Access to Sport Facilities, Social and Intergenerational Integration: A Case Study

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Abstract:

Purpose: The paper aims at analysing the effects of the introduction of the “Moje Boisko-Orlik 2012” program and its impact on the social and intergenerational integration of Polish residents.

Design/Methodology/Approach: The implementation of “Moje Boisko-Orlik 2012” program was an opportunity to increase the level of social and intergenerational integration. The paper presents the main assumptions of the program, social and intergenerational integration defined through the prism of the participation of communities and different age groups in sporting activity. In addition, for the years 2009-2014, an analysis of the number of beneficiaries of “Orliki” and indicators of their use in the cross-section of voivodships were conducted.

Findings: Intergenerational relations are constantly changing, and the aging of society have a major impact on them. Intergenerational integration occurs, e.g. in places such as “Orliki”. The hypothesis on the positive impact of the program on the social and intergenerational integration of the population was verified on the basis of available data on the sporting activity of the population and the number of sports facilities created.

Practical Implications: The authors’ observations point to address the subject of sporting activity of older people in a broader context. Sporting activity is an excellent platform for communication between generations. It should be used as often as possible for the benefit of the society.

Originality/Value: The value added of this paper is to draw attention to the role of physical activity in shaping intergenerational relations and social integration. In addition, it seems interesting to use conditional formatting as a method of data analysis.

Keywords: Social integration, intergenerational integration, sports facilities, “Moje Boisko-Orlik 2012” program, sport in Poland.

JEL codes: I15, I24, I31, I38.

Paper type: Research case study.

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1. Introduction

For a few decades, fashion has been created for a slim figure and healthy lifestyle, and sports infrastructure seems to be an inseparable element of it. The organization of the European Football Championship "Euro 2012" in Poland was a stimulus for the construction of new stadiums meeting the highest standards and prepared for crowds of supporters. The "Moje Boisko-Orlik 2012" program was also a chance to fill the gaps in sports infrastructure. Modern sports facilities were meant to serve the whole society, regardless of age. In addition to the sporting dimension of the program, the social dimension was also important, involving the integration of participants and organizers of various projects taking place on the premises of sports facilities (Ministry Sport of Tourism, 2015). Thanks to the "Moje Boisko-Orlik 2012" program, the community could practice sport in comfortable conditions, completely different than a few decades ago.

Access to the appropriate sport infrastructure should be equal for all, regardless of age, social position, or property status. In creating attractive forms of popularizing sport, as part of the development of social capital, it is not only about the “Orliki” themselves, but also about the sport infrastructure in general, whose origin is to encourage as many people as possible to sport. The objects themselves may be insufficient motivation for various age groups of Poles. It is important that they are adapted to the needs of all generations. In Poland, we have been taking care of popular sport and active lifestyle for a good dozen of years. The "Moje Boisko-Orlik 2012" program is not the first to activate Polish society in area of sport. Another example is: "construction of multifunctional sports fields generally available for children and youth" (Ministry Sport of Tourism, 2009).

The issue of accessibility of sports infrastructure for the elderly people is in line with the problem of an aging population, so current in the world at the beginning of the 21st century. Data presented by the Central Statistical Office for 2016 show that in Poland men lived on average 73.9 years, while women 81.9 years, which is longer by, respectively 7.7 and 6.7 years in comparison with 1990 (Central Statistical Office, 2017).

The aim of the article is to verify the hypothesis about the positive impact of “Orliki” on the social and intergenerational integration of the population. The data available about sporting activity of the population and the number of sports facilities created will be used for this purpose.

2. Social and Intergenerational Integration

The manifestation of the importance of intergenerational integration is implemented by the Ministry of Sport and Tourism program for the development of small multi-generation sports and recreational infrastructure - Open Activity Zones (OAZs). Its task is to build publicly available, multi-functional, outdoor activity zones, which are
to be adapted to the needs of various age groups. In addition, it is about creating a space for sporting activity that promotes intergenerational social integration. It is assumed that in the so-called basic variant will be:

- outdoor gyms (minimum 6 different devices);
- relaxation zones (minimum 4 benches fixed to the ground, gaming devices);
- educational installations permanently fixed to the ground, eg chess/checkers, etc., greeneries management - planting).

