁷ (near Hollabrunn), located about 50 kilometres from Vienna, hangs on the wall.



Photographs 4 and 5. Hanging from the ceiling is a sculpture of the owner of the villa. By J.W.J. 1930 (photographed by M. Bogus-Spyra)
Source: Private collections kept by Marzena Bogus-Spyra and Janusz Spyra (materials concerning Bruno Konczakowski).

¹⁷ This is evidenced by the inscription on a stone gravestone (Droll von Gartenstadt). The dog was buried by a stream about 70 metres away from the villa.

Slightly later than the house was constructed, the chapel of St Hubert¹⁸, patron saint of hunters, was erected, accessed by a long flight of stone steps. Fryderyk Konczakowski, son of Bruno and Elly, recalled that during a trip with his father through Austria, he had seen the prototype for such a chapel in Waldsee (near Mariazell), and soon afterwards, enchanted by the structure, built a similar one on his property. The chapel was built in the neo-Gothic style, using locally quarried sandstone, referred to as Godula sandstone, or sometimes as Brenna sandstone¹⁹. Centrally above the portal of the chapel, a partially glazed rosette only shows the stone head of a deer, with a golden cross above it. However, the most interesting feature is a Venetian mosaic with the image of the patron saint. It was made at the Kraków-based workshop called 'Krakowski Zakład Witrażów, Oszkleń Artystycznych i Fabryka Mozaiki Szklanej w Krakowie S.G. Żeleński'²⁰. At the bottom of the mosaic is an inscription reading 'Krakow S.G. Żeleński'. In the lower right-hand corner, there is a caption reading 'Z.G. 1930', which indicates when the work was created. The building was consecrated by Cardinal Adam Sapieha (1867-1951), who was the Metropolitan Archbishop of Kraków at the time. A little further away from the villa and St Hubert's chapel, hidden among trees, is another chapel with an image of St. Jude (known as Thaddaeus).

The trees and the woodland park on the nearby hills, too, are the result of Konczakowski's efforts. He could afford to do so because he and his wife were gradually acquiring further land in the area. Following their first purchase of land in September 1927, they bought more land, from Paweł Wiesner as soon afterwards as on 19 December of that year. Ten days later, they bought a plot of land from Jerzy Waliczek. On 1 June 1929, Elly Konczakowska bought a plot of land from Paweł Strzelów and his wife, Zuzanna Strzelów. On 18 August, they bought another plot of land, this time from Paweł Galik and his wife, Helena Galik. All subsequent purchases of land were in the name of their son, Fryderyk²¹. All of the land covered approx. 200 *morga*'s²², or 120 hectares. It is a known fact that

¹⁸ According to the website of the Polish National Heritage Institute [*Narodowy Instytut Dziedzictwa*], the chapel was erected in 1934, which is not true. In fact, it was built not later than in 1930. <https://zabytek.pl/pl/obiekty/kaplica-sw.-huberta-930655> [accessed on 08.10. 2024].

¹⁹ The sandstone was extracted from a nearby quarry, one of the largest quarries in Brenna.

²⁰ In 1902, the architect Władysław Ekielski and the decorative painter Antoni Tuch founded a stained-glass factory. They were soon joined by S. G. Żeleński, who was put in charge of the development of the factory's operations. Cf Z. Sroczyński: *Żeleńscy. Rodowód, dzieje rodu Żeleńskich z Żelanki*, Oficyna Wydawnicza "Adiutor", Warszawa 1997.

²¹ Regional Court in Cieszyn, Land & Mortgage Registration Division, Title register for Brenna, LWH No. 484. and LWH No. 471; LWH 262 ; LWH 520, LWH 525, LWH 614, LWH 596, LWH 648, LWH 642, LWH 634.

²² The size of *morga* varied depending on the region. For example, in the Lower Austrian region, one *morga* was equal to 0.5755 ha.

the family was one of the woodland owners in Teschen Silesia²³. The villa and the forest were looked after by the forester Kawulok²⁴, who Brunon would join for hunting (a cook and a maid also worked in the manor, and it was emphasised that Konczakowski hired only Polish servants²⁵). The property in Brenna became Konczakowski's private hunting ground, where he hunted for smaller animals, namely capercaillie, hares and foxes, because these were the only ones found in the woods there (although deer and roe deer could be spotted occasionally). The forest at the site was not old because there had previously been a pastoral farm there²⁶. Brunon, who was also dubbed "avid Nimrod"²⁷, an outstanding hunter. He went hunting not only in his woodlands, but also in the state-owned forests in Niepołomice (where he bought a licence to hunt for roe deer), and in the woodlands belonging to the Stonawski family in Pogórze²⁸. In the years between the wars, Konczakówka was a fashionable fishing ground complemented by a rich social life. Brunon would invite many guests to the place, the most famous one being President Ignacy Mościcki (who had his own residence in the town of Wisła, on Mount Zadni Groń by Mount Koziniec). The place was also frequented by Wojciech Kossak, who often stayed at a manor house in the nearby village of Górki Wielkie²⁹, and, reportedly, also by

²³ As the "Gwiazdka Cieszyńska" weekly wrote, "A large part of the forests, approx. 18,000 hectares, mainly in the mountainous areas, is held by the State Administration of the former Teschen Chamber. Large forest areas are also held by Count Larisch in Zebrzydowice, Folwarczny in Małe Kończyce, Count Thun in Wielkie Kończyce, the commune of Skoczów, Golezów Cement Factory in Golezów and Górna Leszna, and Konczakowski in Brenna. The rest of the forest land is owned by farmers, especially in mountainous areas". ("Gwiazdka Cieszyńska" 1930, Issue 63, p. 4).

²⁴ As this surname is common in the region (a well-known family from the village of Istebna), it has not been possible to establish the forester's name, but there is every indication that he was one of the brothers of Jan Kawulok, regionalist, musician and storyteller (1899–1976).

²⁵ "Gwiazdka Cieszyńska" 1938, Issue 34, p. 4.

²⁶ The owners would set up what was known as 'pastoral farm partnerships', with their main assets being the mountain pastures where sheep grazed. In Teschen Silesia, pastoral farming was closely linked to the Wallachians, who had settled in the Beskid Mountains in the 16th century. The local highlanders learnt Wallachian shepherding and started making cheese and produced wool. Cf. L. Delaveaux, *Górale beskidu zachodniego pasma Karpat. Rys etnograficzny zwyczajów i obyczajów włościan okolic Żywca*, Józef Czech, Kraków 1851; J. Spyra, *Wisła. Dzieje beskidzkiej wsi (do 1918 r.)*, Volume 2, Galeria Na Gojach, Wisła 2007, pp. 33–37.

²⁷ „Gwiazdka Cieszyńska”, 1934, Issue 70, p. 4.

²⁸ In 1860, the estate was purchased by Jan Stonawski, and in 1876, after his death, it was bequeathed to his widow, Helena, née Król, who passed the property on to her son Adolf Stonawski. In 1937, Piotr Stonawski became the owner. In 1945, the Pogórze estate was nationalised.

²⁹ Tadeusz Kossak and Anna Kossak, née Kisielnicka, arrived in Górki Wielkie in 1922 from the Eastern Borderlands. The Kossaks leased the manor, which had previously belonged to the Habsburgs, from the Polish State Treasury and, after winning a tender for the property, became its owners. The Kossaks hosted many writers, including Jan Parandowski, Maria Dąbrowska, Jan Sztudynger, and Melchior Wańkowicz. Wojciech Kossak would come the place from Krakow, together with his children: Jerzy Kossak, Maria Pawlikowska-Jasnorzewska, Magdalena

Hans Moltke³⁰. However, there are numerous discrepancies in the information concerning visits to Konczakówka by Hermann Göring³¹, the prime minister of the German Reich and the Great Hunter of the Third Reich. Frederick Konczakowski's memoirs show that his father never hosted him³², which can be confirmed by information from local newspapers, which meticulously recorded various events in Göring's life³³, so his visit to the region would have been widely reported. It is therefore necessary to correct the information that can be found on tourist information websites, which suggest that 'his' bed can still be found in one of the villa's seven bedrooms³⁴. This, however, is refuted by all the available sources. The information concerning the visits by the prime minister of the German Reich to areas belonging to the Polish state only confirms that in February 1935 Göring came to hunt for lynx, wolves and wild boar in the Białowieża Forest³⁵. A visit to Bruno could only have taken place during the Second World War, when an outpost of the German Abhwera was located in Konczakówka, although even such a fact would certainly have been publicised. There is also no

Samozwaniec. Jadwiga Unrug and her husband Stanisław Ignacy Witkiewicz (Witkacy) would visit the place as well.

³⁰ Hans Adolf von Moltke (1884–1943), a German diplomat. From 1913, he held the post of attaché at the Athens embassy and later in Istanbul (1914). In 1922–1924, he was a member of the Upper Silesian Mixed Commission [Polish: Górnośląska Komisja Mieszana], then a counsellor at the German embassy in Istanbul, and later the head of the Polish department at the German Foreign Ministry. He became a German MP in Poland in 1931 and, from November 1934, held the post of ambassador. He carried out his mission almost until the outbreak of World War II.

³¹ Hermann Göring (1893–1946), a German politician and military officer, one of the most important activists in Nazi Germany, and a commander-in-chief of the Luftwaffe, but above all a war criminal. Cf: R. Manvell, H. Fraenkel, *Göring. Człowiek, który miał być następcą Hitlera*, Wyd. Dolnośląskie, Wrocław 2007.

³² It is said that when Mościcki and Göring arrived for hunting, there were two dozen security officials on the alert in the open air. However, it is not clear which hunting occasion it was and where. It may have been a meeting in Białowieża. Göring was in close contact with President Mościcki. They went hunting together on several occasions, and Göring gave Mościcki a gift: a Hanover hound, followed by another gift in 1938, which was a Mercedes-Benz G5.

³³ In 1929–1939, the "Gwiazdka Cieszyńska" weekly mentioned Göring several times, including his wedding ("Gwiazdka Cieszyńska" 1935, Issue 31, p. 1.), his presence at the funeral of Józef Piłsudski ("Gwiazdka Cieszyńska" 1935, Issue 40, p. 2), his journey to the Balkans ("Gwiazdka Cieszyńska" 1935, Issue 45, p. 2), his visit in February ("Gwiazdka Cieszyńska" 1936, Issue 18, p. 3), his visit to Rome together with his wife ("Gwiazdka Cieszyńska" 1937, Issue 7, p. 1), and his 25th anniversary as a military officer ("Gwiazdka Cieszyńska" 1939, Issue 9, p. 3).

³⁴ <http://dziennikgorski.type.pl/?p=1802>; <http://www.eksploratorzy.com.pl/viewtopic.php?f=76&t=3634>; <https://katowice.wyborcza.pl/katowice/1,35063,2421233.html> [accessed on 08/10/2024].

³⁵ At the start of 1921, the area of the Białowieża Forest became part of the Polish state by virtue of the Riga Treaty and was incorporated into the state forest. (https://geografia.umcs.lublin.pl/publikacje/tmp/16_biaowieza_monografia_63bff47813796.pdf, p. 1104, [accessed on 13/12/2024]). Göring continued to go hunting there in 1937 and 1938, but did not take the hunting invitation in February 1939, and was replaced by Heinrich Himmler.

mention in the files in Katowice, where all meetings of notables were recorded³⁶. Certain information may point to another Göring, namely Albert, who acquired Austrian citizenship in 1936 and rescued many people from wartime oppression³⁷. During the war, Albert Göring worked as an arms export director at the Skoda factory in the Protectorate of Bohemia and Moravia, which was relatively close to Brenna. Unfortunately, there is no indication that a person with no interest in hunting would have visited Konczakowski's manor, so this hypothesis, too, has to be dismissed.

Similar information concerns a visit by Count Galeazzo Ciano³⁸. Edda Ciano and Galeazzo Ciano stayed in Białowieża at the end of 1939, which was recorded in photographs by the then fledgling photographer and filmmaker Włodzimierz Puchalski. In diaries³⁹, Galeazzo Ciano recalls, *inter alia*, hunting at that time, but wrote nothing about his visit or visits to the Brenna manor. During his visit to Poland, Ciano met and talked to, well, Hans Moltke, but the meeting took place in Warsaw.

It is known from the various interviews that have been transcribed and can be found in the materials about Bruno Konczakowski⁴⁰ that many people from Cieszyn, Bielsko, Skoczów and other places in the region would visit Konczakówka (they included two engineers with degree: Stanisław Staszkiwicz and Konrad Szubert, Judge Janusz Michalski, and Professor Józef Król), which is documented by photographs. Konczakowski not only hunted there. Above all, he relaxed with his family there, planted an orchard and raised poultry. As a member of the Silesian Hunting and Fishing Society, he took part in the hunting exhibition held from 7 to 15 June 1930, and his exhibits deserved special recognition⁴¹.

At this point, it is also worth mentioning that just before the outbreak of World War II, the authorities did not favour Konczakowski, who, supposedly for 'political reasons', was not allowed to buy the surrounding land, which in this

³⁶ Professor Ryszard Kaczmarek and Dr Mirosław Wędzki, who study records and newspapers from the inter-war and wartime periods, confirm that no such visit took place.

³⁷ When, in 1945, Albert Günther Göring (1895–1966) was preparing to be interrogated by American investigators in a Nuremberg prison, these investigators did not believe that the brother of the powerful Marshal Hermann Wilhelm Göring not only hated Nazism and was not a member of the Nazi Party, or NSDAP, but that he also had rescued Jews, dissidents and others at risk, and that he himself had been hunted down by the Gestapo. Cf: W. Hastings Burke, *Lista Göringa. Niezwykła historia Alberta, młodszego brata marszałka Trzeciej Rzeszy*, Wyd. Dolnośląskie, Wrocław 2011.

³⁸ Galeazzo Ciano, Count di Cortelazzo (1903–1944), an Italian politician, diplomat and journalist, leading activist of the fascist movement, and a son-in-law of Benito Mussolini.

³⁹ C. Galeazzo, *Pamiętniki 1939–1943*, Volumes 1–2, Wyd. St. Jamiołkowski and T.J. Evert, Łódź 1949.

⁴⁰ Private collections kept by Marzena Bogus-Spyra and Janusz Spyra (materials concerning Bruno Konczakowski).

⁴¹ A hunting exhibition in Cieszyn, "Łowiec Polski" 1930, Issue 29, pp. 368–369.

case covered an uncultivated weedy land of seven *morga*'s. The highlander who approached Konczakowski about the purchase wanted to use the money to pay off his debt to his siblings. A newspaper note shows that Bruno was not particularly keen on buying the land, while the authorities actually punished not the Cieszyn merchant, but a poor peasant from whom no-one else wanted to buy this wasteland in the mountains⁴².

At the beginning of the war, in 1940, Konczakowski was sent to the Dachau camp because he was not German enough for the invaders at the time. When the war ended, he was sent to a labour camp for not being Polish enough. After the liberation, he continued to run his business for some time. However, he was no longer as energetic as he had been before to develop his business contacts and his passion for hunting. After all, the total centralisation of economic management was an effective impediment to that.

After World War II, Konczakowski also lost his beloved hunting lodge in Brenna. It was not quite in line with the laws passed by the communists. Unfortunately, no documents have been found which would clearly show that the villa was taken away from him on the basis of a court order⁴³. Probably after the land was taken away from him by virtue of the agrarian reform decree of the Polish Committee of National Liberation of 6 September 1944⁴⁴, which came into force on 13 September 1944 and which led to a fundamental change in the structure of the ownership of land properties (the provisions of the decree were applied by both the courts and the administrative authorities)⁴⁵, he stopped going to the property, which now was allegedly looked after by the forester Kawulok, who later handed it over to an unnamed engineer⁴⁶. The change of title was regis-

⁴² *Pod włos...*, "Polonia" 1938, Issue 4848, p. 5; "Gwiazdka Cieszyńska" 1938, Issue 34, p. 4.

⁴³ Zofia Jablonska claimed that he needed only one more witness to keep his land instead of having it taken away from him. When she asked him why had not decided to subpoena her as a witness, Konczakowski allegedly said: "let them take it away! How am I going to get the money to pay taxes?" An interview with Zofia Jablonska, 25 August 1988, in: Private collections kept by Marzena Bogus-Spyra and Janusz Spyra (materials concerning Bruno Konczakowski).

⁴⁴ (Dz.U. [Journal of Laws] of 1945, No. 3, item 13). It is worth noting that this decree was a law passed against the constitution.

⁴⁵ Under the law as it stands today, he would have a chance to recover the property, as the Constitutional Tribunal aptly explained, in its resolution of 19 September 1990, W 3/89 (OTK 1990, No. 1, item 26), that a land property is a property of an agricultural nature, as the intention of the legislator was to allocate, for the purposes of the agrarian reform, those properties or parts thereof which were or could be used for agricultural production activities involving plant, animal and fruit production, but by other entities. Moreover, the prevailing view taken by the courts is that a land property is a property of an agricultural nature, and the land taken away from Konczakowski was not of such a nature.

⁴⁶ Kawulok swore to Brunon that he had handed over all the contents of the villa, but pulled out a handkerchief with the initials BK on it, which Konczakowski considered an act of betrayal. His son Frederick, too, said that the house had not officially seized from them, but added that

tered in the Land and Mortgage Register on 5 September 1958⁴⁷. The manor was formally handed over to the local forest district office. Practically, however, it served, until 1989, as a holiday resort for members of the Provincial Committee of the Polish United Workers' Party, first in Katowice, then in Bielsko-Biała. Today, the building is used as a training and recreation centre for the Ustroń Forest District Office and is owned by the State Forests, a Polish state forest management company [Polish: *Lasy Państwowe*].

As far as contemporary educational contexts are concerned, which are, after all, linked to the historical background of Villa Konczakówka, the place has, for many years, been used to support the development of art education. Every year, in August, Kończakówka plays host to international open-air painting and sculpture workshops, which are organised by, among others, by the Stowarzyszenie Twórcze Brzimy association.

The commune of Brenna, too, in its promotional activities, emphasises the uniqueness of the area rich in history, heritage sites, tourist attractions and natural scenery. Closely linked to this is the Hunting Trail in the commune. It allows visitors to learn about hunting culture, the surrounding nature and the fauna of the local forests. According the commune's official website,

the trail starts in Brenna Spalona, from where you can hike by along the Głębiec street. You reach a crossroads and leave the trail signs and walk to the Konczakówka Hunting Manor on the slope of Mount Czupel, surrounded by magnificent tree species, including larches, oaks and Douglas firs. After a visit to the manor, return to the crossroads and follow the signs of the walking trail along the forest path that leads to the area of Mount Czupel. From there, you can set off to Mount Błotnia (Błotny) or along the mountain ridges towards Górki Wielkie.⁴⁸

Bruno Konczakowski's manor is also one of the sites along the cross-border route called 'Behind the scent of the tree'⁴⁹, as one of twenty Polish and Slovak sites. It was listed as the fifth most inspiring wood-related place to learn about the history and culture of the Poland-Slovakia borderland region. The trail runs from Brenna in Poland to Babín in Slovakia and back. Importantly, a tour of the sites of geographical and historical heritage can be complemented by modern

without the land it was impossible to keep the building in good condition. When he visited Brenna in 1960, after his father's death, everything there was supposedly complete. Vide: an interview with Fryderyk Konczakowski, 15 July 1988, in: Private collections kept by Marzena Bogus-Spyra and Janusz Spyra (materials concerning Bruno Konczakowski).

⁴⁷ Regional Court in Cieszyn, Land & Mortgage Registration Division, Title register for Brenna, No. 153. This title register shows that 15 properties were taken over (title register numbers: 22, 463, 484, 520, 618, 616, 525, 614, 596, 634, 626, 648, 642, 266 and 471), a total of 90.66 ha, including 1.28 ha of farming land and developed land.

⁴⁸ <https://turysta.brenna.org.pl/pl/szlak-mysliwski> [accessed: 16.12.2024].

⁴⁹ https://europapnews.pap.pl/sites/default/files/2021-11/Prezentacja_Za%20woniom%20drzewa.pdf [accessed on 16.12.2024].

technology and the use digital apps, as the sites "along the trail have been marked with information boards that show QR codes to confirm your visit to the site, to download the e-Lykożrut/e-Kornik app, or to download other information about the project. A text in Braille is available so that people who are blind or visually impaired can read the trail information and confirm their visit to the attraction they have reached⁵⁰.

Intriguing sites, routes, educational paths, hiking trails and other attractions in the Brenna area can be combined with opportunities to try local food, which the original owner of the hunting villa, too, loved.

Conclusion

The history of Villa Konczakówka has been written on the basis of on reliable and verified sources. They confirm that the villa, which was built in 1929 to function as a leisure and recreational facility and to serve the hunting passion and social gatherings, is an important heritage site in the region. Its history has a dimension that not only documents an interesting part of the tourist history of the region, but which is also a description of a place with contexts of an educational nature, allowing the lives of individuals to be linked with opportunities for action in certain political and economic systems. Brunon, who was building a business in the time of the Austro-Hungarian Empire and who knew how to invest his capital well between the two world wars, had to surrender part of his estate during the Stalinist period. As mentioned, the title to his beloved villa had been changed under communist rule on 5 September 1958, while he himself died a year later on 21 September, in Vienna, a place equally close to his heart. Without passing any judgement on Konczakowski's passion, although hunting is not something to be proud of nowadays, it must be said, not in a lofty tone, that he left behind a monument, not of bronze or marble, but one of spiritual legacy. His legacy is documented by a collection of cultural artifacts and a well-maintained piece of landscape with a property that art historians have come to appreciate, and which continues to serve posterity today in an educational capacity.

⁵⁰ <https://europapnews.pap.pl/node/1952> [accessed on 16.12.2024].

DECLARATION OF CONFLICTING INTERESTS

The author declared no potential conflicts of interests with respect to the research, authorship, and/or publication of the article *Educational and Historical Contexts of Villa Konczakówka in Brenna*.

FUNDING

The translation of the article into English was financed by the Research and Development Subsidy No.: SBR/WNS/KBE/9/2024. The author received no financial support for the research, authorship, and/or publication of the article *Educational and Historical Contexts of Villa Konczakówka in Brenna*.

AUTHORS' CONTRIBUTIONS

Conceptualization; Methodology; Validation; Investigation; Data Curation; Writing – Original Draft; Writing – Review and Editing; Supervision; Project administration; Funding acquisition.

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- b) Private collections kept by Marzena Bogus-Spyra and Janusz Spyra (materials concerning Bruno Konczakowski).

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Received: 17.02.2025
Accepted: 17.04.2025

<http://dx.doi.org/10.16926/sit.2025.02.02>

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STATE OF RESEARCH ON THE HISTORY OF FOOTBALL IN KIELCE PROVINCE IN THE YEARS 1919–1939

How to cite [jak cytować]: Kościański K., *State of research on the history of football in Kielce province in the years 1919–1939*, "Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe" 2025, vol. 8, no. 2, pp. 29–46.

Stan badań na dziejami piłki nożnej w województwie kieleckim w latach 1919–1939

Streszczenie

W poniższym artykule przedstawiono stan badań nad dziejami piłki nożnej w województwie kieleckim w latach 1919–1939. Dyscyplina ta w województwie kieleckim w omawianej czasurze czasowej rozwijała się w czterech ośrodkach: Częstochowa, Kielce, Radom i Zagłębie Dąbrowskie. Badaczami, którzy podjęli problematykę piłki nożnej w okresie międzywojennym na wspomnianym terenie byli: Adam Fryc (Zagłębie Dąbrowskie), Paweł Jończyk (Zagłębie Dąbrowskie), Krzysztof Kościański (Częstochowa), Eligiusz Małolepszy (Częstochowa), Marek Michnik (Kielce), Zbigniew Moskwa (Kielce), Lech Mosiołek (Radom), Antoni Pawłowski (Kielce), Szymon Piasta (Kielce), Mirosław Ponczek (Zagłębie Dąbrowskie). Uzupełnienie stanu badań stanowią nieliczne monografie klubów sportowych z województwa kieleckiego oraz opracowania dotyczące dziejów piłki nożnej w Polsce. Znaczna część publikacji ma charakter popularnonaukowy. Brakuje w nich przypisów źródłowych oraz bibliografii. W zakresie stanu badań nad dziejami piłki nożnej w województwie kieleckim w latach 1919–1939 jak dotąd nie ukazała się żadna praca zwarta.

Słowa kluczowe: piłka nożna, województwo kieleckie, okres międzywojenny, Kielecki Okręgowy Związek Piłki Nożnej.

Abstract

The following article presents the state of research on the history of football in Kielce province in the years 1919–1939. During the discussed period, football in the province of Kielce developed

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in four centres: Częstochowa, Kielce, Radom and the Dąbrowa Basin (Zagłębie Dąbrowskie). Researchers who addressed the issue of football in the interwar period in these regions were: Adam Fryc (the Dąbrowa Basin), Paweł Jończyk (the Dąbrowa Basin), Krzysztof Kościański (Częstochowa), Eligiusz Małolepszy (Częstochowa), Marek Michnik (Kielce), Zbigniew Moskwa (Kielce), Lech Mosiołek (Radom), Antoni Pawłowski (Kielce), Szymon Piasta (Kielce), Mirosław Ponczek (the Dąbrowa Basin). The state of research is supplemented by few monographs of sports clubs from the province of Kielce and studies on the history of football in Poland. A significant part of the publications is of a popular science nature. They lack source footnotes and bibliography. As regards the state of research on the history of football in the province of Kielce in the years 1919–1939, no comprehensive work covering this topic has been published so far.

Keywords: football, Kielce province, interwar period, Kielce Regional Football Association.

Introduction

The aim of the article is to present the state of research on the history of football in Kielce province in the years 1919–1939. The province of Kielce, with its capital city of Kielce was established on August 14, 1919. Initially, it was divided into 16 land districts: the district of Będzin, Częstochowa, Iłża (with its seat in Wierzbnik), Jędrzejów, Kielce, Końskie, Kozienice, Miechów, Olkusz, Opatów, Opoczno, Pińczów, Radom, Sandomierz, Stopnica (with its seat in Busko), and Włoszczowa. It was adjacent to the provinces of Warsaw, Łódź, Cracow, Lublin, Lviv and Silesia, and it also bordered Germany on a small section.¹ This province was characterised with poor region consolidation and lack of a dominating centre. It consisted of four main centres: Częstochowa, Kielce, Radom and the Dąbrowa Basin. Essentially, football developed there. Till 1928, sports clubs from these areas participated in tournaments led by Łódź Regional Football Association, Cracow Regional Football Association and Warsaw Regional Football Association. Finally, in 1928, an identical organisation was established in the land of Kielce. It coordinated football tournaments on the province territory. In given seasons, some teams changed their affiliation to particular regions.

Research methods and problems

The article was prepared with the use of the following research methods: historical source analysis, synthesis, induction, deduction, comparative analysis.

There were the following research questions posed:

1. What is the state of research on the history of football in Kielce province in the years 1919–1939?
2. Which aspects of the history of football in Kielce province in the years 1919–1939 are still to be researched?

¹ The act of August 2, 1919 ([Dz. Pr. P. P.] Journal of the Law of the Polish State 1919, no 65, item 395). In 1931, the province consisted of 19 districts and 40 cities.

Results and discussion

Football, as one of the most popular sports disciplines, has been researched thoroughly. Studies concerned the history of this discipline and its development, sports clubs and associations, political perturbations related to football or its regional aspect. The history of this discipline in Poland was studied, among others, by Jerzy Eider, Jerzy Chełmecki, Teresa Drozdek-Małołepsza, Dobiesław Dudek, Adam Fryc, Jerzy Gaj, Stefan Grzegorzczak, Tomasz Jurek, Artur Kita, Eligiusz Małołepszy, Jarosław Owsiański, Rafał Szubert, Mirosław Ponczek, Tomasz Siwiński, Ryszard Stefanik, Bernard Woltmann. In the works by the above authors we find information on the origins and history of football in Poland.²

Some researchers devoted their studies to football in inter-war Poland. These were, among others, Piotr Chomicki, Robert Gawkowski, Andrzej Gowarzewski, Jarosław Hejenkowski, Piotr Kędzia, Edwin Kowszewicz, Janusz Kukulski, Mateusz Polakowski, Remigiusz Piotrowski, Stefan Szczepłak, Leszek Śledziona, Rudolf Wacek.³ Their studies show a broad perspective on the development of this discipline. One can find there information on clubs from the prov-

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- ² J. Chełmecki (ed.), *The origins of football in Poland*, Muzeum Sportu i Turystyki, Warszawa 2012; D. Dudek, *The Legal Basis of Football Sports Associations in Galicia*, [in]: J. Chełmecki (ed.), *The origins of football in Poland*, Muzeum Sportu i Turystyki, Warszawa 2012, pp. 13–25; J. Eider, *Piłka nożna na pomorzu zachodnim w latach 1945–2006*, Uniwersytet Szczeciński, Szczecin 2006; A. Fryc, *Piłka nożna w Europie w latach 1863–1914*, Miejska Biblioteka Publiczna, Piekary Śląskie 2015; J. Gaj, B. Woltmann, *Sport w Polsce 1919–1939*, AWF, Gorzów Wlkp 1997; B. Woltmann (ed.), *Piłka nożna w Wielkopolsce 1921–2001*, PTNKF Sekcja Historyków Kultury Fizycznej, Poznań 2001; S. Grzegorzczak, *Z piłką na ty*, Sport i Turystyka, Warszawa 1988; A. Kita, *Geneza i rozwój piłki nożnej kobiet w Polsce do 2010 roku*, AWF Gorzów Wlkp. 2013 (PhD dissertation); E. Małołepszy, T. Drozdek-Małołepsza, *Zarys dziejów Gminnego Ludowego Klubu Sportowego Pogoń 1947 Kłomnice (1947–2021)*, Wydawnictwo Nauka i Innowacje, Poznań 2021; R. Szubert, T. Siwiński, *Zarys dziejów piłki nożnej w Ludowych Zespołach Sportowych działających w granicach administracyjnych powiatu nowotomyskiego w latach 1946–2018*, "Rozprawy Naukowe Akademii Wychowania Fizycznego we Wrocławiu" 2019, pp. 35–48; R. Stefanik, *Futbol w cieniu komitetów. Piłka nożna, a władza w województwie szczecińskim w latach 1945–1989*, IPN, Szczecin 2016; R. Wroczyński, *Powszechne dzieje wychowania fizycznego i sportu*, Zakład Narodowy im. Ossolińskich, Wrocław – Warszawa – Kraków – Gdańsk 1985.
- ³ P. Chomicki, L. Śledziona, E. Kowszewicz, *Piłka nożna na polskim Pomorzu 1920–1939 (Historia Sportu tom 2)*, NADA, Mielec – Kraków 2017; R. Gawkowski, *Encyklopedia klubów sportowych Warszawy i jej najbliższych okolic w latach 1918–39*, Wydawnictwa Uniwersytetu Warszawskiego, Warszawa 2008; A. Gowarzewski, *Lwów i Wilno w ekstraklasie: dzieje polskiego futbolu kresowego*, GiA, Katowice 1997; J. Hejenkowski, *Historia kujawskiego futbolu*, t. 1: 1910–1939, Jarosław Hejenkowski, Inowrocław 2022; P. Kędzia, *Sport w Polsce międzywojennej. Działalność oświatowa stowarzyszeń sportowych w Łodzi*, Wydawnictwo Uniwersytetu Łódzkiego, Łódź 2020; J. Kukulski, *Pierwsze mecze, pierwsze bramki...*, Wydawnictwo Literackie, Kraków 1988; R. Piotrowski, *Niezwykły świat przedwojennego futbolu*, PWN Warszawa 2019; M. Polakowski, *Pierwszy mecz, pierwszy gol*, Muzeum Sportu i Turystyki, Warszawa 2021; R. Wacek, *Wspomnienia sportowe*, no data 1947.

ince of Kielce. However, sources and references are missing, hence not all the information can be regarded as credible.

