

## EVALUACIJA SKALE PERCEPCIJE AKTIVNOG ŽIVOTNOG STILA STUDENATA

## EVALUATION OF THE SCALE OF PERCEPTION OF ACTIVE LIFESTYLE OF STUDENTS

MILAN NEŠIĆ<sup>1</sup>, VELIBOR SRDIĆ<sup>2</sup>, TATJANA JEZDIMIROVIĆ<sup>1</sup>

<sup>1</sup>Fakultet za sport i turizam, Novi Sad, Srbija

<sup>2</sup>Panevropski univerzitet Apeiron, Fakultet sportskih nauka, Banja  
Luka, Bosna i Hercegovina

MILAN NEŠIĆ<sup>1</sup>, VELIBOR SRDIĆ<sup>2</sup>, TATJANA JEZDIMIROVIĆ<sup>1</sup>

<sup>1</sup>Faculty of Sports and Tourism, Novi Sad;

<sup>2</sup>Pan-European University Apeiron, College of Sports Sciences, Banja  
Luka

### Korespondencija:

Prof. dr Milan Nešić,

Fakultet za sport i turizam,

Univerzitet EDUCONS,

Radnička 30a, 21000 Novi Sad, Srbija

mnesic08@yahoo.com

### Correspondence:

Milan Nestic, PhD

Faculty of Sport and Tourism,

University EDUCONS,

Radnička 30a, 21000 Novi Sad, Serbia

mnesic08@yahoo.com

**Apstrakt:** Problem prisutnosti zdravih životnih navika kod mladih, a u tom kontekstu i sve intenzivnije afirmacije aktivnog stila života, danas je jedno od najčešće postavljanih pitanja kada se sagledavaju njihovi uslovi života i rada. Istraživanja pokazuju da je prisutan trend porasta broja mladih, posebno među studenatskom populacijom, kod kojih dominiraju životne navike okarakterisane kao nezdrave.

Istraživanje koje je sprovedeno na uzorku od 240 ispitanika, studenata Fakulteta za sport i turizam iz Novog Sada i Visoke škole strukovnih studija za obrazovanje vaspitača i trenera iz Subotice, imalo je za cilj identifikaciju neophodnih elemenata koji bi odražavali konstrukt skale kojom se mogu utvrđivati osnovni elementi percepcije aktivnog životnog stila kod studentske populacije. Primenom namenski konstruisanog upitnika (*Percepcija Aktivnog Životnog Stila*) izvršena je procena jednog broja indikatora koji ukazuju na intenzitet percepcije prisutnosti determinanti aktivnog životnog stila kod studenata

Dobijeni rezultati pokazuju da primenjeni upitnik odlikuje 15 stabilnih indikatora (ajtema) i da skala PAŽS ima dobru unutrašnju saglasnost ( $Ch.alpha = .865$ ). Faktorskom analizom utvrđena je i odgovarajuća validnost skale ( $KMO = 0.690$ ;  $Sig. = 0.000$ ), a analizom glavnih komponenti postignuta je statistički prihvatljiva parsimonija i definisana njena jednofaktorska struktura. Ovaj upitnik je moguće primeniti kao jedinstvenu skalu koja u manifestnom prostoru rezultira prosečnom vrednošću (skalarnim prosekom) izračunatom iz ocena kojima ispitanici vrednuju pojedine aspekte individualne percepcije aktivnog životnog stila.

**Ključne reči:** percepcija, aktivni životni stil, skala, studenti.

**Abstract:** In that context of ever more intensive affirmation of active lifestyle, the problem of the presence of healthy lifestyle habits in the young population is today one of the most frequently asked questions when evaluating their conditions of life and work. Research shows that there is a growing trend in the number of youth, especially amongst the student population, who predominantly exhibit lifestyle habits characterized as unhealthy.

The research conducted on a sample of 240 examinees, students of The Faculty for Sports and Tourism from Novi Sad and the College of Vocational Studies for preschool teachers and sports trainers from Subotica, had as an aim to identify the necessary components that would reflect the construct of the scale used to determine the basic elements of perception of active lifestyle in the student population. By applying the purposefully constructed questionnaire (*Perception of Active Lifestyle*) an evaluation was conducted of a certain number of indicators pointing to perception intensity of the presence of healthy lifestyle determinants in students.