The extended option provides for the appearance of:

- outdoor gym (minimum 6 different devices);
- relaxation zones (minimum 4 benches fixed to the ground, gaming devices);
- educational installations permanently installed, eg chess / checkers, etc., landscaping planting);
- playground of a fitness nature (minimum 3 devices) with a fence (it is possible to use the existing area fencing) (Annex to decision No. 55 of the Minister of Sport and Tourism, 2017).

The assumption of "Moje Boisko-Orlik 2012" was the creation of free-of-charge complexes of sports fields, together with changing rooms and social facilities in all Polish communes (Ministry Sport of Tourism, 2015). The creation of these multi-functional facilities was also supposed to enable social and intergenerational integration. It is not just about playing a match together. It is about instilling and improving the principles of cooperation and co-creation of civil society.

One should mention the animators as people who influence the popularization of sport within the local communities. They are employed as part of the "Animator-Moje Boisko Orlik 2012" project. They encourage to act, educate, and organize various activities (https://naszOrlik.pl/baza-wiedzy/kim-jest-animator-Orlika). Animators can significantly increase the activity of the local community. This is indicated in, among others, research carried out in Toruń in 2015 (Szark-Eckardt et al., 2017). The authors also mentioned the cooperation of parents and grandparents of children participating in classes. This is a perfect example of intergenerational integration. The promotion of a healthy lifestyle through sporting activities has combined several generations and confirmed the belief that the construction of the "Orliks" was the right move (Szark-Eckardt et al., 2017) as well as employment of professional animators (Mamcarczyk, 2013).

The "Moje Boisko – Orlik 2012" program can be evaluated in many respects. It is possible to use the SWOT analysis to indicate the opportunities, threats and strengths or weaknesses of the program (Goldys et al., 2013). The main strength of the program is creation of places where people can meet and integrate different
social groups. However, the basic assumption building an “Orlik” in each municipality, has not been met. Only in the Małopolskie Voivodship there are no "Orliki" in 58 communes. Varied willingness of local authorities to participate in this program resulted in uneven distribution of “Orliki” across the country (Ujma-Wąsowicz, 2012). That also indicates uneven access of polish citizens to those facilities.

It should be also noted that when designing sports infrastructure intended for intergenerational integration, it is necessary to remember people from all age groups who may become users of these facilities. If you want to encourage older people to be active, this age structure should be considered when creating or changing the zoning plan, infrastructure development, but also public transport, which is used even when reaching sports facilities. Looking at the issue of the activity of older people from the point of view of local and regional development, one must use the principle of universal design - design for everyone (Ministry of Labor and Social Policy, National Action Plan for the European Year of Active Aging, 2012).

Possible vandalism and devastation of objects is one of the threats. The access to objects is also problematic. In a situation when municipalities want to reduce spending, the free use policy would be inadequate to a difficult financial situation.

3. **Inclusion Mechanism in Sport Approach**

Social exclusion has been the focus of the European Union since the 1970s. It is a complex phenomenon that, due to its multidimensional character, is difficult to interpret in a precise way, most often connected with poverty, which cannot be correct (Rosa and Jakubowska, 2017). Often hearing about exclusion, one thinks about poverty, hunger, extreme situations. There are cases in which poverty interferes with the concept of exclusion. This is not only about the lack of income, but also other numerous factors of deprivation or impossibility of participating in the life of modern society (Broda-Wysocki, 2012). The diversified approach to social exclusion in various European countries is also underlined. There is no influence on cultural, economic, institutional, political, and sociological traditions (Broda-Wysocki, 2012, pp. 47-48). The reasons for social exclusion were also seen in the weakness of social bonds. They play an important role in social order i.e., protecting against critical situations and controlling / checking. In the field of social order, an important concept is social capital, which has an impact on the formation of bonds in communities (Broda-Wysocki, 2012, p. 30).

