

Current Headlines in Recreation

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Introduction

Recreation is a Latin word and comes from the word “recreatio”. In Turkish, it is used to mean “leisure time” (Erenci, 2006). Different communities and cultures define the concept of recreation differently. It is possible to come across different definitions of the concepts of recreation and leisure in the literature (Stebbins, 2005). Recreation; It refers to activities that refresh, relax, give pleasure and entertain a person after compulsory work and activities and are done voluntarily (Karaküçük, 2005). According to Demiray, recreation; It is defined as all activities that are carried out consciously for the purpose of resting, having fun, developing knowledge and skills, and requiring voluntary participation in social life, in the time period other than compulsory sleep, cleaning, nutrition, work and study (Demiray, 1987).

Recreation is a period of time within the concept of leisure time, and it would be wrong to think of recreation only as an activity. Because in order for activities to be considered recreation, they must be done out of necessity and must take place in free time. For example, while playing football is a necessity for a football player, playing football can be considered a recreational activity for a civil servant or citizen when considered as an activity done in their spare time (Eroler, 2015).

Aim of the Study

The aim of this study is to transfer new developments in the field of recreation by reviewing the current literature.

Features of Recreation

Areas of recreation are very diverse and individuals can participate in recreational activities in line with their goals. These purposes indicate the characteristics of recreation. If we talk about the basic features of recreation;

- Recreation has a purpose for each person.
- The choice of activity is voluntary.
- Gives a feeling of freedom.
- It is done to use free time effectively.
- There is no obligation to continue.
- It can be done in all kinds of open and closed areas.
- Activities can be shaped according to the person's wishes and seasonal and climatic conditions.

- They are activities that give pleasure, joy and happiness.
- It gives the opportunity to be interested in and perform a second activity while doing one activity.
- It can be done in planned or unplanned, organized or unorganized places (Güngörmüş, 2007).

Classification of Recreation

In the literature, it is seen that recreation is classified according to its purposes and various criteria.

Classification of Recreation According to Its Purposes *Recreational Purposes*

Recreational activities carried out for this purpose; work, education, family, etc. These are activities carried out outside the designated areas to fully relax both physically and mentally.

Cultural Purposes

Recreational activities for cultural purposes; The museum is the evaluation of ancient ruins, historical artifacts and other cultural activities.

Social Purposes

These are free time activities carried out for the purpose of establishing and improving social relationships.

Sporting Purposes

Recreational activities carried out for this purpose; It is the use of free time through sporting activities, either actively or passively as a spectator, fan, manager or otherwise.

Tourism Purposes

These are activities carried out primarily for the purpose of visiting and seeing a place other than the current place during holiday periods.

For Artistic Purposes

It is the use of free time by dealing with one or more of the many branches of art (Ergül, 2008).

Classification Of Recreation According to Various Criteria

- According to Age Factor: Activities preferred by various age groups according to their own characteristics (young, adult, etc.).
- According to the Number of Participants in the Activity: According to the activities attended individually, as a group, as a mass or as a family.
- By Time: Recreational activities that can be done in summer, winter or any other season.
- According to the place used: It includes activities held in open or closed areas.
- According to sociological content: Luxury, traditional or recreational activities in which participation is ensured by supporting certain segments of the public (Ergül, 2008).

Reasons for the Need for Recreation

The need for recreation basically has multiple reasons, regardless of a single reason or factor. This reason stems from the personal and social benefits it provides (Karaküçük, 2005). In their study, Sevil and his colleagues grouped the reasons for the need for

recreation under three headings: physical, social and psychological needs (Sevil et al., 2012). In addition, the need to develop personal skills and abilities and emotional needs can also be added.

Physical Needs

physical activity; It has positive effects on a fit and cheerful daily life, protection from diseases, preventing obesity by naturally releasing excess energy, having a positive effect on the respiratory and circulatory systems, the development of muscular tissues, and the realization of social cohesion by getting rid of loneliness (Arabacı and Çankaya, 2007). Studies have shown that even patients with heart disease improve their quality of life and become suitable for a healthy life with regular exercise (Karacadağ et al., 2007). Another study emphasized the importance of comparing leisure time with physical activities, especially in protecting against stress and cardiovascular diseases, and stated that continuous physical activities reduce the risk of heart attack and keep the vessels healthy (İkizler 2002).

Social Needs

After the individual's physical needs, the basic social needs such as loving, being loved, belonging to a group, and helpfulness can be given as examples of this group (Maslow 1970; Çoruh, 2013). Socialization is a lifelong phenomenon and recreation contributes greatly to this process. With recreational activities, the person; They can get together with people they like to be with and share environments where their interests are the same. In this way, they find themselves in a state of contentment by coming together in social environments with the people they want to be with. For example, practicing tennis, golf or other sporting activities at a club leads to improved social status and better business relationships. When we look at it in this sense, we can say that recreational activities have an important contribution to the socialization process (Karaküçük and Gürbüz, 2007).