The results show that the applied questionnaire is distinguished by 15 stable indicators (items), and that the PAL scale has a good internal consistency ( $C.alpha = .865$ ). By factor analysis, a suitable scale validity was determined ( $KMO = 0.690$ ); ( $Sig. = 0.000$ ), and the analysis of main components achieved a statistically acceptable parsimony and defined a single constituent structure. It is possible to apply this questionnaire as a unique scale that results in average value (scalar average) in manifested space, calculated from the grades given by the examinees to certain aspects of individual perception of active lifestyle.

**Keywords:** perception, active lifestyle, scale, students.

## Uvod

Za pojam životnog stila može se reći da predstavlja simbiozu prihvatanja određenih vrednosti i ponašanja, odnosno sačinjen je od spoja implicitnih i eksplicitnih vrednosnih determinanti (ljudi se međusobno opažaju kao pripadnici nekog životnog stila i deluju u skladu s njim; usredsređeni su na primenu znanja, ponašanja i vrednosti kojima pridaju normativna značenja – npr. etička, sportska, politička i sl.) (Miliša & Bagarić, 2012, str. 85).

Savremena teorija i praksa koja se bavi pitanjima zdravog načina života kod mladih zastupa stanovište po kome je osnova aktivnog životnog stila determinisana skupom određenih ponašanja, postupaka i/ili navika. Ukoliko se one posmatraju parcijalno, svaka za sebe, tada ne predstavljaju posebno „interesantne“ odrednice koje mogu značajnije uticati na zdravlje. Međutim, ako se određeni obrazac ponašanja mladog čoveka posmatra (koji obuhvata sintezu pravilnih postupaka, zdravih navika i adekvatnog ponašanja i odnosa „prema samom sebi i drugima“), tada se može govoriti o aktivnom životnom stilu (Nešić i sar., 2015).

Pojedine aktuelne studije koje su rađene poslednjih godina (Kvaak, Meyer & Tverdal, 2004; Myint i sar., 2007; Mededović, Perić i Ahmetović, 2013) ukazale su na nizak nivo fizičke i radne sposobnosti savremenog čoveka, što kao posledicu ima nepovoljan uticaj na njegovo zdravlje. Za glavnog uzročnika je nedvosmisleno proglašen tzv. „morbogeni trijas faktora“ koji obuhvata: hipokineziju, gojaznost i stresna prenaprezanja, tako da se prihvatanje zdravih stilova života danas sve više propagira kao važan zadatak društva koji je usmeren na očuvanje javnog zdravlja. Stoga aktivni životni stil objedinjuje svest i stalnu borbu protiv faktora rizika, odnosno aktivnosti za unapređenje kvaliteta života. Povećanje nivoa fizičke aktivnosti i usvajanje pravilnih nutritivnih navika dva su najčešće apostrofirana zadatka u preporukama zdravstvenih i kinezioloških institucija (Nešić i sar., 2014).

Jedan broj istraživanja, koja su intenzivnije povezana i sa aktivnim životnim stilom mladih, definisalo je sintagmu –zdravi životni stil (*healthy lifestyle*). On se uglavnom definiše kao aktivno bavljenje fizičkim vežbanjem, sportom i rekreacijom (Pierro, Mannetti & Livi, 2003), a vezu sa aktivnim životnim stilom (*active lifestyle*) temelji na istraživanjima koje ga definišu kroz identifikaciju količine kretanja tokom određenog vremenskog perioda (Nešić i sar., 2014). Aktivan životni stil danas se smatra jednom od najsnažnijih „uzdanica“ na putu ka ličnom zdravlju i vitalnosti, u punom smislu ovih pojmova. Ova-

## INTRODUCTION

The term lifestyle can be said to represent a symbiosis of accepting certain values and behaviours, meaning that it consists of a joining of implicit and explicit determinants of value (people interchangeably observe each other as belonging to a certain lifestyle and act accordingly; they are focused on the application of knowledge, behaviours and values characterized by normative meanings – for e.g. ethical, sports, political etc.) (Miliša and Bagarić, 2012, pg. 85).