As for the state of research, the works by Józef Hałys, i.e. *Polish Football, volume I (Polska piłka nożna tom 1)*, *Polish Football, volume II 1918–1926 (Polska piłka nożna tom II 1918–1926)*, and *Polish Football, volume III 1927–1939 (Polska piłka nożna tom III 1927–1939)* occupy an important place. The two latter publications were released posthumously. Particular volumes include references to organisational structures in the province of Kielce and sports clubs from that area. They are not broadly described but placed chronologically in the development of this discipline.⁴

Another author who also tackled the subject matter was Jan Goksiński. In his monograph, *Club History of Polish Football till 1939, volume I. Regions – Branches – Attendance (Klubowa historia polskiej piłki nożnej do 1939 roku tom I. Regiony-branże-frekwencja)*, he described competition of sports clubs coming from various provinces. Organisational-legal and cultural foundations of football development with the division of the province of Kielce into four sub-regions, i.e. the Dąbrowa Basin, Częstochowa, Radom and Kielce, constitute the background of the work. The author chronologically presented the participation of various teams in national and regional competitions at the level of class A, B and C. His book *Club History of Polish Football till 1939, volume II. Clubs (Klubowa historia polskiej piłki nożnej do 1939 roku tom II. Kluby)* presents over 200 sports associations with football sections in Poland, including 36 from the province of Kielce. The descriptions include concise information on the clubs, often without their origins and operations. Both publications are devoid of document-source references, thus all the information included should be approached critically.⁵

The last group of publications are those presenting statistics. Albin Radoń was the pioneer in this subject matter. Part of the book *Football in the years 1921–1966 (Piłka nożna w latach 1921–1966)* is devoted to Polish championships. Apart from central-level competitions, also a macro-regional stage was described. In particular seasons some clubs from the province of Kielce, i.e. “Brygada” Częstochowa, RKS Radom, “Unia” Sosnowiec, “Warta” Zawiercie, “Victoria” Sosnowiec reached that stage. However, the monograph does not describe competitions in sub-regions and regional championships. Nevertheless, the author’s contribution, i.e. compilation of the collected data in a detailed and chronological manner, should be appreciated. This monograph has no source material.⁶

⁴ J. Hałys, *Piłka nożna w Polsce*, t. 1, Krajowa Agencja Wydawnicza, Kraków 1981, *Piłka nożna w Polsce*, t. : 1918–1926, ALNUS, Kraków – Mielec 2017, *Piłka nożna w Polsce*, t. 3: 1927–1939, ALNUS, Kraków – Mielec 2021.

⁵ J. Goksiński, *Klubowa historia polskiej piłki nożnej do 1939 roku*, t. 1: *Regiony – baraże – frekwencja*, PZI Softena, Warszawa 2012, *Klubowa historia polskiej piłki nożnej do 1939 roku*, t. 2: *Kluby*, PZI Softena, Warszawa 2013.

⁶ A. Radoń, *Piłka nożna w latach 1921–1966*, Sport i Turystyka, Warszawa 1969.

The series entitled *Before the League was Formed (Zanim powstała liga)* by Paweł Gaszyński is really impressive. The author depicts, with source footnotes, several thousand of football matches played in Poland in the years 1919–1921. In final chapters he placed a chronological list of all the matches and an alphabetical list of teams. Among them, there are clubs from Będzin (Hakoah, Przemsza), Częstochowa (Częstochovia, Szturm), Kielce (Kielczanka, Lechia), Sosnowiec (Jordan, Makkabi, Orion, Samson, Pogoń, Polonia, Viktoria, Towarzystwo Sportowe), Starachowice (Promień), Radom (Kordian) and Zawiercie (Warta). Moreover, the publication includes football matches played by military units: 4th infantry regiment of Kielce, 10th infantry regiment of Zawiercie, and 4th infantry regiment of Sandomierz.⁷

Piotr Chomicki, Leszek Śledziona and Edwin Kowszewicz were the authors that depicted the events of 1922–1923. The monographs *Football Yearbook 1922. Poland – Europe – the World (Rocznik piłkarski 1922. Polska-Europa-Świat)*, *Football Yearbook 1923. Poland – Europe – the World (Rocznik piłkarski 1923. Polska-Europa-Świat)* contain the results of regional competitions up to the level of the lowest leagues, i.e. class C.⁸ Little information on clubs from Kielce province is understandable as football was still developing in that region. There are no similar monographs pertaining to the years 1924–1926.

Jerzy Miatowski and Jarosław Owsiański are the authors of a valuable series of monographs. Meticulously, with source footnotes, they described the following seasons of league matches in the years 1927–1932. The publications are rich in visual material, also providing descriptions of class A and regional league matches, football fan treasure, a list of league clubs sparing matches. The works present, among others, sports rivalry of "Warta" Zawiercie, Workers Sports Club (RKS) Radom, "Unia" Sosnowiec, "Victoria" Sosnowiec.⁹ The study of the following seasons (1933–1939) will allow a comprehensive coverage of league play in Poland from 1927 to 1939.

Studies concerning the Polish Football Association (PZPN) constitute special source material. The publications issued by this entity in 1925 and 1930 contain,

⁷ P. Gaszyński *Zanim powstała liga*, t. 1: *Sezon 1919 (Almanach rozgrywek piłkarskich w Polsce w latach 1919–1926)*, Gargulion, Kraków 2013, *Zanim powstała liga*, t. 2: *Sezon 1920 (Almanach rozgrywek piłkarskich w Polsce w latach 1919–1926)*, Gargulion, Kraków 2014, *Zanim powstała liga*, t. 3: *Sezon 1921 (Almanach rozgrywek piłkarskich w Polsce w latach 1919–1926)*, Gargulion, Kraków 2017.

⁸ P. Chomicki, L. Śledziona, E. Kowszewicz, *Rocznik piłkarski 1922. Polska – Europa – Świat*, OLG-GEN, Mielce 2017, *Rocznik piłkarski 1923. Polska – Europa – Świat*, OLG-GEN, Mielec 2019.

⁹ J. Miatkowski, J. Owsiański, 1927. *Ten pierwszy sezon ligowy*, Bogucki Wydawnictwo Naukowe, Poznań 2017, 1928. *Wiśła po raz drugi*, Bogucki Wydawnictwo Naukowe, Poznań 2018, 1929. *Zielone mistrzostwo*, Bogucki Wydawnictwo Naukowe, Poznań 2019, 1930. *Liga dla Pasów*, Bogucki Wydawnictwo Naukowe, Poznań 2020, 1931. *Mistrz z Ludwinowa*, Bogucki Wydawnictwo Naukowe, Poznań 2021, 1927. *Ten pierwszy sezon ligowy, Wydanie II poszerzone*, Bogucki Wydawnictwo Naukowe, Poznań 2022, 1932. *Czarne punkty*, Bogucki Wydawnictwo Naukowe, Poznań 2023.

among others, a list of sports clubs and their distribution in particular regions as well as their division into organisational structures operating within the PZPN.¹⁰ What is more, there are some monographs pertaining to the activity of the PZPN, covering a wider time range.¹¹

The publications by Eligiusz Małolepszy constitute an important contribution to the state of research in the region of Częstochowa. The author of the monograph *Physical Culture and Military Training in Częstochowa and the district of Częstochowa in the years 1918-1939* (*Kultura fizyczna i przysposobienie wojskowe w Częstochowie i w powiecie częstochowskim w latach 1918-1939*) presents the operations of organisational structures and associations. These subject matters are more widely discussed in the articles *Football in Częstochowa in the years 1918-1939* (*Piłka nożna w Częstochowie w latach 1918-1939*) and *The Activity of Częstochowa Sub-Regional Football Association in the years 1928-1939* (*An outline*) (*Działalność Częstochowskiego Podokręgowego Związku Piłki Nożnej w latach 1928-1939* (zarys dziejów)). The first one contains a lot of information on football clubs and sections that existed in Częstochowa in the Second Polish Republic, together with their achievements. The latter is an outline of Częstochowa Sub-Regional Football Association (CzPPN) history. It presents a system of contemporary matches and the results of teams from the sub-region. The article also describes the initiative of local activists to establish the Kielce Regional Football Association (KielZOPN) with its registered office in Częstochowa.¹² The publications *The History of Physical Culture and Sport in the District of Zawiercie in the years 1927-1939* (*Z dziejów wychowania fizycznego i sportu w powiecie zawierciańskim w latach 1927-1939*) authored by E. Małolepszy and Teresa Drozdek-Małolepsza present an outline of the history of football in the Zawiercie district.¹³

¹⁰ *Rocznik Polskiego Związku Piłki Nożnej 1919-1924*, PZPN, Kraków 1925; *Rocznik jubileuszowy PZPN 1930*, PZPN, Warszawa 1930.

¹¹ H. Biliński, *80 lat PZPN*, GiA, Katowice 2000; J. Lechowski, E. Potorejko, P. Smaczny, P. Smaczny, M. Szymkowiak, *Polski Związek Piłki Nożnej. Zarys historii 1919-1994*, Sport i Turystyka, Warszawa 1994; J. Okapieć, E. Protejko, L. Ryński, *Pięćdziesiąt lat Polskiego Związku Piłki Nożnej*, PZPN, Warszawa 1969.

¹² E. Małolepszy, *Kultura fizyczna i przysposobienie wojskowe w Częstochowie i w powiecie częstochowskim w latach 1918-1939*, Częstochowa: WSP 1996, *Piłka nożna w Częstochowie w latach 1918-1939*, "Rocznik Naukowy AWF" 1997, no 25, pp. 63-75, *Działalność Częstochowskiego Podokręgowego Związku Piłki Nożnej w latach 1928-1939* (zarys dziejów), "Prace Naukowe WSP w Częstochowie. Kultura Fizyczna" 2000, vol. 3, pp. 43-52, *Piłka nożna w województwie kieleckim w latach 1919-1939. Zarys problematyki*, [in:] Woltmann B. (ed.), *Z najnowszej historii kultury fizycznej w Polsce*, t. IV, PTNKF Sekcja Historyków Kultury Fizycznej, Gorzów Wlkp. 2000.

¹³ E. Małolepszy, T. Drozdek-Małolepsza, *Z dziejów wychowania fizycznego i sportu w powiecie zawierciańskim w latach 1927-1939*, [in:] Ponczek M., Witkowski S., Fryc A. (eds.), *Z dziejów kultury fizycznej w Zagłębiu Dąbrowskim i regionach ościennych*, Sosnowiec - Katowice - Dąbrowa Górnicza 2010, pp. 113-120.

Another researcher who studied the history of football in the region was Krzysztof Kościański. He focused on that subject matter in the monograph *From La Czenstochovienne to Raków. Football in the region of Częstochowa in the years 1906–2016* (*Od La Czenstochovienne do Rakowa. Piłka nożna w regionie częstochowskim w latach 1906–2016*). In the third chapter, the author describes the history of football in the interwar period. He presents, among others, legal and organisational conditions, the history of sports clubs and associations from the region and their sports rivalry. One of his publications concerns the infrastructure existing at that time. Other centres in the province of Kielce have not been studied from that perspective.¹⁴

Dissertations and monographs have contributed significantly to the state of research on the origins and development of football in the region of Częstochowa. There are studies on four Częstochowa sports clubs: Workers Sports Club (RKS) "Raków,"¹⁵ Inter-company Workers Sports Club (MRKS) "Skra,"¹⁶ General Sports Club (KOS) "Victoria,"¹⁷ Częstochowa Sports Club (CKS) "Budowlani".¹⁸ What is more, two other clubs from the region in question, i.e.

"Pogoń" Blachownia¹⁹ and "Warta" Zawiercie²⁰ were also described in monographs.

The history of football in the region of Kielce was also described by Marek Michnik and Antoni Pawłowski. In the monograph *With Football Through the*

¹⁴ K. Kościański, *Stan badań nad genezą i rozwojem piłki nożnej mężczyzn w regionie częstochowskim do 2010 roku*, [in:] Nowak L., Pieczyński P., Urban R. (eds.), *Kultura fizyczna w Polsce Ludowej i Trzeciej Rzeczypospolitej*, PTNKF Sekcja Historyków Kultury Fizycznej, Gorzów Wlkp. 2012, pp. 303–312, *Geneza i działalność Kieleckiego Okręgowego Związku Piłki Nożnej w latach 1928–1937*, [in:] Nowak L., Urban R. (eds.), *Z najnowszej historii kultury fizycznej w Polsce*, t. XI, PTNKF Sekcja Historyków Kultury Fizycznej, Gorzów Wlkp. 2014, pp. 127–134, *Infrastruktura sportowa dla potrzeb piłki nożnej w Częstochowie w okresie międzywojennym*, "Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe" 2021, vol. 4, no 3, pp. 29–46, *Piłka nożna w Częstochowie w latach 1919–1927*, "Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe" 2019, vol. 2, no 4, pp. 45–59, *Od La Czenstochovienne do Rakowa. Piłka nożna w regionie częstochowskim w latach 1906–2016*, UJD, Częstochowa 2024.

¹⁵ R. Karpowicz, *50 lat w służbie sportu – RKS Raków*, RKS Raków, Częstochowa 1971; *70 lat RKS "Raków" Częstochowa*, RKS Raków, Częstochowa 1991; *75 lat RKS "Raków" Częstochowa*, RKS Raków, Częstochowa 1997.

¹⁶ *55 lat MRKS "Skra" Częstochowa 1926–1981*, MRKS Skra, Częstochowa 1981; D. Bakota, A. Płomiński, *Klub Sportowy Skra Częstochowa 1926–2018*, UJD, Częstochowa 2019.

¹⁷ S. Gajos, *50 lat KS Victoria Częstochowa*, Częstochowa 1972; Z. Pietraszek, *75 lat KS "Victoria" Częstochowa*, Klub Sportowy Victoria, Częstochowa 1997; R. Kuczera, *Victoria Częstochowa 1922 – 2004. Historia Klubu*, Urząd Miasta, Częstochowa 2004.

¹⁸ J. Wróbel, M. Wójcik: *Monografia 70 lat Częstochowskiego Klubu Sportowego Budowlani*, Częstochowa 1992.

¹⁹ K. Imiołek, M. Kwaśnicki, Z. Ostrowski, M. Szkoda, *Jubileusz 80-lecia KS Pogoń Blachownia 1924–2004*, Zarząd Klubu, Blachownia 2004.

²⁰ J. Janik, S. Gębka, *Warta Zawiercie 1921–2021. 100 lat. Historia piłki nożnej*, Precjoza, Zawiercie 2021.

Kielce Region (Z piłką nożną przez Kielecczynę) they depict the history of this sports discipline in the interwar period. The authors devoted the first chapter to the origins of sports clubs in Kielce, "Ostrowia" Ostrowiec Świętokrzyski and Starachowice Sports Club till 1928. The second chapter presents the establishment of the KielZOPN²¹ as well and the outline of the Kielce and Radom sub-regions activity. What is more, the publication presents the participation of the KielZOPN champions in the elimination games for the National League. The monograph does not have any source footnotes, yet it is enriched with numerous photographs.²² Similar subject matters were touched upon in the monograph From Czwartacy to Korona Kolportera (Od Czwartaków do Korony Kolportera).²³ Another co-authored monograph of the authors is Świętokrzyski Lexicon of Sports (Świętokrzyski Leksykon Sportowy), where they present, among others, biographies of people associated with football in the province.²⁴ Szymon Piasta is a researchers who also focused on football on the territory in question. His monograph 80 years of Świętokrzyski Football Association (80-lat Świętokrzyskiego Związku Piłki Nożnej) presents the history outline of several sports clubs operating in this area. The description of sports associations which were liquidated but were active in the interwar period constitutes its important part. Similarly to previous studies concerning football in the land of Kielce, this monograph does not have any source footnotes.²⁵

Another author who tackled the subject matter of the history of football in Kielce was Zbigniew Moskwa. In his study Sport in Kielce in the Old Days (Kielecki sport z myszką), he presented the activity of sports clubs, their infrastructure, the most distinguished figures and events in particular disciplines, including football. The book constitutes a valuable source of information on interwar sports life in Kielce.²⁶

Another city from the region has also been documented in a similar way. The publication The History of Sport in Starachowice (Historia starachowickiego sportu) describes its origins and history. One of the main parts of the publication is a chapter devoted to the history of football in that region. The author, Eugeniusz Majchrzyk, depicts pre-war football clubs as well as compilations, bal-

²¹ In the statute of 1930, there was a name Regional Kielce Football Association, and only later it was changed to Kielce Regional Football Association.

²² M. Michniak, A. Pawłowski, *Z piłką nożną przez Kielecczynę*, Agencja Wydawniczo-Usługowa Słowo Kibica, Kielce 1998.

²³ M. Michniak, A. Pawłowski, *...od Czwartaków do Korony Kolportera... Historia piłki nożnej w Kielcach*, Agencja Wydawniczo-Usługowa Słowo Kibica, Kielce 2006.

²⁴ M. Michniak, A. Pawłowski, *Świętokrzyski Leksykon Sportowy*, Agencja Wydawniczo-Usługowa Słowo Kibica, Kielce 2002.

²⁵ S. Piasta, D. Wikło, *75 lat świętokrzyskiej piłki nożnej*, Oficyna Poligraficzna APLA, Kielce 2003; S. Piasta, *80 lat Świętokrzyskiego Związku Piłki Nożnej*, Oficyna Poligraficzna APLA, Kielce 2008.

²⁶ Z. Moskwa, *Kielecki sport z myszką*, Golpe, Kielce 2000.

ance sheets and results.²⁷ The monographs of sports clubs, KSZO Ostrowiec²⁸ and "Naprzód" Jędrzejów²⁹ complete the state of research on the region of Kielce.

Apart from the authors mentioned above, the history of football in interwar Radom and its region was described by Lech Mosiołek. His monograph *Radom Football of the Old Days 1908-1918-1945 (Futbol Radomia dawnych lat 1908–1918-1945)* constitutes a significant contribution into the state of research in the province of Kielce. The author presents the outline of clubs' activity, their legal-organisational structure and infrastructure. He devoted a separate sub-chapter to competitions where he depicted the most important events linked with football in the region of Radom at that time.³⁰ Another publication by the same author, *The Interwar Generation of Radom Football (Kolumbowie Radomskiego Futbolu)* presents the stories of people connected with Radom football.³¹ The monographs of sports clubs RKS "Czarni,"³² RKS "Broń,"³³ RKS "Radomiak,"³⁴ and "Proch" Pionki³⁵ complete the state of research on the region of Radom.

Mirosław Ponczek was a researcher who focused on the history of sport in the Dąbrowa Basin. A monograph *The Development of Physical Culture in the Dąbrowa Basin 1864–1939 (Rozwój kultury fizycznej w Zagłębiu Dąbrowskim 1864–1939)* is an ample source of information. In the following chapters, the author details the beginnings and the development of physical culture in this region of Poland. Some of his publications describe the history of local physical culture at the time of the Second Polish Republic. M. Ponczek depicted, among others, the activity of the Sokol Gymnastic Society in the interwar period and the development of the Dąbrowa Basin sports movement in the years 1918–1939.³⁶ The monograph *Male Football at the Centennial of the City of Sosnowiec 1902–2002 (From "Milowice" Sports Club to "Zagłębie" Sosnowiec Sports Asso-*

²⁷ E. Majchrzyk, *Historia starachowickiego sportu*, Starachowice 2021.

²⁸ W. Frańczak, *Piłkarskie potyczki ostrowieckiego klubu 80 lat KSZO*, Dorand, Ostrowiec Świętokrzyski 2009, *Klub Sportowy Zakładów Ostrowieckich 1929–1939 Publikacja powstała z okazji 90-lecia KS KSZO*, Dorand, Ostrowiec Świętokrzyski 2019.

²⁹ D. Szproch, *Naprzód, klubie Ty nasz... 80 lat Klubu Sportowego Naprzód Jędrzejów*, Nowa Galicja, Jędrzejów 2008.

³⁰ L. Mosiołek, *Futbol Radomia dawnych lat: 1908–1918–1945*, Stowarzyszenie "Gramy Razem", Radom 2018.

³¹ Ibidem, *Kolumbowie Radomskiego Futbolu*, Stowarzyszenie "Gramy Razem", Radom 2017.

³² S. Monik, P. Dobrowolski, A. Kołacz, *Czarni: dzieje klubu z Radomia siatkówką pisane 1921–2011*, Radomskie Centrum Siatkarskie "Czarni", Radom 2011.

³³ S. Szymczak, *Był Będzie Jest... 90 lat Broni Radom*, Radom 2016.

³⁴ L. Mosiołek, S. Monik (eds.), *RKS Radomiak Radom 1910–2010*, Stowarzyszenie "Tylko Radomiak", Radom, 2010.

³⁵ Z. Ruba, *Historia Klubu Sportowego "Proch" Pionki*, t. 1, Pionki 2012.

³⁶ M. Ponczek, *Rozwój kultury fizycznej w Zagłębiu Dąbrowskim 1864–1939*, AWF Katowice 1992, *Z przeszłości ruchu sportowego w Zagłębiu Dąbrowskim do 1939 roku*, Sosnowiecka Oficyna Wydawniczo-Autorska SOWA-PRESS, Sosnowiec 1992.

ciation) (*Męska piłka nożna w stuleciu miasta Sosnowca 1902–2002 (od Klubu Sportowego “Milowice” do Sosnowieckiego Towarzystwa Sportowego “Zagłębie)”*)³⁷ is a valid source for the state of research. A monograph by M. Ponczek and Adam Fryc titled *The History of Male Football in Sosnowiec (Dzieje piłki nożnej mężczyzn w Sosnowcu)* tackles a similar subject matter. The authors depict events from the times of the Second Polish Republic, accompanying their text with tables with results and information pertaining to matches of contemporary teams (among others, KS Sosnowiec and Unia Sosnowiec) and the results of league matches with their rivals.³⁸ A work by Janusz Hierowski *The 60th Anniversary of the Dąbrowa Basin Sport (Jubileusz 60-lecia sportu Zagłębia Dąbrowskiego)*³⁹ completes the state of research.

In a series of articles, Paweł Jończyk presented the activity of Czeladź Sports Club (CzKS) in the years 1933–1936, in the light of the press of the interwar period. What is more, he included information on, for example, the Basin Football Sub-Region as well as the KielZOPN.⁴⁰ The author, in a chronological way, presented information that occurred in newspapers in particular years and accompanied it with photographs and tables. The whole publication is, to a large extent, a collection of quotes without any elaboration by the author. On the other hand, the monograph *Czeladź Sports Club, Volume I 1924–1939 (Czeladzki Klub Sportowy. Tom I 1924–1939)* containing information on the first years of CzKS activity is an outcome of research. There are multiple photographs, match tables, lists of championship and sparing matches, results of sports competitions and descriptions of the most important events in the club’s history.⁴¹ Another publication is a one-day document issued to commemorate the 10th anniversary of CzKS.⁴² Another team from the Dąbrowa Basin that was also described in a monograph was “Zagłębie” Sosnowiec.⁴³

The history of football in the province of Kielce in the interwar period is completed by studies devoted to the history of football in the neighbouring regions. These works are important as in the period of time in question, in particular

³⁷ Idem, *Męska piłka nożna w stuleciu miasta Sosnowca 1902–2002: (od Klubu Sportowego Milowice do Sosnowieckiego Towarzystwa Sportowego Zagłębie)*, Progres, Sosnowiec 2002.

³⁸ M. Ponczek, A. Fryc, *Dzieje piłki nożnej mężczyzn w Sosnowcu*, Urząd Miasta Sosnowiec, Sosnowiec 2006.

³⁹ J. Hierowski, *Jubileusz 60-lecia sportu Zagłębia Dąbrowskiego*, Sosnowiec 1970.

⁴⁰ P. Jończyk, *Z historii Czeladzkiego Klubu Sportowego – rok 1933*, “Korner” 2022, no 3, pp. 14–22, *Z historii Czeladzkiego Klubu Sportowego – sezon 1933/34*, “Korner” 2022, no 5, pp. 30–52, *Z historii Czeladzkiego Klubu Sportowego – sezon 1934/35*, “Korner” 2023, no 7, pp. 65–96, *Z kart historii Czeladzkiego Klubu Sportowego – 1935/36 (część I)*, no 9 2023, pp. 44–63.

⁴¹ P. Jończyk, *Czeladzki Klub Sportowy, t. 1: 1924–1939*, CzKS Czeladź, Czeladź 2024.

⁴² J. Michalski, L. Wieczorek, J. Lorek, *Czeladzki Klub Sportowy 1924–1934*, Czeladź 1934.

⁴³ J. Skuta, *Zagłębie Sosnowiec. Historia piłki nożnej, wiara która przetrwała*, Zagłębie Sosnowiec, Sosnowiec 2018.

seasons, teams from this territory also played in the region of Warsaw, Cracow, Silesia, Łódź and Lublin. These publications allow for gathering and analysing data concerning, among others, sports clubs and operation of organisational structures.⁴⁴

Ending

The state of research on the history of football in the province of Kielce in the years 1919-1939 is still quite limited. This subject matter was described in the works of such researchers as: P. Jończyk, K. Kościański, E. Majchrzyk, E. Małolepszy, M. Michnik, L. Mosiołek, Z. Moskwa, A. Pawłowski and M. Ponczek. Most of them focus on the four main centres: Częstochowa, Kielce, Radom and the Dąbrowa Basin. The sub-region of Częstochowa has been particularly well researched as several detailed scientific studies concerning the period of time in question were published. The remaining publications concentrate mainly on the general development of sport, with an emphasis on the origins of football, and the activity of selected sports clubs. Many of these studies are of a popular science nature and do not contain source footnotes. In the aforementioned books, the interwar period is usually scarcely depicted serving as a backdrop for the subsequent history of football.

Regardless of some progress in the research on the history of football, there are still many areas that remain poorly researched or require in-depth consideration. Among them are, for example, a thorough analysis of the origins and development of football clubs, especially in smaller towns of Kielce province, and their role in local communities. Another important subject matter is the establishment of organisational structures in sub-regions and their importance in promoting football. It is also worth studying in detail how the establishment of the

⁴⁴ Cz. Głąbski, T. Lis, T. Malarski, J. Marcinkowski, J. Skotnicki, M. Strzelecki, I. Wieteska, *50 lat Łódzkiego Okręgowego Związku Piłki Nożnej*, Łódź 1969; A. Gowarzewski, *Łódzki OZPN, 80 lat – 1920–2000 – Ludzie, fakty, kluby*, GiA, Katowice 2000; A. Gowarzewski, *80 lat OZPN Katowice – Księga pamiątkowa*, GiA, Katowice 2002; A. Gowarzewski, P. Czado, B.L. Szmel, *90 lat Śląski ZPN Katowice*, GiA, Katowice 2010; A. Gowarzewski, J. Cierpiatka, B.L. Szmel, *85 lat Małopolski Związek Piłki Nożnej w Krakowie. Księga pamiątkowa*, GiA, Katowice 2005; A. Gowarzewski, J. Cierpiatka, B.L. Szmel, *90 lat Małopolski Związek Piłki Nożnej w Krakowie – Księga Pamiątkowa*, GiA, Katowice 2010; A. Gowarzewski, J. Waloszek, *75 lat OZPN [Okręgowego Związku Piłki Nożnej] Katowice: 1920–1995, ludzie, historia, fakty*, GiA, Katowice 1996; E. Kawka, *Z regionu łódzkiego. Zarys historii sportu radomszczkańskiego*, Drukarnia Braci Kamińskich, Radomsko 2006; A. Konieczny, *40 lecie ŚIOZPN, Śląsk*, Katowice 1960; A. Konieczny, A. Krawczyk, *Piłka jest okrągła: 50 lat piłkarstwa w województwie katowickim*, Śląsk, Katowice 1971; J. Lechowski (eds.), *Historia Piłkarstwa Warszawskiego*, Warszawski Okręgowy Związek Piłki Nożnej, Warszawa 1987.

KielZOPN (1928) influenced the development of that discipline and the process of consolidating the football environment in the researched area. What is more, studies on the organisation of football competitions, including league structures, participation in tournaments and the impact of these events on the everyday life of Kielce province inhabitants in the interwar period are of utmost importance. A key conclusion from the research conducted so far is a need to develop a comprehensive work that will detail the history of football in the province of Kielce in the years 1919–1939.

DECLARATION OF CONFLICTING INTERESTS

The author declared no potential conflicts of interests with respect to the research, authorship, and/or publication of the article *State of research on the history of football in Kielce province in the years 1919–1939*.

FUNDING

The translation of the article into English was financed by the Research and Development Subsidy No.: SBR/WNS/KP/10/2023. The author received no financial support for the research, authorship, and/or publication of the article *State of research on the history of football in Kielce province in the years 1919–1939*.

AUTHORS' CONTRIBUTIONS

Conceptualization; Methodology; Investigation; Resources; Data Curation; Writing – Original Draft; Writing – Review and Editing; Visualization; Supervision; Project administration; Funding acquisition

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CZĘŚĆ II

TEORIA I METODYKA WYCHOWANIA FIZYCZNEGO I SPORTU



Received: 1.12.2023
Accepted: 30.07.2024

<http://dx.doi.org/10.16926/sit.2025.02.03>

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CONTENT VALIDITY OF ANDROID-BASED SPORT TRAINING PROGRAM MONITOR FOR TENNIS PLAYERS

How to cite [jak cytować]: Pratama, R.S., Haryono, S., Hafidz, A., Md Nadzalan, A., Zakaria, J., Santosa, T., Sunanto, Himawan, A., Muhaararram, N.A., & Purwoto, S.P. (2025). Content Validity of Android-Based Sport Training Program Monitor for Tennis Players. *Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe*, 8(2), 49–61.

Merytoryczna trafność monitorującego programu treningu sportowego opartego na Androidzie dla tenisistów

Streszczenie

Śledzenie programu treningowego sportowca jest kluczowe dla obiektywnego monitorowania jego aktywności treningowej, rozwoju fizycznego, nabywania umiejętności i możliwości dostosowania tegoż programu. Niniejsze badanie ma na celu opracowanie aplikacji opartej na Androidzie przeznaczonej do monitorowania programów treningu sportowego dedykowanych tenisistom. Badanie wykorzystuje zarówno ilościowe, jak i jakościowe metody badawcze, analizowane przy użyciu formuły V Aikena. W badaniu wzięło udział 5 licencjonowanych trenerów tenisa, 5 ekspertów ds. siły i kondycji oraz 3 specjalistów ds. technologii. Wyniki pokazują wartości współczynnika V w zakresie od 0,90 do 1,00, ze średnią wartością wynoszącą 0,97, co, według ekspertów-trenerów tenisa, wskazuje na wysoką trafność. Ocena kondycji fizycznej tenisistów dała wartości współ-

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czynnika V pomiędzy 0,90 a 1,00, ze średnią wartością wynoszącą 0,96, odzwierciedlając wysoką wartość wszystkich pozycji. Co więcej, oceny ekspertów z zakresu technologii i informatyki przyniosły wartości współczynnika V pomiędzy 0,83 a 1,00, ze średnią wartością 0,93, wskazując na wysoką wartość wszystkich pozycji. W związku z powyższym, badanie potwierdza, że wszystkie testowane pozycje cieszą się wysokim poziomem trafności merytorycznej. Biorąc pod uwagę tę wysoką trafność, aplikacja może być efektywnie użytkowana przez trenerów w celu zarządzania programami treningowymi i czynnościami codziennymi tenisistów.

Słowa kluczowe: monitorowanie, program treningowy, Android, tenis.

Abstract

Tracking an athlete's training program is crucial for objectively monitoring training activities, physical development, skill acquisition, and program adjustments. This research aims to develop an Android-based application for monitoring sports training programs tailored for tennis players. The study employs both quantitative and qualitative research methods, analyzed using Aiken's V formula. Participants included 5 licensed tennis trainers, 5 strength and conditioning experts, and 3 technology specialists. The results show V coefficient values ranging from 0.90 to 1.00, with a mean value of 0.97, indicating high validity according to tennis coaching experts. Evaluation of the physical condition of tennis players yielded V coefficient values between 0.90 and 1.00, with a mean of 0.96, reflecting high validity of all items. Furthermore, expert assessments in technology and informatics produced V coefficient values from 0.83 to 1.00, with a mean of 0.93, indicating high validity of all items. Therefore, this research confirms that all test items have a high level of content validity. With this high validity, the application can be effectively used by coaches to manage the training programs and daily activities of tennis players.

Keywords: monitoring, training program, Android, tennis.