According to EU social exclusion is a process in which some people are pushed to the edge of society and cannot participate fully in it because of their poverty or lack of basic educational competences. It pulls them away from work, income, and limits educational opportunities. The excluded persons also do not participate in processes in which important social decisions are taken, also affecting their daily lives (Eurostat Statistical Books, 2010).
When analyzing the subject of exclusion, one must think how to fight it. It seems helpful to consider the inclusion mechanism (i.e., inclusion of something, as well as what is included, the Dictionary of Foreign Words PWN, 2002), that is social inclusion. The dictionary of sociological terms in a more extended way presents the interpretation of the concept of inclusion, or inclusivity, i.e. as inclusion, but also one of the features of modern societies. This property is because more and more social groups acquire new rights, which previously were only available to a small group. These privileges apply especially to social, political, and cultural issues. The transition from exclusion to inclusion is often adopted as an important discriminant of contemporary societies (Dictionary of sociological concepts, 2001).

Ujma-Wąsowicz (2012) notes that contemporary sociological research is an indispensable instrument in spatial planning, which may concern problems in a holistic approach, for example, sociology of the city or social sympathies in each field, e.g., leisure, sport. Researchers' effort is aimed at the general needs. They are the result of a holistic approach, the influence of the environment or other people on the behavior of an individual, but also understanding the situation of people with certain physical and mental limitations in the sentence "I would like, but I cannot, I cannot" (Ujma-Wąsowicz, 2012).

One cannot talk about exclusion only in relation to older people or people with disabilities. Therefore, the concept of inclusive education seems to be interesting. Its basis is the social participation of all. This concept fits in perfectly with the idea of this study. The involvement of the whole community is important. To transform standard inclusive learning, all education-related environments need to be involved. Teachers and school heads play an important role in this matter.

This article aims to draw attention to the role of sport in intergenerational integration, and the program "Moje Boisko-Orlik 2012" was to help in the fight for social inclusion. Thanks to this program, sport facilities have been created, and it can be an important tool for social inclusion. Those facilities should be used not only by physical education teachers.

As mentioned above, "Moje Boisko-Orlik 2012" also aims at meeting needs of the older generation. An older person, with more free time, can spend more time exercising, walking, taking care of the right diet, that is, taking better care of their health. It should be remembered that the sooner the society's aging process will take place, the faster the total population will decrease, so the society will be extinct (Ratyński, 2003). One may wonder why prevention is important in the context of sports. It turns out that over the years, people have less and less ability to adapt to physical efforts, modify their diet, temperature changes, etc., which is a fundamental symptom of aging. The reduction of physical activity is one of several biological risk factors that threaten the physical and mental health of a human being. Social factors are equally important such as:
• social and psychological isolation;
• deterioration of the material situation;
• a change of environmental conditions;
• insufficient awareness in the field of health education and gerontological prophylaxis;
• lack of proper forms of recreation and active rest (Ratyński, 2003).

Using of sport for intergenerational integration is one of the solutions to problems occurring in aging population. Sport is also an international language, a unifying ground, facilitating finding common thread of understanding. It can be a stimulus to various inclusion mechanisms.

Different and similar points of view presented by Sergi et al. (2019), Slender et al. (2015), Skinner et al. (2008), Young and Okada (2014), Young et al. (2012; 2016), Vail (2007), Custódio et al. (2018), Rhodes and Kaul (2014), Clutterbuck and Doherty (2019), Whitley et al. (2019), Ekholm, and Holmlid (2020), Okada (2018), Qerimi and Sergi (2015), Meir (2017), Halsall and Forneris (2016), Grima et al. (2017; 2018).

4. Accessibility to Sports Facilities as an Example of Intergenerational Integration

4.1 Methodology of Research

Conditional formatting was used in the research as a method of data visualization. It is available in Excel and allows for an illustrative representation of certain relationships between selected features. The presented information can thus become more readable. Analyzes of available data on sporting activity of the population, the number of sports facilities created are to help in answering the question about the impact of the "Moje Boisko-Orlik 2012" program on the social and intergenerational integration of population. The analysis distinguishes voivodships in which sports facilities are the most and the least accessible to residents.

The study also uses demographic data for the years 2009-2014. It was necessary to state how the number of "Orliki" users changed at the beginning of the program and after its completion. The demographic database makes it possible to generate statements regarding the state of the population for selected years in age groups every 5 years. The analysis compared the availability of sports facilities in the cross-section of two age groups: children and youth in the age group 5-19 and adults over 19 years, omitting the age group 0-4 years.