Modern theory and practice that deals with the issues of healthy lifestyle in youth is of the standpoint that the basis of active lifestyle is determined by a set of certain behaviours, actions and/or habits. If they are observed partially, each one individually, they are not particularly “interesting” determinants that can be of more significance to health. However, if a certain pattern of behaviour of a young person is observed (that includes a synthesis of proper actions, healthy habits and adequate behaviour and relation “towards oneself and others”) then active lifestyle can be discussed (Nešić et al., 2015).

Certain current studies made in recent years (Kvaak, Meyer and Tverdal, 2004; Myint et al., 2007; Mededović, Perić and Ahmetović, 2013), have pointed to a low level of physical and work ability of the modern person, which consequently has a negative influence on health. Undoubtedly, the main cause is the so called “morbific trias of factors” that include: hypokinesia, obesity and stressful exertion, so that, today, acceptance of healthy lifestyles is even more promoted as an important task of a society focused on maintaining public health. Therefore, active lifestyle unifies the awareness and the constant fight against risk factors, meaning activities improving the quality of life. Increasing physical activity and adopting proper nutritive habits are two most often apostrophized tasks in the recommendations of health and kinesiology institutions (Nešić et al., 2014).

A certain number of research studies, which were interlinked more intensely with an active lifestyle of youth, were defined by the phrase healthy lifestyle. It is mostly defined as actively engaging in physical exercise, sports and recreation (Pierro, Mannetti and Livi, 2003), and the link with active lifestyle is based on the research that defines it by identifying the amount of motion during a certain time period (Nešić et al., 2014). Today, active lifestyle is considered to be one of the strongest “hopes” on the journey to personal health and vitality, in the full sense of these terms. Such context in the perception of active lifestyle, i.e. healthy way of life, is represented in the so called *healthy lifestyle doctrine* (Sharrkey and

kav kontekst u poimanju aktivnog životnog stila, odnosno zdravog načina života, zastupljen je kroz tzv. *Zdravstvenu doktrinu aktivnog stila života* (Sharrkey & Gaskill, 2008). On obuhvata sledeće međusobno integrisane komponente: a) fizičku aktivnost, b) zdravu i pravilnu ishranu, c) kontrolu telesne težine, d) kontrolu stresa i f) sigurnosne navike. Zdrav (aktivni) životni stil bi trebalo posmatrati kao višedimenzionalni sistem ponašanja pojedinca koji nije determinisan isključivo fizičkim aktivnostima. Njega određuju i druga ponašanja i navike koje su povezane sa zdravljem – pravilna ishrana, redovni preventivni zdravstveni i stomatološki pregledi, redovna kontrola krvnog pritiska, kontrola stresa, eliminisanje štetnih životnih navika (konzumiranje alkohola, pušenje i sl).

U kontekstu ovog istraživanja aktivni životni stil je dimenzioniran kao segmentirani konstrukt ponašanja koje odražava dominantu orijentaciju studenata ka navikama koje ih orijentišu prema aktivnom ponašanju u odnosu na određene životne aktivnosti, odnosno, pojedine sadržaje koji dominantno sačinjavaju aktivan životni stil, prema modelu zdravstvene doktrine (Sharrkey & Gaskill, 2008). Kvantitativni iskazi, na ovakav način definisanog životnog stila, a koji su poslužili za analizu njegovih determinanti, obezbeđeni su indikatorima instrumenta istraživanja kojim su obuhvaćeni ključni elementi aktivnog životnog stila: 1) fizička aktivnost, 2) navike u ishrani, 3) odnos prema sopstvenom zdravlju, 4) stanje ličnih emocija i 5) sigurnosne navike.

## METOD

Sprovedeno empirijsko istraživanje realizovano je u formi transverzalne studije, a imalo je za cilj identifikaciju neophodnih elemenata koji bi odražavali konstrukt skale kojom se mogu utvrđivati osnovni elementi percepcije aktivnog životnog stila kod studentske populacije.