Introduction

Monitoring an athlete's training involves gathering and analyzing data on the athlete's training activities, skills, physical development, and other factors that impact their performance, with the ultimate goal of tracking progress and adjusting the training program to optimize performance (West et al., 2019). Exercise monitoring also enables coaches to evaluate how performance was achieved and to reconcile planned training activities with actual achievements (Saw et al., 2016). The exercise program necessitates a monitoring system capable of recording all data to analyze any changes based on incoming data (Hidayah, Saghita Pratama, et al., 2024). Many youths have expressed the view that health should be customized to the individual, recognizing that different individuals have unique physical activity behaviors (Hidayah, Pratama, et al., 2024; Santosa et al., 2024). The younger generation has also scrutinized the usefulness of health technology in their lifestyle and education, regarding skill acquisition. This was evident in how they questioned the capability of self-tracking devices in regulating individual physical activity behaviors and the accuracy of device

measurements (Goodyear et al., 2019). Monitoring program activities is essential to ensure athletes adhere to the compiled coach's training program (Hidayah, Saghita Pratama, et al., 2024).

Quality training is determined by objective factors such as training facilities, infrastructure, competition, coach abilities, and athlete abilities, including talent, motivation, and nutrition fulfillment (Ratna et al., 2018). Resting activities, including sleep, are necessary for athletes to recover their physical condition. Sleep deprivation can negatively impact athletes' physical, mental, and medical health (Charest & Grandner, 2022). It is important to maintain a balanced approach by avoiding bias and using precise technical terminology while adhering to formal language, conventional structure, and grammatical correctness standards. Athletes frequently provide inaccurate estimates of their duration of sleep when asked how long they sleep. Research on self-perceived sleep activity and activity monitored sleep activity in athletes has shown that subjective sleep duration overestimates sleep activity by an average of 19.8 minutes (Caia et al., 2018). During the interview with the Chairperson of the Provincial Management of the Indonesian Lawn Tennis Association (PELTI), the research team discovered factual data regarding problems that arose within the sport of tennis. Specifically, at the 2021 National Sports Week (PON) XX event in Papua Province, the Jawa Tengah tennis team failed to obtain a medal. The research team interviewed the tennis coach of the Central Java team, who reported that the team had conducted extensive training sessions. However, the team lacked a monitoring system to implement their training program effectively.

Monitoring athletes' daily activities outside of training has not been detected. Additionally, the monitoring of the quality of athletes' rest and players' nutrition is not available. Reliable tracking of player location during play or matches is crucial in many sports (Umek et al., 2019). Monitoring training programs is essential for coaches to understand the difficulties athletes face in the field. Athletes can give feedback on their training and recovery status, which can be used to monitor their readiness to train or compete (Coyne et al., 2022). However, some coaches are unable to monitor the activities of athletes who train independently at home, resulting in a decrease in performance and achievements. Several tennis clubs have implemented independent training programs at home during the pandemic season. However, the implementation of these programs, including their intensity, volume, and training intervals, has not been adequately monitored. Athletes who fail to follow these programs could face a variety of risks, such as poor performance, overreaching, and overtraining (Perrey, 2022). This situation may impact the athlete's performance and increase the likelihood of injury (Bourdon et al., 2017).

The lumbar spine and shoulders are commonly at risk of injury (Gescheit et al., 2019). Monitoring exercise plays a crucial role in improving athlete perfor-

mance, minimizing injury risk, and ensuring adequate stress management and recovery (Saw et al., 2016). This results in athletes achieving maximum performance while minimizing the risk of injury (Bourdon et al., 2017). Additionally, effective monitoring of an athlete's training can detect their reaction to stressors, enabling coaches to identify possible mental health issues and adapt the training regimen (Nässi et al., 2017). The interview results with the physical trainer of the Indonesian national team reported that technical, physical, and tactical training for national players did not undergo thorough recording. This has resulted in manual training records and observational-based evaluation materials that lack data, which is worrisome. According to the trainer, training results must have comprehensive data displayed for each session. The recording must be done for every exercise, both exercises carried out online, and exercises carried out offline.

To enable the monitoring of training and daily activities of tennis athletes, a research team will develop software to record data. This will be presented in real-time to coaches, athletes, and related organizations. The research team conducted this research with the title "Content validity of Android-based Sport Training Program Monitor for Tennis Athletes".

Materials and Methods

This study used the research and development method (Borg, W.R. & Gall, 1983). The study utilized both qualitative and quantitative data analysis approaches (Yudhistira & Tomoliyus, 2020) to obtain more valid data. A development research methodology combining both quantitative and qualitative approaches was utilized to strengthen the rigor of the study (Sugiyono, 2019). This mixed methods approach combines quantitative data, qualitative data collection from expert interviews and analysis techniques for in-depth analysis (Saparudin, Kurniawan, 2022). The study included three experts in tennis coaching, three experts in physical conditioning for tennis, and two experts in technology and informatics. Data collection involved utilizing a questionnaire. Afterwards, the results would undergo analysis using Aiken's V formula in order to assess the content validity of the sports training program monitoring application intended for tennis athletes. Content Validity is a test of validity conducted by experts to assess the feasibility of the test content designed in the questionnaire. Its purpose is to ensure that the test material is consistent with the objectives that need to be measured (Budiastuti, 2018). Aiken's (1985) formula for Aiken's V content validity is utilized to determine the content-validity coefficient by evaluating n experts' results on an item's extent of measured construct (Hendryadi, 2017).

The Aiken's V content validity formula is presented below:

$$V = \sum s / n (c - 1)$$

Description:

$s = r - Lo$

r = number given by rater

Lo = lowest rating

c = highest rating

n = number of raters

The value of Aiken's V coefficient ranges from 0-1. If the index is ≤ 0.4 , it is said to have low validity, 0.4-0.8 is said to have moderate validity, and > 0.8 is said to be very valid (Retnawati, 2016).

Results

The results of the study were obtained from a questionnaire that was distributed to 5 professionals in tennis coaching, 5 specialists in the physical fitness of tennis, and 3 experts in technology and information. The questionnaire was tailored to each expert's role requirements, and the calculation of results is detailed in the table1.

Table 1
Results of Content Validity Using Aiken Formula on Tennis Coaching Field Experts

Item	Rater										$\sum S$	$n(c-1)$	V
	A	S	B	S	C	S	D	S	E	S			
1	5	4	5	4	5	4	5	4	5	4	20	20	1.00
2	5	4	5	4	5	4	5	4	5	4	20	20	1.00
3	5	4	4	3	5	4	5	4	5	4	19	20	0.95
4	4	3	5	4	5	4	5	4	5	4	19	20	0.95
5	5	4	4	3	5	4	5	4	4	3	18	20	0.90
6	5	4	5	4	5	4	5	4	5	4	20	20	1.00
7	4	3	5	4	5	4	5	4	5	4	19	20	0.95
8	5	4	5	4	5	4	5	4	5	4	20	20	1.00
9	5	4	5	4	4	3	4	3	5	4	18	20	0.90
10	5	4	5	4	5	4	5	4	5	4	20	20	1.00
Mean													0.97

Based on the results of Table 1, it is known that the tennis coaching expert's assessment of item 1 regarding the Availability of the Forehand Technique Com-

ponent Assessment Monitor Room obtained a V index value of 1. Item 2, Availability of the Backhand Technique Component Assessment Control Room obtained a V index value of 1. Item 3, Availability of the Serving Technique Component Assessment Control Room obtained a V index value of 0.95. Item 4, Availability of Volley Technique Component Assessment Control Room obtained a V index value of 0.95. Item 5, Availability of the Smash Technique Component Assessment Control Room obtained a V index value of 0.90. Item 6, Availability of the Monitor Room in Planning the Technique Training Program obtained a V index value of 1. Item 7, Availability of the Monitor Room in Organizing the Technique Training Program obtained a V index value of 0.95. Item 8, Availability of the Monitor Room in Implementing the Technique Training Program obtained a V index value of 1. Item 9, Availability of the Monitor Room in Evaluating the Technique Training Program obtained a V index value of 0.90. Item 10, The Monitor Room Can be Connected With a Physical Trainer Who is in Accordance With the Sport of Tennis, obtained a V index value of 1. The results of the overall assessment that has been given by experts in the field of tennis coaching obtained a mean V of 0.97.

Table 2
Results of Content Validity Using Aiken Formula on Tennis Physical Condition Field Experts

Item	Rater										ΣS	n(c-1)	V
	A	S	B	S	C	S	D	S	E	S			
1	4	3	5	4	5	4	5	4	5	4	19	20	0.95
2	5	4	4	3	4	3	5	4	5	4	18	20	0.90
3	5	4	5	4	5	4	5	4	5	4	20	20	1.00
4	5	4	5	4	5	4	5	4	5	4	20	20	1.00
5	4	3	5	4	5	4	4	3	5	4	18	20	0.90
6	5	4	5	4	5	4	5	4	5	4	20	20	1.00
7	4	3	5	4	5	4	5	4	5	4	19	20	0.95
8	5	4	5	4	5	4	5	4	5	4	20	20	1.00
9	5	4	4	3	5	4	5	4	4	3	18	20	0.90
10	5	4	5	4	5	4	5	4	5	4	20	20	1.00
Mean													0.96

Based on the results of Table 2, it is known that the tennis physical condition expert's assessment of item 1 regarding the Physical Condition Monitor Room is Available and Organized Systematically obtained a V index value of 0.95. Item 2, the Monitor Room of Each Athlete, Accessible to Physical and Technical Coaches obtained a V index value of 0,90. Item 3, the Required Physical Condition Components are Represented in the Monitor Room obtained a V index value of 1.

Item 4, the Ease of the Coach in Providing Physical Exercise Doses to Athletes obtained a V index value of 1. Item 5, the Ease With Which Athletes Can Receive Notifications of Training Tasks Given by Physical Trainers obtained a V index value of 0.90. Item 6, the Coach Can Make a Physical Training Plan obtained a V index value of 1. Item 7, the Physical Trainer Can Organize the Training Components Systematically obtained a V index value of 0.95. Item 8, the Coach Can Monitor the Implementation of Athlete Training obtained a V index value of 1. Item 9, the Physical Trainer Can Evaluate Descriptively Quantitatively and Qualitatively obtained a V index value of 0.90. Item 10, Athletes Can Report All Training Activities in Real Time and Completely obtained a V index value of 1. The results of the overall assessment that has been given by experts in the field of physical condition of tennis sports obtained a mean V of 0.96.

Table 3

Results of Content Validity Using Aiken's Formula on Experts in the Field of Technology and Informatics

Item	Rater						ΣS	n(c-1)	V
	A	S	B	S	B	S			
1	4	3	5	4	5	4	11	12	0.92
2	5	4	5	4	5	4	12	12	1.00
3	5	4	4	3	5	4	11	12	0.92
4	4	3	5	4	4	3	10	12	0.83
5	5	4	5	4	5	4	12	12	1.00
6	5	4	5	4	5	4	12	12	1.00
7	5	4	4	3	5	4	11	12	0.92
8	5	4	4	3	4	3	10	12	0.83
9	5	4	5	4	4	3	11	12	0.92
10	5	4	5	4	5	4	12	12	1.00
Mean									0.93

Based on the results of table 3, it is known that the assessment of experts in the field of technology and informatics on item 1 regarding the Outdoor Display of Coaches and Athletes obtained a V index value of 0.92. Item 2, the Display of the Sport Training Monitor Logo obtained a V index value of 1. Item 3, the Trainer Data Security System and Athlete Data obtained a V index value of 0.92. Item 4, Notification of the Location of the Athlete's Whereabouts obtained a V index value of 0.83. Item 5, Color Selection That is Friendly and Safe for the Eyes obtained a V index value of 1. Item 6, the Font is Easy to Read obtained a V index value of 1. Item 7, Ease of Use obtained a V index value of 0.92. Item 8, Notification Messages are Well-conveyed and Easy to Read obtained a V index

value of 0.83. Item 9, the Menu in the Application Can be Easily Understood obtained a V index value of 0.92. Item 10, GPS Access Only for Trainers obtained a V index value of 1. The results of the overall assessment given by experts in the field of Technology and Informatics obtained a mean V of 0.93.

Discussion

Based on the results of Aiken's V calculations in Table 1, the expert assessment in the field of tennis coaching obtained a coefficient value range V 0.90 – 1.00, with a mean of 0.97, which means that all items have high validity. Based on the results of Aiken's V calculations in Table 2, the expert assessment in the field of physical condition of tennis resulted in a coefficient value range of V 0.90-1.00, with a mean of 0.96, indicating high validity for all items. Based on the results from the Aiken's V calculations presented in Table 3, the expert appraisal in the field of technology and informatics yielded a coefficient value range of V 0.83 - 1.00, with a mean of 0.93, suggesting that all items have high validity. A coefficient value of V index ≤ 0.4 indicates low validity, while a coefficient value between 0.4-0.8 indicates moderate validity, and a value >0.8 indicates very high validity (Retnawati, 2016).

Exercise needs assessment is a continuous procedure of gathering data to identify the training requirements, which will enable the organization to attain its goals (Brown, 2002). Monitoring tools are vital to display data in real-time and offer recommendations for enhancing exercise intensity-based physical activity prescriptions (Han et al., 2020). Technology in the sport of tennis has produced a monitoring system capable of distinguishing different actions carried out during a match (Benages Pardo et al., 2019). These actions refer to the different strokes performed by each player. Moreover, sports technology can aid in the evaluation of fine and gross motor skills in children (Clark et al., 2021). Over the last two decades, rapid technological advancements and digitization have significantly transformed the role of technology in sports (Frevel et al., 2022).

Sports technology is advancing with the use of the Android system on smartphones (Galetsi et al., 2022). Specific applications have been developed to showcase data on smartphones or IMHOs that operate on the Android system (Jaitner et al., 2015). As technology becomes more popular, the demand for it increases, leading to a growing sports industry market (Mali & Kumar Dey, 2020). Research indicates that prolonged sitting can negatively affect physical fitness in adults, including muscle strength, cardiorespiratory fitness, and balance. Therefore, it is necessary to develop strategies that encourage behavior change (Silva et al., 2020).

The absence of technology implementation in the area of tennis training urges researchers to develop a monitoring technology for training programs and daily athlete activities. The researcher concluded, based on interview data, that tennis athletes in Central Java province require technology to monitor their activities. This study aims to examine the physiological changes that athletes undergo as a result of training and enhancement of athletic performance (Claus et al., 2017; Corrigan et al., 2022). The implemented monitoring system can detect early signs through athlete reports and measure self-reported levels of fatigue, sleep quality, and muscle soreness (Buchheit et al., 2013; Springham et al., 2021; Thorpe et al., 2015). This program monitoring application is useful for tracking athletes' progress in synchronizing their training programs with their daily activities, including school, hobbies, work, rest, and family. Such synchronization is necessary to prevent overlaps between the training program and the athlete's daily routine. What is more, it is necessary to track the athlete's rest pattern following the training program and inform the coach of its quality, which will impact the execution of the prepared program.

This application offers a private chat feature for athletes and coaches to discuss the implementation of the training program and any necessary adjustments. The chat feature enhances the communication quality between the two parties. It maintains the privacy of the athletes and coaches during communication. This application provides information on athlete location detection, which is crucial for maintaining discipline during their activities. Furthermore, the location detection helps prevent distractions, such as visits to places that do not support athletic performance. Additionally, it provides the coach with relevant information about the athlete's activities at any given time.

This research aims to promote the development of training programs, their monitoring, and evaluation, while also exploring the potential of technology-based programs. Previous research results can provide a theoretical foundation for addressing lack of technology usage in enhancing the performance of petanque athletes in Central Java province. This study's data identifies Central Java tennis athletes as the target group for monitoring applications in training programs. The solution involves an Android-based monitoring app designed to track all athlete activities, including training program implementation, quality of rest, and daily non-sporting activities.

Conclusions

The research concludes that all test items demonstrate high content validity. Thus, coaches can implement this application to monitor their athletes' daily activities and training programs. Moreover, the application enables coaches to as-

sess each training session. The positive impact of technology is evident in the sports field where maximum utilization is crucial. The exercise program monitoring application development is highly beneficial for coaches and athletes in designing and preparing workouts. Athletes can access the assigned exercise program through the application, while the coach can monitor the implementation of each program and evaluate training sessions. Additionally, coaches can track athlete's daily activities outside of training. This application maximizes the potential of athletes and monitors the implementation of their training programs and daily activities.

Acknowledgements

We are very grateful to experts for their appropriate and constructive suggestions to improve this template.

STATEMENT OF ETHICS

This study was conducted in accordance with the World Medical Association Declaration of Helsinki. The study protocol was reviewed and approved by the / UPPM STKIP PGRI Bangkalan (Nomor: 025/C8/6/II/2023, Bangkalan, Indonesia).

DECLARATION OF CONFLICTING INTERESTS

The authors declared no potential conflicts of interests with respect to the research, authorship, and/or publication of the article: *Content Validity of Android-Based Sport Training Program Monitor for Tennis Players*.

FUNDING

The author received no financial support for the research, authorship, and/or publication of the article: *Content Validity of Android-Based Sport Training Program Monitor for Tennis Players*.

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Sri Haryono: Conceptualization, Writing – Original Draft, Supervision.

Abdul Hafidz: Methodology, Investigation.

Ali MD Nadzalan: Methodology, Visualization.

Jaffry Bin Zakaria: Methodology, Visualization.

Teguh Santosa: Validation, Investigation, Project administration, Funding acquisition.

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Agus Himawan: Formal analysis, Project administration.

Nur Ahmad Muharram: Formal analysis.

Septyaningrum Putri Purwoto: Investigation, Resources, Writing – Review and Editing.

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Received: 5.06.2024
Accepted: 7.08.2024

<http://dx.doi.org/10.16926/sit.2025.02.04>

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THE INFLUENCE OF MULTIDIMENSIONAL SITUATIONAL INTEREST ON STUDY ENGAGEMENT IN THE UNIVERSITY PHYSICAL EDUCATION LEARNING ENVIRONMENT IN THE PHILIPPINES

How to cite [jak cytować]: Lobo, J. (2025). The Influence of Multidimensional Situational Interest on Study Engagement in the University Physical Education Learning Environment in the Philippines. *Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe*, 8(2), 63–83.

Wpływ wieloaspektowego sytuacyjnego zainteresowania na zaangażowanie studentów w zajęcia kultury fizycznej w środowisku akademickim na Filipinach

Streszczenie

W badaniu tym zagłębiono się w dynamikę sytuacyjnego zainteresowania (SI) WF w środowisku szkolnictwa wyższego na Filipinach, wyjaśniając, w jaki sposób SI może katalizować zaangażowanie studentów. W badaniu wzięło udział 1096 studentów pierwszego i drugiego roku, odpowiadali oni na pytania zawarte w instrumentach samoopisowych mierzących zainteresowanie sytuacyjne i zaangażowanie w naukę. Kluczowe ustalenia podkreślają, że specyficzne aspekty SI, takie jak postrzegane wyzwanie, możliwości eksploracji i natychmiastowa przyjemność, mają kluczowe znaczenie dla rozpalania SI, co z kolei sprzyja głębszemu zaangażowaniu. Aspekty takie jak nowość i jakość uwagi nie przewidywały w znaczący sposób zaangażowania, co sugeruje zróżnicowaną interakcję między SI i jej aspektami. Badanie podkreśla potrzebę ukierunkowania programów na włączenie zadań stymulujących intelektualnie i eksploracyjnych, które z większym prawdopodobieństwem będą zgodne z wewnętrznymi motywacjami studentów. Badanie to podkreśla strategiczne planowanie pedagogiczne mające na celu przekształcenie wychowania fizycznego w bardziej dynamiczny, włączający i skuteczny element szkolnictwa wyższego, przyczyniający się do rozwoju osób dbających o zdrowie.

Słowa kluczowe: wychowanie fizyczne, zainteresowanie sytuacyjne, zaangażowanie w naukę.

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Abstract

This study delved into the dynamics of situational interest in PE within the higher education environment of the Philippines, elucidating how SI can catalyse student engagement. 1,096 first- and second-year students participated by answering self-report instruments measuring situational interest and study engagement. Key findings highlight that specific dimensions of SI such as perceived challenge, exploration opportunities, and instant enjoyment are pivotal in igniting SI, which in turn fosters a deeper engagement. Dimensions like novelty and attention quality did not significantly predict engagement, suggesting a nuanced interplay between SI and its dimensions. The research emphasizes the need to direct programs towards incorporating intellectually stimulating and exploratory tasks, which are more likely to align with students' intrinsic motivations. This study underscores strategic pedagogical planning to transform PE into a more dynamic, inclusive, and effective component of higher education, contributing to the development of health-conscious individuals.

Keywords: physical education, situational interest, study engagement.

Introduction

'Interest' holds a pivotal position within the field of educational psychology, as scholars have identified it as a powerful catalyst for both learning and engagement. According to Hidi & Renninger (2006), interest may be defined as a psychological state that influences the manner in which individuals interact with educational material. This concept holds a significant value in the field of education as it facilitates the development of profound and significant learning encounters. Silvia (2006) categorized interest into two types: '*situational interest*,' which is transient and triggered by particular situations, and '*personal or individual interest*,' which is more long-lasting and connected to individual preferences. Krapp (2002) delved more into the examination of interest in the context of learning, positing that it plays a crucial role in augmenting motivation and the overall quality of learning through its alignment with individuals' personal goals and beliefs. The dynamic nature of interest is examined by Ainley et al. (2002), highlighting its capacity to vary and intensify when individuals engage in activities that foster curiosity. In their study, Renninger and Hidi (2011) underscored the dynamic nature of interest, demonstrating how early curiosity can transform into a long-lasting personal interest that motivates continued involvement and acquisition of knowledge. Every one of these viewpoints highlights a different dimension of interest and its vital function in classrooms, impacting the way students engage with and acquire knowledge.

Review of Scholarly Literature

Situational Interest in Physical Education

It is true that *interest* is a crucial factor within the field of physical education, serving as a substantial catalyst for students' involvement, perseverance, and pleasure in physical endeavours. When students demonstrate enthusiasm for the activities offered in physical education classes, they are more inclined to engage actively, acquire knowledge more efficiently, and cultivate a lasting inclination towards physical activity. Research has demonstrated that integrating aspects of novelty and choice in physical education can greatly improve students' situational interest (A. Chen & Wang, 2017; S. Chen et al., 2021). An example that demonstrates this is the incorporation of unconventional sports or activities, such as ultimate frisbee or parkour, within the educational program. These activities may deviate from students' regular experiences and stimulate their inquisitiveness (Högman & Augustsson, 2023). An additional effective approach is giving students the opportunity to select from a variety of activities or customize specific elements of the lesson according to their own interests. This approach fosters autonomy and cultivates a sense of ownership in relation to their educational journey (González-Cutre et al., 2020). These strategies not only facilitate the improvement of physical skills but also foster a favourable disposition towards physical education and an inherent drive to engage in physical activity outside the confines of school.

Specifically, A. Chen et al. (1999) characterized '*situational interest*' in physical education as a complex construct consisting of various dimensions. Every dimension signifies a distinct facet of the interplay between an individual and an activity, which has the potential to elicit or augment situational interest. According to A. Chen et al., this construct is divided into five distinct dimensions: novelty, challenge, exploration intention, attention quality, and instant enjoyment. The '*novelty*' dimension focuses on introducing original and distinctive activities to ignite students' interest. The study conducted by Fierro-Suero et al. (2020) examined the impact of novelty on students' intrinsic motivation, specifically in relation to the assistance provided by physical education teachers. This may involve incorporating emerging sports or non-traditional physical activities that are not commonly included in the educational curriculum. The study highlights the relevance of novelty in PE and its favourable influence on students' motivation. Furthermore, the '*challenge*' dimension pertains to the active involvement of students in activities that surpass their established boundaries, hence fostering interest by generating a feeling of achievement. According to González-Cutre and Sicilia (2019), the satisfaction of the demand for challenge has the potential to cultivate intrinsic motivation and yield favourable academic outcomes in the field of physical education. One potential approach is to provide instructional

tasks that are slightly more challenging than the students' existing skill levels, thereby fostering the acquisition of new competencies and enhancing their resilience. Meanwhile, '*exploration intention*' pertains to the level of independence granted to students in order to explore on their own and actively participate in the subject that individually captivates them. In their investigation, Fernández-Espínola et al. (2020) examined the relationship between the satisfaction of the need for exploration, autonomy, competence, and relatedness, and their ability to predict autonomous motivation and the intention to engage in physical activity among students in physical education. Methods to cultivate this dimension include providing learners with activity opportunities or encouraging them to establish individual objectives. Moreover, '*attention quality*' is attained by engaging in tasks that demand concentrated engagement. Aibar et al. (2021) investigated the impact of teaching practices which accommodate students' needs on their satisfaction with basic psychological requirements, satisfaction with novelty, and intention to engage in physical activity. Engaging activities that hold students' complete focus, including skill development sessions or interactive games, can greatly enhance this aspect. Lastly, '*instant enjoyment*' emphasizes the immediate pleasure obtained from engaging in physical exercises. In their study, Hsu et al. (2023) investigated the impact of novelty satisfaction and the fulfilling of basic psychological requirements on students' enjoyment and effort in remote physical education during the COVID-19 epidemic. The integration of enjoyable and captivating activities that students anticipate can augment this dimension, resulting in heightened positive perceptions towards physical activity.

Study Engagement of University Students in Physical Education

'*Study engagement*' encompasses a holistic approach to students' involvement in physical activity and programs aimed at promoting health (Li et al., 2021). According to Jaya and Ariyanto (2021), this construct comprises three interrelated components, namely vigour, dedication, and absorption. '*Vigor*' pertains to the level of energy, passion, and active engagement exhibited by students during physical activities and sports (Demirbatır, 2020; Pulido-Martos et al., 2020). Students have a strong desire to actively engage in physical education programs, displaying excitement and energy in their embrace of opportunities for physical activity, exercise, and skill enhancement. Furthermore, '*dedication*' necessitates students to demonstrate unwavering commitment and perseverance in upholding a state of well-being and engagement in physical activities (Listau et al., 2017). It pertains to their commitment on allocating time and exerting effort towards improving their physical fitness, refining motor skills, and adopting enduring routines of regular exercise and health-related behaviours. Lastly, '*absorption*' refers to the extent to which students are cognitively en-

gaged and attentive throughout physical activities and fitness programs (Koob et al., 2021; Rautanen et al., 2021). It involves an elevated level of concentration and cognitive engagement, wherein students are fully engrossed in the physical activities and novel challenges they encounter. Students may potentially encounter a state of absorption in physical education programs, when they perceive themselves as completely immersed in the present moment and derive heightened levels of happiness and satisfaction from their active engagement. By prioritizing vigour, dedication, and absorption in the course, instructors can improve students' well-being, physical fitness, and commitment to healthy living behaviours. This facilitates a holistic learning experience that encompasses both the intellectual and physical dimensions of education. Estévez et al. (2021) stressed that the three components of study engagement have distinct characteristics, although they demonstrate a robust interconnectedness.

However, one significant problem in higher education institutions is the limited engagement of university students in physical education courses (Ferreira Silva et al., 2022). The disinterest and lack of engagement in physical education among students can be attributed to various factors, including academic restraints, schedule challenges, and a cultural emphasis on academic subjects over physical activity (Moore et al., 2023; Wilson et al., 2021). The significance of this pattern is concerning as physical education plays a vital role in improving students' overall health, well-being, and academic performance. Moreover, the last COVID-19 pandemic has posed growing challenges for students to engage in physical education as a result of restrictions on in-person classes and restricted availability of outdoor areas, thereby limiting opportunities for physical activity (Frömel et al., 2023). The current context underscores the significance of addressing the inadequate participation of university students in physical education, highlighting the imperative need for effective strategies to promote student engagement and well-being amidst these intricate challenges (Arik & Erturan, 2023; Behzadnia et al., 2023; Granero-Gallegos et al., 2023).

Study objectives and hypotheses formulation

Recently published studies have indicated that situational interest has an immediate influence on academic engagement in the field of Physical Education (Roure et al., 2019; Wang et al., 2022; Zhu et al., 2009). In contrast, the majority of the research studies pertaining to the current inquiry were conducted at educational institutions located outside the Philippines, which suggests the necessity for further research in this area. Furthermore, studies that were conducted examining the direct influence of each dimension of situational interest on study engagement and its components is still undocumented. This study aimed to investigate the immediate influence of situational interest on the level of study

engagement among university students in a specific higher education institution in the Philippines. The current investigation focused on examining the following hypotheses, which is illustrated in Figure 1.

H₁: Study engagement can be predicted by situational interest and its dimensions:

H_{1a}, H_{1b}, H_{1c}, H_{1d}, H_{1e}: NV, CL, AQ, IE and EI

H₂: Vigour cannot be predicted by situational interest and its dimensions:

H_{2a}, H_{2b}, H_{2c}, H_{2d}, H_{2e}: NV, CL, AQ, IE and EI

H₃: Dedication cannot be predicted by situational interest and its dimensions:

H_{3a}, H_{3b}, H_{3c}, H_{3d}, H_{3e}: NV, CL, AQ, IE and EI

H₄: Absorption cannot be predicted by situational interest and its dimensions:

H_{4a}, H_{4b}, H_{4c}, H_{4d}, H_{4e}: NV, CL, AQ, IE and EI.

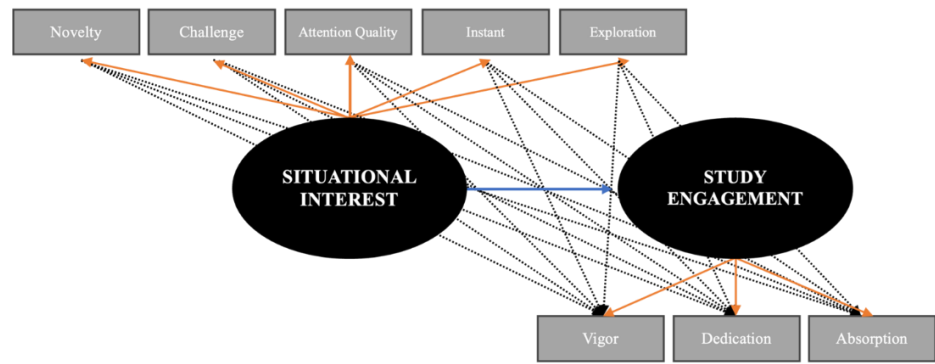


Figure 1
Conceptual Framework of the Study

Method

Research Design

This present study is quantitative in nature and has utilized predictive design. It is a type of research design used to explore the relationships between variables and to predict future outcomes based on these relationships (van Witelootstuijn et al., 2022). It focuses on identifying and measuring the strength and direction of associations between variables to make predictions about one variable based on another. In this regard, this study examined situational interest and its components’ direct influence on study engagement.

Participants and Sampling Technique

The respondents in the research investigation are first- and second-year undergraduate students presently attending in the 2nd Semester of the Academic

Year 2023-2024 at a State University in the Philippines. The study specifically concentrated on these year levels because minor physical education classes are only available during the first and second semesters for first- and second-year students. Data from the respondents was obtained using purposive sampling technique. *Purposive sampling* involves intentionally selecting respondents or cases with specific attributes of interest to achieve the research goals (Rahman et al., 2022). This technique strives to offer a concentrated and precise sample that can successfully address the research questions at hand. Subsequently, the specified attributes will be used to choose the participants for the study:

1. First- or second-year students currently enrolled in Physical Education 2 (PATH-Fit 2) and Physical Education 4 (PATH-Fit 4) during the 2nd Semester, Academic Year 2023-2024 at the University; and
2. Across all spectrums of gender.

At present, 6,000 first- and second-year students are enrolled in Physical Education 2 and Physical Education 4, for a total student body of 6,000. With a confidence level of 95% and a margin of error of 5%, the exact sample size of 362 is required to ensure statistical power and precision, and was calculated using the *Raosoft Sample Size Calculator*. Interestingly, 1,455 students participated in the online survey. After conducting the data cleansing procedure, the final tally stood at 1,096 responses, which corresponds to a response rate of 75.33%.