Learning about aging processes. Something else is geriatrics - a science about diseases of old age.
4.2 "Orliki" and their Availability

At the beginning of the analysis, the number of "Orliki" was presented in individual voivodships and on this basis groups of similar voivodships were created in various respects. Thanks to the use of conditional formatting, it is easier to draw the conclusions from Figure 1. Based on information on the number of "Orlik" objects created in the years 2008-2012, voivodships are arranged according to the growing number of sports facilities. Differences between the number of objects for a given pair of voivodships allowed their division into 4 categories i.e., from the smallest (black) to the largest (green). The essence of this delimitation consists in separating symbols of the same category along the main diagonal (black color). In the case discussed, 6 groups of voivodships with a similar number of "Orliki" were distinguished.

**Figure 1. Delimitation of voivodships due to the number of sports facilities in 2014**

| voivodship           | m. of objects |
|----------------------|---------------|
| świętokrzyskie       | 53            |
| opolskie             | 57            |
| podlaskie            | 77            |
| lubuskie             | 87            |
| lubelskie            | 149           |
| pomorskie            | 154           |
| warmińsko-mazurskie  | 159           |
| podkarpackie         | 173           |
| śląskie              | 175           |
| łódzkie              | 179           |
| zachodniopom.        | 179           |
| małopolskie          | 194           |
| dolnośląskie         | 197           |
| kujawsko-pom.        | 213           |
| mazowieckie          | 259           |
| wielkopolskie        | 299           |

*Source: Own study based on CSO data.*

The first group with the lowest number of “Orliki” (about 50) includes 2 voivodships: świętokrzyskie and opolskie. The next group consists of podlaskie, lubuskie, lubelskie, pomorskie, and warmińsko-mazurskie with the number of objects from 149 to 159. The most numerous is the fourth group containing 4 voivodships with the number of "Orliki" from 173 to 179. The last group consists of voivodships with the largest number of objects, i.e., mazowieckie and wielkopolskie. After analyzing the data on the number of "Orliki" in individual voivodships, the participation of particular social groups in classes on their territory should be examined and the division of provinces made in Figures 1 should be checked with the division due to participation in classes (Table 1).
### Table 1. Population, number of beneficiaries of the “Orliks” and their utilization rates in 2009-2014 in the cross-section of voivodships

| Voivodship     | 2009      | 2010      | 2011      | 2012      | 2013      | 2014      |
|----------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Dolnośląskie   | 2 876 627 | 2 917 242 | 2 916 577 | 2 914 362 | 2 909 997 | 2 908 457 |
| Kujawsko-pom.  | 2 069 083 | 2 098 711 | 2 098 370 | 2 096 404 | 2 092 564 | 2 089 992 |
| Lubelskie      | 2 157 202 | 2 178 611 | 2 171 857 | 2 165 651 | 2 156 150 | 2 147 746 |
| Lubuskie       | 1 010 047 | 1 023 215 | 1 023 158 | 1 023 317 | 1 021 470 | 1 020 307 |
| Łódzkie        | 2 541 832 | 2 542 436 | 2 533 681 | 2 524 651 | 2 513 093 | 2 504 136 |
| Małopolskie    | 3 298 270 | 3 336 699 | 3 346 796 | 3 354 077 | 3 360 581 | 3 368 336 |
| Mazowieckie    | 5 222 167 | 5 267 072 | 5 285 604 | 5 301 760 | 5 316 840 | 5 334 511 |
| Opolskie       | 1 031 097 | 1 017 241 | 1 013 950 | 1 010 203 | 1 004 416 | 1 000 858 |
| Podkarpackie   | 2 101 732 | 2 127 948 | 2 128 687 | 2 129 951 | 2 129 294 | 2 129 187 |
| Podlaskie      | 1 189 731 | 1 203 448 | 1 200 982 | 1 198 690 | 1 194 965 | 1 191 918 |
| Pomorskie      | 2 230 099 | 2 275 494 | 2 283 500 | 2 290 070 | 2 295 811 | 2 302 077 |
| Śląskie        | 4 640 725 | 4 634 935 | 4 626 357 | 4 615 870 | 4 599 447 | 4 585 924 |
| Świętochrzyskie | 1 270 120 | 1 282 546 | 1 278 116 | 1 273 995 | 1 268 239 | 1 263 176 |