Primenom namenski konstruisanog upitnika (*Percepcija Aktivnog Životnog Stila*) izvršena je procena jednog broja indikatora koji ukazuju na intenzitet percepcije prisutnosti determinanti aktivnog životnog stila kod studenata. Uzorak ispitanika je sačinjavalo 240 studenata Fakulteta za sport i turizam iz Novog Sada i Visoke škole strukovnih studija za obrazovanje vaspitača i trenera iz Subotice. Subuzorkovanje je zasnovano na polnoj pripadnosti ispitanika.

Primenjeni instrument konstruisan je kao skala za individualnu procenu osnovnih elemenata percepcije aktivnog stila života. Konačnoj verziji upitnika prethodilo je nekoliko probnih istraživanja na studentskoj populaciji u Novom Sadu. Inicijalni upitnik se sastojao od 28 tvrdnji, ali je nakon provere metrike zadržano 15 ajte-

Gaskill, 2008). It includes the following, mutually integrated components: a) physical activity, b) healthy and proper diet, c) weight control, d) stress control, and f) safety habits. Healthy (active) lifestyle should be observed as a multidimensional system of individual's behaviour that is not exclusively determined by physical activities. It is also determined by other behaviours and habits that are linked with health – proper diet, regular preventive health and dental examinations, regular blood pressure control, stress control, eliminating harmful lifestyle habits (consuming alcohol, smoking etc.).

In the context of this research, active lifestyle is given dimension as a segmented behavioural construct that reflects the dominant orientation of students towards habits that guide them towards active behaviour in certain life activities, meaning certain contents that predominantly consist of active lifestyle, according to the model of health doctrine (Sharrkey and Gaskill, 2008). Quantitative accounts of, in this manner, defined lifestyle that were used to analyse its determinants, are ensured by using indicators of research instruments that include key elements of active lifestyle: 1) physical activity, 2) dietary habits, 3) relation towards own health, 4) the condition of personal emotions and 5) safety habits.

## METHOD

The conducted empirical research was realised in the form of a transversal study, and had as its aim the identification of necessary elements that would reflect the construct of the scale, which can be used to determine the basic perception elements of active lifestyle in the student population.

By applying the purposefully constructed questionnaire (Perception of Active Lifestyle) a certain number of indicators were evaluated that point to the intensity of perception of active lifestyle determinants in students. The examinee sample consisted of 240 students of the Faculty of Sports and Tourism from Novi Sad and the College of Vocational Studies for preschool teachers and sports trainers from Subotica. The sub-sampling was based on the gender of the examinees.

The applied instrument was constructed as a scale for individual evaluation of basic elements of active lifestyle perception. The final version of the questionnaire was preceded by several test researches on the student population in Novi Sad. The initial questionnaire consisted of 28 claims, however, after metrics testing, 15 items were kept. The examinees showed their evaluation by selecting one of the five positions on a Likert type scale, where the grade 1 was the lowest, and the grade

ma. Ispitanici su svoju procenu iskazivali izborom jedne od pet pozicija na skali Likertovog tipa, gde je ocena 1 predstavljala najniži, a ocena 5 najviši intenzitet percepcije prisutnosti svakog indikatora koji su činioci aktivnog životnog stila, prema konceptu zdravstvene doktrine (Sharrkey & Gaskill, 2008).

Metrika ove skale ocenjena je primenom dva postupka: (1) proverom njene unutrašnje saglasnosti (*Scale Reliability Analysis* koja je zasnovana na *Cronbach's Alpha* koeficijentu) i (2) faktorske analize (*Principal Components Analysis*) sa oblimin metodom rotacije (*Direct Oblimin*). Sva statistička zaključivanja sprovedena su na nivou značajnosti od 0,05 (*Sig. < ,05*).

### REZULTATI I DISKUSIJA

Uzorak ispitanika u ovom istraživanju karakterisalo je učešće ukupno 240 studenata koji pohađaju studijske programe fizičkog vaspitanja i sporta. Svi ispitanici su validno popunili istraživački instrument, tako da nije bilo nedostajućih podataka (*Missing*).