Instruments

The survey questionnaire that was used to obtain data from the respondents is subdivided into three parts:

1. The first part obtained data about respondents' demographic characteristics (i.e., sex and year level).
2. The second part consist of the **Situational Interest Scale** by A. Chen et al. (1999). It is a measurement tool designed to assess situational interest in physical education contexts. It consists of 19 items that capture various dimensions of situational interest, including novelty (e.g., "*This is a new-fashioned activity for me to do.*"), challenge (e.g., "*This activity is a demanding task.*"), exploration intention (e.g., "*I like to find out more about how to do it.*"), attention quality (e.g., "*My attention was high.*"), and instant enjoyment (e.g., "*It is an enjoyable activity to me.*"). Respondents rate each item to indicate the extent to which they experience interest or enjoyment in a specific activity or task during physical education classes. Responses can be recorded on a 5-point Likert scale ranging from 1 (very untrue) to 5 (very true).
3. The last part is the **Utrecht Work Engagement Scale for Students (UWES-9S)** by Carmona-Halty et al. (2019). This particular scale is a nine-item self-report instrument that measures overall university engagement in Physical

Education classes. Also, this particular instrument is subdivided into three unique features: Vigor (e.g., “*I feel energetic and capable when I’m studying or going to class.*”), Dedication (e.g., “*I am proud of my studies*”), and Absorption (e.g., “*I get carried away when I am studying*”). A 6-point Likert scale ranging from 0 (never) to 6 (always) is used to evaluate each items.

Normality estimations, reliability tests, and inter-variable correlational analysis were conducted on the study’s instruments. Performing normality estimates, reliability, and inter-variable correlational assessments at the beginning ensures that the data meet the assumptions for valid statistical analysis, that the measures are consistent, and that the relationships between variables are understood, which lays the foundation for accurate and reliable research findings. As seen in table 2, the majority of the variables met the 2 and -2 thresholds, as evidenced by the skewness and kurtosis values, showing that the data is normally distributed. Furthermore, the reliability tests revealed that all of the instruments are very reliable, with Cronbach’s Alpha values ranging from .84 to .96. Lastly, the inter-variable correlational analysis unraveled that all the variables are interrelated to each other ($p < .05$).

Table 1

Normality estimates, reliability, and inter-variable correlational assessment

Variable	Mean \pm SD	Skew	Kurt	1	2	3	4	5	6	7	8
NV	3.60 \pm .92	-.279	-.331	(.89)							
CL	3.63 \pm .82	-.276	-.060	.81**	(.84)						
AQ	3.68 \pm .85	-.342	-.139	.73**	.88**	(.86)					
IE	3.79 \pm .83	-.464	-.069	.69**	.84**	.94**	(.85)				
EI	4.04 \pm .90	-.960	.704	.64**	.74**	.76**	.82**	(.94)			
VI	3.61 \pm .81	-.095	-.181	.51**	.62**	.61**	.61**	.59**	(.92)		
DE	3.83 \pm .85	-.590	.068	.49**	.61**	.60**	.64**	.66**	.74**	(.85)	
AB	3.61 \pm .86	-.076	-.234	.45**	.56**	.55**	.55**	.54**	.68**	.76**	(.96)

Note: **. Correlation is significant at the 0.01 level (2-tailed).

Legend:

NV – Novelty, CL – Challenge, AQ – Attention Quality, IE – Instant Enjoyment, EI – Exploration Intention, VI – Vigour, DE – Dedication, AB – Absorption

Statistical Analysis

The present study has used *cross-tabulation* analysis. It is a contingency table that displays the frequency of respondents in terms of gender and year level. Lastly, a *predictive analysis* specifically the *multiple linear regression* has been performed to determine the direct influence of Situational interest on Study engagement. Furthermore, all dimensions of situational interest are regressed to each of the components of study engagement.

Ethical Statement

This study was conducted in accordance with the World Medical Association Declaration of Helsinki. The study protocol was reviewed and approved by the Research Management Office of the Bulacan State University as Independent Research (Self-funded). All participants provided written informed consent to participate in this study. Highest Ethical considerations were strictly followed in the conduct of the study. The data gathering was conducted through online survey using Google Forms. In the Google Forms, the purpose of the study, inclusion criteria, instruments to be used, and the components/variables which will only be measured in the entire conduct of the study are presented. Additionally, the researchers provided the benefits of the study to the institution, community, and its contribution to scientific knowledge. The online survey underlined that participating in the study is voluntary, and respondents can choose to withdraw at any moment. The respondents were similarly advised of the potential minor hazards associated with their involvement in the research, including the experience of unease when responding to personal and/or sensitive survey inquiries. In addition, respondents were informed that there is no monetary compensation associated with providing information for the study. The respondents were additionally informed regarding the information that would be gathered via Google Forms and transferred to an Excel file for evaluation. The protected password for this data was disclosed, with only the researchers granted personal access to it. Additionally, they were informed that the aforementioned data would be stored on a USB drive for a duration of three (3) months, after which it would be irrevocably removed from the system. Additionally, respondents were notified that the data that was obtained would no longer be utilized in any subsequent or secondary research. Withdrawal of respondents' participation in the study will not have any adverse effects on their relationships with the involved researchers or research organizations, nor will it affect their contributions to any future services or current programs. In order to maintain the anonymity and confidentiality of the respondents, their identities and names were withheld throughout the data collection, analysis, and reporting of the study's findings. Due to the aforementioned conditions, respondents were at any moment permitted to withdraw from the study or request a debriefing. All the respondents' information was securely protected in accordance with the Data Privacy Act of 2012, also known as Republic Act 10173.

Results

Table 2 presents a cross-tabulation of college students by year level and gender, with a total sample size of 1096 students. The distribution shows that there are 470 male students and 626 female students. Looking at the year level distri-

bution, 60.1% of the total sample size are first-year students (659 students), while 39.9% are second-year students (437 students). Within the male student group, the majority (64.3%) are in their first year, while the remaining 35.7% are in their second year. Female students are more evenly distributed across the two year levels, with a slight majority in the first year at 57.0% and 43.0% in the second year. In terms of proportional representation within year levels, male students make up 45.8% of the first-year student population and 38.4% of the second-year student population, whereas female students comprise a higher percentage, accounting for 54.2% of first-year students and 61.6% of second-year students. Lastly, when looking at the entire sample size, male students account for 42.9%, and female students represent a larger proportion at 57.1%.

Table 2

Crosstabulation of the respondents' demographic characteristics based on gender and year level

		Year Level		Total	
		1 st year	2 nd year		
Sex	Male	Count	302	168	470
		% within Sex	64.3%	35.7%	100.0%
		% within Year Level	45.8%	38.4%	42.9%
		% of Total	27.6%	15.3%	42.9%
	Female	Count	357	269	626
		% within Sex	57.0%	43.0%	100.0%
		% within Year Level	54.2%	61.6%	57.1%
		% of Total	32.6%	24.5%	57.1%
Total	Count	659	437	1096	
	% within Sex	60.1%	39.9%	100.0%	
	% within Year Level	100.0%	100.0%	100.0%	
	% of Total	60.1%	39.9%	100.0%	

As can be seen in Table 3, it was observed that SI predicts SE, suggesting that SI is directly related and positively influences SE [$F(5, 1090) = 214.121, p < .001$]. Additionally, the $R^2 = .496$ construes that the model accounts for 49.6% of the variance in SE. The finding implies that the active and enthusiastic engagement of students in physical education classes is more likely to occur when they possess a heightened sense of interest in the activities and exercises provided. Additionally, the coefficients were also examined determining each SI dimensions' direct influence to SE. First, NV ($\beta = -.038, t = -1.240, p = .215$), AQ ($\beta = .062, t = .915, p = .361$), and IE ($\beta = .096, t = 1.401, p = .161$) were not found to have a direct influence to SE. On a positive note, CL ($\beta = .295, t = 5.975, p < .001$) and EI ($\beta = .258, t = 7.854, p < .001$) were found to be predictors of SE. The results

suggest that there is no immediate influence of certain dimensions, such as novelty, attention quality, and instant enjoyment, on students' study engagement in physical activities. Nevertheless, the analysis emphasizes that when considering situational interest, dimensions such as the level of difficulty associated with physical tasks and the inclination to seek novel experiences are strong predictors of students' study engagement in physical education courses. The findings underscore the need of designing physical education settings in an approach that offers engaging challenges and chances for exploration, thereby cultivating a more profound and long-lasting enthusiasm for physical activity among students.

Furthermore, it was found that SI predicts VI [$F(5, 1090) = 163.219, p < .001$], postulating that SI directly and positively influences VI. Additionally, the $R^2 = .428$ construes that the model accounts for 42.8% of the variance in VI. The findings emphasize the significance of situational interest in promoting students' vigour, suggesting that when students are truly involved and interested in their academic and/or physical activity responsibilities, they are more likely to feel a heightened sense of energy and enthusiasm. These insights can be utilized by educators to create learning environments that prioritize interesting and relevant experiences, thus fostering increased dynamism among students. After examining each coefficient to determine each SI dimensions' influence on VI, it was seen that challenge ($\beta = .308, t = 5.536, p < .001$) and exploration intention ($\beta = .220, t = 5.928, p < .001$) were predictors except for the novelty ($\beta = -.016, t = -.474, p = .636$), attention quality ($\beta = .088, t = 1.146, p = .252$) and instant enjoyment ($\beta = .068, t = .874, p = .383$). It became evident that challenge and exploration intention emerged as significant predictors of vigour in relation to situational interest. Conversely, dimensions such as novelty, attention quality, and instant enjoyment did not demonstrate any predictive capacity. These findings suggest that educators should prioritize activities that offer intellectual stimulation and chances for exploration in order to boost students' vigour, rather than only focusing on features associated with novelty or instant enjoyment.

Moreover, it was uncovered that SI predicts DE [$F(5, 1090) = 200.264, p < .001$], construing that SI directly and positively influences DE. Additionally, the $R^2 = .479$ construes that the model accounts for 47.9% of the variance in DE. The result indicates that students' situational interest significantly influences their dedication to physical activities. Through cultivating an inherent drive and active participation in physical education classes, instructors can encourage students' dedication to upholding a dynamic and health-conscious way of life, ultimately resulting in enhanced physical fitness and overall well-being. Each coefficient was also examined to determine each SI dimension's influence on DE. After thorough analysis, it was observed that challenge ($\beta = .264, t = 4.720, p < .001$), exploration intention ($\beta = .363, t = 9.754, p < .001$) and instant enjoyment ($\beta = .256, t = 3.276, p = .001$) were found to be predictors of DE, except for

novelty ($\beta = -.056$, $t = -1.619$, $p = .106$) and attention quality ($\beta = -.102$, $t = -1.125$, $p = .261$). The analysis revealed that challenge, exploration intention, and instant enjoyment were significant predictors of dedication, although novelty and attention quality did not show any predictive ability emphasizing the need of including stimulating and enjoyable activities into physical education programs.

Lastly, it was revealed that SI predicts AB [$F(5, 1090) = 119.915$, $p < .001$], suggesting that SI directly and positively influences AB. Additionally, the $R^2 = .355$ construes that the model accounts for 35.5% of the variance in AB. The finding indicates that students are more likely to become absorbed in their learning experiences when they genuinely show enthusiasm in the tasks they are given. Educators can utilize this finding to create teaching methods and educational settings that encourage students to be interested in the current situation, thereby enhancing their ability to fully engage and become fully involved in the learning process. This ultimately results in more significant and efficient learning achievements. After assessing each dimension's predictive ability, it was observed that challenge ($\beta = .302$, $t = 4.767$, $p < .001$) and exploration intention ($\beta = .225$, $t = 5.333$, $p < .001$) were found to be direct predictors of absorption, except for novelty ($\beta = -.044$, $t = -1.125$, $p = .261$), attention quality ($\beta = .140$, $t = 1.604$, $p = .109$) and instant enjoyment ($\beta = .024$, $t = .268$, $p = .789$). It became apparent that the dimensions such as challenge and exploration intention have an immediate influence on AB, however, dimensions such as novelty, attention quality, and quick enjoyment did not have a direct predictive ability. The findings underscore the importance of cultivating a learning environment that motivates students to confront obstacles and investigate novel concepts, thereby facilitating heightened levels of engagement in physical activities. Educators have the ability to employ these findings in order to customize teaching methods that stress active participation and investigation, so promoting improved comprehension and significant educational encounters for students.

Table 3
Influence of situational interest on study engagement: hypotheses testing

Hypothesis	Regression weights	Beta Coefficient	R^2	F	t -value	p -value	Decision
H_1	SI \rightarrow SE	-	.496	214.121	-	<.001	Accepted
H_{1a}	NV \rightarrow SE	-.038	-	-	-1.240	.215	Accepted
H_{1b}	CL \rightarrow SE	.295	-	-	5.975	<.001	Rejected
H_{1c}	EI \rightarrow SE	.258	-	-	7.854	<.001	Rejected
H_{1d}	AQ \rightarrow SE	.062	-	-	.915	.361	Accepted
H_{1e}	IE \rightarrow SE	.096	-	-	1.401	.161	Accepted
H_2	SI \rightarrow VI	-	.428	163.219	-	<.001	Rejected

Table 3
Influence of situational interest on study engagement: hypotheses testing (cont.)

Hypothesis	Regression weights	Beta Coefficient	R ²	F	t-value	p-value	Decision
H _{2a}	NV → VI	-.016	-	-	-.474	.636	Accepted
H _{2b}	CL → VI	.308	-	-	5.536	<.001	Rejected
H _{2c}	EI → VI	.220	-	-	5.928	<.001	Rejected
H _{2d}	AQ → VI	.088	-	-	1.146	.252	Accepted
H ₂₃	IE → VI	.068	-	-	.874	.383	Accepted
H ₃	SI → DE	-	.479	200.264	-	<.001	Accepted
H _{3a}	NV → DE	-.056	-	-	-1.619	.106	Accepted
H _{3b}	CL → DE	.264	-	-	4.720	<.001	Rejected
H _{3c}	EI → DE	.363	-	-	9.754	<.001	Rejected
H _{3d}	AQ → DE	-.102	-	-	-1.325	.185	Accepted
H ₃₃	IE → DE	.256	-	-	3.276	.001	Rejected
H ₄	SI → AB	-	.355	119.915	-	<.001	Rejected
H _{4a}	NV → AB	-.044	-	-	-1.125	.261	Accepted
H _{4b}	CL → AB	.302	-	-	4.767	<.001	Rejected
H _{4c}	EI → AB	.225	-	-	5.333	<.001	Rejected
H _{4d}	AQ → AB	.140	-	-	1.604	.109	Accepted
H _{4e}	IE → AB	.024	-	-	.268	.789	Accepted

Note: Significance $p < .05$.

Legend:

SI – Situational Interest, NV – Novelty, CL – Challenge, EI – Exploration Intention, AQ – Attention Quality, IE – Instant Enjoyment, SE – Student Engagement, VI – Vigour, DE – Dedication, AB – Absorption.

Discussion

This study highlights the intricate yet noteworthy relationship that exists between students' situational interest and their study engagement in physical education classes. It emphasizes that students are more inclined to actively and enthusiastically participate when they perceive the activities and exercises as engaging. The aforementioned interaction implies that factors such as the level of difficulty of the task and the potential for exploration and innovation are significant in forecasting student engagement (Roure et al., 2019). Furthermore, the concept of situational interest plays a crucial role in motivating individuals to incorporate challenging and exploratory possibilities into physical education programs. This approach aims to cultivate a more profound and enduring interest in physical activity among students (A. Chen & Wang, 2017; Roure & Pasco,

2018; Zhu et al., 2009). These findings collectively support the implementation of a strategic approach in the field of physical education, with the goal of fostering a student population that is more actively involved, engaged, and health-conscious.

The significance of situational interest in relation to students' vigour is essential for comprehending the manner in which engagement manifests as a vibrant and dynamic educational encounter. According to Roure et al. (2019), the increased level of energy and excitement observed in VI appears to be influenced by the presence of challenging and exploratory domains within SI. This implies that engaging in intellectually demanding and inquisitive activities can enhance students' vigour. On the other hand, it is worth noting that certain domains such as novelty, attention quality, and rapid enjoyment may not have an important influence on vigour. This suggests that educators should prioritize tasks that surpass superficial involvement in order to genuinely invigorate students (Linnenbrink-Garcia et al., 2010; Rotgans & Schmidt, 2011). These findings provide educators with valuable insights for creating educational environments that not only captivate students' attention but also foster a heightened level of engagement, which is crucial for successful learning and academic success.

Additionally, the results highlight the direct influence of situational interest on dedication to physical activities, indicating that the dimensions of challenge, exploration intention, and instant enjoyment play a crucial role in promoting student dedication. Students that are truly involved in a task, motivated by these dimensions of SI, have a greater degree of dedication to physical activity. The consideration of this dedication holds significant importance for educators in the development of curriculum that fosters lifelong health and fitness. Intriguingly, initial assumptions about the predictive power of novelty and attention quality on dedication are being reconsidered, with findings pointing towards a lesser impact on sustained engagement. Recent evidence suggests that these factors may have a relatively limited effect on prolonged engagement (A. Chen & Darst, 2001; Roure & Pasco, 2018). Therefore, it is imperative for educational programs to prioritize the improvement of these fundamental dimensions of SI in order to strengthen student drive and dedication in physical activities. Additionally, Zhu et al. (2009) emphasized the importance of SI in fostering student well-being within the context of physical education. These studies provide significant insights for educators seeking to enhance student dedication through well planned physical education activities.

Finally, situational interest is of great significance in promoting student absorption during physical tasks. The finding has shown that genuine anticipation for a particular task is associated with a higher level of learner immersion. Teaching methods can be customized to leverage this relationship, thereby establishing a setting that fosters inquisitiveness and involvement. The key aspects in

predicting AB have been identified as the dimensions of challenge and exploration intention, surpassing novelty, attention quality, and instant enjoyment. This implies that the level of student engagement is closely linked to the mental requirements of the task and the chances it provides for investigation. Therefore, it is imperative for educators to prioritize the development of learning experiences that are simultaneously rigorous and inquisitive in order to enhance student engagement and comprehension. The research conducted by various scholars provided evidence that SI has a substantial influence on academic performance and classroom conduct (A. Chen & Darst, 2001; Rotgans & Schmidt, 2011). This has important implications for improving educational outcomes by designing tasks that may result in healthy and active students.

Understanding the role of situational interest in educational contexts, particularly in the field of physical education, has been a focal point of recent scholarly works (Allard-Latour et al., 2022; S. Chen et al., 2021; Otundo & Garn, 2019). In the findings of this present study, it has been consistently demonstrated that SI significantly predicts various aspects of student engagement, whether it be, vigour, dedication, or absorption in learning activities. The dimensions such as challenge and exploration intention have emerged as consistent predictors across these domains, suggesting that when students face tasks that are intellectually challenging and allow for exploration, they are more likely to engage deeply and persistently. This pattern holds true even when novelty and attention quality do not directly predict these outcomes. Importantly, these findings provide actionable insights for educators: by designing learning environments that amplify the dimensions of SI that matter, i.e. challenge and exploration, educators can foster not just immediate interest, but a lasting engagement that could contribute to overall well-being and academic success in physical education. The existing literature emphasizes the necessity of implementing instructional techniques that prioritize these dimensions in order to maximize student engagement and academic performance within the context of physical education (A. Chen & Darst, 2001; Roure et al., 2019; Zhu et al., 2009).

The development of highly engaged learners necessitates the implementation of strategic planning in physical education activities that effectively capture students' situational interest. Studies indicate that creating tasks that have intrinsic difficulties and chances for exploration can greatly improve student engagement (Cho, 2018; Lobo, 2024). This suggests that educators should intentionally include these components in their curriculum. Although novelty and immediate enjoyment provide an initial sense of engagement, it is the continuous intellectual and exploratory requirements that sustain student immersion and commitment. In order to foster a dynamic and participatory learning environment, it is imperative for educational techniques to prioritize the development of different and demanding scenarios that stimulate students' engagement in

physical activities. This strategy effectively engages students' interest and cultivates long-lasting dedication to physical education, so aligning with the broader objective of enhancing student well-being and academic success (Roure & Pasco, 2018; Sun et al., 2008).

Conclusion

Taking advantage of situational interest in the context of physical education is of utmost importance in fostering student engagement and exerting a substantial impact on their educational trajectory and propensity for engaging in physical activities. Educators have the ability to cultivate a stimulating and rewarding learning environment by utilizing pedagogical strategies that prioritize challenges and opportunities for exploration, thereby leveraging students' inherent inclinations. These methodologies not only effectively include students in the moment but also possess the capacity to cultivate a lasting admiration for physical activity. The existing body of scholarly literature emphasizes the need of designing educational experiences that align with students' innate curiosity and enthusiasm, therefore fostering a favourable and long-lasting connection with physical education and a state of well-being.

On the other hand, this study is subject to certain limitations, such as its dependence on self-reported measurements, which could potentially introduce bias, and the potential diversity in the conceptualization of situational interest across diverse educational contexts. Furthermore, it is important to consider various factors that could potentially influence the transmission of situational interest to study engagement. These factors encompass the calibre of task design, individual variations among students, such as pre-existing knowledge and personal inclination, as well as environmental elements such as classroom atmosphere and teacher efficacy. Further investigation could be conducted to examine the intricate interplay between these variables throughout diverse educational settings. This will facilitate an understanding of the underlying mechanisms that maintain situational interest and efficiently direct it towards sustained student engagement. Additional methods to enhance the depth of understanding might include longitudinal studies to track changes over time, experimental designs to test the efficacy of specific interventions, and qualitative approaches, such as interviews and observations, to capture the nuanced experiences of individual students.

The importance of considering situational interest in the field of physical education is evident in the existing body of literature and holds special relevance within the context of higher education in the Philippines. This study enhances the scholarly comprehension of motivation within a distinct cultural context by investigating the impact of situational interest on student engagement in phys-

ical education. This approach improves the pedagogical framework employed by educators in the field of physical education, promoting the use of approaches that are specifically designed to cater for the interests and motivations of Filipino students. This study has the potential to contribute to the development of more efficient physical education programs that effectively include university students and foster long-term physical health, aligning with the educational goals and cultural principles of the nation.

STATEMENT OF ETHICS

This study was conducted in accordance with the World Medical Association Declaration of Helsinki. The study protocol was reviewed and approved by the Research Management Office of the Bulacan State University, City of Malolos, Bulacan, Philippines as Independent Research (Self-funded, CSER-CRDU-2024-017 April 01, 2024). All participants provided written informed consent to participate in this study.

DECLARATION OF CONFLICTING INTERESTS

The author declared no potential conflicts of interests with respect to the research, authorship, and/or publication of the article: *The Influence of Multidimensional Situational Interest to Study Engagement in the University Physical Education Learning Environment in the Philippines*.

FUNDING

The author received no financial support for the research, authorship, and/or publication of the article: *The Influence of Multidimensional Situational Interest to Study Engagement in the University Physical Education Learning Environment in the Philippines*.

AUTHORS' CONTRIBUTIONS

Joseph Lobo: Conceptualization; Methodology; Software; Validation; Formal analysis; Investigation; Resources; Data Curation; Writing – Original Draft; Writing – Review and Editing; Visualization; Supervision; Project Administration; Funding Acquisition.

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Received: 11.02.2024

<http://dx.doi.org/10.16926/sit.2025.02.05>

Accepted: 30.12.2024

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STRATEGIES FOR DEALING WITH FINANCIAL OBSTACLES IMPACTING THE SPORTS SUCCESS OF IRANIAN FOOTBALL CLUBS IN THE AFC CHAMPIONS LEAGUE ELITE

How to cite [jak cytować]: Khanmoradi, S., Ghayebzadeh, S., Moharramzadeh, M., Vodičar, J., & Sortwell, A. (2025). Strategies for Dealing With Financial Obstacles impacting the Sports Success of Iranian Football Clubs in the AFC Champions League Elite. *Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe*, 8(2), 85–100.

Strategie radzenia sobie z trudnościami finansowymi rzutującymi na sukcesy sportowe irańskich klubów piłki nożnej w Lidze Mistrzów AFC Elite

Streszczenie

Niniejszy artykuł przedstawia strategie radzenia sobie z trudnościami finansowymi rzutującymi na sukcesy sportowe irańskich klubów piłki nożnej w Lidze Mistrzów AFC Elite. Po raz ostatni irański klub wygrał klubowe mistrzostwa Azji w sezonie 1992–1993, kiedy to klub Pass został zwycięzcą turnieju. Eksperti są zdania, że problemy finansowe klubów to najważniejszy czynnik uniemożliwiający sukces sportowy. Przedstawione strategie nie są uporządkowane według ważności, co więcej, ich lista nie jest zamknięta. Zamiast takiego podejścia użyto strategii w celu rozwiązania problemów finansowych klubów. Wyniki pokazują, że największe problemy finansowe wynikają z braku praw do transmisji telewizyjnych, sprzedaży biletów, działalności handlowej, zatrudniania

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słabych graczy zagranicznych, ceny VAR, własności państwowej, niewystarczającej infrastruktury sportowej oraz długów futbolu irańskiego wobec FIFA. Strategie mające przezwyciężyć te trudności zawierają uchwałę w sprawie płatności za prawa do transmisji telewizyjnych, większą liczbę kibiców, sponsorów finansowych oraz oficjalnych przedstawicieli, pomoc finansową państwa, zakup VAR z przychodów federacji w FIFA, przebudowę i renowację dużych stadionów, sprzedaż akcji klubów rządowych w obrocie pozagiełdowym, zobligowanie klubów do zapłaty starych długów.

Słowa kluczowe: piłka nożna, kluby, strategia, trudności finansowe.

Abstract

This article presents strategies for dealing with financial obstacles impacting the sports success of Iranian football clubs in the AFC Champions League Elite. The last time an Iranian club won the Asian club championship was the 1992-1993 season when the Pass club won the tournament. Experts believe the clubs' financial problems are the most evident reason for the lack of sports success. The strategies provided are not listed in order of importance, nor are they meant to be an exhaustive list. Instead, strategies are used to solve the financial obstacles of clubs. The results show that the most critical financial obstacles include lack of television broadcasting rights, ticket sales, commercial activities, hiring low-quality foreign players, price of VAR, state ownership, insufficient sports facilities, and debts of Iranian football in FIFA. Strategies related to these obstacles include a resolution to pay for television broadcast rights, more spectators, financial sponsors, and official agents, providing financial support by the government, buying VAR from federation revenues in FIFA, reconstruction and renovation of large stadiums, selling government clubs shares in the over-the-counter, and obliging clubs to pay the previous debts.

Keywords: football, clubs, strategy, financial obstacles.

Introduction

Football is the most important sport in the world. Football has engendered excitement among people in regions throughout Asia since its introduction in Asia. Numerous Asians enjoy football as practitioners, audiences, and fans; hence, the Asian markets for broadcasting football events and football-related goods have recently expanded. In addition, some regional football leagues, such as the Asian Cup and Asian Champions League, have also been created and changed. Within the past couple of decades, several club leagues in Asian countries have received great investments, and they are emerging in global competitions by recruiting international football players and coaches (Cho, 2013). Before the FIFA World Cup 2002 in Korea and Japan, there was a belief that Asian football teams could not succeed, and Asian footballers and Teams were criticized for lacking quality internationally (Weinberg, 2012). After choosing Korea and Japan as hosts for the World Cup, FIFA and the Asian Football Confederation (AFC) improved the situation of Asian football and its member associations to operate on a much broader scale than hitherto (Manzenreiter & Horne, 2007). With its slogan 'The Future is Asia' the AFC initiated the Vision Asia football de-

velopment program in 2003. It aimed to increase the standards of Asian football at all levels, including the field of play, administration, and sports science (Hassan & Hamil, 2010). Therefore, as mentioned, football has been developing in Asia.

Iran is one of the Asian countries that has consistently participated in various tournaments due to the passion of its people for football, achieving limited success such as two Asian championships for Esteghlal in 1970 and 1991, as well as Persepolis's appearance in two recent Asian club finals. However, it has been about 40 years since the last Iranian club won an Asian championship. Many sports experts believe that Iranian clubs face ongoing challenges, particularly financial instability and management issues that hinder their competitiveness at the international level (Khajeheian & Sedighi, 2018). Financial crises have affected clubs for decades, leading to heavy debts and mismanagement (Khajeheian & Sedighi, 2018).

The financial problems of Iranian football clubs stem from structural inefficiencies, government control, and lack of economic sustainability. Most Iranian clubs are state-owned, which leads to underinvestment and inefficiencies in management. Government policies restrict property rights and create a non-competitive environment, exacerbating financial issues (Biglari et al., 2024). Lack of financial transparency and reliance on government funding (65% of club financing) hinder the development of sustainable business models (Sheikh et al., 2012). Iranian clubs often lack effective marketing strategies, which limits their ability to generate income from fans and sponsors (Khajeheian & Sedighi, 2018).

Therefore, as various studies emphasize, the financial problems arising from the aforementioned reasons play a crucial role in the lack of success of Iranian football clubs in Asian competitions. This article outlines the financial obstacles Iranian football clubs face in achieving success in the Asian Champions League, which has recently been renamed the Asian Elite League. After identifying the financial barriers, it will propose solutions to each obstacle. This issue, which previous researchers have overlooked, will be addressed in this article so that the content can provide suitable solutions for overcoming the financial challenges facing Iranian football clubs. The significance of this topic lies in the hope that by resolving these financial issues, after nearly 40 years, an Iranian club can establish a strong presence in the Asian League and potentially achieve championship status.

The subsequent sections of this article will include the methodology for identifying obstacles and strategies, the presentation of the obstacles and strategies, and finally discussion and concluding the findings.

Literature review and background

The Club Football League in Asia

The Asian Football League is an annual continental club men's football competition that the AFC administered as the Asian Champion Club Tournament from 1967 to 1972 and then the Asian Club Championship from 1985–1986 to 2001–2002.

Only domestic champions took part in the competition from 1967 to 2002, except for the national association of the title holder, which allowed them to enter two teams. The competition was rebranded as the AFC Champions League in 2002–2003, with the best national associations (including Iran) being allowed initially two teams before this number increased to four, similar to its European counterpart (François, Scelles, & Valenti, 2022). Also, the outbreak of COVID-19 in Asian countries caused the Asian Football Confederation (AFC) to postpone the AFC Champions League. Finally, the Asian Football Confederation (AFC) decided to hold a sporting event in Qatar. The tournament resumed from 14 September to 3 October in four stadiums across Qatar, three of which are FIFA World Cup 2022 (Khanmoradi & Fatahi, 2023). The Asian Champions League in the 2023–2024 season, with a new format in the group stage, includes five groups of 4 teams in West Asia and five groups of 4 teams in East Asia. From West Asia, the first five teams and the top three second teams will go to the next round. It will be the same in the East. Clubs compete with each other in the elimination stage until the Champion is selected. In the 2024–2025 season, the AFC Champions League underwent significant changes, being renamed the Asian Elite League. The Asian Elite League is a new and enhanced format of the AFC Champions League aimed at increasing the competition level and the matches' appeal. This League is similar to the Super League that Florentino Pérez intended to implement in Europe, which faced opposition, but Asia will host it this year. The Asian Elite League features fundamental changes compared to the previous format. It consists of three tiers: Tier 1 has 24 teams, Tier 2 has 32 teams, and Tier 3 has 20 teams. Tier 1 represents the highest level of competition among these three tiers. In the new format, the Asian Elite League includes 24 teams, maintaining the previous tournament's structure, meaning that teams from both West and East Asia are participating, with 12 teams from the East and 12 from the West. Each team plays eight matches in the group stage, four of them at home and four away. Following the group stage, the top 8 teams advance to the knockout stage, played over two legs. Therefore, the evolution of the club football league in Asia highlights the importance of examining this long-standing league.

Persian Gulf League

The Persian Gulf Pro League is the highest tier in Iranian men's football. The Persian Gulf Pro League is one of the most competitive men's football leagues in Asia, as demonstrated by Iran being ranked fourth in the 2021 Asian Football Confederation (AFC) Club Competitions, behind Saudi Arabia, South Korea, and Japan, but ahead of Qatar, Uzbekistan, and China. Two of its clubs (Esteghlal and Persepolis) are among the best in Asia (Scelles & Khanmoradi, 2023).

Before the 1970s, Iran did not have an official national men's football league. Since 1970, the Iranian men's football first tier has held five titles: Local League (1970–1972), Takht Jamshid League (1973–1979), Qods League (1989–1990), Azadegan League (1991–2001) and Iran Pro League/Persian Gulf Pro League (since 2001: Iran Pro League 2001–2006, Persian Gulf Pro League since 2006). The number of teams and the competition format have changed over time. Since 1995–1996, a single group and round has been in place, with the number of teams ranging from 12 in 2000–2001 to 18 from 2007–2008 to 2012–2013. Since 2013–2014, the number of teams has been 16, with two teams being promoted from/relegated in the Azadegan League (the second tier since 2001–2002) since 2015–2016. The Iranian Football Federation established a professional men's League in 2001–2002. Over the 21 seasons were played till the time of 2021–2022. Persepolis was Champion seven times (including five times in a row from 2016–2017 to 2020–2021), Sepahan five times (the last time in 2014–2015), Esteghlal Tehran four times (including 2021–2022), and Foolad Khuzestan twice (the last time in 2013–2014), while Pas Tehran (2003–2004), Saipa (2006–2007) and Esteghlal Khuzestan (2015–2016) won once. Establishing a professional men's football league in Iran in 2001–2002 needs to be contextualized in the broader Asian football context (Scelles & Khanmoradi, 2023).