#### Warmińsko-mazur. - Population

| Region         | 2010      | 2011      | 2012      | 2013      | 2014      |
|----------------|-----------|-----------|-----------|-----------|-----------|
| Zachodniopom.  | 1 693 198 | 1 723 741 | 1 722 739 | 1 721 405 | 1 718 861 | 1 715 431 |
| Together       | 38 167 329| 38 529 866| 38 538 447| 38 533 299| 38 495 659| 38 478 602|

#### [R] - Users - all

| Voivodship     | 2009      | 2010      | 2011      | 2012      | 2013      | 2014      |
|----------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Dolnośląskie   | 250 300   | 621 400   | 1 107 096 | 1 627 433 | 1 753 311 | 1 567 606 |
| Kujawsko-pom.  | 233 500   | 687 700   | 932 906   | 1 088 822 | 1 725 155 | 1 791 523 |
| Lubelskie      | 106 600   | 340 300   | 534 638   | 702 650   | 1 046 883 | 1 668 565 |
| Lubuskie       | 121 600   | 311 100   | 416 394   | 528 037   | 769 658   | 837 685   |
| Łódzkie        | 279 200   | 660 300   | 996 563   | 1 273 465 | 1 212 545 | 1 663 700 |
| Małopolskie    | 214 500   | 526 900   | 777 879   | 1 031 774 | 1 693 194 | 1 717 900 |
| Mazowieckie    | 194 200   | 871 900   | 1 090 075 | 1 685 014 | 2 088 163 | 2 189 506 |
| Opolskie       | 20 400    | 124 300   | 200 862   | 292 535   | 428 165   | 494 534   |
| Podkarpackie   | 189 400   | 492 700   | 580 905   | 800 047   | 1 344 225 | 1 640 036 |
| Podlaskie      | 109 000   | 349 600   | 564 529   | 600 699   | 578 194   | 680 644   |
| Pomorskie      | 402 700   | 730 600   | 831 183   | 1 058 919 | 1 167 575 | 1 335 620 |
| Śląskie        | 178 300   | 406 300   | 649 401   | 894 131   | 1 360 553 | 1 550 069 |
| Świętochrzyskie| 39 100    | 141 700   | 264 146   | 349 628   | 471 762   | 562 965   |
| **Total**      | **159 500**| **577 700**| **995 023**| **1 275 225**| **1 568 658**| **1 819 009**|

#### Warmińsko-mazur. - Population using Orliks in %

| Voivodship     | 2009      | 2010      | 2011      | 2012      | 2013      | 2014      |
|----------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Dolnośląskie   | 9%        | 21%       | 38%       | 56%       | 60%       | 54%       |
| Kujawsko-pom.  | 11%       | 33%       | 44%       | 52%       | 82%       | 86%       |
| Lubelskie      | 5%        | 16%       | 25%       | 32%       | 49%       | 78%       |
| Lubuskie       | 12%       | 30%       | 41%       | 52%       | 75%       | 82%       |
| Łódzkie        | 11%       | 26%       | 39%       | 50%       | 48%       | 66%       |
| Małopolskie    | 7%        | 16%       | 23%       | 31%       | 50%       | 51%       |
| Mazowieckie    | 4%        | 17%       | 21%       | 32%       | 39%       | 41%       |
| Opolskie       | 12%       | 20%       | 29%       | 43%       | 39%       | 39%       |
| Podkarpackie   | 9%        | 23%       | 27%       | 38%       | 63%       | 77%       |
The above calculations indicate that 8% of the population of Poland used “Orlik” facilities in 2009, and in 2014 it was over 60%. Please note here that the information on the number of users applies to the "Moje Boisko - Orlik" complexes 2012, on which the "Animator - Moje Boisko - ORLIK 2012" program was implemented; one person is shown repeatedly if they used the facility more than once. Even considering these assumptions, the program "Moje Boisko-Orlik 2012" had a positive effect. The degree of use of sports facilities has increased. Most willingly, in 2009, inhabitants of the pomorskie (18%) used the "Orlik", and the least appeared Opole residents (2%). Data for 2014 indicate an increase in interest in visiting the "Orlik". The warmińsko-mazurskie voivodship deserves special attention, in which 11% of the population used the "Orlik" in 2009, and in 2014 it was 126%. The last result indicates that, theoretically, every inhabitant of the province visited the "Orlik" complex at least once. In order to find the confirmation of their positive impact on intergenerational integration in the functioning of the "Orlik", it is necessary to examine how the number of people using them among various age groups shaped. The information in Table 2 will help in this regard.