5 was the highest intensity of perception of the presence of every indicator that is a factor of active lifestyle, according to the concept of health doctrine (Sharrkey and Gaskill, 2008).

The metrics of this scale was evaluated by applying two procedures: 1) by testing its internal consistency (Scale Reliability Analysis that is based on Cronbach's Alpha coefficient) and 2) factor analysis (Principal Components Analysis) with oblimin rotation method (Direct Oblimin). All statistical conclusions had level of significance of 0.05 (*Sig. < .05*).

### RESULTS AND DISCUSSION

The sample of examinees in this research is characterized by the participation of 240 students who attend physical education and sports study programmes. All the examinees completed the research instrument validly, so that there were no missing data (*Missing*).

**Tabela 1. Uzorak ispitanika / Table 1. Examinee sample**

Ispitanici / Examinees	f	%
student (m) / students (m)	141	58.8
studentkinje (ž) / students (f)	99	41.3
<b>Ukupno / Total</b>	<b>240</b>	<b>100.0</b>
St. Dev.	.493	

Dobijeni rezultati analize metrike primenjene skale pokazuju da ona ima dobru unutrašnju saglasnost, na šta ukazuje Kronbahov alfa koeficijent (*Cronbach's Alpha* = .865) koji je značajno veći od preporučene teorijske vrednosti 0.7 (De Vellis, 2003). Svih 15 ajtema imalo je visoku unutrašnju saglasnost, što skali daje dobre metrijske karakteristike i obezbeđuje korektnu interpretabilnost dobijenih podataka (Tabela 2).

The results of metrics of the applied scale demonstrate that it has good internal consistency, as indicated by the Cronbach's Alpha coefficient (*Cronbach's Alpha* = .865), which is significantly higher than the recommended theoretical value of 0.7 (De Vellis, 2003). All 15 items had good internal consistency, which gives the scale good metric characteristics and ensures a correct interpretability of the received data (Table 2).

**Tabela 2. Koeficijenti unutrašnje saglasnosti skale PAŽS / Table 2. Coefficients of internal consistency of PAL scale**

Br./ No.	Pitanje / Question	Cronbach's Alpha if Item Deleted
1	Redovnost bavljenja sportskim ili sportsko-rekreativnim sadržajima / <i>Regularity of engaging in sports or sports-recreational activities</i>	.854
2	Nivo svakodnevnih aktivnosti izvan kuće koje se obavljaju pešice / <i>Level of everyday activities outside the house that are conducted by foot</i>	.860
3	Korišćenje bicikla u obavljanju svakodnevnih poslova i aktivnosti / <i>Using bicycles in conducting everyday tasks and activities</i>	.859
4	Boravak u prirodi (na izletu) tokom vikenda / <i>Time in nature (a field trip) during the weekend</i>	.862
5	Procena sopstvene telesnu kondicije / <i>Evaluation of own fitness</i>	.846
6	Trenutno zdravstveno stanje / <i>Current health condition</i>	.857
7	Stanje ličnih emocija / <i>Personal emotions condition</i>	.860
8	Redovnost uzimanja obroka (najmanje tri puta dnevno) / <i>Regularity of meals (at least three times a day)</i>	.854