Financial Issues and Sports Success

The theoretical foundation supporting the study comes from previous literature that showed economics as an influential factor in sports success. We study these factors in Iranian football clubs to identify financial obstacles. According to Storm and Nielsen (2012), persistent deficits and growing debts among most top league clubs characterize state professional football in Europe. Rohde and Breuer (2016) state that financial success is driven by national and international sporting success and brand value; team investments drive sporting success, and team investments tend to be driven by (foreign) private majority investors. Feizabadi, Khabiri, and Hojjati (2013) indicated a significant positive relationship between AFC criteria and the success of countries' representatives in the Asian Champions League (ACL). Also, technical standards significantly predict the success of the country's representatives in ACL. More attention to technical stand-

ards will bring better results in the following seasons. Gasparetto and Barajas (2021) (Gerhards & Mutz, 2017) suggested that market value is crucial to explaining team performance. Buhaş, Buhaş, Grama, Herman, and Dragos (2021) showed a clear link between the decision of local public authorities to get involved in a given local sports activity and the achievement of outstanding results by local sports teams. Consistent financial support, high-quality sports infrastructure, transparent public-private partnerships, and strong partnerships between various local public authorities are the keys to developing performance sports. Quansah, Buraimo, and Lang (2023) showed that several variables, including the opponent and local derbies, drive ticket prices. The impact of team performance is asymmetric, affecting only the most expensive tickets. The research by Scelles, Dermit-Richard, and Haynes (2020) consisted of a comparative analysis of the evolution of TV rights in English Premier League and French Ligue 1 men's football over the 1980–2020 period. They showed that the main driver for TV rights is the leading domestic broadcaster's turnover. It illustrates that VAR has more of an effect than its stated purpose of correcting obvious errors. Hamsund and Scelles (2021) stated that all age groups were generally favorable toward using technology in the EPL to support referee decisions and provide more information to in-stadium fans.

Method

This article aims to identify the financial obstacles faced by Iranian football clubs in achieving success in the Asian Elite League and to propose solutions to address these challenges. This study uses an analytical approach to identify obstacles and provide solutions. A literature review and consultations with experts in the field were conducted to gather information regarding the financial barriers confronting Iranian football clubs. The research team synthesized and localized this information for Iranian football clubs through brainstorming sessions.

After identifying the obstacles, the research team engaged in frequent online meetings to analyze these barriers and identify the most significant ones. Initially, 20 obstacles were identified, and after a final review and synthesis, seven key financial barriers were localized for Iranian football clubs. Subsequently, the research team revisited the literature and collected the opinions of all team members to propose solutions for each obstacle. Each team member provided four solutions for each barrier. Finally, in group meetings, the obstacles that aligned most closely with the literature and the group's collective opinions were selected and included in the article.

The resources used for decision-making regarding the proposed solutions and obstacles included reputable academic articles, economic statistics, and re-

ports, as well as experiences and achievements of other Asian and European clubs in the field of football development. Thus, the financial problems were systematically analyzed, and by utilizing the proposed strategies, solutions for enhancing the position of Iranian football clubs in Asian competitions were offered.

Results

Iranian football clubs, such as the Champions League, need help to achieve success. Iranian football clubs are usually removed from the initial stages of sports competitions. Also, if they have a potential to achieve a high championship level, they cannot be successful. It is interesting to know that it has been several years since an Iranian club won the championship in the Asian Championship league. For the last time, Pass Tehran won the championship in 1993. We offer the most critical obstacles to the sports success of the Iranian football clubs in the AFC Champions League Elite. Then, we suggest effective strategies for each obstacle:

1. Three primary sources of income

Obstacle: According to the Deloitte economic report which determines the amount of income for the wealthiest teams worldwide every year, the three primary sources of income are the sale of television broadcasting rights, ticket sales, and commercial activities. However, Iranian football clubs do not have any share of the income from broadcasting rights. Persepolis, Esteghlal Tehran, and Tractor Club sometimes draw 90,000 spectators to the stadium. However, despite many spectators for some games for these teams, the average league attendance was below 10,000 people per game from 2009–2022. At the same time, the best European men's football leagues (England, France, Germany, Italy, and Spain) have an average of 22,500 to 45,000 spectators per game (Scelles & Khanmoradi, 2023). This is because only a few Iranian clubs, such as Persepolis, Sepahan, Esteghlal, and Tractor, have many spectators, and other Iranian clubs do not have a lot of spectators, sometimes around 500 people. Therefore, the average number of spectators in the League is deficient.

Furthermore, most teams in Iran have low stadium attendance and are deprived mainly of ticket sales. As for business activities, one of the only ways to generate income for Iranian clubs is through sponsorship and financial support. Nevertheless, only a few teams can earn a reasonable income this way, and the rest cannot conclude appropriate financial contracts due to the lack of spectators and fans. This is consistent with the idea that the teams in the Persian Gulf Pro League have historically had a low ability to generate income (Sadeghi, Asgharpour, & Gholchinfar, 2009).

Suggested strategy: According to the Iranian television, they ignore the issue of television broadcast rights. Also, this medium is under the government's control, therefore, the government can prepare a resolution to pay television broadcast rights from media revenues to sports clubs. This is the problem of the Iran Football Association, i.e. they need to make politics and policies to promote football. The same problem was experienced in Slovenia, but the Federation solved it. Also, if a sporting event (as a product) is attractive, its demand increases. Therefore, Iranian football clubs should provide the necessary conditions for more spectators to attend the stadium so that they can sell more tickets. To achieve this goal, they can use these strategies: development of sports facilities, construction of stadiums, facilities for spectators, promotion of ranking in the League, development of technology, and cultural events. The development of commercial activities, such as attracting financial sponsors, occurs in such situations because the demand for a product with traction (highly spectators' sports events) will increase.

2. Hiring foreign players with high market value but low-quality

Obstacle: Economic and financial difficulties make clubs unable to hire high-quality foreign players in the League during the transfer season, hence limiting the internationalization of the League. It remains to be seen whether foreign players in the Persian Gulf Pro League have sufficient standards to make a difference compared to Iranian players. As for football knowledge, in the Iranian Premier Football League, agents often introduce low-quality foreign players to club managers who lack sufficient knowledge in this area. As a result, the players do not have the necessary quality.

Strategy: Club managers should use official agents who have acceptable references and can use Iranian players who have played in foreign leagues as consultants to confirm the quality of foreign players. The government and the football federation can provide financial support for Iranian football clubs participating in the Asian Champions League and provide them with financial help to buy good-quality foreign players. What is more, clubs must specify their mid and long-term strategies, i.e. what they want to achieve. Is it to be the champion in 4 years' time or to develop Iranian football players? To achieve the former, it is necessary to have foreign players and coaches with the support of the club board and sponsor members.

3. Video assistant referee (VAR) technology

Obstacle: It is hard for Iran's football federation to fund the purchase of VAR because Iran faces many international sanctions. The total cost of VAR devices for all Persian Gulf premier league clubs' stadiums is estimated at 2,300 million

euros. This is so expensive, and the federal government needs a larger budget to buy VAR devices. One of the concerns caused by the absence of VAR in Iranian football is its impact on hosting Iranian clubs in the Asian Champions League.

Strategy: Since about 12% of EVS company shares are related to the USA, this company is unwilling to risk doing business with Iran regardless of the sanctions. The football federation should pay this money (2,300 million euros) directly to FIFA. The Football Federation has two ways to prepare this purchase. First, the football federation should procure the money from the government or parliament. Second, the Iranian Football Federation should pay this money from its revenues in FIFA that remained in the FIFA account in recent years due to sanctions. The International Football Federation could not transfer it to the account of the Iranian Football Federation.

4. State ownership of clubs

Obstacle: The AFC has considered some essential factors pertaining to the professional license of Asian clubs to participate in the AFC Champions League. One of the most important of them is the ownership of clubs. Persepolis and Esteghlal are two famous clubs in Iran that usually participate in AFC Champions League. These clubs are not private, and they have co-ownership. In 2021, the AFC would not permit them to participate in the AFC Champions League because they were not a private club and had co-ownership.

Strategy: The best strategy to solve the problems of the Persepolis and Esteghlal clubs and other Iranian state clubs is selling shares in the over-the-counter market. For example, after the stock offering of Manchester United on the London Stock Exchange in 1991, Malcolm Glazer bought the club in May 2005 for an amount of 800 million pounds. In August 2012, the club's initial public offering occurred on the New York Stock Exchange. Iranian clubs can also find affluent buyers by offering shares in the over-the-counter market and moving towards privatization.

5. Development of sports facilities

Obstacle: By allocating a budget of 533 m dollars, Saudi Arabia is going to build the King Abdullah sports stadium, and in this way, it will be better than other Asian countries in terms of developing sports infrastructure. In such a situation, some Iranian clubs, such as Persepolis and Esteghlal, do not have their own sports facilities and need to be in better condition regarding sports infrastructure.

Strategy: To solve this problem, the Iran football federation and government can use the following strategies:

A: Reconstruction and renovation of large stadiums, especially the Azadi sports complex, to host the Asian Champions League. Azadi Stadium was one of the

most modern sports structures in the world at the time of its construction in 1971. It has gradually fallen behind today's criteria and standards. The Asian Football Confederation received more than a hundred objections to agreeing to host the match between Persepolis and Kashima Antlers in the final of the Asian Champions League. A fantastic thing happened during the effort to fix these defects, and six unseen and new toilets were discovered in Azadi! This example shows the necessity of renovating the stadium.

- B:** The government is the most important provider of financial resources for sport in Iran. Therefore, government support is necessary to provide financial resources for developing and equipping stadiums.
- C:** Requiring Premier League clubs to buy or build exclusive stadiums in the long term. Many Iranian clubs do not have their stadiums and often hold their matches in rented stadiums reserved for the government.

6. The scary debts of Iranian football in FIFA

Obstacle: During the last two seasons, Esteghlal has been sentenced to pay 1,800,000 euros to Andre Stramaccioni and 650,000 dollars to Winfred Schaefer, two of its foreign head coaches, and now the managers of this club are trying to bargain and get discounts from these coaches. Despite Branko Ivankovic's brilliant record, Persepolis did not pay the coach's demands on time and is involved in a case of 1,118 m euros. The past cases of Iranian football debt and complaints against Iranian clubs by foreign players and coaches have caused Iranian clubs to either be threatened with removal from the Asian Champions League or not to have the proper budget to buy quality players. Funds are used to pay debts.

Strategy: The Football Federation announced the contract ceiling law to solve this problem. According to this law, clubs cannot buy a player or coach at a higher price than the set limit. The football federation should oblige clubs to pay the previous debts. Also, the Federation should prevent clubs from signing contracts with foreign players and coaches with tremendous market values higher than the club's income.

7. Club organization

Obstacles: Many Iranian clubs need help with their club structure, and many financial problems are related to insufficient organizational structure.

Strategy: Clubs need to be organized as a company and have structure:

Board with its president and members (sport, finance, marketing, head trainer, ...)

Sports director, responsible for sport and development

Head of research, responsible for combining science and praxis

Medicine department: medical doctors, physiotherapists, massage, nutrition, etc.

Discussion

This paper aimed to identify the financial obstacles facing Iranian football clubs in achieving success in the AFC Champions League Elite. By reviewing literature, texts, articles, and opinions from various experts, seven financial obstacles were identified through brainstorming sessions held by the research team. For each financial obstacle, corresponding strategies were proposed and identified by the team after conducting multiple sessions. The findings of this paper provide exciting and valuable information for football enthusiasts in Iran and Asia.

The first result showed that the three primary sources of income are the sale of television broadcasting rights, ticket sales, and commercial activities. Iranian clubs have limitations in getting these resources. This finding is consistent with the research by Biglari et al. (2024), Sheikh et al. (2012), and Bagheri et al. (2023), who believed that financial growth and investment opportunities for Iranian clubs are limited and that Iranian clubs struggle to secure income from television broadcasting rights. The recommendation of this study in this regard was that the government could pay television broadcasting rights to sports clubs, enabling them to attract more spectators and sell tickets. Strategies include developing sports facilities, improving league rankings, advancing technology, and attracting sponsors for high-traffic events.

The next obstacle identified in this article was hiring foreign players with high market value but insufficient playing skills. This finding is consistent with the research by Barden and Kozlak (2024) and Boto-García et al. (2023) that have highlighted the potential risks of recruiting foreign players. Iranian club managers should use official agents as consultants to verify the quality of foreign players. Government financial assistance can also be helpful.

The next obstacle identified by this article is the concerns related to funding the installation of VAR in Iranian football stadiums, which impacts the hosting of Iranian clubs in the AFC Champions League Elite. Various studies emphasize the impact of the Video Assistant Referee (VAR) on match performance, suggesting that it can be an advantage for better hosting of a football game. Studies across multiple competitions, including FIFA World Cups and the English Premier League, have consistently shown that VAR introduction increases playing time in halves and overall. VAR has also been associated with a reduction in offside and fouls. Additionally, the number of penalties awarded has been increased (Bao & Han, 2024; Kubayi et al., 2022; Li et al., 2024). The solution proposed by this article to address this obstacle is that the Iranian Football Federation can expand its budget either by the government's or parliament's support or by releasing revenues remaining in FIFA's account due to sanctions.

Another financial obstacle identified by this article is the state ownership of Iranian clubs participating in the AFC Champions League Elite, which limits the

potential for advancing financial objectives. This finding is consistent with the research by Sheikh et al. (2012) and Biglari et al. (2024). Approximately 65% of Iranian clubs rely on the government and industry-based funding, contrasting sharply with the private funding models in leagues like England (Sheikh et al., 2012). Underinvestment: state control results in chronic underinvestment in club infrastructure and talent development, limiting competitive performance (Biglari et al., 2024). The best strategy to solve the problems of the Persepolis and Esteghlal clubs and other Iranian state clubs is selling shares in the over-the-counter market.

Another financial obstacle presented in this article is the lack of sports infrastructure and dedicated stadiums for Iranian clubs participating in the AFC Champions League Elite. Various studies have emphasized the importance of stadiums for sports clubs, which is consistent with this finding. Stadium ownership provides financial benefits and serves as a platform for implementing Corporate Social Responsibility (CSR) initiatives, as seen in the case of U. C. AlbinoLeffe (Canini et al., 2024). Furthermore, stadiums are pivotal in generating substantial income through match-day revenues and hosting non-football events, contributing nearly 40% to European soccer revenue (Terekli & Çobanoğlu, 2018). The proposed solution of this study is the renovation and refurbishment of Iranian stadiums, such as Azadi Stadium, with funding provided by the government.

The issue of heavy debts owed by Iranian clubs to foreign players is a financial obstacle to the success of these clubs in the AFC Champions League Elite. The heavy debts of Iranian football clubs to foreign players are due to a combination of financial mismanagement, reliance on government funding, and structural inefficiencies within the clubs, which various studies have emphasized (Khajeheian & Sedighi, 2018; Sheikh et al., 2012). The Iranian Football Federation has introduced the contract ceiling law to address this issue.

The structural problems of Iranian clubs are the last obstacle introduced in this article. The structural problems of Iranian football clubs stem from a combination of government control, financial dysfunction, and legal challenges, which is reflected in previous research (Biglari et al., 2024; Ghodsirad et al., 2023; Mansouri et al., 2022; Sheikh et al., 2012). Inspiration stemming from the structure of prominent foreign clubs can help establish an appropriate organizational chart and proper structure in Iranian clubs.

Conclusions

This paper aims to identify the financial obstacles facing Iranian football clubs in their pursuit of success in the AFC Champions League Elite. This paper

presents notable obstacles and provides solutions for each, considering the existing conditions in Iran. Governments and football federations can facilitate the allocation of television broadcasting rights to Iranian clubs and create the necessary infrastructure for revenue generation and the development of commercial activities. Another recommendation is that club officials evaluate the quality of foreign players before signing contracts to avoid future financial issues arising from recruiting low-quality foreign players. The VAR system was implemented for the first time in some stadiums during the 2024-2025 season of the Iranian Premier League, but its quality is not high yet. Therefore, all stadiums should be equipped with this new technology by utilizing the expertise of foreign specialists. This technology can be funded through the Federation, the government, and private clubs. Privatization and encouraging the restructuring of clubs from state-owned to privately owned by selling shares in the stock market can solve some of the problems of Iranian clubs. When clubs are privatized, equipping and building dedicated stadiums could be the next step toward success, and financial resources for this goal can be better provided through a private structure.

Additionally, Iranian clubs should have a long-term plan to pay off all their debts to FIFA to avoid potential losses. Finally, the club structure should be reformed by following the example of successful foreign clubs. Under such conditions, many of the financial problems faced by Iranian clubs shall be solved, and they shall be able to participate with greater strength and quality in the AFC Champions League Elite.

In short, it can be said that Iranian clubs must overcome many obstacles in order to succeed in the Asian Champions League. One of the most significant obstacles is the clubs' financial problems. Taking into account the seven obstacles mentioned in this research, clubs need a long-term plan to solve their financial problems. The management of each club, the Federation, and the government of Iran should set these long-term goals. These are the three main sides of the financial sector of Iranian football.

DECLARATION OF CONFLICTING INTERESTS

The authors declared no potential conflicts of interests with respect to the research, authorship, and/or publication of the article *Strategies for Dealing With Financial Obstacles impacting the Sports Success of Iranian Football Clubs in the AFC Champions League Elite*.

FUNDING

The authors received no financial support for the research, authorship, and/or publication of the article *Strategies for Dealing With Financial Obstacles impacting the Sports Success of Iranian Football Clubs in the AFC Champions League Elite*.

AUTHORS' CONTRIBUTIONS

Saeed Khanmoradi: Conceptualization; Methodology; Investigation; Formal analysis; Data Curation; Writing – Original Draft; Writing – Review and Editing; Visualization.

Shahrouz Ghayebzadeh: Conceptualization; Methodology; Supervision; Project Administration; Resources; Writing – Review and Editing; Funding Acquisition.

Andrew Sortwell: Formal analysis; Validation; Writing – Review and Editing; Visualization.

Mehrdad Moharramzadeh: Data Curation; Investigation; Writing – Review and Editing.

Janez Vodičar: Resources; Validation; Writing – Review and Editing.

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CZĘŚĆ III

**UWARUNKOWANIA ZDROWIA, POSTAWY
PROZDROWOTNE, JAKOŚĆ ŻYCIA**



Received: 3.10.2024
Accepted: 17.12.2024

<http://dx.doi.org/10.16926/sit.2025.02.06>

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IMPACT OF A NEW YEAR BREAK IN PHYSICAL ACTIVITY ON BODY COMPOSITION IN PHYSICALLY ACTIVE OLDER WOMEN: A RETROSPECTIVE OBSERVATIONAL PILOT STUDY

How to cite [jak cytować]: Szkudlarek, P., & Koźlenia, D. (2025). Impact of a New Year Break in Physical Activity on Body Composition in Physically Active Older Women: A Retrospective Observational Pilot Study. *Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe*, 8(2), 103–118.

Wpływ przerwy noworocznej w aktywności fizycznej na skład ciała u aktywnie żyjących starszych kobiet: pilotażowe badanie retrospektywne

Streszczenie

Regularna aktywność fizyczna jest kluczowa dla utrzymania zdrowia w każdym okresie życia. Celem tego badania była ocena wpływu przerwy w regularnej aktywności fizycznej w okresie przerwy noworocznej (NYB, 14 dni) na masę ciała i jej składniki u fizycznie aktywnych kobiet powyżej 60. roku życia. Próba badawcza obejmowała 26 kobiet, z których 12 nie miało przerwy w aktywności fizycznej (grupa ciągłej aktywności, CAG), a 14 przerwało aktywność podczas przerwy noworocznej (grupa przerwy, BG). Parametry mierzone metodą bioimpedancji obejmowały masę ciała, procent tłuszczu (BF%) oraz wskaźnik masy ciała (BMI), obliczono także wskaźnik masy tłuszczowej (FMI). Dwuczynnikowa analiza wariancji (ANOVA) w modelu mieszanym ujawniła istotne interakcje między warunkiem NYB a czasem dla BMI, BF% i FMI ($P < 0,05$). Wyniki te sugerują, że zmiany tych parametrów składu ciała w czasie były zależne od warunku NYB, a kobiety, które zaprzestały aktywności fizycznej, doświadczały istotnego wzrostu BMI, procentu tłuszczu i masy tłuszczowej, co potwierdziły testy post-hoc ($P < 0,05$). Natomiast kobiety, które kontynuowały regularną aktywność fizyczną, nie wykazywały istotnych zmian w składzie ciała ($P > 0,05$). Wyniki te potwierdzają znaczenie utrzymania regularnej aktywności fizycznej w celu zmniejszenia negatywnych zmian w składzie ciała u starszych kobiet.

Słowa kluczowe: kobiety, osoby starsze, tkanka tłuszczowa, skład masy ciała, aktywność fizyczna.

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Abstract

Regular physical activity is crucial for maintaining health at every stage of life. This study aimed to assess the impact of a 14-day pause from regular physical activity during the New Year Break (NYB) on body mass components in physically active women over 60 years old. The study sample consisted of 26 females, divided into two groups: 12 who continued their physical activity (the Continuous Activity Group, CAG) and 14 who paused during the NYB (the Break Group, BG). Body mass, body fat percentage (BF%), and body mass index (BMI) were measured using the bioimpedance method, and the fat mass index (FMI) was calculated. A two-way mixed-model ANOVA revealed significant interactions between the NYB condition and time for BMI, BF%, and FMI ($P < 0.05$). These results suggest that changes in these body composition metrics over time were influenced by the NYB condition, with women who discontinued physical activity experiencing significant increases in BMI, body fat percentage, and fat mass, as confirmed by post-hoc tests ($P < 0.05$). Conversely, women who maintained regular physical activity showed no significant changes in body composition ($P > 0.05$). These findings underscore the importance of continuous physical activity in mitigating adverse changes in body composition among older women.

Keywords: women, the elderly, body fat, body mass composition, physical activity.

1. Introduction

Physical activity plays a crucial role in promoting health and reducing the risk of chronic diseases, particularly among older adults. Regular exercise reduces the likelihood of developing conditions such as diabetes, obesity, cardiovascular disease, and stroke, which are leading causes of mortality in this population (Izquierdo et al., 2021; Chodzko-Zajko, 2009). The World Health Organization (WHO) defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure (WHO, 2020). For adults and seniors, the WHO recommends at least 150 minutes of moderate or 75 minutes of vigorous physical activity per week to gain significant health benefits (WHO, 2010).

Engaging in regular physical activity improves cardiovascular and metabolic health, supports musculoskeletal function, and reduces the risk of depression across age groups (Du et al., 2013; Jakicic et al., 2019; Bangsbo et al., 2019; Jóźków et al., 2019; Domaradzki et al., 2021; Domaradzki et al., 2023). In contrast, physical inactivity is associated with an increased risk of non-communicable diseases, including ischemic heart disease, type 2 diabetes, and some cancers (Lee et al., 2012). These risks are particularly concerning for seniors, whose vulnerability to health complications grows with age. Promoting physical activity among seniors is a key strategy for mitigating the effects of aging and fostering a more active and independent lifestyle (de Oliveira et al., 2019; Twigg & Martin, 2015). Regular exercise helps older adults maintain physical fitness and supports their functional capabilities (Maciel, 2010; Viña et al., 2016). Conversely, sedentary behavior is linked to declines in aerobic capacity, muscle strength, and motor skills, exacerbating age-related physiological changes (Penha et al., 2012).

These findings underscore the importance of reducing sedentary behavior and integrating structured physical activity into the daily lives of older adults.

Holidays, such as the New Year break (NYB), are often characterized by reduced physical activity and increased caloric intake, contributing to body mass gain and adverse changes in body composition (Boutelle et al., 1999; Pierre et al., 2022). This period, which typically spans from Thanksgiving to New Year's Day, is associated with heightened stress and disruptions to regular routines (Yanovski et al., 2000; Ma et al., 2006). The structured days hypothesis posits that structured periods, such as workdays, encourage healthier behaviors compared to unstructured periods, such as weekends and holidays, when physical activity levels are lower (Brazendale et al., 2017; Fairclough et al., 2015). Evidence supports this hypothesis, showing that holiday breaks can lead to body mass gain and unfavorable body composition changes, particularly among older adults (von Hippel & Workman, 2016; Christodoulos et al., 2006). Despite these insights, research on the effects of holiday-related physical inactivity on body composition in older women remains limited. To our knowledge, no studies have specifically assessed changes in body composition and physical activity among senior women during the NYB. This gap highlights the need to better understand how brief periods of inactivity impact this vulnerable population.

The aim of this study was to evaluate the effect of a break in regular physical activity during the NYB period on body mass and its components in physically active women over 60 years of age. Additionally, we wanted to verify whether habitual physical activity may influence the magnitude of changes in the measured body composition parameters. It was hypothesized that the break would lead to significant increases in body fat mass among women who discontinued regular physical activity compared to those who maintained it. These findings are intended to inform strategies for minimizing the negative impacts of holiday-related physical inactivity among seniors.

2. Material and Methods

2.1. Study Setting and Participants

This study was conducted using a retrospective design at the Fitness Academy gym, located in (Wroclaw, Poland). The study protocol was reviewed and approved by the Senate Research Ethics Committee of the Wroclaw University of Health and Sport Sciences, Poland (No. 16/2018; date: 31.10.2018). All participants provided written informed consent to participate in this study.

The study was conducted between December 2023 and January 2024. One week directly before the NYB and immediately after the NYB. Participants were

physically active senior women aged 60 years or older, who were regular attendees of Aqua Aerobics classes at the gym. Measurements were taken in the morning (between 8:00 AM and 12:00 PM) on weekdays. The first measurement occurred before the NYB, and the second measurement took place 7 to 10 days after the break. However, some of them withdrew from participation in the classes whereas others continued. Based on this they were divided into the Continuous Activity Group (CAG) and the Break Group (BG). Additionally, the participants were also assessed in terms of their physical activity during the NYB, using the Godin Leisure-Time Exercise Questionnaire (GLTEQ) (Godin, 2011). The data were used to assess the possible association between other physical activities during the NYB and body composition features.

Before recruitment, a power analysis was conducted using G*Power software (Heinrich-Heine University, Düsseldorf, Germany) to determine the required sample size. A mixed-model design (within- and between-subject effects) was used, assuming a medium effect size ($\eta^2 = 0.35\text{--}0.40$), $\alpha = 0.05$, and 85% power. This effect size assumption was based on prior studies investigating short-term interventions on body composition (Rhea et al., 2004). The analysis indicated that a minimum of 24–30 participants would be needed.

2.2. Outcome Measures

2.2.1. Body Height and Composition

Body height was measured twice with a precision of 0.1 cm using an anthropometer (GPM Anthropological Instruments) in accordance with the protocol outlined by the International Society for the Advancement of Kinanthropometry (Marfell-Jones et al., 2006).

Bioelectrical impedance analysis (BIA) is a cost-effective and non-invasive technique for evaluating body composition (Pietrobelli et al., 2004), commonly used in field-based screening tests (Yamada et al., 2013). A TANITA MC 180 MA body monitor (Tanita Corporation, 2005) operating at a 50-kHz current frequency was employed to measure body fat (BF), muscle mass (MM), and fat-free mass (FFM) across the entire body. Segmental bioelectrical impedance analysis (SBIA) was utilized to estimate the distribution of BF and MM. Standardized conditions for bio-impedance measurements were followed as per established guidelines (Kyle et al., 2004). The participants were instructed to avoid physical activity, food, and beverages for at least three hours prior to the assessment and to empty their bladder immediately before the measurements. While the Tanita analyzer provides additional parameters such as muscle mass and visceral fat, this study focused exclusively on body fat percentage and body mass. This decision was made to align with the study's primary aim of evaluating fat tissue changes and to avoid overcomplicating the analysis. Using the recorded height

and body mass measurements, Body Mass Index (BMI) in kg/m^2 was determined using the formula: body mass $[\text{kg}]/\text{body height } [\text{m}^2]$, and Fat Mass Index (FMI) was calculated using the formula: body fat mass $[\text{kg}]/\text{body height } [\text{m}^2]$.

2.2.2. Physical Activity Level

Physical activity levels were assessed using the Godin Leisure-Time Exercise Questionnaire (GLTEQ). Participants were asked to recall their engagement in various physical activities lasting at least 15 minutes in the week preceding the survey. Activities were categorized as vigorous, moderate, or mild, and assigned points (9, 5, and 3, respectively). A total score was calculated, with scores ≥ 24 classified as active, 14–23 as moderately active, and < 14 as insufficiently active (Godin, 2011). The GLTEQ has demonstrated good reliability and validity for assessing physical activity levels in older populations (Sikes et al., 2019).

2.3. Data Analysis

Statistics were calculated in Statistica PL v. 13.0 (Tibco Software, StatSoft Poland, 2023) and jamovi v2.3.21.0 (Sydney, Australia). Prior to analysis, the normality of the data was assessed using the Shapiro-Wilk test. Homogeneity of variances was tested with Levene's test, and Mauchly's test assessed sphericity, with Greenhouse-Geisser corrections applied as needed. Descriptive statistics were expressed as means, standard deviations, and 95% confidence intervals. Independent student t test was performed to assess baseline results. A two-way mixed-model ANOVA was performed to examine group (fixed effect: BG vs. CAG) \times time (random effect: pre-test vs. post-test) interactions. Effect sizes were reported as partial eta squared (η^2). Post-hoc Tukey's tests were conducted for pairwise comparisons. Pearson correlation was performed to assess the association between analyzed outcomes changes, calculated as pre-post differences with baseline physical activity level (GLTEQ – score). P value was set as $\alpha = 0.05$.

3. Results

Table 1 shows the descriptive statistics and P -values related to baseline measurements derived from an unpaired t test for comparison between the CAG and BG. No variable was statistically significant; however, body mass and BMI were close to significance ($P = 0.06$), as was the FMI ($P = 0.09$).

Table 2 and Figure 1 present the descriptive statistics for the analyzed body composition parameters, including pre- and post-intervention values, as well as the changes (Δ) derived from the differences between post- and pre-intervention measurements.

Table 1
Participants baseline characteristics

Variable	Total (n = 26)	CAG (n = 12)	BG (n = 14)	P value
Age, years	67.8 ± 4.9	68.4 ± 4.6	67.2 ± 5.2	0.57
Body height, cm	160.0 ± 5.2	159.9 ± 4.8	160.1 ± 5.7	0.91
Body mass, kg	72.5 ± 13.3	67.1 ± 13.1	77.2 ± 12.0	0.06
BMI, kg/m2	28.4 ± 5.3	26.2 ± 5.0	30.2 ± 5.1	0.06
Normal, n (%)	11 (42.3)	7 (58.3)	4 (28.6)	-
Overweight, n (%)	4 (15.4)	2 (16.7)	2 (14.3)	-
Obesity, n (%)	11 (42.3)	3 (25.0)	8 (57.1)	-
Body fat, %	34.8 ± 5.5	33.3 ± 4.8	36.1 ± 5.9	0.13
FMI, kg/m2	10.1 ± 3.2	9.0 ± 2.8	11.1 ± 3.2	0.09
GLTEQ score	37.2 ± 15.9	32.0 ± 9.1	41.6 ± 19.2	0.57

CAG: Continuous Activity Group; BG: Break Group; BMI: Body mass index; GLTEQ: Godin Leisure-Time Exercise Questionnaire; FMI: Fat Mass Index. Values are expressed as mean ± SD; P values as a result of unpaired t test.