Table 2. Number of "spotted" objects and using them according to age groups in 2009-2014

| Voivodship          | [M] - Users - children and teenagers (thousand) | [D] - Users - adults (thousand) |
|---------------------|-----------------------------------------------|---------------------------------|
|                     | 2009  | 2010  | 2011  | 2012  | 2013  | 2014  | 2009  | 2010  | 2011  | 2012  | 2013  | 2014  |
| Dolnośląskie        | 204.2 | 498.1 | 866.5 | 1308.8 | 1401.4 | 1198.3 | 46.1  | 123.3 | 220.6 | 318.6 | 351.9 | 369.4 |
| Kujawsko-pomorskie  | 185.9 | 563.7 | 764.6 | 899.9  | 1407.9 | 1337.7 | 47.6  | 124   | 168.3 | 188.9 | 317.2 | 453.9 |
| Lubelskie           | 88.4  | 276.1 | 420.4 | 567.0  | 818.6  | 1231.2 | 18.2  | 64.2  | 114.3 | 135.7 | 228.2 | 437.4 |
| Lubuskie            | 97.5  | 253.4 | 338.1 | 445.2  | 624.2  | 642.5  | 24.1  | 57.7  | 78.5  | 82.8  | 145.4 | 195.2 |
| Łódzkie             | 232.8 | 519.7 | 766.9 | 982.1  | 975.1  | 1148.2 | 58.4  | 140.6 | 239.8 | 291.4 | 237.5 | 515.5 |

Source: Own calculations.
When interpreting the data contained in Table 2, attention should be paid to the division that has been applied, i.e., to children, adolescents, and adults. Such a distinction is necessary for the verification of the impact of the "Moje Boisko Orlik 2012" program on social and intergenerational integration. It can be noticed that the number of users of the "Orlik" facilities grew not only when more and more objects were being built.

The years 2013-2014 constituted the period in which, despite the end of the program, children, adolescents, and adults more and more eagerly used the "Orlik". A more detailed analysis will be possible after the review of the data contained in Tables 3 and 4 due to a more thorough information distribution.