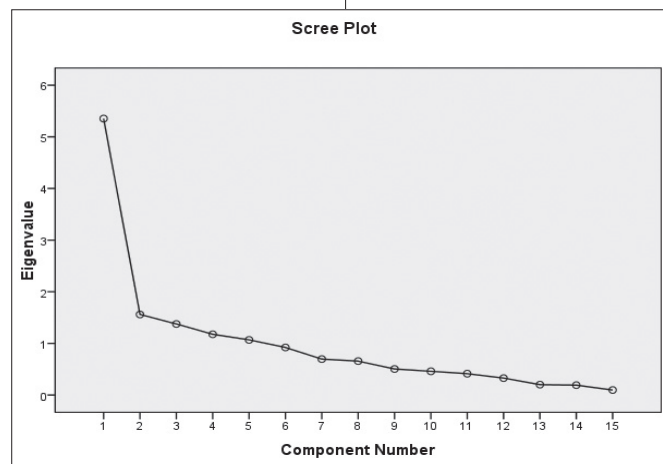
9	Kvalitet dnevnih obroka / <i>Quality of daily meals</i>	.854
10	Redovnost konzumiranja doručka / <i>Regularity of consuming breakfast</i>	.853
11	Korišćenje vode kao osnovnog dnevnog napitka / <i>Using water as the means of basic everyday hydration</i>	.861
12	Korišćenje voća u dnevnoj ishrani / <i>Using fruit in everyday diet</i>	.845
13	Korišćenje povrća u dnevnoj ishrani / <i>Using vegetables in everyday diet</i>	.851
14	Redovnost odlaska na preventivne lekarske preglede / <i>Regularity of attending preventive doctor examinations</i>	.849
15	Redovnost kontrole krvnog pritiska / <i>Regularity of blood pressure control</i>	.847
<b>Cronbach's Alpha</b>		<b>.865</b>

U cilju procene validnosti PAŽS upitnika svih 15 ajtema skale podvrgnuto je analizi glavnih komponenti (PCA). Pre sprovođenja PCA, bila je ocenjena prikladnost podataka za faktorsku analizu. Pregledom korelacione matrice evidentirano je mnogo koeficijentata vrednosti 0.3 i više. Prema Kajzer-Majer-Olkinovom kriterijumu (*Kaiser-Meyer-Olkin Measure of Sampling Adequacy*) neophodna preporučena vrednost od 0.6 (Kaiser, 1970, 1974) je u ovom slučaju bila premašena na statistički zadovoljavajućem nivou (0.690). Takođe je i Bartlettov test sferičnosti (*Bartlett's test of sphericity*) (Bartlett, 1954) dostigao statističku značajnost (*Sig.* = .000), što sve ukazuje na faktorabilnost korelacione matrice.

Analiza glavnih komponenti dobijenih nakon Oblimin rotacije, otkrila je prisustvo pet komponenti sa karakterističnim vrednostima (*Eigenvalues*) preko jedan, koje objašnjavaju 35,68%, 10,40%, 9,17%, 7,84% i 7,12% varijanse. Međutim, dobijeni dijagram preloma (*Scree plot*) pokazao je postojanje jasne tačke loma već iza prve komponente (Slika 1).

With the aim of evaluating the validity of PAL questionnaire, all 15 scale items were subjugated to the analysis of the main components (PCA). Before conducting PCA, data suitability for factor analysis was evaluated. By inspecting correlational matrix, many coefficients of 0.3 and of higher value were recorded. According to the Kaiser-Meyer-Olkin criteria (*Kaiser-Meyer-Olkin Measure of Sampling Adequacy*), the necessary recommended value of 0.6 (Kaiser, 1970, 1974) was exceeded in this case on a statistically satisfactory level (0.690). Also, the Bartlett's test of sphericity (Bartlett, 1954) achieved statistical significance (*Sig.* = .000), all of which indicates the factorability of correlational matrix.

The analysis of the main components gained after Oblimin rotation revealed the presence of five components with characteristic values (*Eigenvalues*) over one, that explain 35.68%, 10.40%, 9.17%, 7.84% and 7.12% of the variability. However, the scree plot indicated the existence of a clear cut-off point right behind the first component (Image 1).



**Slika 1.** Tačka preloma (*Scree Plot*) skale PAŽS

Na osnovu Kattelovog kriterijuma (Kattel, 1966) odlučeno je da se zadrži samo jedna komponenta. To su podržali i rezultati paralelne analize sa jednom komponentom čije karakteristične vrednosti premašuju odgovora-

**Image 1.** Scree plot of PAL scale

Based on Kattel's criterion (Kattel, 1966), it was decided to keep only one component. This was supported by the results of a parallel one component analysis whose characteristic values exceeded the suitable values

rajuće vrednosti praga dobijene pomoću jednako velike matrice slučajnih brojeva (15 varijabli x 240 ispitanika). Ovakvo jednofaktorsko rešenje (*single component*) objasnio je prihvatljiv deo ukupne varijanse (35,68%), što je u skladu i sa preporučenim procedurama tumačenja rezultata faktorske analize (Pallant, 2009).