Table 2
Body composition variables at pre- and post-test between the groups

Variable	Time	CAG (n = 12)	BG (n = 14)
Body mass [kg]	Pre	67.1 ± 13.1	77.2 ± 12.0
	Post	66.8 ± 13.0	78.1 ± 11.4
	Δ	-0.3 ± 1.2 (-1.1 - 0.5)	0.9 ± 1.2 (0.2 - 1.5)
BMI [kg/m²]	Pre	26.2 ± 5.0	30.2 ± 5.1
	Post	26.1 ± 5.1	30.5 ± 4.8
	Δ	-0.1 ± 0.4 (-0.4 - 0.2)	0.3 ± 0.5 (0.1 - 0.6)
Body fat percentage [%]	Pre	33.3 ± 4.8	36.1 ± 5.9
	Post	33.2 ± 4.6	36.9 ± 6.0
	Δ	-0.1 ± 1.3 (-0.9 - 0.7)	0.8 ± 1.0 (0.2 - 1.4)
FMI [fat kg/m²]	Pre	9.0 ± 2.8	11.1 ± 3.2
	Post	8.8 ± 2.8	11.5 ± 3.3
	Δ	-0.1 ± 0.4 (-0.4 - 0.1)	0.4 ± 0.3 (0.2 - 0.6)

CAG: Continuous Activity Group; BG: Break Group; BMI: Body Mass Index; FMI: Fat Mass Index; Values are expressed as mean ± SD (CI); BMI: Body mass index; Δ: pre- post differences.

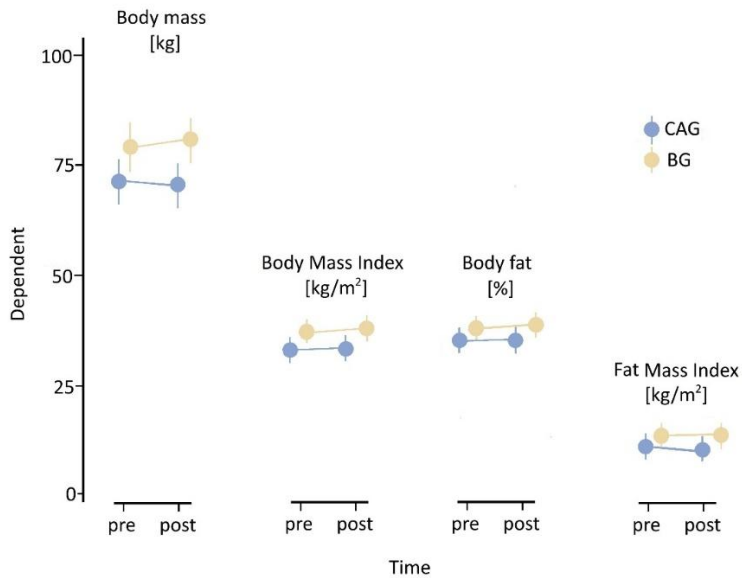


Figure 1

Body composition changes (pre- to post-New Year break) in women who either broke (BG) or continued (CAG) their regular physical activity (NYB)

No sphericity breach was noted for any variable (ϵ : 0.414–0.579) for the two-way (NYB-time) mixed model ANOVA and no differences in variances between the groups for any variable were observed (P values: 0.18–0.74) (Table 3). The analysis revealed several significant effects for the dependent variables. For body mass, a significant main effect of the NYB was observed ($F = 4.83$, $P = 0.03$, $\eta p^2 = 0.16$), indicating moderate differences between the conditions. Additionally, the interaction between the NYB and Time was significant ($F = 6.05$, $P = 0.02$, $\eta p^2 = 0.20$), suggesting that changes in body mass from pre- to post-assessment were dependent on the NYB condition, with a moderate to large effect size.

For BMI, the main effect of the NYB was significant ($F = 4.49$, $P = 0.04$, $\eta p^2 = 0.15$), reflecting moderate differences between NYB conditions. Furthermore, the interaction between the NYB and Time was significant ($F = 6.14$, $P = 0.02$, $\eta p^2 = 0.20$), indicating that changes in BMI over time were influenced by the NYB condition, with a moderate to large effect size. For body fat percentage, the interaction between the NYB and Time was significant ($F = 4.38$, $P = 0.04$, $\eta p^2 = 0.15$), showing that changes in body fat percentage over time depended on the NYB condition, with a moderate effect size. For fat mass index, a significant main effect of the NYB was observed ($F = 3.96$, $P = 0.05$, $\eta p^2 = 0.14$), indicating moderate differences between conditions. The interaction between the NYB and Time was also significant ($F = 15.17$, $P = 0.01$, $\eta p^2 = 0.39$), showing a strong condition-dependent change in fat mass index over time, with a large effect size.

Table 3
Effects of the new year break and time on body composition variables (ANOVA results)

Variable	Effect	Mean Square	F	P value	ηp^2
Body mass, kg	NYB	1470.01	4.83	0.03	0.16
	Time	0.97	1.38	0.25	0.05
	NYB \times Time Interaction	4.27	6.05	0.02	0.20
BMI, kg/m	NYB	223.91	4.49	0.04	0.15
	Time	0.15	1.56	0.22	0.06
	NYB \times Time Interaction	0.62	6.14	0.02	0.20
Body Fat Percentage, %	NYB	138.0	2.238	0.13	0.09
	Time	1.47	2.25	0.15	0.09
	NYB \times Time Interaction	2.86	4.38	0.04	0.15
FMI, kg/m ²	NYB	73.7	3.96	0.05	0.14
	Time	0.02	2.85	0.104	0.10
	NYB \times Time Interaction	0.90	15.17	0.01	0.39

BMI: Body Mass Index; NYB: New Year Break; FMI: Fat Mass Index.

Therefore, Tukey's post-hoc tests were used to reveal detailed differences. Results are presented in table 1 as *P* values for random effect. As it is seen, in the group of women who broke physical activity, i.e. the BG, all changes were significant (*P* value varied from < 0.001 for BMI and BFP, through 0.019 for body mass to 0.026 for FMI). The mean values of the outcome variables (post-test) are higher than baseline (pre-test), which suggested the gain in body mass related to gain in fat mass. The negative effect is finally confirmed in body fat percentage and fat mass index. On the other hand, the women who were continuing regular physical activity (CAG) did not change their body mass and fat mass component (all *P* values > 0.05).

4. Discussion

This study aimed to evaluate the effects of a two-week break from regular physical activity over the NYB period on body composition in physically active women over 60 years of age. Our results indicated that this brief period of inactivity was associated with a significant increase in fat tissue, which may be partially attributed to physical inactivity and possibly higher calorie intake during the festive season.

This finding aligns with previous studies highlighting the potential for body mass gain during holiday periods (Diaz-Zavala et al., 2017; Bhutani et al., 2020).

The observed increase in fat tissue during this short period underscores the vulnerability of older adults to even brief interruptions in their physical activity routines. While physical activity has been shown to be protective against fat accumulation (Roberts et al., 2017), inactivity coupled with excessive caloric intake during holidays appears to have a compounding effect. This is particularly concerning given the increased risk of cardiovascular diseases, metabolic disorders, and mortality associated with higher fat tissue levels (Williams et al., 2015; Wing et al., 2015). Older adults, already predisposed to lower levels of physical activity and reduced metabolic efficiency (Cunningham et al., 2020), may experience exacerbated health risks due to these short-term fluctuations in activity and diet.

Our findings also reinforce the critical role of sustained physical activity in mitigating these risks. The participants who maintained regular exercise during the study period did not experience changes in body composition, supporting evidence that regular physical activity serves as a protective factor against obesity and its associated health risks (Langhammer et al., 2018).

The results of our study align with research by Turicchi et al. (2020), which highlights increased caloric intake during holiday periods as a significant contributor to fat tissue gain. Similar findings were reported by Makris et al. (2010), who noted that this behavior often leads to cumulative mass gain over subsequent years. Moreover, studies such as Mason et al. (2018) have shown that targeted behavioral interventions during holiday periods can effectively prevent body fat increases, emphasizing the importance of education and structured activity programs. Beyond physiological effects, psychological factors, such as stress and festive indulgence, may also contribute to increased caloric intake during holiday periods (Erren et al., 2022). These factors underscore the multifaceted nature of body composition changes and highlight the need for comprehensive approaches to mitigating these risks.

4.1. Study Limitations, Implications and Future Directions

This study has several limitations. First, the retrospective design does not allow for causal inferences. Second, the sample size was relatively small, which limits the generalizability of the findings. Third, physical activity was self-reported, which may introduce reporting bias and inaccuracies. Fourth, dietary intake was not directly measured, as well level of stress, sleep habit, making it difficult to confirm the exact role of nutritional factors in the observed fat tissue changes. Fifth, the study focused exclusively on women, limiting its applicability to other populations. Finally, the lack of long-term follow-up precludes understanding the persistence of these changes over time.

Given the health risks associated with fat tissue accumulation, this study underscores the importance of encouraging older adults to maintain consistent physical activity, even during brief periods of potential inactivity, such as holidays. Regular exercise not only helps to regulate body composition but also enhances physical function and independence in older populations (Sardinha et al., 2018). Furthermore, public health initiatives should focus on educating individuals about the risks of holiday-related inactivity and overeating, and promote behavioral strategies such as pre-holiday exercise routines or dietary mindfulness, to minimize fat tissue gain.

Future studies should aim to include larger, more diverse populations, incorporate objective measures of physical activity and dietary intake, and explore the long-term effects of holiday-related inactivity on body composition. Additionally, research focusing on the impact of holiday breaks in other demographics, including men and younger populations, would provide a broader understanding of these effects.

5. Conclusions

This study demonstrated that a two-week period of physical inactivity over the NYB was associated with an increase in body fat tissue among older females. While our findings suggest that inactivity during the holiday break may coincide with unfavorable dietary behaviors, we did not directly evaluate dietary habits, and this remains a limitation. Aging increases the risk of various health issues, and excess fat tissue may contribute to these risks. However, our results indicate that maintaining physical activity, even during short periods of potential inactivity, may help mitigate fat tissue accumulation. Future studies are needed to explore the interaction between dietary behaviors and physical inactivity during holidays. In light of these findings, promoting consistent physical activity, particularly among older adults, remains an important public health recommendation.

STATEMENT OF ETHICS

This study was conducted in accordance with the World Medical Association Declaration of Helsinki. The study protocol was reviewed and approved by the Senate Research Ethics Committee of the Wrocław University of Health and Sport Sciences, Poland (No. 16/2018; date: 31.10.2018). All participants provided written informed consent to participate in this study. They were thoroughly informed about the purpose, type, and methods of the research and were assured that they could withdraw at any time without providing a reason.

DECLARATION OF CONFLICTING INTERESTS

The authors declared no potential conflicts of interests with respect to the research, authorship, and/or publication of the article: *Impact of a New Year Break in Physical Activity on Body Composition in Physically Active Older Women: A Retrospective Observational Pilot Study*.

FUNDING

The author received no financial support for the research, authorship, and/or publication of the article: *Impact of a New Year Break in Physical Activity on Body Composition in Physically Active Older Women: A Retrospective Observational Pilot Study*.

AUTHORS' CONTRIBUTIONS

Paweł Szkudlarek: Conceptualization, Investigation, Original Draft, Review & Editing.

Dawid Koźlenia: Data Curation, Methodology, Review & Editing. Both authors approved the final version of the manuscript.

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CZĘŚĆ IV

TURYSTYKA I REKREACJA



Received: 2.05.2024
Accepted: 31.07.2024

<http://dx.doi.org/10.16926/sit.2025.02.07>

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COUNSELORS OF SUMMER CAMPS FOR CHILDREN AND ADOLESCENTS – BETWEEN EXPECTATIONS AND REALITY

How to cite [jak cytować]: Omelan, A.A., Laskowska, A., & Hakuć-Błażowska, A. (2025). Counselors of summer camps for children and adolescents – between expectations and reality. *Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe*, 8(2), 121–135.

Wychowawca zorganizowanego wypoczynku dzieci i młodzieży – pomiędzy oczekiwaniami a rzeczywistością

Streszczenie

Bezpieczne i rozwijające uczestników kolonie letnie w dużej mierze zależą od kompetencji wychowawców, którzy odgrywają kluczową rolę w kształtowaniu wzorów zachowań w czasie wolnym. Powinni oni więc mieć odpowiednią wiedzę, doświadczenie i umiejętności. Dlatego za cel badań przyjęto rozpoznanie motywów skłaniających do podjęcia tej pracy, a także opinii wychowawców zorganizowanego wypoczynku na temat tego zawodu oraz warunków ich pracy.

W badaniu ankietowym wzięło udział 175 wychowawców wypoczynku. Większość ankietowanych (86%) to kobiety; 34% stanowili czynni nauczyciele, a 23% to instruktorzy harcerscy. Wyniki opracowano z wykorzystaniem statystyki opisowej oraz testu niezależności chi-kwadrat Pearsona.

Najważniejszy motyw skłaniający do wykonywania zawodu wychowawcy kolonijnego (88% wskazań) to możliwość pracy z dziećmi i młodzieżą. Wybierając miejsce pracy, badani kierują się wysokością zarobków (42%), jednak większość respondentów (70%) nie jest zadowolona z otrzymywanego wynagrodzenia; 91% badanych ukończyło kurs wychowawców wypoczynku, a 66% uważa, że kurs niewystarczająco przygotowuje do pracy w tym zawodzie.

Na podstawie uzyskanych danych można stwierdzić, że kurs na wychowawcę wypoczynku nie przygotowuje w pełni do pracy na kolonii. Należałoby rozważyć wprowadzenie obowiązkowych praktyk przed podjęciem pracy w pełnym zakresie obowiązków. Praca wychowawcy wypoczynku

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jest odpowiedzialną profesją, która nie jest wynagradzana adekwatnie do pełnionych obowiązków i odpowiedzialności.

Słowa kluczowe: kolonie letnie, turystyka dzieci i młodzieży, wychowawca kolonijny, kompetencje, wychowawcy.

Abstract

Counselors play a key role in fostering positive behaviors and organizing leisure activities, and they should have the required experience and knowledge for working with minors. Therefore, this study was undertaken to identify counselors' motives for working at summer camps, and to elicit counselors' opinions about their profession and work environment.

The study involved a survey of 175 summer camp counselors. The vast majority of the participants (86%) were women; 34% were professionally active teachers, and 23% were Polish Scouts instructors. The results of the survey were analyzed with the use of descriptive statistics, and Pearson's chi-squared test of independence.

88% of the respondents took summer camp jobs because they enjoyed working with children. Remuneration was a critical factor in the choice of specific job offers (42%), but 70% were not satisfied with the offered wages; 91% of the respondents had completed training courses for camp counselors, but 66% were of the opinion that training does not adequately prepare counselors for the job.

Training courses do not thoroughly prepare counselors for working with underage campers. Therefore, obligatory training or internship opportunities for entry-level camp counselors should be considered. Counseling work is a demanding profession, but the offered wages are not proportional to camp counselor's duties and responsibilities.

Keywords: summer camps, children and adolescent tourism, summer camp educator, competence, counselors.

Introduction

Millions of children from various parts of the world have been attending summer camps for 150 years (Henderson et al., 2007; Walton & Tothy, 2011; Dallari & Mariotti 2016). This is one of the reasons why tourist services for children and youth are an important segment of the tourism industry. Various types of organized recreation for children and adolescents are offered to cater for the parents' and the children's needs. For many years, summer camps have been the most popular type of seasonal recreation for children (Majewska & Dłużewska, 2015). The first summer camp for 60 children residing in Zurich was organized by a Swiss pastor in 1876 (Kula, 1994).

In Poland, organized recreation for children and adolescents is supervised by the Minister of National Education and the Board of Education (Ziółkowski, 2015), and it is defined as organized leisure activities for children and adolescents that promote recreation, physical and mental regeneration, involve training or learning, development of interests, skills and social competencies in chil-

dren and adolescents, and take place continuously over a period of minimum two days during summer and winter school holidays, spring and winter public holidays, in Poland or abroad, in particular in the form of residential and non-residential camps, winter camps, scouting camps, and camping trips (Dz. U. [The Journal of Polish Law] 2021, item 1082, Dz. U. 2022, item 655). Therefore, summer camps are out-of-school-time settings that provide programs during the summer for three or more days, may involve structured and unstructured activities with specific purposes or goals, and are supervised by adults (Henderson et al., 2007; Lubowiecki-Vikuk & Paczyńska-Jędrych 2010). At the same time, child camps have often been used as a tool to enable children to practice sports, improve their physical literacy and encourage healthy lifestyles, and they also create employment opportunities for physical education teachers (Sousa et al., 2022).

Camp educators and counselors are largely responsible for ensuring that organized recreation is safe, interesting and engaging for the participants. To guarantee that scheduled activities are safe and implemented according to the program, camp organizers should employ qualified staff (Mroczek-Żulicka, 2018), including a camp manager and educators, as well as coaches and sports, recreation, culture, education, and foreign language instructors, depending on the type of the program (Dz.U. 2021, poz. 1082, Dz.U. 2022, poz. 655).

A career in the tourism sector requires both tourism-related competencies and social skills (Winiarski & Zdebski, 2008). The above also applies to summer camp counselors. Each year, millions of people around the world are employed as camp counselors and educators. In the United States alone, each year, more than 1.5 million people, mostly emerging adults, find employment in camps, primarily to staff their summer seasonal programs (Richmont et al., 2020). The staff of seasonal summer camps are individuals who provide programs and services for camp participants only during the summer and in a temporary capacity (Warner et al., 2021). A camp counselor is someone who guides and ensures the safety of children as they engage in camp activities. Counselors assist with activity planning and receive special training to fully support children's needs during their stay at the camp. They play a key role in fostering positive behaviors and organizing leisure activities, which is why counselors should have the required experience and knowledge for conducting scouting and recreational activities for campers (Mroczek-Żulicka, 2028).

In Poland, camp counselors must be older than 18, must have at least secondary education, a clear criminal record, and must complete training for recreational instructors (Dz. U. 2021, item 1082, Dz. U. 2022, item 655). The training requirement does not apply to candidates who are Polish Scouts instructors, teachers, and individuals who work with children in care and educational facilities. In the United States, counselors for residential camps are typically older teens and college-age adults (early 20s) because this type of work is temporary, seasonal and low-paying.

The camp provides youngsters with similar-age role models who are different from teachers in a traditional school. Therefore, counselors are perceived as “big brothers/sisters” who create a positive mentoring environment (Lynch, 2009).

It should be noted that counselors working in summer camps are burdened with huge responsibility not only for the activity program, but above all, for the safety of underage campers. Work in a residential summer camp is a complex 24-hour job, and the counselors are tasked with teaching and supervising campers and taking on similar responsibilities to the parents (Lynch, 2009). However, job perception and job satisfaction among camp counselors have never been studied from the employees’ point of view. Therefore, the aim of this study was to identify counselors’ motives for working at summer camps, to describe the specific features of the job, and to elicit counselors’ opinions about their profession and work environment.

Materials and methods

The study involved a survey of 175 respondents with work experience as summer camp counselors. The survey questionnaire was developed by the authors, and it consisted of a demographic part with questions about the respondents’ socioeconomic status (place of residence, education, self-assessment of financial status), as well as open-ended and closed-ended questions concerning job perception and job satisfaction among the respondents. The survey was voluntary and anonymous. The results were processed statistically in MS Excel 365 and Statistica v. 13. The presence of significant associations between nominal variables was determined by Pearson’s chi-squared test of independence with a minimum sample size of five observations and a significance level of $\alpha = 0.05$.

The vast majority of the respondents (86%) were women. In the United States, the gender issue is also evident in the summer camp industry, where 62% of summer staff positions in 2018 were held by women [12]. The respondents were divided into the following age groups: 21-25 (40%), 31-40 (20%), 26-30 (13%), 18-20 (11%), and 41-50 (11%). Only 5% of the respondents were older than 50. More than half of the participants (66%) had secondary education, which can be largely attributed to the fact that 51% of the respondents were under 25. The remaining participants had university education. Most respondents were employed (59.0%), whereas university or secondary school students accounted for 37.0% of the surveyed population. Unemployed respondents (2%) and old-age pensioners (2%) were the smallest groups in the analyzed population. More than half of the participants (55%) described their financial status as good (55%), 32% - as average, 11% - as very good, and 2.0% - as poor. The vast majority of the respondents were urban residents, and 57% of urban dwellers

resided in large cities with a population above 100,000, 13% resided in cities with a population of up to 50,000, and 11% resided in cities with a population of 50,000 to 100,000. The remaining participants (19%) were rural residents.

The statistical analysis did not reveal significant associations between variables. Only the relationship between the respondents' age and wage satisfaction was at the threshold of statistical significance ($p=0.054$).

Results

Table 1

Professional qualifications and experience of working as a summer camp counselor, N=175

Degree in education	Number of responses (N=175)	Percentage of responses
Yes	63	36.00
No	96	55.00
Yes, but I am not employed in education	18	9.00
Are you a certified Polish Scouts instructor?		
Yes	29	16.00
No	134	77.00
Yes, but I am not actively involved in scouting work	12	7.00
Have you completed any of the following courses to improve your professional qualifications?*		
Camp counseling	160	91.00
First aid	115	66.00
Recreational management	74	42.00
Activity leader	67	38.00
Sailing certification	21	12.00
Recreational sports instructor	18	10.00
Life guard	14	8.00
None	13	7.00
Other courses	13	7.00
Do training courses for camp counselors prepare them for the job?*		
Yes	64	40.00
No	96	60.00
Years of experience as a summer camp counselor		
1 – 4	80	45.00
>10	40	23.00
5 – 9	36	21.00
First season	19	11.00

Table 1

Professional qualifications and experience of working... (cont.)

Degree in education	Number of responses (N=175)	Percentage of responses
Number of camps worked per season		
Two – three	95	54.00
Four – five	37	21.00
One	22	13.00
Six and more	21	12.00

Source: author's own data.

* The percentage of responses does not sum up to 100 because the respondents could select more than one answer.

** N=160 because this question was answered only by respondents who had completed a training course for camp counselors.

A third of the respondents were professionally active teachers, whereas Polish Scouts instructors accounted for 25% of the surveyed population. In the studied group, 91% of the participants had completed training courses for camp counselors, but 60% of them were of the opinion that training does not sufficiently prepare the candidates for the job. In the examined population, 42% had completed training courses in recreational management, 66% had completed first aid training, 38% had completed training courses for activity leaders, 10% had sailing certificates, 9% had completed training courses of recreational sports instructors, and 8% were certified life guards. The respondents had also completed training courses for fitness instructors, swimming instructors, dance instructors, role-playing game instructors, and child therapists. The respondents who had not completed any training courses considered their education as sufficient competence. Most participants had worked as camp counselors for more than one season, whereas 11% of the respondents had just begun their first season as camp counselors. More than 50% of the participants had worked in two to three camps per season, 13% - one camp per season, 21% - four to five camps per season, and the remaining respondents had worked in six and more camps per season.

Most respondents were motivated to become camp counselors because they enjoyed working with children and adolescents. Seasonal employment was the second most important motive. Most of the surveyed subjects searched for work opportunities on the Internet, including social media such as Facebook and job search sites. The remaining participants were recommended for the job, received job offers from camp organizers, or applied with travel agencies. Remuneration was the key factor determining the respondents' choice of employment offers. Despite the above, most participants were not satisfied with the offered pay.

Table 2
Motivation for working as a camp counselor, remuneration, N=175

	Number of responses (N=175)	Percentage of responses
Motivation for working as a camp counselor*		
I enjoy working with children and adolescents	143	88.00
Seasonal employment (during summer holidays for university students and teachers)	124	71.00
Travel opportunities	105	60.00
Other	22	13.00
Student training	6	3.00
How do you search for work?		
On Facebook groups	66	38.00
I was recommended for the job	49	28.00
I receive job offers from camp organizers	27	15.00
I apply with camp organizers	17	10.00
Various websites	10	6.00
NGOs	6	3.00
Factors that determine the choice of employment offers		
Remuneration	72	42.00
Camp program/profile	33	19.00
Date	27	15.00
Location	27	15.00
Type of recreation	16	9.00
Are wages proportional to camp counselors' duties?		
Yes	52	30.00
No	123	70.00

Source: author's own data.

* The percentage of responses does not sum up to 100 because the respondents could select more than one answer.

In the surveyed population, 53% of the respondents shared camp activities equally with instructors, whereas 42% conducted all activities independently. In most cases, camp curricula were provided by the organizer, but only 11% of the respondents had to strictly follow the activity program. The vast majority of the surveyed counselors had access to art and craft supplies and sports and recreational equipment for conducting camp activities.

Table 3
Camp counselors’ duties, camp organization, and participant satisfaction (N=175)

	Number of responses (N=175)	Percentage of responses
Camp counselors’ duties		
I conduct all camp activities on my own	74	42.00
I share all camp activities equally with instructors/activity leaders	92	53.00
Activities are conducted by instructors/activity leaders	9	5.00
Camp curriculum		
The camp curriculum is provided by the organizer, but counselors can select and organize activities at their discretion (based on the curriculum)	97	55.00
The camp curriculum is not provided by the organizer and has to be developed by the counselor	59	34.00
Counselors have to strictly follow the curriculum provided by the organizer	19	11.00
Availability of art and craft supplies (crayons, paint, paper, modeling clay, etc.)		
Fully available	110	63.00
Limited availability	61	35.00
Not available	4	2.00
Availability of sports and recreational equipment (balls, badminton sets, jumping ropes, etc.)		
Fully available	124	71.00
Limited availability	48	27.00
Not available	3	2.00
Quality of the camp program and participant satisfaction		
The camp program is interesting, and the participants are satisfied	136	78.00
The camp program is not interesting, and the participants are not satisfied	24	14.00
Other / Depends	15	8.00

Source: author’s own data.

Discussion

In recent years, the Internet has emerged as the leading source of information and a digital job board. Most of the surveyed participants also searched for employment opportunities in summer camps on the Internet (Table 2). The respondents had certain expectations regarding potential employment, but they also had to comply with the employer's requirements. Employers communicate through formal and informal channels to provide important information, such as the company's expectations, organizational culture, and prestige (Connelly et al., 2011). Above all, persons applying for summer camp jobs are expected to possess social-emotional learning (SEL) skills programs (Richmont et al., 2020). During staff recruitment, most camp organizers focus on SEL competencies such as communication skills, problem-solving skills, ability to work in a team, initiative and perseverance, a strong work ethic, leadership, and adaptability (Hodge & Lear, 2011). According to research, employers screen the applicants based on their education, job experience, and internships to determine whether they have the required skills and knowledge (Gault et al., 2010; Helyer & Lee, 2014). Considerable attention is paid to the candidates' educational background and experience in the field. It should be noted that the majority of the surveyed subjects met the requirements relating to educational background and professional experience. Most respondents had secondary education (mostly university students), and the remaining participants were university graduates (Table 1). A large percentage of the surveyed counselors were professionally active teachers. Some respondents were certified Polish Scouts instructors. A survey involving the employees of travel agencies that organize summer camps revealed that teachers and certified instructors are prioritized during recruitment.

In the studied population, 90% of the respondents had completed training courses for leisure educators, despite the fact that teachers and Polish Scouts instructors (who accounted for a large part of the surveyed sample) had already had the required qualifications. The above could indicate that camp counselors are professionals who recognize the need to improve their qualifications. It is also possible that some respondents had participated in training courses before completing their formal education. Despite the above, most participants were of the opinion that counseling courses do not sufficiently prepare the candidates for working with children in summer camps. In the comments section, the respondents argued that camp counselors are not suitably prepared and lack the tools for working with youngsters, and that course certificates are merely documents that pave the path to employment. The respondents also wrote, "A training course will never fully prepare you for work, and experience has to be gained independently," "All staff members should participate in practical training pro-

grams before their first camp season,” and “Paid practical training/internship should be obligatory to ensure that all camp counselors are suitably prepared to work with children and adolescents.” According to most respondents, practical training should be obligatory for all persons aspiring to become camp counselors.

Most participants had attended other courses to acquire skills and qualifications that might be useful during camp work. They participated in training courses for recreational managers, activity leaders, first aid courses, and training courses for recreational sports instructors. Richmond et al. (2020) also found that 61.3% of the surveyed camp counselors participated in counselor-in-training (CIT), leader-in-training (LIT), or similar programs before they worked as seasonal camp staff.

According to Allen et al. (2010) when employers invest in training, staff may feel that they are valued. When training leads to advancement, employees may be more motivated to stay in an organization, as long as the available job opportunities align with personal goals. Therefore, summer camp organizers should enable potential employees to attend training courses and, preferably, practical training or internships, especially since employment in a summer camp is an entry-level job for 10% of the applicants. Research has shown that camp counseling is often the first job for applicants in the USA (Lynch, 2019). However, most of the respondents surveyed in the present study appeared to be highly qualified, both theoretically and practically, to work with children and adolescents because they had worked in summer camps for more than five seasons, and the vast majority had worked as counselors during more than two camps per season.

Psychological factors play an important role in motivating counselors who are emerging adults and are entering the workforce for the first time (Lynch, 2019). In the current study, most participants took summer camp jobs because they enjoyed working with children and adolescents. A similar percentage of the respondents regarded camp employment as an additional source of income in the summer season, which is supported by the fact that remuneration was a critical factor in the choice of specific job offers. However, most camp counselors were not satisfied with the offered wages. In the comments section, the respondents argued that “The offered rates are usually not proportional to our duties and responsibilities,” “Camp counselors’ efforts are underappreciated, and the wages do not adequately reflect our responsibilities,” “The offered wages do not account for the fact that camp counseling is a 24/7 job,” and “As of this season, I decided to take fewer camp jobs and find better paid work elsewhere.” Similar observations were made in a study by Richmond et al. (2020), where more than 40% of the respondents argued that low pay was the main reason for staff turnover and the search for better-paying jobs. These findings clearly indicate that low wages are one of the key reasons why camp organizers lose employees. One of the respondents commented that “Low rates discourage

qualified educators from taking summer jobs. Nobody is willing to risk losing their professional license for such a small fee." This explains why each year before the summer season, camp organizers find it difficult to fill all vacancies. Similar problems have been encountered in other countries. In the United States, camp directors struggle to fill open seasonal positions each summer due to staff turnover and competing internships (Allen et al., 2010). According to the American Camp Association (Lynch, 2019), staff retention is the second major emerging issue facing the camp industry. Job impact and camp embeddedness were the primary reasons motivating seasonal camp staff to return, but that compensation, poor job fit, and other opportunities were likely drivers of turnover. As a result, many camp counselors lack the necessary experience and qualifications for working with children, and they are unaware of the responsibilities it entails. The respondents wrote, "The mean age of camp counselors is 21 years. Unfortunately, very young counselors lack the necessary experience and skills, and they are often unable to cope with real-life problems faced by children and teenagers," "Camp personnel are often too young and inexperienced; they do not have background knowledge in childhood education which is very helpful during camp work, and they often neglect their duties," "Young counselors often regard summer camps as private holidays, and they forget that their job is to keep campers safe and provide them with happy memories." These opinions validate the observation that practical training and internship should be obligatory for entry-level counselors. In the United States, competing internships and the sentiment that camp is not a 'real job' are the primary reasons for camp workforce shortages (Lynch, 2019). Therefore, it appears that camp organizers should invest in educators by following the example of travel agencies which cover the cost of training for tour guides. When employers invest in training, staff may feel that they are valued. When training leads to advancement, employees may be more motivated to stay in an organization, as long as the available job opportunities align with personal goals (Allen et al., 2010).

The camp curriculum, namely a scheduled activity program, is an important part of organized recreation. In the present study, only 5% of the respondents did not lead scheduled activities which were conducted by qualified instructors/leisure educators. Instructors are usually hired to conduct specific activities (e.g., sports or art) and do not directly take care of the colonists afterwards. The camp educator, does not have to participate in these activities (the colonists are taken care of by the instructor), which gives him time to have at least minimal rest.

More than half of the surveyed subjects shared all activities equally with other staff members. This approach follows the example of scout camps, where team leaders assume responsibility for selected activities. The remaining educators conducted all activities on their own. According to one of the respondents, "Camp organizers do not understand the difference between educators and in-

structors, and they expect counselors to lead all activities for children.” Counselors and educators are on duty round the clock and are also expected to lead recreational and scouting activities; therefore, their work is highly demanding and can lead to both physical and mental fatigue. Fatigue can influence employee performance, in particular when employees work consecutive long-hour shifts in the same week. Fatigue, defined as an overwhelming sense of tiredness, lack of energy, and a feeling of exhaustion associated with impaired physical and/or cognitive functioning, has been associated with changes in mood, cognitive problems, reduced motivation and job performance, physiological changes, and safety risks (Dubin et al., 2020). Fatigue associated with camp employment may also compromise employee performance, such as the failure to retain health and safety-related information learned during staff training (Barry, 2019). The duties of camp educators and instructors/activity leaders should be clearly separated to guarantee the safety of children as well as staff members. Ineffective organization and work overload can also discourage many counselors from applying for summer camp jobs.