### Table 3. Comparison of the number of inhabitants by age group with those using the "Orlik"

| Voivodeship       | Number of inhabitants aged 5-19 (thousand) | Number of residents over 19 years (thousand) |
|-------------------|---------------------------------------------|---------------------------------------------|
| Vovodeship        | 2009 2010 2011 2012 2013 2014               | 2009 2010 2011 2012 2013 2014               |
| Dolnośląskie      | 440.6 430.8 420.0 415.0 412.4 410.6         | 2436.0 2486.5 2496.6 2499.4 2497.6 2497.8 |
| Kujawsko-pom.     | 358.7 350.1 341.5 335.5 331.5 329.0         | 1710.4 1748.6 1756.9 1760.9 1761.0 1761.0 |
| Lubelskie         | 379.1 369.2 358.2 348.9 342.2 336.8         | 1778.1 1809.4 1817.3 1818.8 1813.8 1810.8 |
| Łódzkie           | 171.0 166.3 162.9 160.6 159.1 158.1         | 839.1 856.9 860.2 862.8 862.4 862.2         |
| Łódzkie           | 392.8 382.7 373.2 365.7 361.0 358.0         | 2149.0 2159.7 2160.5 2159.0 2152.1 2146.2 |
| Mazowieckie       | 584.3 573.4 557.2 548.4 543.7 540.9         | 2714.2 2763.3 2789.6 2805.7 2818.6 2827.4 |
| Mazowieckie       | 813.7 819.6 808.2 803.4 804.2 808.6         | 4390.5 4447.5 4474.7 4498.4 4512.7 4525.9 |
| Podkarpackie      | 163.4 155.0 145.2 142.1 139.9 136.9         | 867.7 862.2 864.7 865.0 862.3 860.9         |
| Podkarpackie      | 391.2 382.8 371.0 360.3 353.9 348.8         | 1710.5 1745.2 1757.6 1769.6 1775.4 1780.4 |
| Podlaskie         | 208.6 203.4 196.8 191.0 186.6 183.4         | 991.1 1000.1 1004.2 1007.7 1008.4 1008.5 |
| Pomorskie         | 889.9 831.4 760.0 729.9 723.6 734.3         | 1841.2 1892.1 1890.7 1891.2 1922.2 1928.6 |
| Śląskie           | 707.5 683.6 666.0 653.9 647.4 643.3         | 3933.3 3957.1 3960.3 3961.9 3952.0 3941.6 |
| Świętokrzyskie    | 212.8 207.6 200.8 195.2 191.1 187.9         | 1057.1 1075.0 1077.3 1078.8 1077.1 1075.3 |
| Warmińsko-maz.    | 258.4 252.2 245.2 240.0 236.3 233.9         | 1168.7 1201.6 1207.4 1210.7 1210.6 1210.1 |
| Wielkopolskie     | 590.7 579.2 566.7 559.4 555.5 555.8         | 2817.6 2867.6 2888.8 2902.8 2910.5 2916.8 |
| Zachodniopom.     | 279.7 274.3 267.8 263.7 260.9 258.0         | 1413.5 1449.7 1549.4 1547.7 1457.9 1457.5 |
| Poznań            | 6595.0 6213.5 6060.9 5959.0 5901.6 5866.6 | 31808.3 32316.4 32477.5 32574.3 32594.0 32612.0 |

### Table 4. Economic and Legal Instruments of Local Senior Policy in the Level of Municipalities

| Source: Own study based on CSO data. | Number of children and teenagers using 1 object per year | Number of adults using 1 object per year |
|--------------------------------------|---------------------------------------------------------|----------------------------------------|
| Vovodeship                          | 2009 2010 2011 2012 2013 2014                           | 2009 2010 2011 2012 2013 2014           |
| Dolnośląskie                        | 1281 2871 3259 3805 5494 8263                           | 264 635 886 911 1532 2935               |
| Kujawsko-pom.                       | 2167 3839 4335 5118 7175 7385                           | 536 874 1006 952 1671 2243              |
| Lubelskie                           | 2370 4260 5013 5487 6415 6853                           | 600 1152 1501 1628 1322 2906             |
| Łódzkie                             | 1336 4273 3867 5057 6216 6152                           | 310 1211 1088 1449 1846 2302             |
| Podkarpackie                        | 814 2461 3221 3904 5677 5126                           | 157 811 1052 1228 1834 1796             |
| Podkarpackie                        | 2133 4588 3640 6680 8694 10544                          | 533 1028 983 1694 1666 2515             |
| Podkarpackie                        | 1974 4475 6296 6119 5833 6439                           | 396 988 1655 1682 1676 2401             |
| Podkarpackie                        | 2965 4752 5401 5446 5930 6533                           | 834 1301 1271 1430 1652 2140             |
| Podkarpackie                        | 1598 2861 3320 3882 5789 6233                           | 476 704 1038 1227 1985 2624             |
| Świętokrzyskie                      | 1181 2864 4314 5194 6948 7374                           | 323 769 1077 1403 1953 3248             |
One may wonder whether the increase in interest in "Orlik" objects was not due to changes in the population structure, i.e. an increase in the number of inhabitants in the age groups examined. That is not the case, as in the 5-19 age bracket, an annual decline in the number of residents in Poland can be observed. However, the number of residents over 19 years of age grew only slightly. In individual voivodships the situation varied. However, it can be stated that the changes in the number of inhabitants did not have a great impact on increasing the share of population in the use of "Orlik".

The "Orlik" will be used primarily by the young generation. However, an optimistic trend can be observed as interest in using this multi-functional sport infrastructure is growing among adults. Probably more and more parents, grandparents and other relatives come with children to “Orlik”, first to supervise and then to take part in outdoor activities. Participation in such group activities serve to exchange experiences between adults, but also can be a platform that integrates generations.