Svih 15 varijabli dalo je odgovarajuću faktorsku težinu jedinoj ekstrahovanoj komponenti (Tabela 3) čime je utvrđeno da PAŽS upitnik ima korektnu validnost, te da se može primenjivati kao samostalna multiajtemska skala za procenu percepcije aktivnog životnog stila kod studentske populacije.

of the threshold gained by using equally large matrix of random numbers (15 variables X 240 examinees). Such single component solution explained the acceptable part of the total variance (35.68%), which is in accordance with the recommended procedures of interpreting factor analysis results (Pallant, 2009).

All 15 variables gave suitable factorial gravity to the only extracted component (Table 3), which established that the PAL questionnaire has correct validity, and it can be applied as an independent multi-item scale for the evaluation of active lifestyle perception in student population.

**Tabela 3.** Deskriptivni pokazatelji PAŽS skale / **Table 3.** Descriptive indicators of PAL scale

RB/ No	Ajtemiskale / Scale Items	Matrica strukture / Structure matrix	Komunaliteti / Communalities
1	FA1	.618	.382
2	FA2	.454	.206
3	FA3	.462	.213
4	FA5	.449	.202
5	Z9	.741	.549
6	Z10	.548	.301
7	Z13	.444	.197
8	IS15	.601	.361
9	IS16	.626	.392
10	IS17	.616	.380
11	IS18	.417	.174
12	IS20	.760	.578
13	IS21	.687	.471
14	SN25	.677	.458
15	SN26	.700	.490

KMO Measure of Sampling Adequacy = .690  
Bartlett's Test of Sphericity = 1691.032 Sig.= .000

Utvrđenim elementima metrijskih karakteristika primenjene skale dodatnu validnost daju i rezultati analize odgovora ispitanika kojima su iskazali intenzitet individualne percepcije aktivnog životnog stila. Uočljivo je da nisu utvrđene statistički značajne razlike u odnosu na polnu strukturu ispitanika, što dodatno daje pozitivnu dimenziju ovom instrumentu (Tabela 4). Ukupni skalarni proces (3.49) iz Tabele 4 jasno pokazuje da studenti pozitivno percipiraju prisustvo aktivnog životnog stila, odnosno smatraju ga činiocem svojih životnih navika, što je i u skladu sa karakterom ispitanika (studenti sporta). Međutim, nizak intenzitet skalarних proseka na pozitivnom delu skale, kako uzorka u celini, tako i subuzoraka, otvaraju različita pitanja potencijalnih uzroka ovakvog

The validity of the determined elements of metric characteristics of the applied scale is also aided by the results of response analysis of the examinees who exhibited intensity of individual perception of active lifestyle. It is noticeable that no statistically significant differences were determined in relation to gender structure of the examinees, which gives an additional positive dimension to this instrument (Table 4). The total scalar process (3.49) from table 4, clearly indicates that the students perceive positively the presence of active lifestyle, meaning they consider it a factor in life habits, as is in accordance with the character of the examinees (students of sports). However, a low intensity of scalar averages on the positive part of the scale, as much on the sample in total, so much

stanja, što predstavlja zadatak za eventualne buduće studije na istraživačkim uzorcima ovakvog tipa.

on the sub-samples, opens various questions regarding the potential causes of such state, which is a task for possible future studies on the research samples of this type.

**Tabela 4.** Deskriptivni pokazatelji za skalu PAŽS (One-Way Anova) / **Table 4:** Descriptive Indicators for PAL Scale (One-Way Anova)

Pol / Gender	N	Sv	Std.dev.	St.pog.	F	Sig
studenti (m) / students (m)	141	3.43	.685	.058		
studentkinje (ž) / students (f)	99	3.58	.596	.060	2.982	.085
Σ	<b>240</b>	<b>3.49</b>	<b>.653</b>	<b>.042</b>		