According to most respondents, camp programs developed by the organizers are interesting for the participants. Most of the surveyed subjects had adequate access to supplies and sports and recreational equipment for conducting the scheduled activities. In most cases, the camp curriculum was provided by the organizer, but more than half of the respondents claimed that counselors were not expected to strictly follow the program. This solution appears to be reasonable because educators generally know which activities can be initiated in a given situation, and which should be modified. However, regardless of whether the camp curriculum is provided by the organizer, counselors and instructors are largely responsible for making the activities enjoyable for the participants. This observation is consistent with the findings of Omelan et al. (2018) who reported that the surveyed summer camp participants were more likely to give praise to instructors and activity leaders than the camp program. This view was shared by tour operators who argued that a simple field game coordinated by a charismatic instructor could be a much greater attraction than a ropes course in an adventure park.

Conclusions

The majority of the surveyed respondents took counseling jobs in summer camps because they enjoyed working with children and adolescents. However, counseling work is challenging, and it entails considerable responsibility. Counselors are not only expected to have the required qualifications, but they should also possess interpersonal skills, as well as physical and mental stamina to cope

with the job. Despite the above, the offered remuneration is not proportional to camp counselors' duties and responsibilities. In this study, low pay was regarded as the greatest weakness of summer camp work.

According to the respondents, training programs do not adequately prepare counselors for working with minors. As a result, many counselors are unable to find the best course of action in potentially dangerous situations, which can compromise the campers' safety. Therefore, obligatory practical training or internship opportunities for entry-level camp counselors should be considered to enable young counselors to better deal with their responsibilities.

STATEMENT OF ETHICS

This study was conducted in accordance with the World Medical Association Declaration of Helsinki. The study protocol has reviewed and approved by The Scientific Research Ethics Committee of the University of Warmia and Mazury in Olsztyn, Poland, No. 6/2018. All participants provided written informed consent to participate in this study.

DECLARATION OF CONFLICTING INTERESTS

The authors declared no potential conflicts of interests with respect to the research, authorship, and/or publication of the article: *Counselors of summer camps for children and adolescents – between expectations and reality*.

FUNDING

The author received no financial support for the research, authorship, and/or publication of the article: *Counselors of summer camps for children and adolescents – between expectations and reality*.

AUTHORS' CONTRIBUTIONS

Aneta Anna Omelan: Conceptualization, Writing – Original Draft, Writing – Review and Editing, Visualization, Supervision, Project administration.

Aleksandra Laskowska: Conceptualization, Investigation, Resources, Writing – Original Draft.

Anna Hakuć-Błażowska: Methodology, Software, Formal analysis, Data Curation, Visualization.

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Received: 12.02.2024

<http://dx.doi.org/10.16926/sit.2025.02.08>

Accepted: 27.08.2024

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IMPACT OF FOOD SERVICE QUALITY ON GUEST SATISFACTION IN FIVE-STAR HOTELS: AN EXPLORATORY STUDY

How to cite [jak cytować]: Talukder, M.B., Swarna, D.A., & Kumar, S. (2025). Impact of food service quality on guest satisfaction in five-star hotels: An exploratory study. *Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe*, 8(2), 137–161.

Wpływ jakości usług gastronomicznych na satysfakcję gości w hotelach pięcigwiazdkowych: badanie eksploracyjne

Streszczenie

Przeprowadziliśmy badanie eksploracyjne i przyjrzelśmy się relacji między jakością usług gastronomicznych a zadowoleniem gości, aby określić narzędzia jakości usług gastronomicznych DINESERV, które przyczyniają się do zadowolenia gości w branży hotelarskiej. W badaniu tym zastosowano metody jakościowe i objęto nimi grupę fokusową składającą się z ośmiu osób oraz pogłębiane wywiady z 32 gośćmi restauracji z 11 hoteli w Bangladeszu. Celem tego badania jest rzucenie światła na narzędzia DINESERV w branży hotelarskiej i przyczynienie się do przyszłych inicjatyw badawczych, przy jednoczesnym zbadaniu relacji między jakością usług gastronomicznych a zadowoleniem gości. W niniejszym artykule przedstawiono najlepsze praktyki w zakresie poprawy jakości usług gastronomicznych w punktach gastronomicznych hoteli w celu zapewnienia zadowolenia gości. Pewność, empatia i czynniki materialne to trzy czynniki, które goście uważają za najważniejsze przy ocenie jakości usług gastronomicznych; w rezultacie czynniki te mogą korzystnie wpłynąć na zadowolenie gości. Z drugiej strony, niezawodność i responsywność miały mniejszy wpływ na zadowolenie gości. Reasumując, ogólna satysfakcja ma większy wpływ na jakość usług gastronomicznych w pięcigwiazdkowych hotelach. Te praktyczne i teoretyczne implikacje przyczyniają się do poszerzenia wiedzy menedżerów ds. żywności i napojów na temat tego, jak poprawić jakość usług gastronomicznych i zwiększyć zadowolenie gości, a jednocześnie pogłębiają teo-

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retyczną wiedzę na temat narzędzi DINESERV wpływających na zadowolenie gości w kontekście pięciogwiazdkowego hotelu.

Słowa kluczowe: branża hotelarska, jakość usług gastronomicznych, satysfakcja gości, DINESERV.

Abstract

We have conducted an exploratory study and looked at the relationship between food service quality and guest satisfaction to determine the DINESERV tools of food service quality that contribute to guest satisfaction in the hotel industry. This research applies qualitative methods and comprises a focus group of eight people and in-depth interviews of 32 restaurant guests from 11 hotels in Bangladesh. This study aims to shed light on DINESERV tools in the hotel industry and contribute to future research initiatives while examining the relationship between food service quality and guest satisfaction. This paper provides the best practices for improving food service quality for hotel food service outlets for guest satisfaction. Assurance, empathy, and tangibles are the three factors that guests consider most significant when evaluating the quality of the food service; as a result, these factors may benefit guest satisfaction. Besides, reliability and responsiveness were less influential factors in guest satisfaction. Again, overall satisfaction has a more significant impact on the food service quality of five-star hotels. These practical and theoretical implications contribute to the knowledge of food and beverage managers on how to improve food service quality and enhance guest satisfaction while advancing the theoretical understanding of the DINESERV tools influencing guest satisfaction in the five-star hotel context.

Keywords: hotel industry, food service quality, guest satisfaction, DINESERV.

Introduction

A five-star or luxury hotel is a substantial structure with many amenities, including enormous restaurant spaces, banquet halls, coffee shops, bars, pastry shops, room services, water parks, clubs, staff cafés, bunkers, closets, numerous shops, administrative offices, food production facilities, and more (De-Franco et al., 2022; Sundram et al., 2022). All these hotel outlets significantly contribute to generating revenue for the hotel. However, hotel food service outlets contribute substantial income to the hotel revenue. The food services department serves all meals and refreshments to guests at the hotel. The food service department must comprehend the factors affecting the quality of food because quality affects hospitality guests' satisfaction (Arici et al., 2022). To manage the food service operations of hotels and earn revenue, the hotel authority should prioritize food service quality in the competitive hotel industry (Talukder et al., 2024).

On the other hand, through guest satisfaction, revisiting the intention in the hotel's food service outlets generates more revenue for the hotel. According to Cai et al. (2021) and Pan & Ha (2021), prospective restaurant customers are frequently encouraged to visit hotel restaurants for food service quality, which de-

termines that increasing restaurant sales lead to generating more revenue. Therefore, this study will benefit those employed in the hotel, primary or secondary catering industry. We have worked with 11 five-star hotels, eight from Dhaka and three from Cox's Bazar. The Ministry of Civil Aviation and Tourism (MOCAT) has determined that providing excellent food service to hotels encourages domestic and foreign visitor expenditure.

We have chosen the topic of greater output in revenue generation for restaurant guests' highest satisfaction level with the hotel. The food service quality of the hotel is now a vital issue in the hospitality industry as most luxury hotels operate their food service outlets with their standard operation service procedure. However, the hotel's guests choose the best restaurants and a secure and relaxed dining environment (Bisui et al., 2022). So, the ultimate objective of the food service outlet is to satisfy guests by providing value-based food service quality (Wong et al., 2020). In the end, people who stay in five-star hotels think and expect that the restaurants will serve them food that is above and beyond what they would typically expect.

According to Uslu (2020), DINESERV tools (reliability, assurance, tangibles, empathy, and responsiveness) are perfect for measuring food service quality that affects guest satisfaction. This study will consider the DINESERV parameter for an effective relationship between food service quality and guest satisfaction. Hotel operators can use the results of this study to enhance their offerings and increase guest satisfaction.

This exploratory study looks at the effect of food service quality on guest satisfaction in several Bangladeshi five-star hotels. The findings will give hotel key managers helpful information that they can use to enhance their food service offerings and promote overall restaurant business success. So, this study aims to provide practical guidance and insights about food service quality and guest satisfaction that will help them raise the standard of the food service quality they offer and increase guest satisfaction in five-star hotels and food service outlets in Bangladesh.

This study uses qualitative methodology based on a focus group of eight participants and in-depth interviews with 32 diners from 11 hotels in Bangladesh that the Ministry of Civil Aviation and Tourism (MOCAT) designated as five-star hotels on its website.

The findings of this study will advance the understanding of guest satisfaction with food service quality with the DINESERV tools. The results will provide hotel management and other stakeholders with practical insights that can be applied to improve the standard of food service quality, enhance guests' satisfaction with overall experiences, and ultimately increase hotel revenue. Figure 1 illustrates the linkage between food service quality and guest satisfaction.

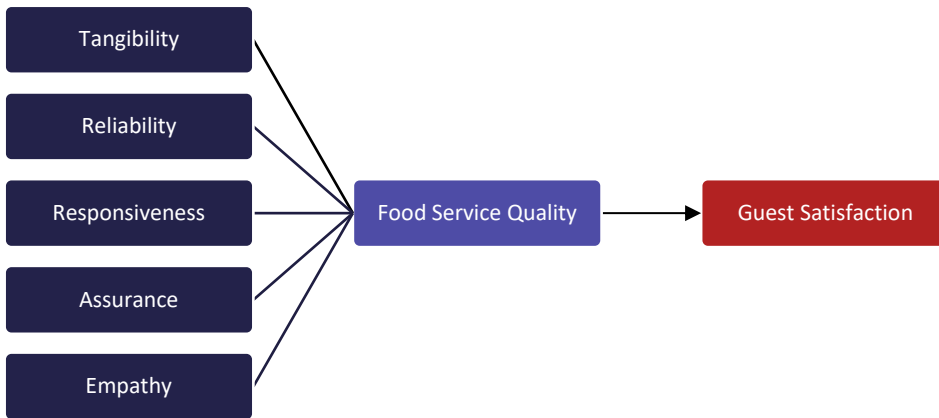


Figure 1

Linkage between dimensions of food service quality and guest satisfaction (Uslu, 2020).

Literature review

Food service quality

Food service quality refers to the overall standard and excellence of the food and beverage offerings, as well as the level of service provided by a restaurant, café, bar, banquet, and room service of the hotel that serves food and beverage (Vuksanović & Bajrami, 2020). It encompasses various factors that contribute to the overall food service experience, including the taste, presentation, freshness, variety, and nutritional value of the food, as well as the attentiveness, professionalism, and friendliness of the staff (Skrynnyk & Kuzmin, 2022). Ultimately, food service quality combines these factors and can vary depending on the type of establishment, its target audience, and the overall concept (Slack et al., 2020; Wright, 2021). Providing food service quality aims to create a positive dining experience that exceeds guests' expectations and encourages repeat visits and positive word-of-mouth recommendations (Deale & Lee, 2021). It is important to note that the specific offerings and level of food service quality may vary among different five-star hotels (Nair, 2019). According to Kim & Bachman (2019) and Suhartanto et al. (2019), the hotel's food service quality must include the ability of the restaurants to provide local and multi-cuisine food, to offer standard quality of restaurant equipment, restaurant physical environment quality, proper dining manners and etiquette, competitive food pricing, faultless restaurant service, restaurant image, restaurant cleanliness & hygiene, restaurant e-service quality. However, the overall objective of the food service quality is to create a memorable and exceptional dining experience that aligns with the luxury and sophistication associated with five star hotel restaurants (Kim et al., 2020).

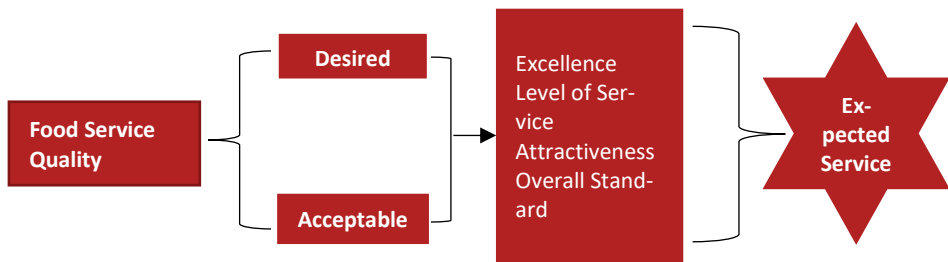


Figure 2

Food service quality and expected food service (Skrynnyk & Kuzmin, 2022)

Guest satisfaction

Satisfaction generally refers to offering goods and services that give customers a perceived value to remain pleased with the service (Özkan et al., 2019). We found that satisfaction in the hotel's food service department is justified through qualitative research. Guest satisfaction and performance expectancy in the food service department are influenced by the food service quality of the hotel's restaurant (Mohanty, 2019; Xu, 2021). Several conceptual and empirical studies examine guest satisfaction in primary and secondary catering industries. The expectation-disconfirmation model was used to justify guest satisfaction in restaurants, measuring service quality to determine guests' expectations about a product before eating food from the hotel's food service outlets (Shen et al., 2018). So, in the context of the food service outlet, guest satisfaction is defined as „a feature of an initial standard and some perceptions that differ from the initial basis for comparison of food consumption” (Zhong & Moon, 2020). Guests will evaluate their satisfaction based on the performance of the food service quality versus their expectations after eating the food and getting the benefit from the restaurant (Wooten et al., 2018). Generally, the food service quality performance measures satisfaction, and satisfied guests are more likely to frequent the hotel's food service outlets. On the other hand, if the guest is dissatisfied, it reduces repeat purchases of food services from the hotels (Sangpikul, 2022). Moreover, a satisfied guest is always a good indicator of increasing revenue because comfortable guests bring new guests with positive remarks for restaurant branding.

Relation between food service quality and guest satisfaction

Most guests expect luxury hotels to offer excellent food service quality to satisfy their guests. As a result, restaurant guests expect better food service qualities and facilities from higher-rated hotels, resulting in higher satisfaction levels. Excellent food service quality, a pleasant setting, and an enjoyable experience enhance guest satisfaction (Bungatang & Reynel, 2021). According to

Roberts et al. (2022), the mood of hotel food service outlets like coffee shops and specialty restaurants and the variety of the cuisine are vital determinants of guest satisfaction because people from every part of the world enjoy their food at the restaurant. In addition, the guest pays attention to the restaurant's cleanliness, service quality, and the expertise of service personnel, which are all essential elements in determining guest satisfaction (Tuncer et al., 2021). After all, it may be said that guests who are highly satisfied with the courtesy of hotel food service personnel are more likely to revisit food service outlets on their next visit or recommend that their peers visit the outlet to enjoy quality food service. What is more, some researchers such as Zhong & Moon (2020), Ali et al. (2021), and Kim & Kim (2022) think that the quality of the food service is a prerequisite for guest satisfaction, which may impact overall hotel service quality. According to empirical research by Majid et al. (2018), guest satisfaction is substantially affected by food service quality.

In a related development, recent research employing recursive structural models by Rajput & Gahfoor (2020) and Polas et al. (2022) provides empirical evidence that food service quality influences guest satisfaction. Guest satisfaction encompasses a broader concept than food service quality, which "focuses exclusively on qualities of service," empirically, it may be said that the quality of food service influences guest satisfaction (Zhong & Moon, 2020). Additionally, it is impacted by how a guest perceives the value and quality of the product, as well as by subjective elements like emotional state, attitudes, roles, beliefs, and values (Wong & Ho, 2019) and uncontrollable environmental factors like weather conditions, the economy, politics, and competitors.

Measurement of food service quality and guest satisfaction

Measuring guest satisfaction is not a precise science because it is a broad and multidimensional concept, and the study in this field seems more experimental (Alexander et al., 2021). There is no conventional way to measure the concept, though researchers have proposed several theories. The confirmation-disconfirmation technique, performance-only approach, and overall satisfaction approach are the most well-known (Wong & Ho, 2019).

The guest satisfaction survey is a technique extensively discussed in research on the performance-only strategy. To determine satisfaction throughout a service experience in food service, this instrument uses measurements of the quality of food service and guest satisfaction. The study scientifically gauges guest satisfaction with personal and hotel restaurant service settings. Each of these guest satisfaction metrics has been examined across a wide range of international businesses and shown to be serviceable. The measuring service quality paradigm (DINESERV), created by (Knutson et al., 1996), is a tool for assessing

service quality in the hotel sector (Uslu & Eren, 2020). It was inspired by research revealing numerous aspects contributing to a guest's satisfaction. Reliability, assurance, tangibles, empathy, and responsiveness are the five criteria for determining service quality developed by (Parasuraman et al., 1988). The DINESERV examines the discrepancies using a five-dimensional scale of 29 service attributes to compare customer perceptions and expectations. To assess the level of service, Stevens et al. (1995) developed DINESERV. However, the DINESERV assessment is utilized globally in numerous cultures and businesses to measure food service quality. So, it is well-known as a reliable way to gauge the calibre of the food service quality, yielding a measure of guest satisfaction.

Dimensions of food service quality

DINESERV is a widely used food service quality evaluation paradigm (Stevens et al., 1995) created to solve the discrepancy between guest satisfaction and perceptions. DINESERV, which is extensively utilized, has several flaws, including the fact that measuring guest satisfaction with hotel food service quality is redundant (Wu & Mohi, 2015). In addition, methods like DINESERV are used to assess guest satisfaction (Knutson et al., 1996). This model has been improved to estimate the actual outcome of guest satisfaction more accurately (Chun & Nyam-Ochir, 2020). The following dimensions of DINESERV can be defined:

- Reliability: delivering the promised service on time and correctly to the guest.
- Responsiveness: the capacity to respond to guest concerns and address them.
- Assurance: the capacity to instill confidence and trust in guests.
- Empathy: the capacity to understand and sympathize with guests.
- Tangibles: personnel, equipment, and the look of the physical facilities.

Overall satisfaction

Other scholars, Eklof et al. (2020), Goić et al. (2021), and Aakash & Gupta Aggarwal (2022), mentioned that overall guest satisfaction is a more accurate indicator because it is cumulative over time. Additionally, it is less susceptible to guest reactions to particular transactions or questions regarding order implications (Lee, 2018). So overall satisfaction comes from every service interaction, from greetings to food bill payments at the restaurant. Overall satisfaction almost reflects how a guest feels about the good or service (Ali et al., 2021). Furthermore, no study has been conducted to determine whether a guest's intentions to make another purchase is influenced by transaction-specific or general satisfaction. However, research done by Xu (2022) raises the possibility that transaction-specific fulfillment significantly affects overall satisfaction.

Summary of literature review

We found broad ideas about food service quality and guest satisfaction closely related. Recent academic research by Dam & Dam (2021) provides empirical evidence for the argument that high guest satisfaction typically results from high service quality. Guest satisfaction is affected by numerous variables, including individual, environmental, and product-related ones (Ratnasari et al., 2020). Additionally, it was determined that the DINESERV model is a popular and accurate way to gauge the quality of the food service in a restaurant. The service aspect of a food service operation is mainly intangible. Food service quality cannot be seen, listened to, or touched. It is, therefore, difficult to quantify, measure, and evaluate service. An operator can measure the speed at which food is delivered to the table, listen and evaluate the effectiveness of a customer service script, or set out service actions and delivery procedures and see and assess how closely they are followed. Figure 3 shows the product/service matrix as a dining experience characterized by a customer's encounter with the restaurant's products and service, comprising tangible and intangible factors.

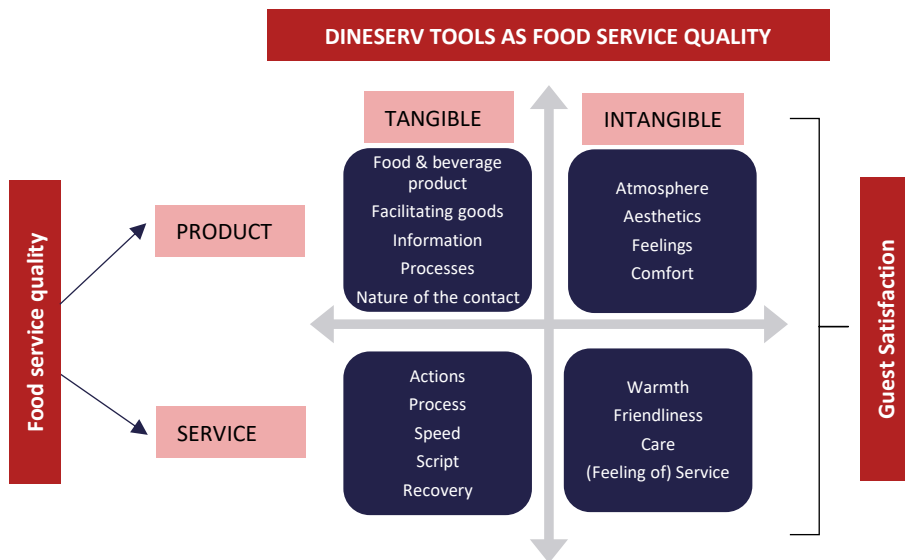


Figure 3

The product/service matrix. Source: Adapted from Davis, B., Lockwood, A., Alcott, P., Pantelidis, I., Food and Beverage Management, fifth Edition, p. 334.

Objectives of the study

We determined the following objectives:

- To assess the level of food service quality in five-star hotels in Bangladesh.
- To examine the factors of DINESERV concerning food service quality and guest satisfaction in five-star hotels in Bangladesh.
- To measure overall guest satisfaction in five-star hotels in Bangladesh.

Methodology

Research Design

Since the study is qualitative, estimating guest satisfaction with food service quality for qualitative research is the most appropriate methodology (Gopi & Samat, 2020). The paper investigates the factors influencing guest satisfaction with food service quality in five-star hotels in Bangladesh. This approach allows for a deeper understanding of the research problem and helps triangulate the findings.

Sampling and sample size

A strategy known as purposive sampling was utilized to choose the five-star hotels included in the research. The sample size is adequate to guarantee that the results are relevant and appropriate. The selection of participants based on their possession of DINESERV features and dining experiences from five-star hotels in Bangladesh is essential to the research goals. Focus groups of eight people and 32 restaurant guests were used to gather the data. They helped determine guests' perceptions, experiences, preferences, and behavior, which directs this study on guest satisfaction to consider and interpret guests' experiences of food service quality (Slack et al., 2020).

Many scholars, Hodgkinson et al. (2020), El-Manstrly et al. (2021), and Khan et al. (2022) recommended their study about focus groups that were used as a forum for people to express their genuine emotions and grievances while receiving food service from a hotel food service outlet. According to the research by Sallis et al. (2021), the focus group method is dependable and valid since respondents consistently recognized categories and contents as crucial to whether a food service experience is enjoyable or unpleasant. According to research by Baillie (2019), a focus group should have six to ten participants. To avoid complex and subjective factors such as guest satisfaction, we have selected a focus group of eight people, and we surveyed 32 restaurant guests who had eaten at a five-star hotel between September and October 2022. A moderator conducted

an unstructured, free-flowing interview with the participants after selecting them randomly from databases of 11 restaurants and hotels in Bangladesh. The participants were invited to talk about their recent experiences at the restaurants and to remark on any parts of the food service quality and the environment they found pleasing or unsatisfactory. We saw from the previous study conducted by Domanski (2020) that an in-depth interview is one of the instruments in qualitative methods for justifying guest satisfaction with food service quality in the hotel industry. The benefit of in-depth interviews is that issues can be explored in greater detail than in a particular study group (Rutakumwa et al., 2020; Deterding & Waters, 2021). They also shed more light on delicate subjects or peculiar happenings. From eleven restaurants or hotels in Bangladesh, 32 respondents were randomly chosen and asked about their most recent dining experience regarding food service quality. These individuals attend restaurants frequently, once or twice monthly.

Data Collection

In-depth interviews were held with hotel restaurant guests to collect qualitative data. These interviews delved into the guests' opinions, preferences, and ideas regarding the quality of food service and satisfaction. The qualitative information offered deep insights into the variables affecting guest satisfaction. In the hotel sector, the DINESERV instrument is frequently used to rate the excellence of the food service quality. We have modified the DINESERV tool's dimensions and items to create open-ended questions that let restaurant guests submit in-depth replies for the study. Most focus group persons were experienced as food and beverage managers, and they suggested the data collection process. Accordingly, we asked permission from food service managers to collect data, and they asked the guests about the purpose of data collection. Some guests kindly mentioned the urgency during data collection. Few respondents have given time to answer and share their views about the meaning of the research.

Data Analysis

One might take a few approaches to analysis with qualitative data. The qualitative data we acquired through in-depth interviews and focus group discussions were subjected to a thematic analysis by the researchers. Before collecting data, we first held conversations with the focus group. The focus group suggested gathering data from diners hosted at five-star hotels in Bangladesh, and they recommended doing so. We organized all the answers serial-wise, interpreted the data from the participants, and discussed the results with the study's focus group. We tried to see the issue of bias as the researcher intends to get pure development and strengthen the study. Following the completion of the

interview of the 32 patrons regarding the dining experience in terms of the quality of the food service, we solicited suggestions and recommendations from five hotel industry professionals.

Results & discussion

Service dimensions

Reliability

We asked the restaurant guests if they had encountered any instances where the selected five-star hotels had failed to deliver their promised food service. Most of the time, the food service staff could not make their guests satisfied in this regard. Being on time, accurate, consistent, and quickly responding to guest requests are all important to providing the promised food service (Ahuja & Alavi, 2022). Some guests were satisfied with how quickly they got their food but not with how consistent it was. When people go to a restaurant, they are more likely to return if the staff is honest about what is on the menu, what is in it, and how it is made. Research by Gabrow (2021) shows that guests are satisfied and more likely to trust the quality of the food service when they get their orders quickly and on time. Customers expect their orders to be handled correctly and without problems. We found that customers are likelier to give a good rating if the employees always meet their expectations by providing them with precisely what they order. If the service quality is steady, guests will trust and respect it more. Most guests will be satisfied with a hotel if the service, cleanliness, and quality of the amenities always meet or exceed their expectations. Customers like getting quick and thorough answers to their questions and concerns about food service quality. The results show that customers think the staff is trustworthy when they respond quickly to their needs, questions, and problems. The “Reliability” part of DINESERV does not meet the guests’ expectations.

Responsiveness

We asked the guests about the satisfaction rating of the staff’s promptness and efficiency in addressing requests or concerns during the dining experience in these hotels. Most of the guests expressed their dissatisfaction with responsiveness factors. Promptness in service, attentiveness to guest needs, anticipating guest needs, problem resolution, friendly and polite service, and communication and feedback are essential for responsiveness of food service quality to guest satisfaction (Ratnasari et al., 2020). Guests appreciate the staff members who are attentive and responsive to their needs. When food service staff actively listen to guest inquiries, provide helpful recommendations, and address

special requests promptly and accurately, it enhances guests' perception of responsiveness. Guests appreciate friendly and polite service interactions during their food service. Studies by Dam & Dam (2021) have shown that when staff members display positive and welcoming attitudes, exhibit genuine friendliness, and use polite language, it positively influences guests' perception of responsiveness. In that case, the guest suggested that the staff prioritize the responsiveness factor of DINESERV tools.

Assurance

We asked the guests about the competence and knowledge of the staff regarding the menu items, ingredients, and allergen information of the hotel's food service quality. We found that guests of the food service outlets are satisfied with the assurance factors like menu knowledge, staff competence, trust in food quality and safety, clear communication, professional appearance and conduct, and handling of guest inquiries and complaints. The results related to the "Assurance" dimension of DINESERV are influenced by sample characteristics and the quality of the hotels' food service. Guests appreciate staff members who understand the menu well, including information about ingredients, preparation methods, and potential allergens. Studies have shown that when staff can provide accurate and detailed menu knowledge, it positively influences guests' perception of assurance (Mendocilla et al., 2021). Guests value competent and knowledgeable staff members. Findings indicate that when staff show expertise, professionalism, and confidence in delivering the dining experience, it enhances guests' perception of assurance. Guests expect assurance regarding the quality and safety of the food being served. According to Assaker (2020), when hotels prioritize food safety practices, maintain high hygiene standards, and use quality ingredients, food service quality positively impacts guests' perception of assurance. Guests appreciate staff members who present themselves professionally through appearance, grooming, and behavior. Studies by Schwark et al. (2020) have shown that staff exhibiting professionalism, maintaining proper hygiene, and adhering to dress codes impact food service quality and guest satisfaction. Findings indicate that staff members actively listen to guests' concerns, promptly address inquiries, and resolve complaints satisfactorily, enhancing guests' perception of assurance.

Tangibles

We asked the guests about the physical appearance and cleanliness of the dining area in the selected five-star hotels. In the views of expert opinion from group discussions, tangibles were critical in choosing a hotel restaurant. Although some respondents stated that the atmosphere and decor primarily motivated visiting an excellent restaurant, they were satisfied with the physical com-

fort, visual appeal, quality of furnishings and equipment, atmosphere and ambience, adequate space, and layout. Guests appreciate comfortable and well-maintained dining settings. The dining area's visual appeal and food presentation also impact guests' perception of tangibles. The research done by Talukder et al. (2023) has shown that when the dining area is aesthetically pleasing, with attractive decor, appealing table settings, and visually appealing food presentation, it enhances guest satisfaction and perception of tangibles. Guests notice and value the quality of furnishings and equipment in the dining area. When hotels invest in high-quality furniture, fixtures, and equipment, it positively influences guests' perception of tangibles. The overall atmosphere and ambience of the dining area play a significant role in guests' perception of tangibles.

The study by Mendocilla et al. (2021) has shown that factors such as music, lighting, background noise, and overall ambience contribute to the guests' dining experience and their perception of tangibles. Sufficient space and a well-planned layout contribute to guests' perception of tangibles. Findings indicate that when the dining area provides adequate space for guests to move comfortably, facilitates easy navigation, and allows for privacy, it positively impacts guest satisfaction. The results and findings related to the "Tangibles" dimension of DINESERV are influenced by the abovementioned factors. When these characteristics of service, which fall under the category of tangibles, are offered, the respondents gave their feedback about the quality of food service at the restaurant a high rating.

Empathy

According to the focus group recommendations, we asked the respondents about the staff's ability to understand and accommodate special requests or dietary restrictions of food service quality and guest satisfaction. The people who answered were happy with the empathy dimension. However, they suggest emphasizing personalized attention, understanding guest preferences, being responsive to special requests, anticipating guest needs, and dealing with guest feedback. The guests like how the staff treats them as individuals (Yu, 2020). Findings show that guests feel the team cares about them when they greet guests warmly, talk to them in a friendly way, and show genuine interest in their needs and preferences. According to Sun et al. (2021), when staff members actively listen to what guests want, make personalized recommendations, and customize the dining experience to each person's preferences, it makes guests feel the staff has more empathy. When guests have special requests or dietary restrictions, they like it when the team is willing to accommodate them. Findings suggest that guests feel hotels care more about them when they respond quickly and correctly to special requests, such as vegetarian or gluten-free options. It is essential to anticipate and meet guests' needs before they even say so. Studies

have shown that guests feel the staff cares about them more when they offer refills or suggest other menu items before they are asked. Empathy means actively listening to and responding to both positive and negative feedback from guests. Findings show that when staff members listen to and respond to guest feedback, take their concerns seriously, and try to solve any problems or complaints, guests feel the staff cares more about them.