Psychological Needs

Many factors that cause fatigue in people's daily lives, such as tiring work life, mental wear and tear, school-training, cause individuals to become stressed and psychologically disturbed. In these cases, the importance of recreational activities emerges. It is very difficult to demonstrate the psychological benefits of recreational activities. However, as Kara Küçük stated, activities carried out more than once or in groups play an important role in the development of people's social relations. In addition, recreational activities are very effective in improving the social status of individuals (Karaküçük and Gürbüz, 2007).

Meeting people's psychological needs affects their level of well-being. In the literature, the ability of individuals to evaluate their quality of life and decide whether they have a good life is defined as "good life" or "subjective well-being", while in daily language it is called "happiness". In order to turn these definitions to our advantage, it is known that it is an important factor in eliminating the fatigue, stress and pressure of life. Recreational activities are needed to get rid of such negative psychological situations (Çoruh, 2013).

Factors Preventing Participation in Recreational Activities

There is a connection between the place and the activity that people want to do to spend their free time. Reasons such as the fast pace of city life, dense crowds and technology are some of the obstacles to participation in recreational activities. Due to these obstacles, people cannot release their energy and exhibit different kinds of talents. In these environments, people feel under constant pressure and stress, and the need for more movement, innovation and change, especially among young people, causes various troubles and problems (Karaküçük, 2005). Therefore, if individuals are not guided and trained to use their free time effectively; It can become harmful to society due to obstacles

such as laziness, tension and boredom in spare time. For this reason, individuals should be directed to ways of evaluating themselves that are satisfying and pleasant in their spare time (Leighfield, 2001; Ağduman, 2014).

Social/Societal Factors

The basic point for the creation of the need for recreation in the social and community sphere is; It enables people to get to know each other and establish common bonds. In addition, living within certain rules gained through recreational activities, complying with these rules and respecting the rights of others contribute to the formation of a civilized society (Karaküçük and Gürbüz, 2007). Just as the way of spending free time differs from individual to individual, it also varies from society to society. Recreational activities are constantly changing in societies according to the needs and requirements of individuals. Recreational activities interact with the socio-economic variables of the individual and recreation; In addition to creating a social environment for the individual, it makes the individual feel that he is a part of the society. It brings together different structures like a system and is a very important structure for society and recreation (Çelik, 2011).

Economic Factors

Communities that have completed their economic and social development show diversity and development in terms of recreational activities. It is seen that the income level of these communities has increased as a result of efforts to increase per capita income. With the increase in incomes, the amount people can spend has also increased, and this has increased the demands of individuals to participate in tourism and recreation activities (Hacıoğlu et al., 2015). In a study conducted by Karaküçük, it was pointed out that the types of recreational activities in communities with high income levels are more intense and more developed. In this regard, it shows that the demand for economic and social activities in developed countries is more advanced than in countries at normal levels (Karaküçük, 2008).

Demographic Factors

Demographic characteristics are considered as age, gender, educational status, and residential area, and the activities should be organized according to their ages, taking into account the ages of the individuals who will participate in the activities. On the other hand, in leisure time activities, gender differences should be taken into account and activities should be organized accordingly. Activities appropriate to gender differences between men and women should be organized. In settlement activities, which is another demographic feature; The place where the activity will be held should be chosen from the places with the highest efficiency. Improperly selected spaces will reduce productivity and create obstacles to reaching the desired point (Hacıoğlu et al., 2003). It is seen that there is no significant difference in the Leisure Satisfaction Scale in relation to the education status of the offenders who participated in the study (Öztürk, 2018).

In addition to being huge recreation places where people spend their spare time efficiently, zoos are also give us the opportunity to recognizing the nature. It helps children to be succesfull in their education and social life. Leaving satisfied from the zoos, coming again and suggest to others will increase the visitors of the zoo. Administration of the zoos must care these topics more and do studies about them, it will make more people come to the zoos (Öztürk, 2017).

Education Factor

It is possible to talk about a very close relationship between increasing the level of education and culture and increasing participation in recreational activities. Societies with higher education levels participate more in recreational activities and lead to the emergence of many activities. Societies with high levels of education attach importance to cultural values and want to visit and see historical values in their own country or

other countries (Agaoglu, 2002). Because societies of this type are more conscious about participating in and benefiting from leisure activities (Hazar, 2014). According to researchers, participation in leisure activities increases with the level of education, and being more inclined and active in terms of activity and choice is thought to be linked to education. In addition, it has been observed that as the education level increases, the number of people doing sports is higher than individuals with lower education levels (Mihiroğulları, 2016). As a result of the Kruskal Wallis-H test carried out to determine whether the mean ranks of constant anxiety differ significantly with respect to age variable, the difference between the age groups of prisoners was found to be statistically significant (Öztürk, H., Hacıcaferoğlu, S., Yılmaz Öztürk, Z, 2018). Natural factors (day length, season) in which the activities will take place may prevent participation in leisure activities. Recreational activities, especially in open areas, depend on natural factors.

Conclusion

It can be said that participation in these activities is less when the weather conditions are adverse. However, activities such as skiing and snowboarding require snowfall, unlike these situations. Activities to be carried out in closed areas are not affected much by these situations. Individuals prefer to engage in activities near the sea or in forested areas rather than indoor areas on hot days (Hall and Page, 2006).

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