## ZAKLJUČAK

Ova empirijska neeksperimentalna studija prikazala je konstrukciju i primenu jednog upitnika podesnog za procenu percepcije aktivnog životnog stila kod studenata. Sprovedenjem nekoliko probnih istraživanja, došlo se do definisanja ukupno 15 stabilnih indikatora (ajtema), što primenjenom upitniku (PAŽS) daje dobra metrijska svojstva. Primenom procedure za identifikaciju unutrašnje saglasnosti skale (*Scale Reliability Analysis*) dobijena je visoka vrednost koeficijenta alfa (0,865), a faktorskom analizom je utvrđena i odgovarajuća validnost skale *Percepcija Aktivnog Životnog Stila* (KMO = 0.690; Sig.= 0.000). Analizom glavnih komponenti postignuta je statistički prihvatljiva parsimonija i definisana jednofaktorska struktura. U tom kontekstu ovaj upitnik je moguće primeniti kao jedinstvenu skalu koja u manifestnom prostoru rezultira prosečnom vrednošću (skalarnim prosekom) izračunatom iz ocena kojima ispitanici vrednuju pojedine aspekte individualne percepcije aktivnog životnog stila.

Rezultate ovog istraživanja bi trebalo tretirati i u širem kontekstu koji karakterišu sve izraženije tendencije da kod studentske populacije dominira izražena fizička neaktivnost, a to je problem koji može imati dugoročne implikacije na njihovo ukupno zdravlje. Naročito sa aspekta izbora budućeg zanimanja koje je, u ovom slučaju, karakteristično po svojoj osobenosti. Budući pedagozi (sportski stručnjaci i vaspitači) „moraju“ biti modeli društveno-prihvatljivog i zdravog ponašanja i načina života.

Primena konstruisanog upitnika prikazana je na primeru jednog broja studenata Fakulteta za sport i turizam i Visoke škole strukovnih studija za obrazovanje vaspitača i trenera. Od narednih istraživanja se očekuje da prikazani upitnik provere i na drugim tipovima visokoškolskih institucija i među studentskom populacijom koja nije dominantno opredeljena ka sportu, odnosno pedagoškom radu, kao svom budućem zanimanju. Polazeći od dobrih metrijskih karakteristika dobijenih u ovoj studiji,

## CONCLUSION

This empirical, non-experimental study has shown the construction and the application of a questionnaire suitable to evaluate the perception of active lifestyle in students. By conducting several test researches, 15 stable indicators (items) were identified in total, which gives the applied questionnaire (PAL) good metric properties. By applying identification procedure of internal consistency (*Scale Reliability Analysis*) high value of alpha coefficient was determined (0.865) and factor analysis also determined a suitable validity of *Perception of Active Lifestyle scale* (KMO =0.690; Sig.= 0.000). By analysing the main components, a statistically acceptable parsimony was achieved as well as a defined single component structure. In this context, this questionnaire is applicable as a unique scale that, in manifested space, results in average value (scalar average) calculated from the grades given by the examinees to the individual aspects of perception of active lifestyle.

The results of this research should be treated in a wider context, which is characterized by the ever more prominent tendency showing expressed physical inactivity as predominant in the student population. That is a problem that can have long-term implications on their general health. Especially from the aspect of their future career choice, which is, in this case, characteristic in its uniqueness. Future educators (sports experts and preschool teachers) “must” be the models of socially acceptable and healthy behaviour and lifestyle.

The application of the constructed questionnaire is demonstrated on the example of a number of students of the Faculty of Sports and Tourism and the College for Vocational Studies for preschool teachers and sports trainers. It is expected of future research studies to evaluate the presented questionnaire using other types of institutions of high studies and amongst the student population that is not predominantly oriented towards sports, namely, towards pedagogical work as their future occupation. Starting from good metric characteristics gained

uz uvažavanje i određenih ograničenja ovog instrumenta, realno je očekivati da se upitnik pokaže pouzdanim i primenljivim u praksi.

in this study, with the consideration of certain limitations of this instrument, it is realistic to expect that the questionnaire will prove to be reliable and applicable in practice.

**Izjava autora**

*Autori pridonijeli jednako.*

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*The authors have contributed equally.*

**Konflikt interesa**

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