Overall Satisfaction

According to the focus group recommendations, we asked the respondents about the staff's ability to understand and their opinion on what factors contribute to overall satisfaction with the food service in these five-star hotels. We request that they put suggestions or recommendations for improving the food service quality in these hotels, based on overall satisfaction. A guest says, "The overall satisfaction of the hotel restaurant: it offers a diverse menu with options for vegetarians, vegans, and those with dietary restrictions. It includes creative dishes that showcase the innovative side of the hotel's chef." The hotel's specialty seafood restaurant emphasizes the day's fresh catch, and the chef personally selects high-quality ingredients from local markets. A hotel restaurant ensures that orders are prepared and delivered within a specified time frame, meeting the expectations of customers looking for a quick meal that satisfies the guests. A hotel coffee shop consistently gets orders right, whether it is a complex customized coffee or a specific request for a sandwich with no onions or gluten-free bread, which satisfies the guests immensely. A guest said that a fine dining restaurant focuses on the taste of the dishes and the artistic presentation of each plate, enhancing the overall dining experience. Typically, five-star hotels provide quality food service as they maintain standard operating procedures (Mitrović, 2021). Most five-star hotels in Bangladesh hire qualified and skilled employees for their food service outlets. However, respondents expressed the opinion that food service quality differs from one staff group to another. Our studies have consistently shown a positive correlation between the different dimensions of DINESERV and overall satisfaction. According to Park et al. (2021), higher ratings in tangibles, reliability, responsiveness, assurance, and empathy tend to lead to higher overall satisfaction. However, reliability and responsiveness factors could not satisfy the guests when it came to food service quality. While all dimensions of food service quality contribute to overall satisfaction, their relative importance may vary from one dimension to another (Ferdous & Mim, 2021). For instance, the summer field at the Hotel Sarina and the café Bazar in Sonargaon are two of Bangladesh's most significant delicate dining establishments. They are one of the highest-quality food pricing restaurants among eleven hotels. The excessive prices range from Tk 750 to Tk 8000 per head, depending on the individual restaurant among all hotels. Some respondents ex-

pressed satisfaction with the availability of extra payment options for food through e-payment facilities. For several respondents, choosing a restaurant was about impressing a spouse, kids, or any unique person, celebrating a special occasion, or doing business. For some respondents, the cuisine was still the primary, crucial factor in choosing a restaurant. They found that the remaining factors leading to satisfaction with the hotel food service outlets are merely ancillary to eating at a restaurant. Hotel Sonargaon introduces specialty restaurants, especially highlighting Italian cuisine for this. Finally, guests were satisfied with the food service quality of the five-star hotels in Bangladesh.

Findings suggest that tangibles, reliability, and responsiveness significantly impact overall satisfaction, as they represent the tangible aspects of the dining experience and the efficiency of service delivery. According to Geczy & Karminas (2022), a minimum service quality threshold must often be met to achieve high overall satisfaction. Findings suggest that any dimension falling below the acceptable threshold can significantly impact overall satisfaction, even if other dimensions perform well. Results may also reveal variations in the importance of measurements and overall satisfaction across different segments of guests. For example, the overall service quality of the hotels may prioritize different dimensions, leading to variations in their overall satisfaction ratings.

Recommendations & managerial implications

The respondents gave their opinions about the hotels' food service quality. They gave their ideas about food service quality and guest satisfaction. The respondents were very satisfied with offering Gueridon service, which creates extraordinary value for the guests. They want to feel that a five-star hotel's food service department should always provide tremendous benefits for unique feelings. The authorities of the food service outlet can implement new services like a special occasion menu, multi-cuisine food from different parts of the world, a virtual food ordering system, etc. Also, most guests tend towards informal attire, such as wearing a cap and casual dress code, which lowers the satisfaction of a pleasant food service experience. The staff's etiquette and manners are not always respected in restaurants either. Hotels must follow the dress code more strictly to improve the restaurant's level of service, which will boost guest satisfaction. The study contends that tangibles, assurance, and empathy are crucial aspects of hotel restaurants' service quality and may help increase guest satisfaction. The authorities also need to implement training and motivate their service staff, giving them more priority in restaurants, so that they can focus on finding ways to make the dining experience memorable for their guests (Rachão et al., 2020; Talukder et al., 2024). According to our study, most hotel chains are

renowned for their service dimensions and have higher guest satisfaction scores than local properties. The research results should help the hotel authorities develop and enthusiastically adopt these findings in their food service outlets to enhance the quality dimensions.

Hotel owners should prioritize educating their workers about food and beverages to improve the quality of their food service. Hoteliers should remember that interior design is an essential element of the specialized restaurant experience, and it is one of the factors distinguishing a good quality family restaurant from a fine dining one. The Garden Kitchens of Intercontinental have extraordinary design, and the respondent recommended the place as one of the best interior restaurants in Dhaka. That dynamism in design is preferred for other restaurants, so the guests feel a sense of anticipation when they visit the restaurant throughout the year. Hoteliers might also redesign their restaurants regularly to keep guests interested according to their needs and demands.

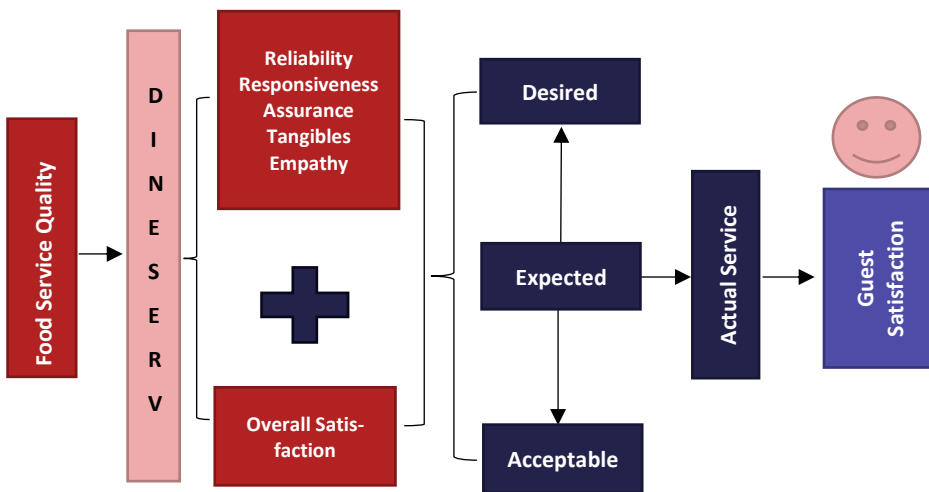


Figure 4

Conceptual model of food service quality and guest satisfaction (self-developed)

The study validates the model's applicability and relevance in Bangladesh's five-star hotels by using the DINESERV tool. It validates the model's ability to assess food service quality and guest satisfaction. The hotel manager should implement staff training recommended by the focus group and respondents. Reliability and responsiveness factors, which can enhance guest satisfaction, should be improved. According to the study conducted by Pramezwary et al. (2021), variety, flavor, and presentation affect guest satisfaction. These findings can help hotel management improve their menus to offer a variety of high-quality food service to their guests' satisfaction. The studies by Gong et al. (2020) and

Kandampully & Solnet (2019) show that staff behavior and attitude influence guest experiences. Hotel managers may encourage staff friendliness, attentiveness, and empathy with guests. The study by Montargot et al. (2022) emphasizes clean and attractive dining areas. Hotel managers may create a welcoming atmosphere by prioritizing cleanliness, aesthetics, and ambiance. Comment cards, online reviews, and guest satisfaction surveys can help hotels improve their overall quality. Five-star hotels in Bangladesh can benefit from regularly assessing and taking guest feedback to increase satisfaction levels and to improve food service quality.

Conclusion, limitations, & future research

The DINESERV tool study has provided valuable insights into food service quality and guest satisfaction. By analyzing the dimensions of tangibles, reliability, responsiveness, assurance, and empathy, the study aimed to understand the factors contributing to a positive dining experience in five-star hotels in Bangladesh. The findings of the study revealed actual results in each dimension. Regarding tangibles, the cleanliness and hygiene of the dining area, visual appeal, and the quality of furnishings and equipment were found to impact guest satisfaction significantly. In the reliability dimension, promptness of service, the accuracy of order fulfillment, and consistency in service standards emerged as crucial factors for guest satisfaction. The responsiveness dimension highlighted the importance of staff attentiveness, problem resolution, and effective communication in enhancing guest satisfaction. The assurance dimension emphasized the significance of menu knowledge, staff competence, and building trust in food quality and safety for guest satisfaction. Lastly, the empathy dimension emphasized the importance of personalized attention, understanding guest preferences, and proactive handling of guest needs in creating a positive dining experience. These findings have practical implications for five-star hotels in Bangladesh, suggesting that attention should be given to maintaining cleanliness, training staff to deliver prompt and accurate service, providing personalized attention, and ensuring staff competence to enhance guest satisfaction. Theoretical implications of the study include contributing to the body of knowledge on food service quality and guest satisfaction in the context of five-star hotels in Bangladesh. The findings align with existing literature on service quality and further support the importance of various dimensions in influencing guest satisfaction.

However, it is essential to acknowledge the study's limitations, such as a small sample size or the focus on selective five-star hotels, which may limit the generalizability of the findings. Future research could have a wider scope by including a larger sample size, considering different types of hotels, and exploring

other factors that influence guest satisfaction. DINESERV tools may have limitations when scaling up to meet the needs of larger hotel chains. DINESERV might fail to capture specific nuances of guest satisfaction in case of challenges when trying to integrate with existing point-of-sale (POS) systems, customer relationship management (CRM) software, or other essential restaurant management tools. Tools that allow customization to fit diverse hotels' specific needs and branding are more likely to be well-received.

This exploratory study on the impact of food service quality on guest satisfaction in selective five-star hotels in Bangladesh using the DINESERV tool provides valuable insights for hotel management, practitioners, and researchers, highlighting the dimensions contributing to a positive dining experience and suggesting avenues for improvement to enhance guest satisfaction.

STATEMENT OF ETHICS

This study was conducted in accordance with the world medical association declaration of Helsinki. The study protocol was reviewed and approved by the department of Tourism and Hospitality Management, Daffodil Institute of IT, Dhaka, Bangladesh. The participants of the study are hereby providing consent to participate in this study.

DECLARATION OF CONFLICTING INTERESTS

The authors declared no potential conflicts of interests with respect to the research, authorship, and/or publication of the article: *Impact of food service quality on guest satisfaction in five-star hotels: An exploratory study*.

FUNDING

The author received no financial support for the research, authorship, and/or publication of the article: *Impact of food service quality on guest satisfaction in five-star hotels: An exploratory study*.

AUTHORS' CONTRIBUTIONS

Mohammad Badruddoza Talukder: Conceptualization; Methodology; Software; Validation; Formal analysis; Investigation; Resources; Data Curation; Writing – Original Draft; Writing – Review & Editing; Visualization; Supervision; Project administration; Funding acquisition.

Dil Afrin Swarna: Conceptualization; Methodology; Software; Validation; Formal analysis; Investigation; Resources; Data Curation; Writing – Original Draft; Writing – Review & Editing; Visualization; Supervision; Project administration; Funding acquisition.

Sanjeev Kumar: Conceptualization; Methodology; Software; Validation; Formal analysis; Investigation; Resources; Data Curation; Writing – Original Draft; Writing – Review & Editing; Visualization; Supervision; Project administration; Funding acquisition.

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**BIOGRAMY, Dyskusje, Polemiki, Recenzje,
Przegląd Wydawnictw, Sprawozdania**



Wpłynął do redakcji: 5.01.2025
Przyjęty do druku: 12.02.2025

<http://dx.doi.org/10.16926/sit.2025.02.09>

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SPRAWOZDANIE Z KONFERENCJI NAUKOWEJ „SPORTOWCY W ŹRÓDLE ARCHIWALNYM”, KIELCE, 29 MAJA 2024 R.

Jak cytować [how to cite]: Pęczkowicz J., Pierściński K., *Sprawozdanie z konferencji naukowej „Sportowcy w źródle archiwalnym”, Kielce, 29 maja 2024 r.*, „Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe” 2025, t. 8, nr 2, s. 165–171.

Projekt „Spotkania ze źródłem archiwalnym” to konferencje naukowe odbywające się co dwa miesiące od 2014 roku¹ w Archiwum Państwowym w Kielcach. W roli prelegentów występują historycy, nauczyciele, studenci, doktoranci i pasjonaci historii. Tematyka spotkań jest związana z ważnymi dla regionu rocznicami, zagadnieniami z różnych zakresów badań i okresów historycznych. Organizatorami tego projektu są Archiwum Państwowe w Kielcach oraz Instytut Historii Uniwersytetu Jana Kochanowskiego w Kielcach (UJK)².

W dniu 29 maja 2024 roku w siedzibie Archiwum Państwowego w Kielcach przy ul. Kusocińskiego 57 odbyła się kolejna konferencja z cyklu „Spotkań ze źródłem archiwalnym”. Tym razem motywem przewodnim zebrania entuzjastów historii był sport – spotkanie zatytułowano „Sportowcy w źródle archiwalnym”. Konferencję prowadzili dr Wiesława Rutkowska, dyrektor Archiwum Państwowego w Kielcach, oraz dr hab. Jerzy Gapys, prof. UJK, dyrektor Instytutu Historii UJK w Kielcach.

Zebraniu towarzyszyły dwie okolicznościowe wystawy: pierwsza autorstwa pracowników Archiwum Państwowego w Kielcach, pt. *Szybciej, wyżej, silniej. Dzieje sportu na Kielecczyźnie w zasobie Archiwum Państwowego w Kielcach*

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¹ W pierwszym roku trwania projektu wydarzenia organizowane były co miesiąc.

² Koordynatorami projektu są: z ramienia Instytutu Historii UJK dr hab. Edyta Majcher-Ociesa, prof. UJK oraz reprezentujący Archiwum Państwowe w Kielcach Konrad Maj.

oraz druga przygotowana przez Annę Knajder-Sowę i Ewę Lewicką pt. *Z pasji do sportu* na bazie zbiorów Pedagogicznej Biblioteki Wojewódzkiej im. Gustawa Herlinga-Grudzińskiego w Kielcach.

Jako pierwsi wystąpili przedstawiciele Uniwersytetu Jana Długosza w Częstochowie – dr hab. Teresa Drozdek-Małołepsza, prof. UJD, i prof. dr hab. Eligiusz Małołepszy. Referat nosił tytuł *Sportowcy w województwie wołyńskim w latach 1921–1939*, towarzyszyła mu również prezentacja multimedialna. Na wstępie prof. Małołepszy przekazał dyrektor Archiwum trzy egzemplarze czasopisma „Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe”, w którym znalazło się sprawozdanie z jednej z poprzednich konferencji organizowanych w Archiwum Państwowym w Kielcach³. Następnie prelegent przeszedł do prezentacji swojego referatu i rozpoczął od przedstawienia podstawowych informacji nt. województwa wołyńskiego – podziału administracyjnego, struktury narodowościowej, demografii oraz wskaźnika urbanizacji. Ukraińcy stanowili 68,4% mieszkańców tego województwa, natomiast Polacy 16,6%. Rozmieszczenie przedstawicieli obu nacji nie było równomierne. Na przykład w powiecie kostopolskim, który od wschodu graniczył już z ZSRR, mieszało aż 21,9% ludności polskiej. Następnie prelegent zaprezentował infrastrukturę sportową na Wołyniu, która w latach trzydziestych XX wieku przeszła gruntowną modernizację. Sztandarym przykładem inwestycji na tym obszarze był otwarty w 1933 roku stadion im. Marszałka Józefa Piłsudskiego w Łucku. Profesor podkreślił również mnogość stowarzyszeń sportowych w regionie, takich jak np. Wołyński Związek Młodzieży Wiejskiej, Związek Strzelecki, Automobilklub Wołyński czy Aeroklub Wołyński. Kluby sportowe często funkcjonowały w obrębie mniejszości narodowych – Ukraińcy, Czesi czy Żydzi tworzyli własne drużyny. Niemniej istotne były okręgowe struktury związków sportowych, które umożliwiały prowadzenie rozgrywek na szczeblu lokalnym. Bardzo ważna była również kwestia kształcenia kadr, a więc np. instruktorów wychowania fizycznego i sportu, trenerów oraz sędziów poszczególnych konkurencji. Do najpopularniejszych ówczesnie dyscyplin sportowych na Wołyniu zaliczano m.in. piłkę nożną, boks, narciarstwo, lekkoatletykę czy szybownictwo. Zawodnicy i zespoły z Wołynia osiągnęli umiarkowane sukcesy w skali ogólnopolskiej: wołyńscy narciarze wzięli udział w mistrzostwach Polski w Zakopanem w 1935 roku, a piłkarski zespół Policijnego Klubu Sportowego (PKS) Łuck awansował do drugiej rundy baraży o awans do rozgrywek centralnych w 1938 roku. Godna odnotowania jest natomiast Szkoła Pilotów Szybowniczych w Sokolej Górze, w której szkolili się nie tylko piloci z całej Polski, ale również obywatele Brazylii, Bułgarii, Czechosłowacji, Holandii czy Stanów Zjed-

³ M. Nurkiewicz, *Sprawozdanie ze spotkania „Wołyń w źródle archiwalnym”*, Kielce, 29 września 2021 r., „Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe” 2021, t. 4, nr 4, s. 165–170.

noczonych⁴. Na koniec przedstawiciel Uniwersytetu Jana Długosza w Częstochowie zaprezentował Państwową Odznakę Sportową, którą otrzymał od Stanisława Sączka. Tę odznakę, bardzo popularną w okresie II Rzeczypospolitej, zdobył krewny Stanisława Sączka – Tadeusz Sączek w Konopiskach k. Częstochowy w 1937 roku.

Autorką następnego wystąpienia, zatytułowanego *PKS – policyjne kluby sportowe*, była Grażyna Szkonter, prezes Świętokrzyskiego Stowarzyszenia Rodzina Policyjna 1939 r. w Kielcach. Referat połączony był z prezentacją multimedialną. W opinii prelegentki współczesna wiedza o działaniach policji w okresie międzywojennym – tworzeniu takich organizacji, jak Policyjny Dom Zdrowia, Rodzina Policyjna czy sportowych osiągnięciach policjantów – jest fragmentaryczna. Policja Państwowa w II RP została powołana do życia ustawą sejmową z dnia 24 lipca 1919 roku. Jednym z głównych czynników wymaganych przy podjęciu pracy w policji była sprawność fizyczna. Referentka zwróciła uwagę na słaby stan zdrowotny funkcjonariuszy policji. Za główne przyczyny takiej sytuacji prelegentka wskazała biedę i choroby, stanowiące konsekwencje zniszczeń I wojny światowej, a następnie wojny polsko-bolszewickiej. W tym aspekcie rola PKS okazała się znacząca. Różnego rodzaju policyjne organizacje sportowe zaczęły się rozwijać od 1924 roku. PKS upowszechniały różne dyscypliny sportowe, m.in. lekkoatletykę, szermierkę czy kolarstwo. Za kluczowe uznawano biegi oraz strzelectwo, w dalszej kolejności były umiejętności walki wręcz. We wszystkich klubach obowiązywała jednolita organizacja – statut, barwy klubowe oraz stroje sportowe zawodników. W 1931 roku istniały już 154 kluby, w których zrzeszonych było około 12 tys. członków. Warto też zaznaczyć, że w Warszawie istniała sekcja kobieca PKS. Problemem policyjnych klubów sportowych był brak profesjonalnej kadry trenerskiej. Szkoleniowcami zostawali z reguły zawodnicy prezentujący najwyższy poziom w swojej dyscyplinie, jak również trenerzy z lokalnych klubów sportowych. Policjanci zazwyczaj uprawiali kilka dyscyplin sportowych, czasem biorąc udział w zawodach ogólnopolskich⁵. Prelegentka podkreśliła również, że wśród polskich olimpijczyków można znaleźć kilku policjantów, m.in. reprezentującego Polskę na igrzyskach w Paryżu w 1924 roku zapaśnika Wacława Okulicz-Kozaryna czy występującego cztery lata później w Amsterdamie pięściarza Jana Górno. Natomiast na igrzyskach w Berlinie w 1936 roku

⁴ Więcej na temat wołyńskiego sportu w: E. Małolepszy, T. Drozdek-Małolepsza, *Kultura fizyczna i turystyka w województwie wołyńskim w latach 1921–1939*, Wydawnictwo Nauka i Innowacje, Poznań 2020.

⁵ Zob. też: J. Jaroszewski, *Ruch sportowy w Policji Państwowej w województwie łódzkim w latach 1919–1939. Zarys problematyki*, „Sport i Turystyka. Środkowoeuropejskie Czasopismo Naukowe” 2022, t. 5, nr 1, s. 11–31; idem, *Ruch sportowy w Policji Państwowej w województwie łódzkim w latach 1919–1939*, Wydawnictwo Akademii Nauk Stosowanych w Koninie, Poznań – Konin 2024.

polska policja miała swoich reprezentantów kolejno w szermierce, boksie oraz rzucie oszczepem. Działalność policyjnych klubów sportowych w naturalny sposób przerwał wybuch II wojny światowej. W okresie Polskiej Rzeczypospolitej Ludowej (PRL) powrócono do tych tradycji, chociaż nie nawiązywano bezpośrednio do historii międzywojennej.

Po przerwie rozpoczęła się druga część konferencji, w której jako pierwszy wystąpił Krzysztof Pierściński, student Instytutu Historii Uniwersytetu Jana Kochanowskiego w Kielcach. Wygłosił on referat pt. *Sportowcy „polscy” na igrzyskach olimpijskich w latach 1896–1920*. Na początku poruszony został problem określenia „polskości” osób żyjących na przełomie XIX i XX w. Prelegent zaznaczył, że nie ma jednoznacznej odpowiedzi na to pytanie. Sprawy nie rozwiązują spisy powszechne państw zaborczych z tamtego okresu. W spisie rosyjskim z 1897 roku wnioski na temat narodowości wyciągano na podstawie pytań o wyznanie i język ojczysty. Natomiast w spisie austro-węgierskim z 1910 roku za wyznacznik przynależności narodowej uznano odpowiedź na pytanie o język używany w domu. Z kłopotem rozróżniania narodowości władze carskie zmagaly się też po powstaniu styczniowym w odniesieniu do osób żyjących na Ziemiach Zabrzanych, gdzie planowano wprowadzenie zakazu przejmowania majątków ziemskich przez Polaków. Jednak żeby taki zakaz efektywnie wprowadzić, potrzebne było stworzenie definicji „Polaka”. Kwestią problematyczną okazała się zasadność wiązania narodowości polskiej z wiarą katolicką. Kilku członków powstałej w tym celu komisji uznało, że nie wszyscy katolicy są Polakami. Ostatecznie jednak władze carskie uznały, że kwestia religijna jest ważnym czynnikiem wyróżniającym żywioł polski na terenie Ziem Zabrzanych. Następnie student przeszedł do prezentacji galerii postaci, których związki z Polską są mniej lub bardziej oczywiste. Osoby te pojawiają się w różnych publikacjach⁶, których autorzy np. na podstawie brzmienia nazwiska snują (czasami bezpodstawne) wnioski o pochodzeniu danego atlety. W literaturze przedmiotu pojawiają m.in.: Julian Michaux – pochodzący z Warszawy szermierz reprezentujący Rosję na igrzyskach w Paryżu w 1900 roku; William Henry – brytyjski pływak, mistrz olimpijski z Paryża w piłce wodnej; George Gaidzik – Amerykanin polskiego pochodzenia, brązowy medalista igrzysk w Londynie w 1908 roku w konkurencji skoków do wody; Frida

⁶ S. Polakiewicz, *Igrzyska VIII-mej olimpiady Paryż 1924 oraz dzieje olimpiizmu w zarysie*, Wyd. Zakładu Narodowego im. Ossolińskich, Lwów – Warszawa – Kraków 1926, s. 97–98; W. Gołębowski, J. Stroynowski, *Olimpijskie fanfary*, Wydawnictwo Iskry, Warszawa 1957, s. 222; M. Ordyłowski, *Polacy na igrzyskach olimpijskich przed I wojną światową*, [w:] *Młodsza Europa. Od średniowiecza do współczesności*, red. J. Jurkiewicz, R.M. Józefiak, W. Strzyżewski, Oficyna Wydawnicza UZ, Zielona Góra 2008, s. 491–497; R. Wryk, *Początki ruchu olimpijskiego w Polsce*, Wydawnictwo Nauka i Innowacje, Poznań 2012, s. 59–62; T. Wolsza, „Gdybyśmy pojechali, byłaby to kompromitacja patriotyzmu polskiego”. *Absencja Polaków na olimpiadzie w Antwerpii w 1920 r.*, „Pamięć i Sprawiedliwość” 2021, nr 2 (38), s. 274–275.

Pietrzikowski – austriacka tenisistka, która była początkowo zgłoszona do olimpijskiego turnieju w 1908 roku; Joseph Kszyszczewski – reprezentant USA w przeciąganiu liny na igrzyskach w Antwerpii w 1920 roku; Henry Szymanski – amerykański zapaśnik, który również wystąpił na zawodach w Belgii.

Następnym prelegentem był Jakub Pęczkiewicz, również student Instytutu Historii Uniwersytetu Jana Kochanowskiego w Kielcach, amator judo, który przygotował wystąpienie i prezentację multimedialną pt. *Kielecki olimpijczyk – Ireneusz Kiejda – w źródłach i wspomnieniach*. Referat dotyczył lokalnego sportowca, biorącego udział w igrzyskach w Seulu w 1988 roku w dyscyplinie judo. Swoje wystąpienie prelegent rozpoczął od przybliżenia historii startów polskich judoków na igrzyskach olimpijskich, jak również sylwetek postaci uczestniczących w imprezie w Seulu. Student zaznaczył, że zawody z 1988 roku były wyjątkowe z dwóch powodów. Pierwszym z nich był fakt, że reprezentacja Japonii pierwszy raz w historii zajęła dopiero trzecie miejsce w tabeli medalowej judo, plasując się za Koreą Południową i Polską. Po drugie, podczas samych igrzysk również po raz pierwszy w historii umożliwiono start w judo kobietom (choć w formie zawodów demonstracyjnych). Następnie referent opisał obiekty sportowe, na których odbywały się walki, tj. halę Olympic Gymnastics Arena oraz Jangchung Arena. Prelegent zrelacjonował również nastawienie kibiców, pochodzących głównie z Korei Południowej oraz Japonii, którzy mieli dopingować swoich zawodników w sposób niesportowy, wywierając presję na niektóre werdykty sędziowskie. Za przykład takiej walki może posłużyć finał pomiędzy Lee Kyung-Keunem i Januszem Pawłowskim, gdzie pomimo dobrego występu Polaka decyzją sędziów wygrał Koreańczyk. Następnie prelegent przeszedł do głównego wątku, czyli postaci Ireneusza Kiejdy. Przybliżył życiorys sportowca, początki kariery, przyczyny uprawiania judo, sukcesy pana Kiejdy na arenie krajowej oraz przenosiny z Legii Kielce do Wisły Kraków. Prelegent przedstawił przebieg samych igrzysk z perspektywy zawodnika: przygotowania do nich, jedną walkę stoczoną przez Polaka w Seulu oraz dalsze losy kieleckiego olimpijczyka. Dość krótka acz intensywna historia zawodnicza Ireneusza Kiejdy przyniosła mu liczne osiągnięcia – medale zdobyte na Mistrzostwach Polski w latach 1986–1990 czy tytuł najlepszego zawodnika na Międzynarodowym Turnieju Warszawskim z 1987 roku. Kariera zawodnicza bohatera referatu przypadła na złoty okres polskiego judo. Zawodnicy osiągalni najlepsze wyniki, a równolegle prowadzono cenne badania z zakresu m.in. biomechaniki⁷. Prelegent przedstawił również szerzej temat przygotowań do igrzysk, podczas których polscy zawodnicy spędzili łącznie sześć tygodni na dwóch zgrupowaniach w Japonii. W trakcie obozów przygotowawczych obowiązywało skoszarowanie, a same treningi oparte były

⁷ Więcej na ten temat: W.S. Erdmann, R. Zieniawa, *Biomechanika judo*, Wydawnictwo Uczelniane Akademii Wychowania Fizycznego i Sportu, Gdańsk 2012.

na ciągłych sparingach z Japończykami. Każdą wolną chwilę, ze względu na wysoką intensywność treningów, przeznaczano na odpoczynek. Referent nadmienił, że polscy zawodnicy judo byli jedynymi obecnymi zarówno podczas ceremonii otwarcia, jak i zakończenia igrzysk.

Ostatnim wystąpieniem spotkania był referat i prezentacja multimedialna pt. *O sporcie i sportowcach w zasobie Archiwum Państwowego w Kielcach – wybrane przykłady* autorstwa Pauliny Kalety reprezentującej Archiwum Państwowe w Kielcach. Występ rozpoczęła od przybliżenia historii udziału polskiej reprezentacji w igrzyskach olimpijskich oraz uzyskania pierwszych medali – na letnich igrzyskach w 1924 oraz na zimowych igrzyskach w 1956 roku. Kontynuując historię polskich osiągnięć, autorka referatu podała informację o tym, że do tychczas na igrzyskach olimpijskich wystąpiło 3012 polskich sportowców, którzy łącznie zdobyli 321 medali: 79 złotych, 96 srebrnych oraz 146 brązowych. Następnie prelegentka przedstawiła kulisy braku uczestnictwa reprezentacji Polski na igrzyskach olimpijskich w Antwerpii w 1920 roku, kiedy to Polski Komitet Igrzysk Olimpijskich przygotował specjalne broszury mające wytłumaczyć społeczeństwu, czym są igrzyska i czy Rzeczpospolita powinna brać w nich udział. Wydarzenie przedstawiono nie tylko w kontekście rywalizacji sportowej, ale również starcia w kategoriach artystycznych, tj. literatury, muzyki, malarstwa czy rzeźby. Udział w igrzyskach wiązał się również z dużymi kosztami, w których partycypować miało, oprócz budżetu państwa, również społeczeństwo. Wydatek całkowity szacowano na 7 mln marek polskich, z czego rząd był w stanie pokryć tylko 3 mln. Ponadto prelegentka przedstawiła materiały archiwalne z lat 1920–1980, dotyczące m.in. kieleckich zawodników i klubów (np. Błękitni Kielce). Zaprezentowała fotografie olimpijczyków, rozmieszczenie obiektów sportowych, wykresy prezentujące rezultaty poszczególnych krajów w konkurencjach, takich jak boks, podnoszenie ciężarów czy lekkoatletyka. Jako przykład źródła archiwalnego zaprezentowanego przez referentkę można podać rozporządzenie Rady Wojewódzkiej Federacji Socjalistycznych Związków Młodzieży Polskiej. Przedstawiono również przyczyny i sposoby obserwowania potencjalnych reprezentantów Polski w poszczególnych dyscyplinach oraz tabele dotyczące stanu przygotowań czy monitorowania sytuacji międzynarodowej podczas trwania igrzysk olimpijskich. Prelegentka zaprezentowała również dokumenty wytworzone przez miasto Kielce oraz Urząd Wojewódzki dotyczące prób organizowania środków finansowych z obszaru województwa kieleckiego na potrzeby udziału w igrzyskach olimpijskich. Planowano to osiągnąć poprzez inicjatywy społeczne oraz tzw. materiały propagandowe, mające promować ideę sportu oraz samych igrzysk poprzez sprzedaż znaczków czy żetonów olimpijskich.

Po przedstawieniu wszystkich referatów odbyła się dyskusja. W jej trakcie poruszono np. kwestię przynależności sportowców do Polskiej Zjednoczonej Partii Robotniczej. Głos zabrali również prof. dr hab. Eligiusz Małolepszy oraz

Paulina Kaleta. Odpowiadali oni na pytanie o metody finansowania sportu zarówno w II Rzeczypospolitej (głównie w kontekście województwa wołyńskiego), jak i w okresie Polskiej Rzeczypospolitej Ludowej. Po dyskusji organizatorzy, dr Wiesława Rutkowska, dyrektor Archiwum Państwowego w Kielcach, oraz dr hab. Jerzy Gapys, prof. UJK, dyrektor Instytutu Historii UJK w Kielcach, dokonali uroczystego zakończenia obrad.

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