

Table of Contents

1	Introduction	10
1.1	Leisure time and its specifics in adolescence.....	10
1.2	Theory of Positive Youth Development	12
1.3	Organized leisure-time activities as a context for adolescents' development	14
1.3.1	<i>Organized leisure-time activities and positive developmental outcomes</i>	<i>14</i>
1.3.2	<i>Role of types of organized leisure-time activities and patterns of participation</i>	<i>15</i>
1.3.3	<i>Unique dimensions of participation in organized leisure-time activities.....</i>	<i>16</i>
1.3.4	<i>Gender, age and family-related differences in the rates participation in organized leisure-time activities and its outcomes</i>	<i>18</i>
1.3.5	<i>Why are organized leisure-time activities thought to be beneficial?</i>	<i>19</i>
1.4	Unstructured activities.....	20
1.5	The scientific niche for the present thesis	21
1.6	Aims of the thesis and research questions	22
2	Methods.....	24
2.1	Study samples and procedures	24
2.2	Measures	27
2.3	Statistical analyses	27
3	Do family environment factors play a role in adolescents' involvement in organized activities?	29
4	When children play, they feel better: Organized activity participation and health in adolescents	38
5	Participation in organized leisure-time activities and risk behaviors in Czech adolescents	47
6	Is participation in organized leisure-time activities associated with school performance in adolescence?	58
7	Can participation in organized activities buffer the negative outcomes of engagement in unstructured activities?	71

8	General discussion.....	87
8.1	Summary of the main findings	87
8.2	Discussion and interpretation of the main findings.....	90
8.2.1	<i>Rates of participation in OLTA by gender, age and type of activity in Czech adolescents</i>	<i>90</i>
8.2.2	<i>Role of family environment in adolescents' participation in OLTA</i>	<i>93</i>
8.2.3	<i>Associations of OLTA with health- and school-related outcomes.....</i>	<i>96</i>
8.2.4	<i>Differences in the associations with health- and school-related outcomes by pattern of OLTA participation.....</i>	<i>100</i>
8.2.5	<i>OLTA as a potential 'buffering agent' for negative outcomes from unstructured activities</i>	<i>103</i>
8.3	Strengths and limitations of the present thesis	106
8.3.1	Quality of sample	106
8.3.2	Quality of information.....	107
8.3.3	Causality and confounding.....	108
8.4	Implications for practice and policy, and for future research	109
8.4.1	Implications for practice and policy	109
8.4.2	Implications for future research	111
8.5	Conclusions	112
9	References	114
10	Souhrn	131
11	Summary.....	134