*Figure 2. Voivodships like each other in terms of increasing the number of people using the "Orlik" within one year (difference between 2009 and 2014)*

| Voivodship       | Pomorskie | Dolnośląskie | Opolskie | Kujawsko-pom. | Łódzkie | Zachodniopom. | Małopolskie | Podlaskie | Podkarpackie | Śląskie | Mazowieckie | Lubuskie | Wielkopolskie | Warmińsko-mazur | Świętokrzyskie | Lubelskie |
|------------------|-----------|--------------|----------|---------------|---------|---------------|-------------|-----------|--------------|---------|-------------|---------|---------------|-----------------|-----------------|----------|
| Pomorskie        | 4 874     | 5 551        | 5 950    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Dolnośląskie     | 5 551     | 5 950        | 5 950    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Opolskie         | 5 950     | 5 950        | 5 950    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Kujawsko-pom.    | 6 052     | 6 052        | 6 052    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Łódzkie          | 6 324     | 6 324        | 6 324    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Zachodniopom.    | 6 367     | 6 367        | 6 367    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Małopolskie      | 6 418     | 6 418        | 6 418    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Podlaskie        | 6 470     | 6 470        | 6 470    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Podkarpackie     | 6 774     | 6 774        | 6 774    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Śląskie          | 6 784     | 6 784        | 6 784    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Mazowieckie      | 6 808     | 6 808        | 6 808    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Lubuskie         | 6 926     | 6 926        | 6 926    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Wielkopolskie    | 7 585     | 7 585        | 7 585    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Warmińsko-mazur  | 8 826     | 8 826        | 8 826    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Świętokrzyskie   | 9 118     | 9 118        | 9 118    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |
| Lubelskie        | 9 693     | 9 693        | 9 693    | 6 052         | 6 324   | 6 367         | 6 418       | 6 470     | 6 774        | 6 808   | 6 926       | 7 585   | 8 826         | 9 118           | 9 693          |

*Source: Own study based on CSO data.*
Figure 2 was carried out in the same way as the previous two figures. Due to it, one can compare the similarity of voivodships in terms of increasing number of people using "Orlik" facilities. The first group consists of pomorskie and dolnośląskie voivodships. Then, three internally consistent groups of voivodships can be distinguished:

- opolskie, kujawsko-pomorskie and łódzkie;
- zachodniopomorskie, małopolskie and podlaskie;
- podkarpackie, śląskie, mazowieckie and lubuskie.

It can be also noted that warmińsko-mazurskie and świętokrzyskie provinces are similar. Individualities are wielkopolskie and lubelskie. That indicates that the situation with the use of "Orlik" objects is diverse, although the increasing number of users is optimistic for the future.

5. Conclusions

Caring for correct intergenerational relations and building mutual trust is essential for the proper functioning of society. The role of the elderly was usually depreciated. They were not treated properly. Meanwhile, one can learn a lot from older people, including true values, respect for others, learn about the hardships of life several decades ago. Most important is underline the value of elderly people, and attention should be paid to the fact that soon they will be the most populous group of inhabitants on the globe.

Efforts are needed to facilitate access to the public goods, especially sports infrastructure, of the elderly. The impact of the social environment in which individuals are located is important for its development and survival. Some different and similar points of view have been presented by Sulich (2017; 2018), Sulich and Zema (2018), Prus and Marszewska (2009), Prus and Wawrzyniak (2011), Prus and Grabowski (2016). Therefore, it is necessary to ensure the right position of older people in society. Owing to "Orliki", the users learn how life in public space should look like, because they do not smoke, drink, do not curse, and the "fair play" rules apply. It is worth emphasizing that these objects serve every age group.

The analysis of empirical data, as well as national and European documents presented in the article, allow to familiarize with the subject of social and intergenerational integration in the context of sports development and sports infrastructure. Presentation of data proving the growing number of users of "Orliki" allows to look optimistically in the future and hope that the community will be more concerned about physical activity and thus about one’s health. It should be remembered, however, that sports facilities, and all programs that promote movement are only a part of a larger whole called health. It cannot be said that
physical activity in an unequivocal way will make old age lighter. It is important, however, to look after oneself throughout entire life as one can avoid many diseases or slow down own development.

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